



Message from the President of the 69th UN General Assembly H.E. Sam Kutesa on the adoption of the International Day of Yoga by UN General Assembly

Today's adoption of a resolution on the International Day of Yoga with overwhelming support, as shown by the more than 170 member States that have co-sponsored it, demonstrates how both the tangible and the unseen benefits of yoga appeal to people around the world.

I congratulate the Honourable Shri Narendra Modi, Prime Minister of India, for this initiative whereby the international community will observe the International Day of Yoga on the 21st of June each year.

For centuries, people from all walks of life have practiced yoga, recognizing its unique embodiment of unity between mind and body. Yoga brings thought and action together in harmony, while demonstrating a holistic approach to health and well-being.

I commend the Indian delegation for its work on this initiative and look forward to celebrating the first International Day of Yoga next June.



Message from UN Secretary General H.E. Ban Ki-moon on the adoption of the International Day of Yoga by UN General Assembly

In proclaiming 21 June as the International Day of Yoga, the General Assembly has brought attention to the holistic benefits of this ancient practice on health and well-being in our modern world.

The annual commemorations of this new International Day will also serve to promote other United Nations goals and initiatives. Yoga can contribute to resilience against non-communicable diseases. Yoga can bring communities together in an inclusive manner that generates respect. Yoga is a sport that can contribute to development and peace. Yoga can even help people in emergency situations to find relief from stress.

Given yoga's multifaceted benefits, I look forward to working with Member States and other partners around the world to promote the International Day as we strive to foster a more peaceful and sustainable future for all.

“YOGA: CELEBRATING THE UNION OF BODY AND SOUL”

“Yoga, an ancient but perfect science, deals with the evolution of humanity. This evolution includes all aspects of one's being, from bodily health to self realization.

Yoga means union - the union of body with consciousness and consciousness with the soul. Yoga cultivates the ways of maintaining a balanced attitude in day to day life and endows skill in the performance of one's actions.”

B.K.S. Iyengar



INTERNATIONAL DAY OF YOGA



The idea for establishment of an International Day of Yoga at the United Nations was initiated by the Hon'ble Prime Minister of India Shri Narendra Modi, during his maiden address to the 69th UNGA on 27 September 2014, when he said :

“We need to change our lifestyles. Energy not consumed is the cleanest energy. We can achieve the same level of development, prosperity and well being without necessarily going down the path of reckless consumption. It doesn't mean that economies will suffer; it will mean that our economies will take on a different character. For us in India, respect for nature is an integral part of spiritualism. We treat nature's bounties as sacred. Yoga is an invaluable gift of our ancient tradition. Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day.”

The Prime Minister had indicated that 21st June, one of the two solstices, has special significance in many parts of the world, being the longest day in the northern hemisphere, and that it be considered for adoption as the International Day of Yoga by the United Nations General Assembly.

TEXT OF UNGA RESOLUTION A/RES/69/131

United Nations

A/RES/69/131



General Assembly

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Sixty-ninth session

Agenda item 124

Global health and foreign policy

International Day of Yoga

The General Assembly,

Recalling its resolutions 66/2 of 19 September 2011 on the Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases and 68/98 of 11 December 2013 on global health and foreign policy,

Reaffirming General Assembly resolutions 53/199 of 15 December 1998 and 61/185 of 20 December 2006 on the proclamation of international years, and Economic and Social Council resolution 1980/67 of 25 July 1980 on international years and anniversaries,

Noting the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health,

Underscoring the fact that global health is a long-term development objective that requires closer international cooperation through the exchange of best practices aimed at building better individual lifestyles devoid of excesses of all kinds,

Recognizing that yoga provides a holistic approach to health and well-being,

Recognizing also that wider dissemination of information about the benefits of practising yoga would be beneficial for the health of the world population,

1. *Decides* to proclaim 21 June the International Day of Yoga;

2. *Invites* all Member and observer States, the organizations of the United Nations system and other international and regional organizations, as well as civil society, including non-governmental organizations and individuals, to observe the International Day, in an appropriate manner and in accordance with national priorities, in order to raise awareness of the benefits of practising yoga;

3. *Stresses* that the cost of all activities that may arise from the implementation of the present resolution should be met from voluntary contributions;

4. *Requests* the Secretary-General to bring the present resolution to the attention of all Member and observer States and the organizations of the United Nations system.

COUNTRIES CO-SPONSORING THE RESOLUTION ESTABLISHING INTERNATIONAL DAY OF YOGA

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|--|-----------------------------------|--|--|--|
| 1. Afghanistan | 37. Costa Rica | 76. Ireland | 115. Nigeria | 152. Sweden |
| 2. Albania | 38. Côte d'Ivoire | 77. Israel | 116. Norway | 153. Syrian Arab
Republic |
| 3. Algeria | 39. Croatia | 78. Italy | 117. Oman | 154. Tajikistan |
| 4. Andorra | 40. Cuba | 79. Jamaica | 118. Palau | 155. Tanzania |
| 5. Angola | 41. Cyprus | 80. Japan | 119. Panama | 156. Thailand |
| 6. Antigua and Barbuda | 42. Czech Republic | 81. Jordan | 120. Papua New Guinea | 157. The former
Yugoslav Republic
of Macedonia |
| 7. Argentina | 43. DR Congo | 82. Kazakhstan | 121. Paraguay | 158. Timor-Leste |
| 8. Armenia | 44. Denmark | 83. Kenya | 122. Peru | 159. Togo |
| 9. Australia | 45. Djibouti | 84. Kiribati | 123. Philippines | 160. Tonga |
| 10. Austria | 46. Dominica | 85. Kuwait | 124. Poland | 161. Trinidad and
Tobago |
| 11. Azerbaijan | 47. Dominican Republic | 86. Kyrgyzstan | 125. Portugal | 162. Tunisia |
| 12. Bahrain | 48. Ecuador | 87. Lao PDR | 126. Qatar | 163. Turkey |
| 13. Bahamas | 49. Egypt | 88. Latvia | 127. Republic of Korea | 164. Turkmenistan |
| 14. Bangladesh | 50. El Salvador | 89. Lebanon | 128. Republic of
Moldova | 165. Tuvalu |
| 15. Barbados | 51. Equatorial Guinea | 90. Lesotho | 129. Romania | 166. Uganda |
| 16. Belarus | 52. Eretria | 91. Liberia | 130. Russian Federation | 167. United Arab
Emirates |
| 17. Belgium | 53. Ethiopia | 92. Liechtenstein | 131. Rwanda | 168. United Kingdom |
| 18. Belize | 54. Fiji | 93. Lithuania | 132. Saint Kitts & Nevis | 169. United States
of America |
| 19. Benin | 55. Finland | 94. Luxembourg | 133. Saint Lucia | 170. Uruguay |
| 20. Bhutan | 56. France | 95. Madagascar | 134. Saint Vincent &
The Grenadines | 171. Uzbekistan |
| 21. Bolivia
(Plurinational
State of) | 57. Gabon | 96. Malawi | 135. Samoa | 172. Vanuatu |
| 22. Bosnia and
Herzegovina | 58. Gambia | 97. Maldives | 136. San Marino | 173. Venezuela
(Bolivarian
Republic of) |
| 23. Botswana | 59. Georgia | 98. Mali | 137. Sao Tome and
Principe | 174. Viet Nam |
| 24. Brazil | 60. Germany | 99. Malta | 138. Senegal | 175. Yemen |
| 25. Bulgaria | 61. Ghana | 100. Marshall Islands | 139. Serbia | 176. Ukraine |
| 26. Burundi | 62. Greece | 101. Mauritius | 140. Seychelles | 177. Zimbabwe |
| 27. Cabo Verde | 63. Grenada | 102. Mexico | 141. Sierra Leone | |
| 28. Cambodia | 64. Guatemala | 103. Micronesia
(Federated States of) | 142. Singapore | |
| 29. Canada | 65. Guinea | 104. Mongolia | 143. Slovakia | |
| 30. Central African
Republic | 66. Guinea-Bissau | 105. Montenegro | 144. Slovenia | |
| 31. Chad | 67. Guyana | 106. Morocco | 145. Somalia | |
| 32. Chile | 68. Haiti | 107. Mozambique | 146. South Africa | |
| 33. China | 69. Honduras | 108. Myanmar | 147. South Sudan | |
| 34. Colombia | 70. Hungary | 109. Nauru | 148. Spain | |
| 35. Comoros | 71. Iceland | 110. Nepal | 149. Sri Lanka | |
| 36. Congo | 72. India | 111. Netherlands | 150. Sudan | |
| | 73. Indonesia | 112. New Zealand | 151. Suriname | |
| | 74. Iran (Islamic
Republic of) | 113. Nicaragua | | |
| | 75. Iraq | 114. Niger | | |

** The above names are as on 5th December 2014