

Indian leader calls for global yoga day

30th September, 2014



India's Prime Minister Narendra Modi has asked world leaders to start a U.N. International Yoga Day. He was speaking at the U.N. General Assembly in New

York. It was his very first speech at the 193-member General Assembly. He spoke about the benefits of yoga, saying it was good for the mind and body, and could also help climate change. He said yoga provides harmony between humans and nature, and is "an invaluable gift" from India's 5,000-year-old culture. Modi said: "It is not about exercise, but to discover the sense of oneness with yourself, the world and the nature." He added: "By changing our lifestyle and creating consciousness, it can help us deal with climate change."

Many doctors and people in the medical community say yoga is a good way to stay physically and mentally healthy. Yoga makes you focus on exercise, breathing and meditation. A lot of research says it can help people with heart disease, high blood pressure and lower back pain. Studies also say yoga can improve our mood, reduce stress and make us sleep better. However, there is also research that says people need to be careful when doing yoga. Wikipedia says: "An extensive survey of yoga practitioners in Australia showed that about 20 per cent had suffered some physical injury while practicing yoga." A World Yoga Day already exists. It was started by the world-yoga-day.org website in 2007.

Sources: *IndianExpress* / *NewsOneIndia* / *Wikipedia*

Writing

All high schools should teach yoga every week. Discuss.

Chat

Talk about these words from the article.

world leaders / United Nations / benefits of yoga / mind and body / gift / nature / mentally healthy / meditation / heart disease / blood pressure / reduce stress / injury

True / False

- India's leader met Barack Obama and agreed on a world yoga day. T / F
- It was the first time Mr Modi addressed the UN General Assembly. T / F
- Mr Modi said yoga could help with climate change. T / F
- Mr Modi said yoga was more about exercise than about discovery. T / F
- Doctors say yoga is good for the mind and body. T / F
- Research said yoga can help people with back problems. T / F
- A study said yoga injures 50% of people who practice it. T / F
- A World Yoga Day will start for the first time in 2017. T / F

Synonym Match

- | | |
|---------------|-----------------------|
| 1. asked | a. advantages |
| 2. benefits | b. lower |
| 3. invaluable | c. find |
| 4. discover | d. better |
| 5. deal with | e. requested |
| 6. focus | f. large-scale |
| 7. improve | g. manage |
| 8. reduce | h. extremely useful |
| 9. extensive | i. (be) troubled with |
| 10. suffered | j. concentrate |

Discussion – Student A

- What are the benefits of doing yoga?
- Are people who do yoga calmer than other people?
- Is International Yoga Day a good idea?
- What do you do for your mind and body?
- Why might yoga help climate change?
- How do you feel harmony with nature?
- What is the "sense of oneness"?
- Why do people want to find the "oneness" within them?

BreakingNewsEnglish - The Mini Lesson

Phrase Match

- | | |
|----------------------------------|--------------------------|
| 1. the 193-member | a. pain |
| 2. good for the | b. meditation |
| 3. yoga provides harmony between | c. oneness with yourself |
| 4. discover the sense of | d. community |
| 5. it can help us deal | e. humans and nature |
| 6. people in the medical | f. physical injury |
| 7. exercise, breathing and | g. mind and body |
| 8. lower back | h. when doing yoga |
| 9. people need to be careful | i. with climate change |
| 10. suffered some | j. General Assembly |

Discussion – Student B

- How would society change if yoga was a school subject?
- What would happen on International Yoga Day?
- How do people meditate?
- How would meditation every day change your life?
- What do you do to improve your mood?
- How could yoga injure people?
- Would you prefer to be good at yoga or karate?
- What questions would you like to ask Narendra Modi?

Spelling

- speaking at the U.N. General meYAssbl
- He spoke about the ietbensf of yoga
- yoga provides moyranh
- India's 5,000-year-old uceurlt
- changing our leyitsfel
- help us deal with lameict change
- people in the medical tmcnymiuo
- stay lhysplcayi and mentally healthy
- high blood rsperous
- mroivep our mood
- An extensive ryeusv of yoga
- niyjur while practicing yoga

Answers – Synonym Match

1. e	2. a	3. h	4. c	5. g
6. j	7. d	8. b	9. f	10. i

Role Play

Role A – The mind

You think yoga is most helpful to the mind. Tell the others three reasons why. Tell them why their things might not work. Also, tell the others which of these yoga cannot help (and why): the body, world peace or climate change.

Role B – The body

You think yoga is most helpful to the body. Tell the others three reasons why. Tell them why their things might not work. Also, tell the others which of these yoga cannot help (and why): the mind, world peace or climate change.

Role C – World peace

You think yoga is most helpful to world peace. Tell the others three reasons why. Tell them why their things might not work. Also, tell the others which of these yoga cannot help (and why): the body, the mind or climate change.

Role D – Climate change

You think yoga is most helpful to climate change. Tell the others three reasons why. Tell them why their things might not work. Also, tell the others which of these yoga cannot help (and why): the body, world peace or the mind.

Speaking – U.N. days

Rank these with your partner. Put the most important days at the top. Change partners often and share your rankings.

- World Wildlife Day
- International Women's Day
- International Day of Happiness
- World Water Day
- English Language Day
- World No-Tobacco Day
- Global Day of Parents
- World Refugee Day

Answers – True False

a	F	b	T	c	T	d	F	e	T	f	T	g	F	h	F
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Answers to Phrase Match and Spelling are in the text.