Beat: News

International Yoga Day

Prime Minister Leads Yoga Demonstration

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USPA NEWS - The Prime Minister, Mr. Narendra Modi participates in the mass yoga demonstration at Rajpath on the occasion of International Yoga Day, in New Delhi on June 21, 2015. Prime Minister Leads Mass Yoga Demonstration.

The Prime Minister, Mr. Narendra Modi announced the arrival of a new Yoga era, with the first International Day of Yoga being observed across the world. Leading a mass yoga demonstration at Rajpath in New Delhi on June 21, the Prime Minister declared that today, as this day is observed in various parts of the world, the sun would not set on the community of Yoga practitioners.

The Prime Minister said that today is not just the first-ever International Yoga Day, but the beginning of a new era that would inspire humanity in its quest for peace and harmony. The Prime Minister recalled the contribution of ancient sages, yoga gurus, and practitioners across the world through the ages, for making Yoga what it is, today.

He said that as mankind advances in various spheres of development and technology, individual human beings must progress too, and Yoga offered an avenue for this. He said Yoga was not merely an exercise, but offered an opportunity for balancing the mind and body, and could help harness an individual´s inner strength.

The Prime Minister acknowledged all countries across the world who are observing International Yoga Day today, and the 177 countries which co-sponsored the resolution in the United Nations, for adopting June 21st as International Yoga Day.

The Prime Minister later participated in a mass yoga demonstration at Rajpath.

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