

International Yoga Day

While addressing the 69th session of United Nations General Assembly (UNGA), the Honorable Prime Minister of India Shri Narendra Modi urged the world community to adopt International Day of Yoga. In his words:

“Yoga is an invaluable gift of ancient Indian Tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day”.

United Nations General Assembly (UNGA) approved the proposal by consensus with a record 177 co-sponsoring countries to establish 21st June as International Day of Yoga”. In its resolution, the UNGA recognized that Yoga provides a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing Yoga for the health of world population.

It is with these noble ideals, the first International Yoga Day is being celebrated on 21st June 2015 all around the globe. On this occasion, Embassy of India, Dakar is hosting major events in all its accredited countries (i.e. Senegal, Gambia, Guinea Bissau and Cabo Verde) to disseminate the universally accepted benefits of Yoga and create greater awareness among the people.

Yoga pour la Paix et l'Harmonie