



# INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

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**Editorials:****9 th International Yoga Day**

We all were celebrated 9<sup>th</sup> International Yoga Day on 21<sup>th</sup> June 2023. This year's International Day of Yoga 2023 theme is "Yoga for Vasudhaiva Kutumbakam," and is beautifully summarizes collective aspiration for "One Earth, One Family, One Future". Since 2015, June 21 has been Universal Yoga Day, which points to raise mindfulness of the benefits of yoga, an ancient practice in India. This year first time United Nations Headquarters celebrated International Yoga Day in the presence of Prime Minister of India Hon.Mr.Narendra Modi on June 21, 2023.

The old Indian hone of yoga is regarded through the celebration of Universal Yoga Day. Yoga makes a difference lighten stretch and uneasiness as well as physical unwinding.

The most objective of the Worldwide Day of Yoga is to spread the word almost yoga as a all-encompassing way to progress mental and physical health. This recognition contains a significant affect on highlighting the importance of mental and physical wellbeing within the cutting edge world.

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