

**Press Release**

**India hosts 11<sup>th</sup> International Day of Yoga at the United Nations**

The Permanent Mission of India to the United Nations organized the 11th edition of the International Day of Yoga on 20 June 2025 at the North Lawn area of the United Nations Headquarters in New York. This year's theme, "Yoga for One Earth, One Health" is rooted in the "One Earth, One Health" approach introduced during India's G20 Presidency in 2023. The theme underscores the vital truth that personal wellness and planetary health are inseparably linked.

2. On December 11, 2014, the United Nations General Assembly designated June 21 as the International Day of Yoga. The proposal was first introduced by Prime Minister Narendra Modi, during his address at the 69th session of the UNGA, in which he said: "Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature." The Resolution establishing the International Day of Yoga was endorsed by a record 175 Member States. Since then, millions of people around the globe, united by the practice of yoga, have celebrated this day each year. In 2023, the International Day of Yoga celebration at the United Nations Headquarters created a Guinness World Record for the participation of yoga enthusiasts of most nationalities.

3. Ambassador Parvathaneni Harish, India's Permanent Representative to the United Nations, in his opening remarks, reflected on the growing global resonance of Yoga over the years, noting its evolution into a powerful force for physical, mental, and spiritual well-being across geographies, age groups, and backgrounds. He emphasized that Yoga, rooted in India's ancient wisdom and guided by the principle of Vasudhaiva Kutumbakam—the world is one family—is much more than physical movement; it is a holistic discipline that cultivates inner balance, mindfulness, and a sense of responsibility in daily life.

4. The Chair of the International Day of Yoga Committee at the UN, Ms. Dennis Scotto, served as the Master of Ceremony. The event featured Common Yoga Protocol sessions and an advanced yoga demonstration with music, conducted by the ‘Art of Living’ foundation. A guided meditation session led by Dr. Deepak Chopra, a noted physician and a leading authority on integrative well-being and spiritual intelligence, added depth to the celebration. The event witnessed the participation of over 1,200 yoga enthusiasts, including UN envoys, personnel, officials, members of various yoga organizations, and representatives of the Indian diaspora. The celebration was met with enthusiastic applause and widespread appreciation from all attendees.

*New York*

*20 June 2025*