



LIST OF BOOKS ON YOGA

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International Day of Yoga

The International Day of Yoga is a day in recognition of Yoga, celebrated across the world annually on June 21, following its adoption by the United Nations in 2014 (United Nations, 2014). The word "yoga," which means "to join or to unite," represents the fusion of the physical body and mental consciousness. It is currently practiced in many countries all over the world and is becoming more and more popular. The purpose of the International Day of Yoga is to increase public awareness of the various advantages of yoga practice (WHO, 2023).

2026 Theme: Yoga for Healthy Ageing

This year marks the 12th International Day of Yoga with the theme “Yoga for Healthy Ageing”, which emphasizes the importance of Yoga for all ages. Yoga can be a valuable practice for healthy aging because it supports many of the abilities that help people stay active, independent, and engaged as they grow older. By combining gentle movement, stretching, breathing exercises, and mindfulness, yoga can help improve balance, flexibility, strength, and mobility, while also supporting mental well-being and stress management. Because yoga can be adapted to different fitness levels and health conditions, it offers an accessible way for many older adults to maintain their physical and emotional health. These benefits support several goals of the WHO Decade of Healthy Ageing (2021–2030), including promoting independence, reducing fall risk, enhancing quality of life, and encouraging person-centered approaches to health and well-being (United Nations, 2025).

Some Important Resources

- Know More About Yoga
<https://yoga.ayush.gov.in/>
- United Nations, International Day of Yoga
<https://www.un.org/en/observances/yoga-day>
- Permanent Mission of India to the UN, 10th International Day of Yoga 2024
<https://pminewyork.gov.in/IDYatUN>

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List of Books on International Day of Yoga

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