



Press Release

International Day of Yoga 2023

The 9th edition of International Day of Yoga will be celebrated in nine cities of the Netherlands. The events are being organized by yoga enthusiasts, institutes, foundations and local community organizations in collaboration with the Embassy of India and Indian Council for Cultural Relations (ICCR).

2. Yoga is an ancient tradition from India that combines physical, mental and spiritual pursuits to achieve harmony of the body and mind. It is practiced by millions of people around the world.

3. On 11 December 2014, the United Nations General Assembly declared 21 June as the International Day of Yoga (IDY). The draft resolution establishing the International Day of Yoga was proposed by India and endorsed by a record 175 member states. The proposal was first introduced by Prime Minister Narendra Modi in his address during the opening of the 69th session of the General Assembly, in which he said: “Yoga is an invaluable gift from India’s ancient tradition. It 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 nature”. The first IDY was celebrated on 21 June 2015 all over the world.

4. The Embassy of India in the Netherlands has been celebrating IDY every year since 2015. The IDY events planned for this year are in Vrije University on 03 June, Utrecht on 10 June, Eindhoven on 11 June, Amstelveen on 17 June, The Hague on 18 June, Rotterdam on 21 June, Roermond on 24 June, Wageningen on 25 June and Leeuwarden on 08 July. More than 2000 people are expected to participate in these events. The details of these events are at <https://www.indianembassynetherlands.gov.in/>

5. The Gandhi Centre, cultural centre of the Embassy of India conducts regular yoga classes. The Centre also organizes outreach events on Yoga in different cities at schools and universities from time to time.

The Hague
25 May 2023