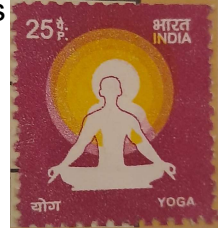


Yoga - The way of healthy living

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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. Since 2015, this day has been observed all over the world in ever-growing numbers of participants



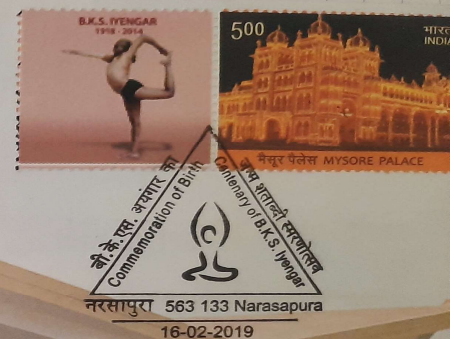
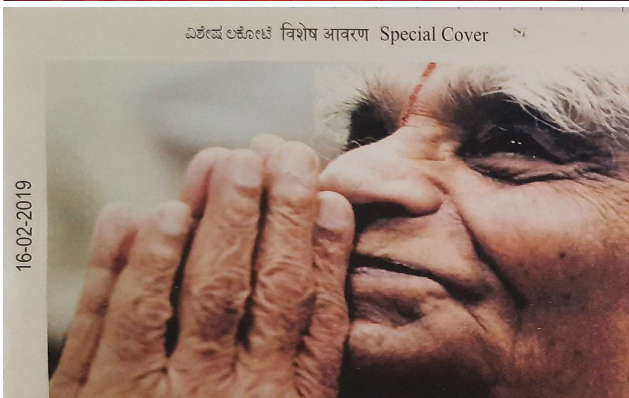
Stamp Issue date Apr 2016

The logo of the International Day of Yoga where **folding of both hands** symbolizes Yoga, the union, which reflects the union of individual consciousness with that of the universal consciousness, a perfect harmony between mind, body, man & nature. The **green leaves** symbolize nature, **blue symbolizes** the water element, the holistic approach to health & well being. The **brown leaves** symbolize the Earth element, **brightness symbolizes** the fire element, and the **sun symbolizes** the source of energy and inspiration. **The logo reflects harmony and peace for the humanity. This is the essence of yoga.**



In 2016, Prime Minister Shri. Narendra Modi released commemorative postage stamps on Surya Namaskar on the second International Day of Yoga. The Sanskrit name *Surya* refers to Sun and *Namaskar* means salutation in Yoga. Surya Namaskar consist of 12 positions as shown in the miniature sheet

Padma Vibhushan Yogacharya B.K.S Iyengar(1918-2014) united the world through Yoga. This special cover was released on 16-02-2019 to mark his birth centenary at his birthplace Bellur, Karnataka, India



ಯೋಗಾಚಾರ್ಯ
ಬಿ.ಕೆ.ಎಸ್. ಬಿ.ಕೆ.ಎಸ್. B.K.S. IYENGAR
ಐಯ್ಯಂಗಾರ್ ಅಯ್ಯಂಗಾರ್
YOGACHARYA
CENTENARY YEAR 2019

ಜನ್ಮ ಶತಮಾನದ ಸ್ಮರಣೋತ್ಸವ ಜನ್ಮ ಶತಮಾನದ ಸ್ಮರಣೋತ್ಸವ Birth Centenary Commemoration