Indian Institute of Technology Delhi
Central Library

अंतर्राष्ट्रीय योग दिवस पर विषयगत पुस्तकों का प्रदर्शन
Thematic Book Display on the International Day of Yoga
June 19-21, 2024 (9:30 am - 5:15 pm)

Venue
Central Library (1st Floor)
IIT Delhi

Contact Us: cdd@library.iitd.ac.in
Phone: 2659-6622, 6096, 7017

Scan the QR code to get the List of Books.
INTERNATIONAL DAY OF YOGA

June 19-21, 2024
(09:30am to 05:15pm)
International Day of Yoga

The International Day of Yoga is a day in recognition of Yoga, that is 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 the 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).

2024 Theme: Yoga for women's empowerment

This year marks the 10th International Day of Yoga with the theme “Yoga for Women's Empowerment.” The goal is to transform yoga into a widespread movement that emphasizes women’s well-being and promotes global health and peace.

Female empowerment aims to create a society in which all women can make their own choices and are able to act with confidence. Through regular yoga practice, women can not only tone their bodies, but also cultivate a sense of mental resilience and determination, empowering them in various stages of their lives. Yoga's focus on mindful breathing, meditation, and gentle movement helps calm the nervous system, lower stress hormone levels, and promote a sense of inner peace. Regular practice fosters mental well-being and emotional resilience (United Nations, 2024).

Some Important Resources

- Know More About Yoga
  https://yoga.ayush.gov.in/about-yoga

- United Nations, International Day of Yoga

- Yoga Ayush Portal
  https://yoga.ayush.gov.in/YAP/Home2.php

- Permanent Mission of India to the UN, 10th International Day of Yoga 2024
  https://pminewyork.gov.in/IDYatUN

References


https://www.who.int/southeastasia/news/detail/21-06-2023-international-day-of-yoga
List of Books on International Day of Yoga
(Available in Central Library)

   2-18 ANJ-C G23748- G23749 | CL

   294.557 AUR-Y 41198 | CL

   H 664 / AGR-A 168283 | CL

   19(D) -DES 136389 | CL

   H 796.012.6 BAL-Y 172693 | CL

   H 233-852.5YOG BAL-Y 171663 | CL

   H 613.72 BAR-Y 171316 | CL

   294.527 BEN-P 14177 | CL

   294.527 BRI-G 95337 | CL

    H 616.8 CHA-A 163949 | CL

    CD 796.41:61(063) -SEM G21033-G21034; G20941 | CL

Page | 2


   H 233-852.5YOG IYE-P H001 | CL

   H 633.88 JAD-R 171324 | CL

   082 HC(2) 29653 | CL

   294.527 KHA-Y G22666 | CL

   H 24-285.5 LAM-A 168895 | CL

   133.9 LAN-A G22410 | CL

   24-1 LEV-P 155785 | CL

   H 159.942.3 MAR-H 165138 | CL

   294.527:159.9 MIS-T 58375 | CL

   294.5 NAT-R G22553 | CL

   294.527 NIR-S G23231 | CL

   133.9 PAL-A G23503-G23504; G20923 | CL

Page | 4


   H 796.012.6 SUH-Y 171653 | CL

   159.98 SUP-A 22686 | CL

   162.242.1 SUK-F 176470 | CL

   H 821.214.32-31 TAG-Y 173168 | CL

   H 613 TON-H 165157 | CL

   H 796.012.6 -YOG 172694 | CL

   330.19(541.31)-GRO  G22479 | CL

   H 633.88 VER-A 161112 | CL

   H 294.527 VED-Y 53505 | CL

   H 159.923 VIV-K 165308 | CL

   H 233-852.5BHA VIV-B H057 | CL

   H 233-852.5GYA VIV-G H061 | CL

   H 233-852.5RAJ VIV-R H168 | CL
   H 233-852.5RAJ VIV-R 160439 | CL

   H 233-852.5YOG VIV-G H175 | CL