Indian Diaspora Council International
Shared heritage, aspirations and interests
www.IndianDiasporaCouncil.org
Post Office Box 650523 New York 11365 USA

PRESS RELEASE

June 21, 2024 (EST-USA)

OBSERVANCE OF INTERNATIONAL YOGA DAY 2024
Theme: "*Yoga for Self and Society*"

योगश्चित्तवृत्तिनिरोधः
yogaś citta-vṛitti-nirodhaḥ

Yoga is to still the patterning of consciousness (Yoga Sutra I.2)

The **Indian Diaspora Council International** (**IDC**), in collaboration with its global membership and affiliates, is pleased to join with other organizations, associations, agencies, groups, and individuals in observance of the 10th **International Day of Yoga**. Recognizing its universal appeal, on 11 December 2014, the **United Nations** proclaimed 21 June as the International Day of Yoga by resolution 69/131.

Yoga, an ancient practice originating in India, represents the union of body and consciousness. The word 'yoga' derives from Sanskrit, meaning to join or unite. This transformative practice symbolizes 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. Today, yoga is practiced in various forms around the world and continues to grow in popularity, celebrated for its profound power to transform.

"Yoga extends beyond physical activity, *asanas*, as it fosters a balanced attitude in everyday living and helps individuals discover a sense of oneness with themselves, the world, and nature."

– Dr. Nicole Bissessar, Director of Community Cultural Affairs, Indian Diaspora Council.

Indian Diaspora Council International (IDC), established in 1997, is an international non-profit organization with global affiliates and membership in 21 countries with the objective to embrace, engage, and enhance the shared heritage, aspirations, and interests of persons of Indian origin with optimum inclusivity.

For more information, please contact Ashook Ramsaran @ ashookramsaran@gmail.com