

Concept Note

11th International Day of Yoga 2025

Friday, 20 June 2025

5.00 PM-6.30 PM

The North Lawn Area, UN Headquarters

Yoga, a transformative practice, represents the harmony of mind and body, the balance between thought and action, and the unity of restraint and fulfillment. It integrates the body, mind, spirit, and soul, offering a holistic approach to health and well-being that brings peace to our hectic lives. Its power to transform is what we celebrate on this special day.

On December 11, 2014, the United Nations General Assembly designated June 21 as the International Day of Yoga. The proposal was first introduced by Prime Minister Narendra Modi in his address during the 69th session of the UNGA, in which he said: “Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature.” The Resolution establishing the International Day of Yoga was proposed by India and endorsed by a record 175 Member States. Since then, millions of people around the globe, united by the practice of yoga, have celebrated this day each year.

This global celebration fosters unity and harmony, transcends borders and cultures, and brings us closer to a world of peace and well-being. In 2023, the International Day of Yoga celebration at the United Nations Headquarters created a Guinness World Record for the participation of yoga enthusiasts of most nationalities. In keeping with this spirit, this year The Permanent Mission of India in collaboration with the UN Secretariat is organizing the 11th International Day of Yoga on 20th June 2025 at the North Lawn Area of the UNHQ.
