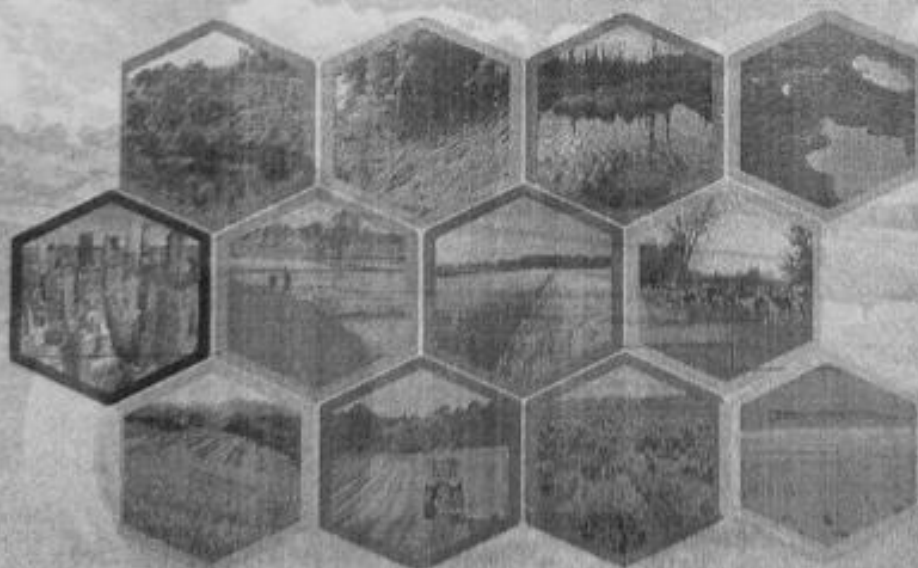
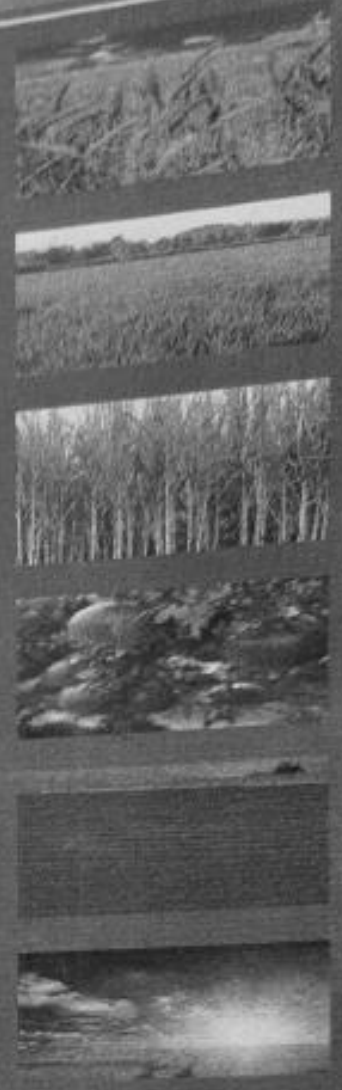
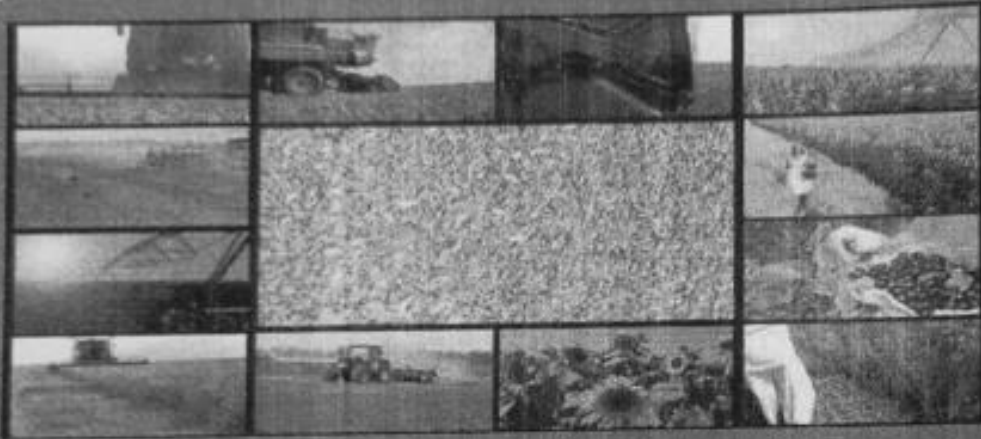


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Yoga for the World

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Ecology and human consciousness cannot be separated. The first fundamental fact of looking inward is always to see that you are naturally very much a part of everything around you. But now the problem is, we are always trying to look at life in pieces and that will never work. Only because human beings have become insensitive, we have to talk today about saving the world, which is a silly idea because it is we who are protected by Mother Earth, not the other way round! None of this would be necessary if human beings understood that, whether we like it or not, we are reverberating as a part of this existence.

Yoga essentially means that in search of wellbeing, we should not look up. Because if we look up, we will hallucinate, we will start imagining things which are not in our experience. And above all, we do not know which is up and which is down. In the last hundred and fifty years, most of humanity looked up, and a small segment looked out for gathering wealth and building palaces. But today, a large part of humanity is looking out instead of up. If we look out for human wellbeing, we will destroy the very basis of our existence, which is what we are doing. We have different names for this like ecological problems, global warming, climate change etc. But human beings are just looking out in pursuit of wellbeing. That is all it is. The only ultimate solution, and the only way human beings will truly know wellbeing, is by turning inward. This is what yoga means. Not up, not out, but in. The only way out is in.

About Yoga

The word "YOGA" literally means union. Yoga does not mean twisting of body, tying limbs into knots, holding of breath or doing some other circus. The word "yoga" means, in ones experience, everything has become one. It is a system of raising human ability to perceive, to enhance individual human beings to realise their ultimate nature. Yoga is the most profound exploration of the very mechanics of life.

Yoga is the exploration of the very mechanics of life. It predates all religion and opened the possibility of raising a human being beyond limitations set by nature, if willing to strive. Making the science of Yoga available in the purest form is the responsibility of this generation. This science of inner development, wellbeing and liberation is the greatest gift for future generations.

International Yoga Day has come at a crucial time. The yogic science is of utmost significance now, like never before. Today we have tremendous tools of science and technology, enough to make or break the world. It is very important that we have an inner sense and awareness of life, that we experience every other being as a part of ourselves. Otherwise, our pursuit of wellbeing will destroy all.

Expanding Yoga Beyond India

The effort to bring the spiritual process to the world, and particularly to those individuals who have a big influence upon the rest of the world, has been on for a long time.



Ashtavakra enlightened Janaka around eight thousand years ago. Krishna's whole life's mission was to marry the spiritual process and the political process. Krishna not only worked with kings, he also established over a thousand ashrams across the northern plains of India. If a certain population in the world experiences this, if a certain percentage of the world truly becomes meditative, definitely the quality of the world will change. Particularly if the leadership in the world experiences the unity or the yoga of life, there will be a dramatic change in the way the world will function. For all the problems of humanity, the solution is in enlarging one's perception of life, from individuality to universality. The declaration of International Yoga Day is a significant step in this direction, and can have a ripple-effect across the planet. and now, a situation has come where the leaders of nations are speaking about yoga. Not just in India, but in the highest international body – the United Nations. Two minutes of our Prime Minister's speech at the UN was about yoga. Seven minutes of his interaction with the President of the United States was about yoga. This has never happened before. One hundred and seventy-five out of one hundred and ninety-three countries pitched behind the resolution to be passed for International Yoga Day on June 21.

Acknowledging yoga in this way will be immensely beneficial, particularly for the youth. Nowadays, a lot of young people are taking to yoga because it is usually the youth in the world who have a passion for truth. Youth is humanity in the making. Because they are in the making, they can shape themselves in whichever manner they want. If only youth are taught to handle themselves with a little more consciousness, then they are a great possibility.

Otherwise, youth can be very compulsive. If they become a little more conscious, we have a great future for humanity and also the environment around us.

"Its truly revolutionary for United Nations organisation to take up Yoga as a way of bringing transformation in the world. Because without transforming individual human beings, there is no way to transformed the world. This effort to take yoga to every human being on the planet is about fulfilling the human longing for health, well being through a logically correct and scientifically verifiable system called yoga.

India's Effort to Make Yoga Global

The idea for declaring an International Day of Yoga at the United Nations was formally proposed by the Hon'ble Prime Minister of India, Shri Narendra Modi, in his maiden address to the 69th UNGA on 27 September 2014. The Prime Minister said:

"We need to change our lifestyles. Energy not consumed is the cleanest energy. We can achieve the same level of development, prosperity and well being without necessarily going down the path of reckless consumption. It doesn't mean that economies will suffer; it will mean that our economies will take on a different character. For us in India, respect for nature is an integral part of spiritualism. We treat nature's bounties as sacred. Yoga is an invaluable gift of our ancient tradition. 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. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day."

The Hon'ble Prime Minister had indicated that 21st June, one of the two solstices, which is the longest day in the Northern Hemisphere, has special significance in many parts



of the world, and could be considered for adoption as the International Day of Yoga by the United Nations each year.

In order to implement the Hon'ble Prime Minister's initiative, the Permanent Mission of India in New York convened three rounds of informal consultations with all 193 member states of the United Nations. A final text of the Resolution, on which all the participating countries agreed, was reached on 22nd October 2014. Following this, the proposed Resolution was circulated by the UN Secretariat as a "L" Document with 130 co-sponsors on 7th November 2014. Subsequently, another 47 member states have joined as co-sponsors, bringing the number to 177 out of the 193 member states of the United Nations.

Pertinent to recall that the 69th Session of the United Nations General Assembly adopted by acclamation draft Resolution A/Res/69/131 in December 2014, with a record number of 177 countries co-sponsoring it. The Resolution established the International Day of Yoga for observance by the United Nations on 21st June each year. The Resolution on International Day of Yoga was brought about in an unprecedented manner. It is for the first time that such an initiative was proposed and implemented by any country in the UN General Assembly in less than 75 days.

The Resolution (A/Res/69/131), adopted under agenda item 124: Global Health and Foreign Policy, has two unique "firsts" for a UN General Assembly Resolution of such a nature. While its initial official document circulated to the General Assembly (i.e. known as the L document) had the highest ever number of co-sponsors for a L Document (at 130 member states), when it was finally adopted on 11th December 2014 in the UNGA, the Resolution had the highest number of co-sponsors ever for any UNGA Resolution (with 177 co-sponsors till its adoption).

A noteworthy facet of this exercise was the sheer diversity of cross regional support that Prime Minister's initiative garnered from across the world in a record time with record numbers. Co-sponsors of the proposal include all five permanent members of the UN Security Council, nearly all members from the African continent, Latin America, Europe, most from Asia, the Caribbean Community, and most of the Small Island Developing States including the Pacific island states, who interacted with the Prime Minister at the recent First Meeting of the Forum for India-Pacific Islands Cooperation.

Both the President of the 69th UN General Assembly H.E. Sam Kutesa and UN Secretary General H.E. Mr. Ban ki-moon issued congratulatory statements on the adoption of the Resolution in the General Assembly.

The main significance of the UN declaring an International Day is to focus the attention of the international community on the topic of the Day, and to encourage activities among the member states of the United Nations to commemorate the Day.

United Nation On Yoga

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word „yoga“ derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Today it is practiced in various forms around the world and

Continues to grow in popularity. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131.



The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga. The resolution notes "the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health." In this regard, the World Health Organization has also urged its member states to help their citizens reduce physical inactivity, which is among the top ten leading causes of death worldwide, and a key risk factor for non-communicable diseases, such as cardiovascular diseases, cancer and diabetes.

But yoga is more than a physical activity. In the words of one of its most famous practitioners, the late B. K. S. Iyengar, "Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions."

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