



# YOGA

**FOR ACHIEVING UNITED NATIONS (UN)  
SUSTAINABLE DEVELOPMENT GOALS (SDGs):  
RECOMMENDATIONS**



## **Compiled by:**

**Department of Psychiatric Social Work and  
Department of Integrative Medicine,  
National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru in collaboration with  
Swami Vivekananda Yoga Anusandhana Samsthana, (SVYASA Yoga University) Bengaluru**

## **Supported By:**

**Central Council for Research in Yoga and Naturopathy (CCRYN), Ministry of AYUSH, Govt of India**





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**Central Council for Research in Yoga and Naturopathy (CCRYN), Ministry of AYUSH, Govt of India**



Honourable Prime Minister of India

**Shri. Narendra Modiji**

on

**Yoga**

*“Yoga is a symbol of universal aspiration for health and well-being. It is health assurance in zero budget”*

*“Yoga guarantees wellness as fitness. Yoga is not merely an exercise but a way to attain peace through physical, mental and spiritual wellbeing”*

*“Yoga is a code to connect people with life, and to reconnect mankind with nature. It expands our limited sense of self, to see our families, societies and mankind, as extensions of our own self”.*

*“Yoga is not only about asanas; it is much more. It is a blend of Gyan (Knowledge), Karma (work) and Bhakti (devotion).”*

*“Yoga has the potential to herald in a new Yuga (a new era) - of peace, compassion, brotherhood and all-round progress of the human race”.*



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## Foreword

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The United Nations Sustainable Development Goals (SDGs) highlight the connections between the environmental, social and economic aspects of sustainable development. Yoga has an important role in achieving UN SDGs. Yoga builds a harmony between human and nature and can be used as a powerful method to develop one's physical and mental resilience to deal with environmental calamities. It also promotes positive feelings of resilience towards environment to help and protect it from destruction.

I am indeed delighted to know that there was a systematic effort by NIMHANS and SVYASA, Bengaluru in collaboration with CCRYN, AYUSH Ministry, Government of India to understand how Yoga can be used to achieve community and environment sustainability through brainstorming sessions with Yoga and environment experts from across India and the world, to suggest recommendations and draft a policy statement to implement Yoga to achieve UN SDGs.

I do hope that recommendations, if implemented, throughout the country can help in achieving all the UN SDG's in India through the Yogic way of life. I wish to urge the United Nations to study these recommendations and consider implementing these recommendations in a phased manner through their already existing projects to achieve the UN SDG goals.



### **Prataprao Jadhav**

Union Minister of State (Independent Charge)

Ministry of Ayush and Minister of State Health and Family Welfare,

Govt. of India



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## Message from the Ministry of AYUSH, GoI

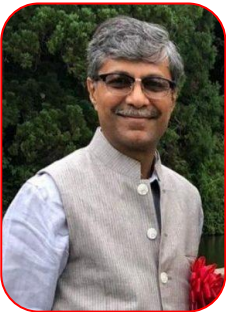
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*Namaste,*

I am glad that NIMHANS in collaboration with SVYASA *Yoga* University, Bengaluru is engaged in such a noble work of promoting “*Yoga* for achieving United Nations Sustainable Development Goals” (UN SDGs). *Yoga* is our ancient science which needs to be promoted all over the world in terms of achieving the UN SDGs. The white paper drafted from this work lays a foundation for future needs, studies and lifestyle modification so that diseases are prevented and health is maintained. I hope *yoga* becomes a part of our life both in thinking and action. This would lead to transformation of the individual and then the society.

I congratulate the entire team of NIMHANS and SVYASA for taking up such an important work in collaboration with CCRYN, Ministry of AYUSH, Government of India. The Department and Ministry will keenly look at the final recommendations as guiding points for future implementation in policies and programmes of the Government.

**Best wishes**



**Vaidya Rajesh Kotecha**

Secretary

Ministry of AYUSH

Govt. of India, New Delhi.





Central Council for Research in  
Yoga & Naturopathy

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## Message from Director, CCRYN

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*Namaste,*

It gives me immense pleasure to consider “*Yoga*” for achieving United Nations Sustainable Development Goals (SDGs). Today, the focus is on sustainable living and development, for which people are going towards their roots in order to combat modern lifestyle and Non communicable disorders such as Obesity, Diabetes, Cardiovascular diseases and mood disorders such as Anxiety and Depression. Urbanization, modernization, and pursuit of consumerism, the erratic lifestyle and habits have taken a toll over human and nature ethics. Individuals have lost complete awareness of self and nature. As it is mentioned in *yoga* texts ‘The universe is manifested in a tiny version within us; Any imbalance internally (microcosm) reflects imbalance externally (macrocosm). *Yoga* literally means ‘Union’ or ‘to join’ the inner self (Individual’s true nature) with the outer self (Manifestations of the Universe/ *Brahman*). *Yoga* being a mind-body intervention acts as a strong tool to create self-reflection and self-awareness among the masses. *Yoga* advocates one to adopt a minimalistic living in harmony with nature and surroundings. *Yoga* advocates compassion, humility, love, unity and brotherhood through expanding one’s awareness. *Yoga* helps one to find happiness within thereby making one content with self and weans away one from materialistic pursuits. This can lead to less load on the ecology and *yoga* can therefore serve as a tool for conserving the environment and ecology. There are several other SDG goals that can be met by adopting *yoga* in one’s lifestyle.

I am happy to be a part of this project and extend my heartfelt congratulations to Dr. Aarti Jagannathan, Additional Professor of Psychiatric Social Work at NIMHANS, Bengaluru and her entire team for working on such an important issue of the society. The stakeholders’ workshop which included experts from various fields had also witnessed brainstorming discussions on various SDGs and I am sure the recommendations which will be drafted will help improve the wellbeing of the society to a great extent.

**Thank You**



**Dr. Raghavendra Rao M**  
Director, Central Council for Research in Yoga and Naturopathy (CCRYN)  
Ministry of AYUSH, Govt. of India, New Delhi.



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## Message from the Director, NIMHANS

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*Yoga* is an age-old tradition and is even more relevant in contemporary times for mental and physical fitness. This philosophy and practice provide ways for many outcomes, from being healthy to achieve the heights of spirituality. *Yoga* as a whole offers a solution for personal and societal upliftment, as well as conservation and sustenance of the natural resources. It teaches us to live with the natural habitat in peace and harmony, thus providing a complete holistic intervention for achieving many of the United Nation Sustainable Development Goals (UN SDGs).

I am glad to see *yoga* being promoted as a tool to achieve UN SDGs. *Yoga* is and was a part of National Institute of Mental Health and Neurosciences (NIMHANS) since its conception. The logo of NIMHANS already has the inscription “*Samatvam Yoga Uchyate*”, meaning ‘state of equilibrium of the mind is *Yoga*’.

I appreciate the initiative taken by the team working on this project. The stakeholders’ workshop conducted both in-person and through online discussion had given a lot of ways to achieve this cause. I am sure the white paper drafted with these valuable recommendations from various experts in the field will provide a way forward to the students, doctors, researchers, teachers, social workers, family members etc. I hope everyone will be benefited from this major change happening once the recommendations are formulated and applied in every discipline of life.

I congratulate the entire team working for this project and wish them all the success in their future endeavours.

### Best Wishes



**Dr. Pratima Murthy**  
Professor of Psychiatry and Director  
NIMHANS  
Hosur Road, Bengaluru.



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## Message from the Chancellor, SVYASA

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*My dear brothers and sisters,*

I heartily congratulate Dr. Aarti Jagannathan, Additional Professor of Psychiatric Social Work and her entire team for taking this work in the right direction.

The main aim of this study is to build an Ideal Individual and then to build an Ideal social order. Swami Vivekananda has rightly mentioned about this in his quote “Be and Make”. An Ideal individual builds an Ideal society. *Yoga* uplifts us from lower human beings having lower qualities such as anger, greed, lust etc, to attain the higher or ideal human being qualities such as love, compassion, kindness etc. When the Ideal social norm is built, then economic growth happens, health and peace prevails in every house. Thus, an Ideal social order is developed. *Yoga* should be considered to uplift the individual from *Tamas* to *Rajas* and then further move towards *Sattva*, and these qualities should be sustained.

*Yoga* helps us to develop universal brotherhood through the concept of “*Vasudaiva Kutumbakam*”. It has the potential to build an ideal social order. Thus, each and every SDG goal should be visualized from this point of view through which sustainability can be achieved.

The recommendations from various experts across India and the world helped us to write a white paper to be submitted to the CCRYN, Ministry of AYUSH, GoI. It will be good if these recommendations are forwarded to the UN so that the aim of “*Vasudaiva Kutumbakam*”. It has the potential to build an Ideal social order. Thus, each and every SDG goal should be visualized from this point of view through which sustainability can be achieved.

The recommendations from various experts across India and the world helped us to write a white paper to be submitted to the CCRYN, Ministry of AYUSH, GoI. It will be good if these recommendations are forwarded to the UN so that the aim of “*Vasudaiva Kutumbakam*” can be achieved universally.

**With love**



**Dr. H. R. Nagendra**

Chancellor, Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), Bengaluru



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## Message from Distinguished Chair, AYUSH

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*Dear Colleagues,*

'Yoga' is a promising intervention in psychosomatic ailments along with modern medication. At NIMHANS we are doing research using *yoga* intervention in psychiatric and neurological disorders and the results are encouraging. Studies done at the Department of Integrative Medicine, NIMHANS yielded the following results; negative symptoms were improved in patients with schizophrenia after doing *yoga* perhaps due to the activation of mirror neurons; the severity of depression was reduced and increase in serum Brain derived neurotrophic factor (BDNF) was observed. NIMHANS has developed and validated *yoga* modules for conditions such as Generalized Anxiety Disorder, Depression, Mild cognitive impairment, Somatoform pain disorder, Schizophrenia to name a few.

Backed up with this robust scientific data and my personal experience of using *yoga* in affected individuals, I am happy that *yoga* is now considered as an eco-therapy intervention for achieving United Nations Sustainable Development Goals (UN SDGs). I congratulate Dr. Aarti Jagannathan, Additional Professor of Psychiatric Social Work, NIMHANS and her team for initiating such thoughtful work. I am sure this is the beginning towards sustainability and the world will witness major changes once these recommendations are practically applied. If this ancient science from our ancestors is being taught and applied everywhere, in every sector, every school and college, office etc., our country can move to achieve the development goals that are sustainable.

**Best Wishes**



**Dr. B. N. Gangadhar**

Distinguished Scientist Chair

Ministry of AYUSH, Govt. of India, New Delhi.

Professor Emeritus, Department of Integrative Medicine & Former Director  
NIMHANS, Bengaluru.

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# Preface

“The 2030 Agenda for Sustainable Development, adopted by all United Nations members in 2015, created 17 world Sustainable Development Goals (SDGs). They were created with the aim of peace and prosperity for people and the planet – while tackling climate change and working to preserve oceans and forests. The SDGs highlight the connections between the environmental, social and economic aspects of sustainable development”. This work is an attempt in the direction of recommending ‘*Yoga*’ as a way of life for Sustainable living in harmony with nature and the surrounding.

From the perspective of eco-therapy and sustainability, improving and developing resilience in one’s own mental and physical health through practice of outdoor activities in nature such as *Yoga* (connecting with nature) even in unfavourable environmental conditions is beneficial. *Yoga* (an ancient Indian practice) as a form of eco-therapy, through successive stimulation - relaxation helps break the loop of uncontrolled speed of thoughts (stress), helps gain control over the mind, and harmonizes the disturbances at each of the five levels (physical, mental, emotional, intellectual, spiritual) to tackle psychosomatic problems. *Yoga* practiced in nature also helps the individual connect with his/her ecology and develops a sense of compassion towards one’s ecosystem – towards issues related to climate action and change. A parasitic relationship needs to be transformed to a symbiotic one with our environment. *Yoga* can be used as a powerful method to not only help develop one’s physical and mental resilience to deal with environmental calamities, but also to develop positive feelings towards one’s environment to help protect it from destruction. Thus, if *yoga* is advocated as a method of eco-therapy to all individuals through inclusive approaches of community participation, it could possibly be a solution in the promotion of environmental and community sustainability (SDG Goal 11), which would help achieve many SDGs. *Yoga* would help transform the community into ambassadors of change enthused to the cause of ecology through a simple minimalistic living.

These recommendations have been prepared as a part of the project titled ‘*Yoga* as an eco-therapy for achieving United Nations Sustainable Development Goals: An explorative study’ funded by Central Council for Research in Yoga and Naturopathy (CCRYN) under the Ministry of AYUSH, Govt. of India, New Delhi. Various schools of *yoga*, *yoga* associations, renowned *yoga* researchers and practitioners across India and the world have participated in deliberating on this issue and bringing out these recommendations over the last one year. The Core team members from National Institute of Mental Health and Neurosciences (NIMHANS), Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) along with support from Central Council for Research in Yoga and Naturopathy (CCRYN), Ministry of AYUSH, Govt. of India have done extensive review of literature and have had multiple stakeholder’s group meetings and brainstorming sessions to arrive at the current recommendations. It is the team’s sincere appeal that the Ministry and the government forward these recommendations to the United Nations for developing policies and programmes to implement these recommendations.

I express my gratitude to Guruji Dr. H. R. Nagendra, Dr. Manjunath N. K and their team from SVYASA, and Dr. B. N. Gangadhar, Emeritus Professor, Department of Integrative Medicine and former Director, NIMHANS for the encouragement and guidance and valued suggestions right from the inception of this project. I express my gratitude to Dr. Raghavendra Rao M, Director, CCRYN, New Delhi for his unwavering support for carrying out this project. I would also thank each one of the experts who were a part of this project for their valuable inputs, cooperation and availability whenever we needed them. I am thankful to The Director, NIMHANS for allowing me to conduct this study at NIMHANS and to the Head, Department of Psychiatric Social Work and Department of Integrative Medicine, NIMHANS for their support and cooperation.

**Dr. Aarti Jagannathan,**  
Project Coordinator

# INTRODUCTION

## United Nations Sustainable Development Goals (UNSDGs)

The United Nations (UN) 17 Sustainable Development Goals (SDGs) aims to promote community and environment sustainability (United Nations, 2015). The 17 SDGs are as below (<https://sdgs.un.org/goals>):



### SDG 1: No Poverty

To end poverty in all its forms everywhere by 2030.

### SDG 2: Zero Hunger

To end hunger, achieve food security and improved nutrition and promote sustainable agriculture.

### SDG 3: Good Health and Well-being

To ensure healthy lives and promote well-being for all at all ages.

### SDG 4: Quality Education

To ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

### **SDG 5: Gender Equality**

To achieve gender equality and empower all women and girls.

### **SDG 6: Clean water and Sanitation**

To ensure availability and sustainable management of water and sanitation for all.

### **SDG 7: Affordable and Clean energy**

To ensure access to affordable, reliable, sustainable and modern energy for all.

### **SDG 8: Decent work and Economic growth**

To promote sustained, inclusive, and sustainable economic growth, full and productive employment and decent work for all.

### **SDG 9: Industry, Innovation and Infrastructure**

To build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation.

### **SDG 10: Reduced Inequalities**

To reduce inequalities within and among countries.

### **SDG 11: Sustainable Cities and Communities**

To make cities and human settlements inclusive, safe, resilient and sustainable.

### **SDG 12: Responsible Consumption and Production**

To ensure sustainable consumption and production patterns.

### **SDG 13: Climate Action**

To take urgent action to combat climate change and its impacts.

### **SDG 14: Life below Water**

To conserve and sustainably use the oceans, seas, marine resources for sustainable development.

### **SDG 15: Life on Land**

To focus on protection, restoration and promoting sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, halt and reverse land degradation and halt biodiversity loss.



## **SDG 16: Peace, Justice and Strong Institutions**

To promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels.

## **SDG 17: Partnerships for the Goals**

To strengthen the means of implementation and revitalize the global partnership for sustainable development.

### ***Yoga* for achieving United Nations Sustainable Development Goals (UN SDGs):**

*Yoga* teaches one to lead a simple minimalistic life with contentment that helps reduce dependency on materialistic pleasures, comforts, reduces carbon footprint and pollution and has a direct bearing on one's health. *Yoga* has the potential to improve both physical and mental health, has a strong connection with nature and requires no artificial facilities for practice. It is widely practiced and has a dedicated following worldwide especially after the United Nations declaration of the International Day of *Yoga* on 21<sup>st</sup> June (United Nations, 2014). *Yoga*, if followed as a lifestyle, encompassing the *yogic* concepts for living and the eight limbs of *Ashtanga yoga* such as *Yama* (abstinences), *Niyama* (observances), *Asana* (postures), *Pranayama* (breathing), *Pratyahara* (withdrawal), *Dharana* (concentration), *Dhyana* (meditation), and *Samadhi* (absorption) (Hari Dass, 1978), can be an effective intervention in achieving multiple SDGs.

# CORE TEAM

## **The Core Team**

### **Project Coordinator:**

#### **Dr. Aarti Jagannathan,**

Additional Professor, Department of Psychiatric Social Work,  
Consultant, Department of Integrative Medicine,  
National Institute of Mental Health and Neurosciences (NIMHANS),  
Bengaluru, India.

### **Co-Coordinator(s):**

#### **1. Dr. Lakshmi Nishitha J,**

Scientist B (Yoga)

Department of Integrative Medicine, NIMHANS, Bengaluru

#### **2. Dr. H. R. Nagendra,**

Chancellor,

Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) Yoga University  
Bengaluru

### **Consultants:**

#### **1. Dr. B. N. Gangadhar,**

Distinguished Scientist Chair, AYUSH, Govt. of India,

Professor Emeritus, Department of Integrative Medicine &

Former Director, NIMHANS, Bengaluru, Karnataka, India

#### **2. Dr. Raghavendra Rao M,**

Director, Central Council for Research in Yoga and Naturopathy (CCRYN),

Ministry of AYUSH, Govt. of India, New Delhi.

### **Project Staff:**

#### **Dr. Pooja More**

Project Associate, CCRYN Funded Project

Department of Psychiatric Social Work and Department of Integrative Medicine

NIMHANS, Bengaluru, Karnataka, India

**Other Stakeholder's involved in bringing out recommendations (in alphabetical order):**

**1. Dr. Akshay Anand**

Professor, Neurology, Post Graduate Institute of Medical Education & Research (PGIMER), Chandigarh, India.

**2. Mr. Alexander Peters**

CEO of Health Centre Sun & Moon Berlin, Germany.  
Recognised alternative practitioner (Yoga Teacher & Yoga Therapist)  
Member of the board of German Yoga Therapists.  
Member of ADAVED (Ayurveda Umbrella Association Germany)

**3. Ms. Alyssa Wostrel**

Executive Director,  
International Association of Yoga Therapists (IAYT), United States.

**4. Yogacharya Dr. Anand Balayogi Bhavanani**

Professor Yoga Therapy and Director  
Institute of Salutogenesis and Complementary Medicine (ISCM)  
Shri. Balaji Vidyapeeth, Pillayarkuppam, Pondicherry, India.

**5. Pujya Swami Amruta Suryananda ji**

Portuguese Yoga Confederation Portugal.

**6. Dr. Antonietta Rozzi**

President and Founder, SarvaYoga International- Leading Yoga Institution, Ministry of AYUSH.  
Teacher of Yoga in Education at Bolzano University-Italy  
President Assoyoga Italia  
Honorary President of Federazione Italiana Yoga, Italy.

**7. Dr. Chhaya Kurhade**

Senior Research Fellow, Department of Psychiatric Social Work,  
National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru-29, Karnataka, India.

**8. Mr. Dặng Hùng**

Chairman, Vietnam Yoga Academy, Vietnam

**9. Mr. Danilo Santaella**

Global Consortium on Yoga Therapy (GCYT), Brazil

**10. Mr. Kimura**

Japan Yoganiketan, Japan

**11. Dr. Lakshmi Nishitha J**

Scientist-B (Yoga),  
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National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru-29, Karnataka,  
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Vice-Chancellor and Director,  
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19, Karnataka, India.

**13. Mr. Manoj Thakur**

Yoga Trainer and Managing Director, VYASA Yoga Singapore affiliated to Swami  
Vivekananda Yoga Anusandhana Samsthana (SVYASA) Bengaluru, Singapore.

**14. Dr. Naveen Vishweshwaraiah**

Co-Founder and National President  
Indian Naturopathy and Yoga Graduate Medical Association (R), Bangalore Member, National  
Board for the Development of Yoga and Naturopathy, Ministry of AYUSH, GoI.  
Faculty Member, Academic Council, Rajiv Gandhi University of Health Sciences, Bengaluru,  
Karnataka, India

**15. Dr. Nidheesh Kumar Yadav**

Head, Department of Yoga Science,  
University of Patanjali, Haridwar, India.

**16. Dr. Pooja More**

Project Associate,  
Department of Psychiatric Social Work & Department of Integrative Medicine, National  
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**17. Dr. Praseeda Menon**

Research Officer (Psychology), Scientific Research Department,  
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Kaivalyadhama Yoga Institute, Lonavala, Pune, Maharashtra, India.

**18. Dr. Rajvi Mehta**

Senior Iyengar Yoga Teacher, Mumbai, Maharashtra, India.

**19. Dr. Reinhard Bögle**

Senior Yoga Practitioner, Munich, Germany

**20. Mr. Rudresh Kumar Singh**

Bahrain Indian Cultural Art Society (BICAS), Bahrain

**21. Dr. Shanivaram Reddy**

Additional Professor,  
Department of Psychiatric Social Work,  
National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru-29,  
Karnataka, India.

**22. Dr. Shivarama Varambally**

Professor of Psychiatry and Former Head of Department of Integrative Medicine,  
National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru-29, Karnataka,  
India.

**23. Dr. S. Sridharan**

Senior Yoga Therapy Consultant and Mentor, Krishnamacarya Yoga Mandir (KYM), Chennai  
Vice-President, Indian Yoga Association (IYA), India.

**24. Mr. Subodh Tiwari**

Hon Secretary/CEO  
Kaivalyadhama, Lonavala, Pune, Maharashtra, India.

**25. Dr. Sumathi Jayaraman,**

Executive Director, Sri Sri Institute for Advanced Research (SSIAR), Bengaluru, Karnataka,  
India

**26. Dr. Sunil Santha**

Professor and Chairperson, Centre of livelihoods and Social Innovation, School of Social work,  
Tata Institute of Social Sciences (TISS), Mumbai, Maharashtra, India.

**27. Dr. Vartika Saxena**

Professor and Head, Department of Community and Family Medicine,  
Former Dean Research, All India Institute of Medical Sciences Rishikesh, Uttarakhand, India

**28. Dr. Vikram Pai**

Medical Officer (AYUSH) – Yoga & Naturopathy,  
Co-ordinator, Central Council for Research in Yoga and Naturopathy Collaborative Centre for  
Mind Body Intervention through Yoga (CCRYN CCMBIY) All India Institute of Medical  
Sciences (AIIMS), Raipur, Chhattisgarh, India.

**29. Dr. Vinod Kumar**

Founder, Yogayur Chikitsa ([www.yogayurchikitsa.com](http://www.yogayurchikitsa.com)).  
Yoga Practitioner and Researcher Bengaluru, Karnataka, India.

**30. Ms. Viveka Kim**

Miryang Yoga Cultural Centre, South Korea

**31. Indian Yoga Association (IYA)**

# PREAMBLE TO THE RECOMMENDATIONS

**Aim:** To understand how *yoga* can be used to help achieve UN SDGs

**Objectives:**

1. To brainstorm with *yoga* practitioners/ researchers/ experts, community and environment experts on how *yoga* can be used to achieve Community and Environment Sustainability
2. To develop recommendations on how *yoga* can help achieve UN SDGs

The work was conducted in 3 phases:

**Phase 1: Review of Literature**

The process of review of literature in Phase 1, included a search of ‘*yoga*’ related studies in each SDG (The keywords were prepared for each sub-target of all the seventeen SDGs using *yoga* as an intervention) using search engines such as PubMed, Scopus, Cochrane Library and Google Scholar between July 2023 to September 2023. Articles were screened after going through Title, Abstract and the complete paper. The details of the papers were saved in the excel sheet. Further the articles were screened by two separate experts and the final decision about the Inclusion/ exclusion of the articles was made in the study. Reasons for excluding the articles included: does not directly talk about the related topic of UN SDGs, inability to get full text of articles, outcome of the study not matching with *yoga* for SDGs, not related to *yoga*, etc.

**Table 1: Number of articles in their respective SDGs**

<b>SDGs</b>	<b>Articles Screened</b>	<b>Articles Included</b>	<b>Articles Excluded</b>
SDG 1	70	40	30
SDG2	23	3	20
SDG 3	107	97	10
SDG 4	8	4	4
SDG 5	10	5	5
SDG 6	12	9	3
SDG 7	0	0	0
SDG 8	15	10	5
SDG 9	8	2	6
SDG 10	0	0	0
SDG 11	2	2	0
SDG 12	7	5	2
SDG 13	16	7	9
SDG 14	3	2	1
SDG 15	11	8	3
SDG 16	21	18	3
SDG 17	7	5	2
<b>Total</b>	<b>320</b>	<b>217</b>	<b>103</b>

## Phase 2: Brainstorming with the experts

Three brainstorming sessions were conducted with the experts

- a. In-Person stakeholder's workshop on 22<sup>nd</sup> November, 2023 at NIMHANS.
- b. Presentation and discussion with the members of Indian Yoga Association (IYA) on 25<sup>th</sup> February, 2024.
- c. Online stakeholder's discussion from across countries on 29<sup>th</sup> February, 2024.

### 2a. In-person Stakeholder's Workshop

The aim of the workshop was to understand how *yoga* can be used to achieve UN SDGs. This was done through brainstorming discussion with *yoga*, community, and environment sustainability experts. The outcome of this discussion was to prepare a white paper to be submitted to the CCRYN, Ministry of AYUSH, Govt. of India for implementation throughout the country.

The workshop was conducted on 22<sup>nd</sup> November 2023 at National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru. A total of 16 experts including *yoga* experts from different schools of *yoga* and others professionals from different fields such as Medicine, Social work, Environment, Naturopathy, Ayurveda within India participated in this workshop.

The experts were divided into four groups based on their expertise and were asked to discuss among themselves to come up with final recommendations for each group of SDGs. Each group representative presented their recommendations. Dr. H. R. Nagendra, Chancellor, SVYASA *Yoga* University, Bengaluru, Dr. Raghavendra Rao M, Director, CCRYN, Under Ministry of AYUSH, Govt. of India and Dr. B. N. Gangadhar, Professor Emeritus; Department of Integrative Medicine and former Director, NIMHANS moderated the session. Dr. H. R. Nagendra, the chairperson, suggested developing a *yogic* society with concepts such as *Vasudaiva Kutumbakam*. He focused on the *trigunas* of the individual, where he suggested that efforts should be made to bring a *Tamasik* individual to the *Rajasik* level (with the help of *yoga* practices such as *Yama*, *Niyama*, *Asana*, *Pranayama*, *Pratyahara*, *Raja yoga*) and then taking him towards the *Satvik* plane (following the concepts of *Karma yoga*, *Bhakti yoga* and *Jnana yoga*). He also suggested that shifting the qualities of the person from *Asuri sampat* (inhumane qualities such as anger, aggression, lust etc) to *Daivi sampat* (divine qualities such as love, compassion, friendship etc.) would help achieve the majority of the UN SDGs. Dr. B. N. Gangadhar suggested focusing on society embracing *yoga* as a lifestyle (with *yama*, *niyama*) rather than 1-hour session per day to achieve the UN SDGs.

## **2b. Presentation of “Yoga for achieving UN SDGs” at National Conclave organized by Indian Yoga Association in collaboration with Art of Living Headquarters, Bengaluru.**

Indian Yoga Association (IYA) in collaboration with Art of Living (AOL), Bengaluru organized a National Conclave from 24 – 26 February, 2024 at AOL Ashram, Bengaluru, which aimed to bring together experts from the field of *yoga* to discuss and exchange insights on the importance of *yoga* research and policy. Dr. Aarti Jagannathan, Additional Professor of Psychiatric Social Work, NIMHANS was invited as a panellist to present her work on “Yoga for achieving United Nations Sustainable Development Goals (UN SDGs)”. She presented the draft recommendations on how *yoga* can be used to manage UN SDGs and explained how IYA can participate actively in achieving them; i.e. to promote local food habits and plant based foods as in SDG no. 2; to have modules scientifically developed, approved and propagated by IYA as in SDG no.3; to educate and train *yoga* therapists, to develop a *yogic* way of value education through IYA, advocating *yoga* in schools as in SDG no. 4; to have IYA certification and entrepreneurship training by IYA as in SDG no. 8; conduct mass programs through IYA to fulfil SDG no. 14; to advocate for *yoga* as a way of life (concepts) as in SDG no. 15. Dr. H. R. Nagendra, Chancellor, SVYASA University who chaired the session, talked about the importance of holistic approach of *yoga* which helps to create a holistic and better individual, leading him towards a better society (*Vasudaiva Kutumbakam*). The IYA members appreciated the work and approved of the draft recommendations in principle. They also suggested that a Google form be circulated among all the members of IYA to get further specific comments and recommendations, if any, on how *yoga* can help in managing the UN SDGs. A Google form was circulated to all National members of IYA for the specific inputs on the topic at the end of the Conclave. Responses received from the members were incorporated in the final recommendations.

## **2c. Online Stakeholders discussion on *yoga* for achieving UN SDGs**

An online stakeholders meeting to discuss *yoga* as an eco-therapy for achieving UN SDGs was conducted on 29th February 2024. Experts from *yoga* schools and associations from different countries participated in the online discussion. The experts were presented with the draft recommendations of *yoga* for achieving UN SDGs and asked the following questions:

1. How do you think *yoga* can be useful for achieving UN SDGs?
2. Is there anything that needs to be modified/ deleted/ added in the suggested recommendations?  
e.g: any specific *yogic* concepts/ activities for particular SDG that need to be added?

Everyone in the meeting agreed in principle with the recommendations suggested. It was decided to share the Google form detailing each of the UNSDGs and the video of the presentations for the experts



to give in their detailed inputs, if any. Responses received from the experts were incorporated in the final set of recommendations.

**Suggestions for way forward:**

The following Recommendations on how *yoga* can help achieve the United Nations Sustainable Development Goals has been arrived at by triangulating the discussions that have been conducted in the above three events (in-person workshop at NIMHANS, online stakeholders meeting of International Schools and National Conclave of Indian *Yoga* Association).

1. ***Yoga to be adopted as a way of life:*** All through the discussion one point that has been prominent is that *yoga* adopted as a way of life (following *yoga* philosophy and *yogic* practices) can help in achieving the UN SDGs. Hence beyond *yoga* practices, it is important to look at *yoga* philosophy and concepts to help achieve the UN SDGs. Several concepts from *yoga* philosophy can be indirectly applicable to all the SDGs e.g: *Swadhyaya* (Self-reflection); Mindfulness (Awareness of present moment); *Trigunas* (three qualities in every individual), *Tapas* (self-discipline). However, in this document we have only mentioned the *yoga* philosophy concepts which can directly help achieve the specific SDG. The recommendations need to be read and interpreted in the above context.
2. ***Incorporating Recommendations in existing projects:*** The recommendations out of this document can be incorporated in the existing campaigns and programmes of the UN. For e.g: several UN agencies have projects on reducing food wastage with circular economy principles, projects for women, resilience of vulnerable individuals etc., where these recommendations on *yoga* and *yoga* practices to achieve the specific SDGs can be incorporated. These recommendations can be linked to tangible outcomes that can help countries achieve the SDGs through *yoga*. The current team would be happy to volunteer to review all UN projects related to each of the SDGs and provide specific guidance on how these recommendations can be woven into the existing projects.
3. ***Collaborative research for implementation of Recommendations:*** Efficacy of *yoga* has already been validated in several thrust areas of the UN such as prevention of violence, public health systems etc. Over a period, some of these SDG specific recommendations can be developed into new projects/ programmes for testing and implementation across countries.
4. ***Convene discussions on yoga for SDGs:*** The UN can convene discussions and round tables on *yoga* for achieving SDGs as a lead up to a Joint UN conference on *Yoga* for achieving SDGs for International *Yoga* Day 2025. These discussions would help finalize the way forward in research and implementation of the Recommendations across countries.

# RECOMMENDATIONS

# SDG 1: NO POVERTY

“End poverty in all its forms everywhere”



## Concepts in yoga that can be applied to achieve this goal:

S. No.	Yoga Concept	Application
1	<i>Dana</i>	Charity - attitude of giving needful items to the under-privileged section of the society.
2	<i>Aparigraha</i>	Cultivating non-possessiveness.
3	<i>Santosha</i>	The habit of just being happy with what one has.

### **Recommendations on how *Yoga* can help achieve UN SDG 1:**

#### 1. Vocational opportunities for income generation to reduce poverty:

- Partnerships can be encouraged with NGOs and educational institutions to integrate *yoga* training (covering the philosophy and world view of *yoga*) into vocational programmes.
- Many ancillary professions associated with *yoga* practice, i.e. clothes, mats, posters etc. can be encouraged to tie up with local *yoga* centres for income generation.
- Collaboration with the government health care system and programmes can be considered to create job opportunities for *yoga* practitioners. Schemes that mandate the appointment of *yoga* instructors in different settings should be considered.
- Individuals can be encouraged to set up their own *yoga* businesses such as *yoga* studios, wellness centers, and teaching practices. The government can provide subsidized loans with low interest rates or scholarships for opening such centers. Corporates can be encouraged to set aside a portion of their CSR funds towards supporting entrepreneurs in the field of *yoga* from the lower socio-economic strata.
- Conducting quality *yoga* teacher’s training programmes to help get job opportunities and income, particularly for women.

#### 2. Inculcating Yogic concepts in lifestyle towards charity:

- Conducting mass community programs with *yoga* experts to promote concepts of *Aparigraha*, *Dana* (charity), and minimalistic living amongst the richer section of society to help the poor.

- Teaching *yogic* lifestyle and concepts (*Dana, Aparigraha, Santosha*) to persons from low socio-economic strata to help them become more resilient and empowered and move from hopelessness and despair towards improving their circumstances. This can be done by offering free/ low-cost *yoga* training in community centers, schools, and shelters to this group.

3. *Yoga villages for developing self-sustenance:*

- To develop *yoga* villages to improve quality of life, health, socio-economic status, beliefs and attitudes of the whole village through *yogic* lifestyle.

## SDG 2: ZERO HUNGER

“End hunger, achieve food security and improved nutrition and promote sustainable agriculture”

**Concepts in yoga that can be applied to achieve this goal:**



S. No.	Yoga Concept	Application
1	<i>Mitahara</i>	Balanced and moderate consumption.
2	<i>Dana</i>	Charity - attitude of giving excess food to the needy.
3	<i>Asteya/ Aparigraha</i>	Non-stealing and non-attachment to food.

**Recommendations on how Yoga can help achieve UN SDG 2:**

1. Developing cultural and eco-friendly food habits to reduce hunger:

- *Yogic* lifestyle can be promoted in rural and urban areas through local, cultural, eco-friendly, and seasonal food habits. This can be done by encouraging local farmers to grow local and seasonal food and by motivating communities to follow the ethical rules of *yogic* lifestyle (*Yama* and *niyama*).
- Governments can promote urban farming and community gardens to promote access to fresh, locally grown produce in urban areas.
- Vegetarianism and organic farming can be promoted to achieve self-sufficiency in food.

2. Mitahara and Donation:

- Mass campaigns amongst the public can be conducted to develop the attitude of *Mitahara* (balanced moderate diet) and/ or organize *Satvik* food donation drives. This can help in reduced eating of junk food.
- Emphasis can be placed on reducing the wastage of food by adopting community kitchens and by donating (*Dana*) food to the needy during special occasions such as marriage, festivals, birthdays etc.
- Importance of mindful eating to develop an attitude of *Mitahara* and nutrition education to all through lectures/ community programs can be conducted.
- Foster a helping attitude through *yoga*, by supporting small start-ups, and sponsoring food to NGOs regularly.
- Corporates can be encouraged to delineate a part of their CSR to fundraising events to alleviate hunger, and distribute *Satvik* diet in local communities.

# SDG 3: GOOD HEALTH AND WELL-BEING



“Ensure healthy lives and promote well-being for all at all age groups”

## Concepts in yoga that can be applied to achieve this goal:

S. No.	Yoga Concept	Application
1	<i>Ashtanga/ Hatha Yoga</i>	Use of specific <i>ashtanga/ hatha yoga</i> modules for the patients with various disorders.
2	<i>Jnana Yoga</i>	Path of Knowledge – <i>yogic</i> counselling through self-help literature.
3	<i>Karma Yoga</i>	Path of Practice – taking responsibility of one’s health and doing the <i>yoga</i> practices regularly.
4	<i>Raja Yoga</i>	Mastery over the mind through <i>yoga</i> .
5	<i>Bhakti Yoga</i>	Path of Surrender -for patients with terminal ailments.
6	<i>Panchakosha Viveka</i>	<i>Yoga</i> practices at different layers of existence for preventive, promotive and curative health and well-being.

## **Recommendations on how Yoga can help achieve UN SDG Goal 3:**

### 1. Specialized yoga programme for different health disorders:

- *Yoga* can be used as an intervention for preventive, promotive, curative health in non-communicable diseases in health centres. For this *yoga* therapy schools can be encouraged to train *yoga* therapists in clinical and hospital-based settings.
- To encourage research to scientifically develop and validate specialized *yoga* programmes for persons with disabilities and persons with communicable as well as non-communicable diseases. Details of the *yoga* programme including whether it should be conducted as a monotherapy or as an add-on therapy; the intensity and difficulty level of the practices based on the type of disorder should be designed based on the needs of the patients. e.g: The *yoga* practices that are aimed to be taught to patients with multiple sclerosis or disorders associated with fatigue should be easy to learn and less strenuous to perform.
- Specific *yoga* modules for communicable diseases need to be developed and implemented as used in COVID-19.

2. Yoga for well-being of vulnerable groups (women and youth):

- *Yoga* programmes can be planned from the time of conception as a lifestyle by obstetricians to avoid high-risk pregnancies, or pregnancy-associated anxiety.
- *Yoga* can be added to school and college curricula to avoid academic stress, exam fear/ anxiety, and to enhance physical and mental well-being in terms of fostering resilience, better coping skills, reducing aggression and improving attention. Mass *yoga* programmes on specific events in schools and colleges can also be encouraged.
- Specific *yoga* modules for youth with mental health and substance use disorders can be developed and implemented.

3. Yogic counselling:

- To encourage the employment of *yoga* counsellor in every working space of the society (hospitals, schools, colleges, industries, government and non-government sectors).
- As a part of pre-natal health counselling using *yogic* concepts/ stories from *Veda* and *Upanishads*.
- *Yogic* counselling using the concepts of *Triguna* for emotional regulation [lifting the individual from *rajasik* (passion/ activity), and *tamasik* (inertia/ ignorance) qualities (lower human qualities) to *satvik* qualities (purity/ goodness/ lightness) in thoughts and actions].

4. Accessibility and inclusiveness of yoga:

- *Yoga* can be adapted to suit individuals of all age groups, fitness levels, and abilities, making it an inclusive and accessible wellness practice.
- Regular *yoga* programmes can be conducted in local hospitals, educational institutions, community centres, companies, and organizations for improving health and well-being.
- *Yoga* sessions for promoting health as well as for treatment of disorders should be covered under the health insurance policy as in some countries like Germany.
- A *Yogic* diet can be promoted to manage health conditions.

# SDG 4: QUALITY EDUCATION

“Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all”



## Concepts in yoga that can be applied to achieve this goal:

S. No.	Yoga Concept	Application
1	<i>Yoga Anushasana</i>	To include <i>yoga</i> practice and philosophy in the academic curriculum.
2	<i>Yama-Niyama</i>	To inculcate codes of individual and social conduct.
3	<i>Bramhacharya</i>	To inculcate discipline in student life.
4	<i>Sravana/ Manana/ Nidhidhyasana</i>	To help students observe (listen with attention), contemplate and absorb knowledge.

## **Recommendations on how Yoga can help achieve UN SDG4:**

### 1. Yoga as part of the education curriculum:

- *Yogic* concepts and philosophy (e.g. *Patanjali Yoga Sutras*, concept of *Pancha Koshas*) can be introduced as a subject in schools and colleges.
- To consider having compulsory credits for students in online/ offline *yoga* training. For this standardized *yoga* practices can be developed and implemented universally in all schools and colleges.
- There should be equitable access to *yoga* education for all students.

### 2. Yoga for Value Education:

- To include simplified *yoga* philosophy/ concepts including ‘spirituality’ (being one with nature) as part of value education.
- To conduct *yoga* personality development camps in schools and colleges.
- *Yoga* training can include an explanation of the *yama-niyama* (rules) to help develop *tapas* (self-discipline) and *swadhyaya* (self-development) in students and can be weaved into the school curriculum as moral/ value based education.
- Students can be encouraged to read the biography of eminent *yoga* teachers, whom they can relate to and get inspired.



- Teaching students the concept of *ahimsa* (not hurting others: bullying) and *asteya* (developing the habit of being respectful towards others' possessions and limitations in the class with friends).

3. Yoga as extra-curricular activities:

- To conduct *yoga* competitions like *yoga* Olympiads/ Quiz/ Painting, chanting from *yoga* texts/ scriptures in schools and colleges for students.
- To conduct mass *yoga* programs on International *Yoga* Day for staff and students.
- To have guest lectures from eminent *yoga* personalities addressing the students in schools and colleges.
- To promote *yogic* concepts through workshops in schools and colleges for teachers as part of professional development for their stress management and health promotion.

4. Yoga Research:

- To encourage studies which help understand the impact of *yoga* practice and philosophy on quality of education.

# SDG 5: GENDER EQUALITY



“Achieve gender equality and empower all women and girls”

## Concepts in yoga that can be applied to achieve this goal:

S. No.	Yoga Concept	Application
1	<i>Triguna</i>	Improve the inner human qualities, leading to society’s upliftment.
2	<i>Vasudaiva Kutumbakam</i>	Co-existence in harmony (between genders).

## **Recommendations on how Yoga can help achieve UN SDG Goal 5:**

### 1. Yoga for All:

- To promote *yoga* for all, irrespective of age, gender, caste, or creed, fostering harmony and social care.
- To develop *yoga* modules with specialised practices for women to improve their quality of life.
- The establishment of *yoga* Self-Help Groups (SHGs) in rural areas to empower vulnerable communities like women, transgender, etc can be encouraged.
- Introducing *yoga* in workplaces, and educational institutions to enhance relationships, mutual support, and for gender-inclusive practices.
- Creating Inclusive and Accessible spaces in the local community to practice *yoga* that welcomes individuals of all genders. These local communities can also engage in promoting gender equality, rights, and inclusive societies.
- *Yoga* practitioners can promote body positivity within these *yoga* communities by creating an environment where women feel empowered and embrace their bodies.
- *Yoga*-based leadership and empowerment programmes for women in organizations/ community groups can be conducted to develop self-awareness, self-acceptance and self-confidence; empowering women to recognize their inherent worth and potential.

### 2. Inculcating yogic qualities for gender equality:

- Public programmes to spread awareness and practice the *yogic* concept of *Vasudaiva Kutumbakam* (oneness of existence) and emotional culturing to develop mutual respect towards the other gender can be conducted.
- The concept of *yama* and *niyama* (*yogic* way of life, rules) as well as *trigunas* (improve the inner human qualities) can be taught to all genders leading to societal upliftment.

# SDG 6: CLEAN WATER AND SANITATION



“Ensure availability and sustainable management of water and sanitation for all”

## Concepts in yoga that can be applied to achieve this goal:

S. No.	Yoga Concept	Application
1	<i>Saucha</i>	Maintaining cleanliness: Clean water, sanitation, reduction of pollution.
2	<i>Tapas</i>	Self-discipline to protect/restore water-related ecosystems.
3	<i>Aparigraha/ Asteya</i>	Non-possessiveness: Integrated water resource management.
4	<i>Swadhyaya/ Mindfulness</i>	Self-reflection and awareness to protect/restore water-related ecosystems.

## **Recommendations on how Yoga can help achieve UN SDG Goal 6:**

### 1. Awareness programmes:

- Governments can conduct campaigns/ programmes on *yogic* concepts in relation with cleanliness, water conservation, and sanitation. This can be done in the community and via social media.
- *Yogic* concepts and their connection to nature-water conservation (how one needs to respect nature) can be introduced in schools and colleges as part of the academic curriculum.

### 2. Community-based water projects:

- Yoga organizations and community groups can collaborate with local communities to support water-related projects such as well construction, water purification systems, sanitation facilities.
- Yoga communities can partner with local NGO's, water yoga theme workshops and events.

### 3. Research initiatives:

- Studies can be conducted to understand the impact of the *yogic* way of life on cleanliness & sanitation.

# SDG 7: AFFORDABLE AND CLEAN ENERGY



“Ensure access to affordable, reliable, sustainable and modern energy for all”

## Concepts in yoga that can be applied to achieve this goal:

S. No.	Yoga Concept	Application
1	<i>Vasudaiva Kutumbakam</i>	Efficiency in the use of energy sources & use of clean energy for all in the world.
2	<i>Tapas</i>	Self-discipline to efficiently use energy resources.
3	<i>Aparigraha/ Asteya</i>	Non-possessiveness to share energy resources with all in the world.
4	Mindfulness	Awareness of the present moment to efficiently use energy resources.
5	<i>Swadhyaya</i>	Self-reflection to efficiently use energy resources.

## Recommendations on how Yoga can help achieve UN SDG Goal 7:

### 1. Yoga-related activities:

- Practicing *yoga* in nature (eco-friendly practices) can be propagated to reduce energy consumption and promote sustainability.
- A *yogic* lifestyle (minimalistic living) can be promoted for sustainability.

### 2. Mindful consumption and energy awareness:

- Mass public and government campaigns and on social media can be conducted on *yogic* concepts and their connection to nature.

### 3. Research initiatives:

- Studies to understand the impact of the *yogic* way of life on efficiency in the use of energy can be conducted.

# SDG 8: DECENT WORK AND ECONOMIC GROWTH



“Promote sustained, inclusive and sustainable economic growth, full and Productive employment and decent work for all”

## Concepts in *yoga* that can be applied to achieve this goal:

S. No	<i>Yoga</i> Concept	Application
1	<i>Karma Yoga</i>	Doing action/ work with full involvement without being preoccupied with the results of the action.
2	<i>Swadhyaya</i>	Self-awareness and awareness about promoting sustained, inclusive, economic growth.
3	<i>Tapas</i>	Disciplined effort, perseverance, and commitment towards work.
4	<i>Asteya/ Aparigraha</i>	Efficiency to use available resources, decent work for all and increase in productivity.

## Recommendations on how *Yoga* can help achieve UN SDG Goal 8:

### 1. *Yoga as a Profession/ Work:*

- Rigorous training and certification courses for *yoga* professionals to boost standards and employment options in the wellness industry; i.e. to produce specialized *yoga* instructors.
- Conducting quality *yoga* teachers training programmes to help get job opportunities and income, particularly for youth and women.
- Entrepreneurial training for *yoga* teachers to manage their profession can be imparted. Local municipalities and corporates through CSR funds can help and support *yoga* entrepreneurs through economic investment into local *yoga* businesses.
- Decent working conditions for *yoga* teachers employed in private institutions- decent pay and career growth opportunities to be built into a system.

### 2. *Yoga for employers:*

- To plan and execute a 360-degree *yoga* training for people in leadership positions to enable them to make humane decisions for employee welfare, and to inculcate the importance of the *yama* and *niyama* for employers and employees.
- Corporate *yoga* wellness programmes can be incorporated as part of the work culture to improve productivity.

# SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE



“Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation”

## Concepts in yoga that can be applied to achieve this goal:

S. No	Yoga Concept	Application
1	<i>Triguna</i>	To move from <i>tamasic</i> quality (inertia) and/ or <i>rajasic</i> quality (increased mental activity) to <i>satvik</i> quality (balanced state of mind) to foster innovation.
2	<i>Aparigraha</i>	Non-possessiveness to promote inclusive and sustainable industrialization.
3	<i>Tapas</i>	Self-discipline, readiness to get involved in hard work to achieve a particular target.
4	<i>Karma Yoga</i>	Doing action/ work with full involvement without being preoccupied with the results of the action.

## **Recommendations on how Yoga can help achieve UN SDG Goal 9:**

1. Innovation in wellness technology: Integration of *yoga* with technology in the form of *yoga* apps, online classes, and wearable devices making it more accessible to a wider audience and promoting a healthy lifestyle.
2. Investment in sustainable infrastructure (energy efficient lighting, eco-friendly materials, and renewable energy systems) for *yoga* studios and retreat centres.
3. Increase the access of small-scale industrial and other enterprises such as *yoga* wellness centres, especially in developing countries, to financial services, including affordable credit, and their integration into value chains and markets.

# SDG 10: REDUCED INEQUALITIES



“Reduce inequality within and among countries”

## Concepts in *yoga* that can be applied to achieve this goal:

S. No.	<i>Yoga</i> Concept	Application
1	<i>Vasudaiva Kutumbakam</i>	Co-existence in harmony to reduce inequalities.

## Recommendations on how *Yoga* can help achieve UN SDG Goal 10:

### 1. Promote *Yoga* for All:

- *Yoga* can be promoted for all; i.e. all socio-economic sections, all genders, all cultures in society, marginalized communities, working class as well as the managerial sections, organized as well as unorganized sectors etc.
- Standardized *yoga* programs for all age groups can be followed universally.
- Promoting *Vasudaiva Kutumbakam* - International inter-ethnic equality and blurring of social and intercontinental inequalities through *yoga* programmes across the globe can be achieved.
- Mass *yoga* programmes in the community can be used as an intervention for social inclusion and community building.

# SDG 11: SUSTAINABLE CITIES AND COMMUNITIES



“Make cities and human settlements inclusive, safe, resilient, and sustainable”

## Concepts in yoga that can be applied to achieve this goal:

S. No.	Yoga Concept	Application
1	<i>Vasudaiva Kutumbakam</i>	The world is one family interconnected with each other; we are responsible for our sustainable cities and communities.
2	<i>Santosha</i>	Cities of happiness.
3	<i>Tapas and Swadhyaya</i>	Self-discipline and self-reflection to contribute to smart sustainable cities.

## **Recommendations on how Yoga can help achieve UN SDG Goal 11:**

### 1. Community Involvement:

- Engage local communities, including gram panchayats, to promote an eco-friendly and sustainable *yogic* lifestyle.
- *Yoga* Community engagement spaces (green spaces and urban parks) can be developed to foster social cohesion.
- Collaboration between *yoga* institutes and universities can be initiated for the development of smart city missions.

### 2. Awareness Programs:

- Awareness programmes on the *yogic* concept of *Vasudaiva Kutumbakam* (sustainable cities and communities) through village level meetings and local initiatives.



# SDG 12: RESPONSIBLE CONSUMPTION AND PRODUCTION



“Ensure sustainable consumption and production patterns”

**Concepts in yoga that can be applied to achieve this goal:**

S. No	Yoga Concept	Application
1	<i>Ahimsa</i>	Non-violence leading to responsible consumption and production in society.
2	<i>Saucha</i>	Cleanliness of surrounding and working environment: waste management.
3	<i>Swadhyaya</i>	Self-awareness about the surroundings and acting according to the situation: waste management, responsible consumption, and production.
4	<i>Pratyahara</i>	Consuming only for the need of body.
5	<i>Brahmacharya</i>	Life of Moderation.
6	<i>Aparigraha/ Asteya</i>	Non-hoarding/ non-stealing of resources.
7	<i>Santosh</i>	Being content with the available resources.

**Recommendations on how Yoga can help achieve UN SDG Goal 12:**

1. Mass Public Awareness:

- To consciously use the concepts of *yama*, *ahimsa*, *niyama-swadhyaya*, self-regulation, connection with nature and universe, and realization of interdependence leading to responsible consumption and production.

2. Promoting mindful consumption:

- To practice sustainable living practices, waste reduction and recycling, plant-based nutrition and conscious eating, consumer education and awareness, ethical fashion, and consumer choices.

3. Promoting a sustainable lifestyle:

- Collaborate with the *yoga* community around the world to establish and promote global rules for using eco-friendly *yoga* mats, *yoga* clothes, and *yoga* supplies.

# SDG 13: CLIMATE ACTION

“Take urgent action to combat climate change and its impacts”



## Concepts in *yoga* that can be applied to achieve this goal:

S. No.	<i>Yoga</i> Concept	Application
1	<i>Triguna</i> concept	Enhancing resilience to climate-related hazards and natural disasters.
2	<i>Ahimsa</i>	Vegetarianism versus non-vegetarianism and not exploiting natural resources.
3	<i>Saucha</i>	Reduction of pollution.
4	<i>Swadhyaya</i> and Mindfulness	Awareness and self-reflection to Reduce/ Reuse/ Recycle.
5	<i>Pratyahara</i>	Detachment of the sense organs from pleasures which affect the climate, e.g. using air-conditioning, emission of carbon/ fuel (while driving private vehicles), consumption of electricity etc.
6	<i>Santosha</i>	Satisfaction with simple living and in nature.

## **Recommendations on how *Yoga* can help achieve UN SDG Goal 13:**

1. Introduction of *yogic* concepts and their connection to nature in schools, colleges, public and government campaigns via social media and in physical events can be conducted.
2. Promoting outdoor *yoga* practice and nature-connectedness is an important step in considering *yoga* as an Eco-therapy.
3. Promoting a *yogic* lifestyle and vegetarianism can be a step towards climate action.
4. Research can be conducted to understand the impact of the *yogic* way of life on climate.

# SDG 14: LIFE BELOW WATER

“Conserve and sustainably use the oceans, seas, and marine resources for sustainable development”



## Concepts in yoga that can be applied to achieve this goal:

S. No.	Yoga Concept	Application
1	<i>Vasudaiva Kutumbakam</i>	Coexistence with all forms of life in nature.
2	<i>Saucha</i>	Clean up projects for rivers and oceans.
3	<i>Ahimsa</i>	Vegetarianism versus non-vegetarianism; Ecosystem-specific dietary preferences.
4	<i>Asteya</i>	Sustainable use of rivers, oceans and marine life.
5	Mindfulness	Sustainable use of rivers, and oceans and marine life.

## Recommendations on how *Yoga* can help achieve UN SDG Goal 14:

### 1. Awareness and Advocacy:

- Introduction of *yogic* concepts and their connection to life below water in colleges, public and government campaigns via social media and in physical events can be conducted.
- To advocate for *Yoga* embedded eco-tourism: Partnerships with *yoga* wellness centres in coastal regions can help promote sustainable eco-tourism practices and education on water conservation.
- Integration of ocean themes/ poses in *yoga* practices to create environment awareness and connectedness to nature.
- Promoting zero plastic utilization and vegetarianism.

### 2. Research:

- Research can be conducted to understand the impact of the *yogic* way of life for life below water.

# SDG 15: LIFE ON LAND

“Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss”



## Concepts in yoga that can be applied to achieve this goal:

S. No.	Yoga Concept	Application
1	<i>Triguna</i>	Protect/ Restore life (plants, animals) on land; Reduce/ Reuse/ Recycle.
2	<i>Vasudaiva Kutumbakam</i>	Coexistence with all forms of life in nature.
3	<i>Saucha</i>	Clean up projects for local parks, forests etc.
4	<i>Ahimsa</i>	Non-violence towards life on land for their protection and conservation.
5	Mindfulness	Awareness about Reduce/ Reuse/ Recycle.
6	<i>Asteya</i>	To refrain from taking what does not belong to us. Protecting and conserving life forms on land.

## **Recommendations on how Yoga can help achieve UN SDG Goal 15:**

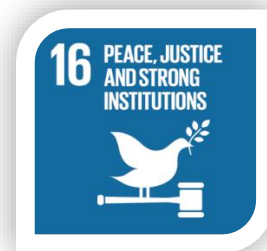
### 1. Awareness and Advocacy:

- Introduction of *yogic* concepts and their connection to life on land in colleges, public and government campaigns via social media and in physical events can be conducted.
- To advocate for *yoga*-embedded eco-tourism: Partnerships with *yoga*-based communities, spiritual centers, indigenous communities, and retreat centers to showcase models for sustainable practices that have low or minimal impacts on the environment.
- Promoting campaigns for environmental education, nature-based practices like *yoga*, rural and indigenous wisdom.

### 2. Research:

- Research can be conducted to understand the impact of the *yogic* way of life for life on land.

# SDG 16: PEACE, JUSTICE AND STRONG INSTITUTIONS



“Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institution at all levels”

## Concepts in *yoga* that can be applied to achieve this goal:

S. No.	<i>Yoga</i> Concept	Application
1	<i>Ahimsa</i>	Practicing non-violence.
2	<i>Anasaktibhava</i>	Inculcating non attachment and neutrality to achieve peace and justice.
3	<i>Satya</i>	Being truthful and promoting truthfulness.
4	<i>Santosha</i>	Experiencing happiness and peace.
5	<i>Vasudaiva Kutumbakam</i>	Oneness of existence – peace.

## **Recommendations on how *Yoga* can help achieve UN SDG Goal 16:**

1. Conducting workshops on life skills, including simple *yogic* practices to help the youth with emotional regulation and anger management in schools and colleges.
2. Promoting inner peace and well-being through *yoga* workshops in juvenile homes and prisons.
3. Education and training in inculcating the spirit of *Ahimsa* (non-violence), *Satya* (truth), *Maitreya* (benevolence), *Karuna* (compassion), *Upeksha* (equanimity) etc in schools, colleges, and prisons.

# SDG 17: PARTNERSHIPS FOR THE GOALS



“Strengthen the means of implementation and revitalize the global partnership for sustainable development”

## Concepts in *yoga* that can be applied to achieve this goal:

S. No.	<i>Yoga</i> Concept	Application
1	<i>Vasudaiva Kutumbakam</i>	The world is one family where all are interconnected with each other. Co-existing with peace, health, and harmony.

## **Recommendations on how *Yoga* can help achieve UN SDG Goal 17:**

1. Concepts of *Vasudaiva Kutumbakam* (oneness in existence), *tapas* (self-determination) and *swadhyaya* (self-realization) are to be promoted with realisation of interdependence.
2. For partnership, developing value-based relationships needs to be cultivated.
3. Consciousness in every step on how to achieve UN SDG Goals through *yoga* should be created. For this *yoga* communities and associations can collaborate with various stakeholders, including government, NGOs, businesses, and communities to support the implementation of SDG Goals.
4. Promoting cross-sectoral collaborations, global networks and alliances, local and global outreach, advocacy and policy engagement, capacity building and knowledge sharing, inclusive and participatory approaches.

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