

Indian Diaspora Council

Indian Diaspora Council International

Shared heritage, aspirations and interests

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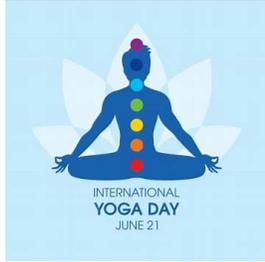
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PRESS RELEASE

June 21, 2025 (EST-USA)

OBSERVANCE OF INTERNATIONAL YOGA DAY 2025

“Yoga for One Earth, One Health”



The Indian Diaspora Council International (IDC), together with its global members and affiliates, proudly joins hands with various institutions, agencies, associations, and individuals in celebrating the 11th International Day of Yoga.

International Yoga Day, observed annually on June 21, has grown from its roots in ancient Indian tradition into a dynamic global movement. This remarkable transformation is largely attributed to the visionary leadership of Prime Minister Narendra Modi and the dedicated efforts of institutions such as Patanjali Yogpeeth.

In his *Mann Ki Baat* address, Prime Minister Modi announced the theme for International Day of Yoga (IDY) 2025 as “*Yoga for One Earth, One Health*,” underscoring yoga’s comprehensive role in promoting both individual well-being and environmental sustainability.

This year:

- UNHQ [New York]: The Permanent Mission of India to the UN in collaboration with the UN Secretariat, will hold IYD event in the North Lawn Area of UNHQ on 20 June 2025, 5:00 to 6:30 pm (EST)
- New Delhi [India]: The Morarji Desai National Institute of Yoga (MDNIY) kicked off celebrations on 13 March with the grand Yoga Mahotsav 2025 at Vigyan Bhawan, marking the start of the 100-day countdown to June 21.

Since its inception in 2014 (UN Proclamation by Resolution 69/131), this initiative has connected millions of people worldwide to the physical, mental, and spiritual benefits of yoga. Under the guidance of Yoga Guru Baba Ramdev, Patanjali has played a pivotal role in expanding the reach of yoga to households around the world. As we embrace this year’s theme, let us be reminded of the profound interconnection between individual well-being and the health of our planet. Yoga, as a holistic discipline, not only enhances physical strength and mental clarity but also cultivates a deep sense of mindfulness and ethical awareness in everyday life. This heightened consciousness encourages the adoption of healthier, more sustainable lifestyles that align personal choices with global ecological responsibility.

Yoga Sutra of Maharshi Patanjali II.29 states:

यमनियमासनप्राणायामप्रत्याहारधारणाध्यानसमाधयोऽष्टावङ्गानि
yama-niyamāsana-prāṇāyāma-pratyāhāra-dhāraṇā-dhyāna-samādhayo ‘ṣṭāv aṅgāni

The eight components of yoga are external discipline, internal discipline, posture, breath regulation, concentration, meditative absorption, and integration.

In nurturing our own health, we inherently contribute to the well-being of the Earth, embodying the timeless Indian philosophical principle of *Vasudhaiva Kutumbakam* — the belief that the world is one family.

– Dr. Nicole Bissessar, Director of Community Cultural Affairs, IDC & Queens General Assembly, 2025 Delegate.

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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.