2021 Theme: "Yoga for Health - Yoga at Home"

United Nations celebrate International Yoga Day every year on 21st June since 2015. The resolution for International Day of Yoga was proposed by India and endorsed by a record 175 member states through UN resolution 69/131.

The Yoga is India’s ancient tradition and is more than a physical activity. Yoga is essentially a spiritual discipline based on subtle science, which focuses on bringing harmony between mind and body. The word ‘Yoga’ is derived from the Sanskrit root ‘Yuj’, meaning ‘to join’ or ‘to yoke’ or ‘to unite’. The proven benefits of yoga include increased flexibility and fitness, mindfulness and relaxation.

This year the theme of International Yoga Day (IDY) is ‘Yoga for Health - Yoga at Home’. The Global Action Plan on Physical Activity 2018–2030 which is endorsed by the Member States mentions yoga as a means to improve health.
Common Yoga Protocol

Common Yoga Protocol comprises day-to-day Yoga practice for the masses to reap all the benefits of Yoga. The protocol intends to create general awareness among the masses to attain peace, harmony and well-being through Yoga practices e.g. Yoga Nidra, Pranayama, Dhyan, etc. Enjoy the videos of the best Yoga sessions, keep learning and continue to reap the benefits of Yoga practices.
The corona crisis has offered an opportunity for the people to explore the true benefits of yoga this year. Ministry of Aayush this year, has advised that no mass gathering would be advisable and decided that the IDY will be done in the confines of our home. Therefore, with the objective of reminding the people across the country about the benefits of yoga and to build enduring public interest in the same, Ministry of Ayush has also advised that maximum use of digital, virtual and electronic platforms be made to spread the message of IDY.
IDY-2021 presents an occasion for all the Central Ministries and their Departments to come forward and spread the message about the rewards of regular practice of yoga among their staff and the public. Every individual stands to gain from the regular practice of yoga through long term benefits in health, happiness and well-being. This year’s IDY will be observed around the themes “Be with Yoga, Be at Home”. The Common Yoga Protocol shall be performed individually or with family within the confines of their homes on **21st June, 2021 from 7:00 A.M. to 8:00 A.M.**