

Essay on International Yoga Day :

Looking for the best Essay on Yoga day? Here is the Essay on International Yoga Day for Students and children. we are providing a short and long essay on International Yoga Day, Benefits of Yoga, Quotes, Slogans, Images, Messages. Students can go through this page for more information on International Yoga Day.

What is Yoga?

Yoga is a Sanskrit word that means "union". which unites the mind, spirit, and body. Yoga concentrates on structured movement (Asanas) and breathing exercises (Pranayama), which are its integral parts.

History and Significance of International Yoga Day

On September 27, 2014, Prime Minister Narendra Modi, during his speech at the United Nations General Assembly (UNGA), proposed for an International Yoga Day to be held on June 21. In his speech, Modi stated that 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.

Following the proposal, the UNGA held informal consultations on the draft resolution and proposed June 21 as the date of celebration of International Yoga day. PM Modi announced June 21 as an international Yoga Day. PM Modi selected June 21st as International Yoga Day because it is the longest day of the year in the Northern Hemisphere and shares special importance in many parts of the world.

June 21st is celebrated as International Yoga Day, since 2015. The significance of this day is to bring awareness about the health benefits of yoga and its various practices. One can bring a lot of changes to their body through yoga.

The Main Theme of International Yoga Day

As we all know COVID-19 pandemic has brought drastic changes in human life. To stay fit and strong one must opt for yoga in your daily life. It is safe to practice yoga at home with family. The main theme of International Yoga Day is peace and harmony.

Short Essay on International Yoga Day

The International Yoga Day is celebrated by the whole world on 21st June and was declared by the United Nations on 21st December 2014. Initially started by PM Modi. The prime minister of India practiced 21 poses for over 35 minutes under expert guidance and gathered thousands of people from all across the country.

The first International Yoga Day was held in Rajpath, New Delhi. Yoga is an ancient practice that makes one's mind healthy and body fit. Yoga is a form of meditation and exercise which makes people's lives better. Yoga not only makes the physical body benefit but also gives spiritual peace and calmness.

Yoga is a mind and body workout where you have strengthening and stretching poses along with deep breathing techniques to relax your mind and body. There are more than 100 different forms of yoga. Yoga is a valuable gift of ancient Indian tradition. It is said that you should begin your day with pranayama which helps you to think better and stay calm and peaceful throughout the day. Thus it can be concluded yoga teaches you how to discipline your mind.

Long Essay on International Yoga Day

The International Yoga Day is celebrated by the whole world on 21st June every year starting from 2015 and was initiated by the prime minister of India, Mr. Narendra Modi has proposed the concept of International Yoga Day at the United Nations. The day was declared by the United Nations on 21st December 2014. On the first yoga day, that is, 21st June 2015, around 35,985 people, including the prime minister himself, gathered on Rajpath, New Delhi, and practiced near about 21 yoga poses for over 35 minutes.

The Second International Yoga Day was held in Chandigarh with thousands of people. The third International Yoga Day was held in Lucknow with around 51 thousand people. The fourth International Yoga Day was a great success and was celebrated grandly across the country, and the grandest amongst them was held in Dehradun, Uttarakhand, the clock tower of Dehradun was the place of practicing yoga for that day and thousands of people along with Shri Narendra Modi.

Yoga is a practice that helps an individual's life to be organized properly and helps them to keep their body fit and mind in peace. The International Yoga Day has helped in promoting the idea and the benefits of practicing yoga and has encouraged thousands of people and is continuing to do the same.

Through the systematic practice of yoga, you can overcome your negative thinking which in turn gives you confidence and enhances your mental power. This increases self-confidence and helps you to increase your attention and concentration.

Physical benefits of practicing Yoga

reduces weight

improves respiration, energy

increases muscle strength and tone

maintains a balanced metabolism

increases flexibility

improved athletic performance

reduces cardio-related problems

Mental benefits of practicing Yoga

It builds confidence

It helps you learn to breathe, both literally and metaphorically

It makes you more aware of your posture at all times

It makes you calmer

It boosts your strength and endurance

It helps relieve stress

Happy International Yoga Day 2021: Wishes, Messages

Sun salutations can energize and warm you, even on the darkest, coldest winter day. Let this Yoga Day energize your life throughout the year. Happy Yoga Day!!

Yoga is all about creating a balance in your life. It is about balancing your senses, balancing your body, soul, and mind to live healthily and live in peace. Wishing you a peaceful and healthy life on International Yoga Day.

Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life. Have a Happy Yoga Day!

Yoga is the journey of the self, to the self, through the self. Happy Yoga Day!

Yoga teaches us to cure what need not be endured and endure what can't be cured.

Happy Yoga Day!!

You cannot always control what goes on outside, but you can always control what goes on inside! Happy Yoga Day.

Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life. Have a happy International Yoga Day!

Happy International Yoga Day 2021: Quotes, Slogans

"Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom"

"Yoga is the dance of every cell with the music of every breath that creates inner serenity and harmony"

"Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame"

"Yoga happens beyond the mat, anything you do with attention to how you feel is doing yoga"

"Yoga means addition. Addition of energy, strength, and beauty to body, mind, and soul"

"Yoga is a mirror to look at ourselves from within"

"The yoga pose you avoid the most you need the most"

Happy International Yoga Day 2021: Slogans

Yoga Improves Immunity by freeing you from toxins!

Transcend from the state of being in the state of sorrow to that of happiness with Yoga!

Discover your inner peace with Yoga!

Be a part of International Yoga day to draw more and more people towards practicing Yoga!

Maintain the beauty of your soul and body by learning Yoga!

Conclusion: At last, we hope that the provided essay on International Yoga Day helps to know more about Yoga and its importance, and also helps students