



### **About the Day**

The International Day of Yoga has been celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in India. The Indian Prime Minister, Narendra Modi, in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere.

### **2021 Theme: Yoga for well-being**

The Day will be marked at a time when COVID-19 pandemic continues to upend lives and livelihoods of people globally. Recognizing the important role of Yoga, this year's commemoration of the International Day of Yoga focuses on "Yoga for well-being" - how the practice of Yoga can promote the holistic health of every individual.

### **2021 virtual event**

The Permanent Mission of India to the United Nations invites you to an online celebration of the 7th annual International Yoga Day on 21 June 2021, from 8:30 to 10:00 am EST, to be broadcast live on [UN WebTV](#).

### **Some Digital Resources**

- [Ayush Grid \(Government of India\)](#)
- [International Yoga Day 2021](#)
- [Know more about yoga](#)
- [United Nations \(International Day of Yoga\)](#)
- [Permanent Mission of India to the UN \(International Day of Yoga 2021\)](#)
- [Life under lockdown - practical tips from the UN](#)
- [Guidelines for Yoga Practitioners for COVID-19](#)
- [The Yoga Billboard](#)

## Books on Yoga

(Available in the Library)

1. Aurobindo, Sri (2003). *Complete works of Sri Aurobindo: record of Yoga-II, vol.11*. Pondicherry: Sai Aurobindo Ashram Press.  
181.4 AUR 024506
2. Aurobindo, Sri (1998). *Complete works of Sri Aurobindo: essay in philosophy and Yoga shorter works 1910-1950, vol.13*. Pondicherry: Sai Aurobindo Ashram Press.  
181.4 AUR 024508
3. Aurobindo, Sri (1999). *Complete works of Sri Aurobindo: the synthesis of Yoga-I, vol.23*. Pondicherry: Sai Aurobindo Ashram Press.  
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4. Aurobindo, Sri (1999). *Complete works of Sri Aurobindo: the syntheses of Yoga-II, vol.24*. Pondicherry: Sai Aurobindo Ashram Press.  
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5. Aurobindo, Sri (2012). *Complete works of Sri Aurobindo: letters on Yoga –I foundations of the integral Yoga*. Pondicherry: Sai Aurobindo Ashram Press.  
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6. Aurobindo, Sri (2013). *Complete works of Sri Aurobindo: letters on Yoga -II practice of the integral Yoga, vol.29*. Pondicherry: Sai Aurobindo Ashram Press.  
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7. Aurobindo, Sri (2014). *Complete works of Sri Aurobindo: letters on Yoga-III experiences and realisations in the integral Yoga, vol.30*. Pondicherry: Sai Aurobindo Ashram Press.  
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8. Aurobindo, Sri (2014). *Complete works of Sri Aurobindo: letters on Yoga-IV transformation of human nature in the integral Yoga, vol.31*. Pondicherry: Sai Aurobindo Ashram Press.  
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9. Bryant, Edwin F. (2009). *Yoga Sutras of Patanjali: a new edition, translation, and commentary*. New York: North Point Press.  
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10. Dahake, V. A. (1992). *Yogabhrashtra: terrorist of the spirit*. New Delhi: Indus  
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11. Khalsa, Sat Bir Singh, ed. [et. al.] (2017). *Principles and practice of Yoga in health care*. New Delhi: Sage.  
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12. Larson, Gerald James (2008). *Encyclopaedia of Indian Philosophies: Yoga; Indias philosophy of meditations, vol. 12*. Delhi: Motilal Banarsidass Publishers.  
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13. Mahapatra, Debidatta Aurobinda (Ed.). *Philosophy of Sri Aurobindo: Indian philosophy and Yoga in the contemporary world*. New Delhi: Bloomsbury Publishing

14. Phillips Stephen (2009). *Yoga, karma and rebirth: a brief history and philosophy*. New York: Columbia University Press.  
181.45 PHI 003096
15. Rele, Vasant G. (1929). *Mysterious Kundalini: the physical basis of the "Kundali (Hatha) Yoga" in terms of western anatomy and physiology*. Delhi: Bharatiya Kala Prakashan.  
181.452 REL 021998
16. Srinivasan, N. (2019). *Progress in brain research: meditation*. Cambridge: Elsevier.  
158.128 SRI 028528
17. Tiwari, P. G. (2015). *Body goddess*. Gurgaon: Random House Publishers.  
613.7046 TIW 028259
18. White, David Gordon (2014). *Yoga sutra of Patanjali: a biography*. Princeton: Princeton University Press.  
181.452 WHI 018597

### Some selected articles

1. Ameya, P., & Nair, P. (2017). Role of therapeutic fasting along with other Naturopathy and Yoga Modalities in addressing acne vulgaris – A single case report. *Journal of Fasting and Health*, Online First. <https://doi.org/10.22038/jfh.2017.25098.1093>
2. Elstad, T., Ulleberg, P., Klonteig, S., Hisdal, J., Dyrdal, G. M., & Bjorndal, A. (2020). The effects of yoga on student mental health: A randomised controlled trial. *Health Psychology and Behavioral Medicine*, 8(1), 573–586. <https://doi.org/10.1080/21642850.2020.1843466>
3. Joseph, B., Nair, P. K., & Nanda, A. (2015). Effects of naturopathy and yoga intervention on CD4 count of the individuals receiving antiretroviral therapy-report from a human immunodeficiency virus sanatorium, Pune. *International Journal of Yoga*, 8(2), 122. <https://doi.org/10.4103/0973-6131.158475>
4. Lanman, C. R. (1918). The Hindu Yoga-System. *The Harvard Theological Review*, 11(4), 355–375.
5. Leuba, J. H. (1919). The Yoga System of Mental Concentration and Religious Mysticism. *The Journal of Philosophy, Psychology and Scientific Methods*, 16(8), 197–206. <https://doi.org/10.2307/2940488>
6. Madaan, L., Basavaraddi, I. V., & Jain, K. (n.d.). Comparative effect of yogasana and pranayama on depression, anxiety and stress levels in adults practitioners. 8.
7. Nair, P. (2016). Naturopathy and yoga in ameliorating multiple hormonal imbalance: A single case report. *International Journal of Reproduction, Contraception, Obstetrics and Gynecology*, 916–918. <https://doi.org/10.18203/2320-1770.ijrcog20160612>
8. Sahni, P. S., Singh, K., Sharma, N., & Garg, R. (2021). Yoga an effective strategy for self-management of stress-related problems and wellbeing during COVID19 lockdown: A cross-sectional study. *PLOS ONE*, 16(2), e0245214. <https://doi.org/10.1371/journal.pone.0245214>
9. Woodyard, C. (2011). Exploring the therapeutic effects of yoga and its ability to increase quality of life. *International Journal of Yoga*, 4(2), 49–54. <https://doi.org/10.4103/0973-6131.85485>