Legislation Details

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On agenda:	6/12/2025			**Final action:**	6/12/2025
Title:	PROPOSED RESOLUTION				

RECOGNIZING INTERNATIONAL YOGA DAY 2025 AND CELEBRATING ITS OBSERVANCE WITH THE INTERNATIONAL UNIVERSITY OF VEDIC WELLNESS (IUVW), STREAMWOOD, IL

WHEREAS, in September 2014, the Honorable Prime Minister of India, Shri Narendra Modi, in his address to the United Nations General Assembly proposed that June 21st, the Summer Solstice and longest day of the year in the Northern Hemisphere, be recognized globally as International Yoga Day in acknowledgment of Yoga's profound universal significance; and

WHEREAS, in his address, Prime Minister Modi affirmed that "Yoga is an invaluable gift of our ancient tradition. Yoga embodies the unity of mind and body, thought and action... a holistic approach that is valuable to our health and well-being. Yoga is not just about exercise; it is a path to discover the sense of oneness with yourself, with the world, and with nature."; and

WHEREAS, the United Nations, recognizing the timeless relevance of this ancient practice, proclaimed June 21st as International Day of Yoga on December 11, 2014, through UN Resolution 69/131, co-sponsored by a record 175 member states, symbolizing a global commitment to promoting harmony, health, and well-being; and

WHEREAS, 2025 marks the 11th International Day of Yoga, celebrated worldwide under the theme 'Yoga for One Earth, One Health', a reminder that individual well-being and planetary wellness are deeply interconnected; and

WHEREAS, Yoga, originating in India over 3,000 years ago is a comprehensive system of physical postures, breathwork, meditation, and spiritual wisdom designed to foster harmony of body and mind; and

WHEREAS, the Sanskrit word 'Yoga' derives from the root 'Yuj', meaning 'to join' or 'to unite', symbolizing the integration of body, mind, and consciousness; and

WHEREAS, the regular practice of yoga strengthens the body, calms the mind, sharpens awareness, and cultivates mindfulness, empowering individuals to lead healthier, more balanced, and more sustainable lifestyles; and

WHEREAS, through personal transformation, yoga fosters greater compassion for the world, echoing the Indian ethos of Vasudhaiva Kutumbakam meaning "the world is one family", reminding us that in caring for ourselves, we also care for the Earth; and

WHEREAS, in keeping with this spirit, the International University of Vedic Wellness (IUVW), Streamwood, IL, an esteemed institution dedicated to preserving and promoting Vedic knowledge, Ayurveda, Yoga, and holistic well-being, will proudly host celebratory events and educational programs in observance of International Yoga Day 2025, bringing together community members, students, scholars, and wellness practitioners to honor this global tradition and inspire collective well-

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being; and

NOW, THEREFORE, BE IT RESOLVED, that the Cook County Board of Commissioners does for the first time hereby recognize June 21, 2025, as International Yoga Day, and encourages all residents to explore, learn, and experience the timeless benefits of Yoga for personal health, community harmony, and planetary balance; and

BE IT FURTHER RESOLVED, that this text be spread upon the official proceedings of this Honorable Body, and suitable copies be tendered to the International University of Vedic Wellness (IUVW), Streamwood, IL, in recognition for its leadership in celebrating this occasion and for its ongoing contributions to advancing wellness, wisdom, and unity in our community and beyond.

Sponsors: KEVIN B. MORRISON

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Attachments:

Date	Ver.	Action By	Action	Result
6/12/2025	1	Board of Commissioners	approve	Pass

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