

Yoga brings equilibrium of body, mind, intellect: LG Sinha

Urges all to embrace Yoga for holistic approach to health, well-being

Srinagar, June 21: Lieutenant Governor (LG) Manoj Sinha and Union Minister of State for Panchayati Raj, Kapil Moreshwar Patil along with hundreds of people Tuesday participated in the International Day of Yoga celebrations at the iconic Dal Lake.

Prime Minister Narendra Modi led the nation-wide celebrations from Mysuru Palace Grounds, Karnataka, which hosted the main event of mass Yoga demonstration. The Prime Minister's Yoga programme at Mysuru is also part of the novel 'Guardian Ring' programme which is a collaborative exercise between 79 countries and United Nations organisations along with Indian Missions abroad to illustrate Yoga's unifying power that surpasses National boundaries.

Celebrations for 8th International Day of Yoga were held at 75 iconic Sites across the country as a part of Azadi Ka Amrit Mahotsav. Apart from Dal Lake, people in large numbers gathered at BSF BOP Octroi Suchetgarh, Jammu and Martand Sun Temple Anantnag, Kashmir for mass Yoga Demonstrations.

ultimate message of living in the present. There is no past and there is no future. You are here and now. One can enter in Yoga only living this very moment, observed the Lt Governor.

All the Asanas we perform in yoga, in reality, are not just related to the body, they are not just physical exercises, but reflect our ability to live in the moment, he added.

Dedicating the observance of the International Day of Yoga to the selfless and dedicated services of all the doctors, nurses, healthcare professionals and the efforts and struggle of the people, the Lt Governor observed that when humanity was battling with the Covid pandemic, doctors, researchers and health experts across the world, in unison, recommended and appealed people to follow Yoga practices.

I urge the citizens to take advantage of Yoga facilities and services being extended by the J&K AYUSH department and adopt yoga in their routine, said the Lt Governor.

Let's build resilience against diseases, promote self-care to maintain perfect harmony between the body and mind, and bring people closer to each other by adopting Yoga as an integral part of life, he added.

Speaking on the occasion, Kapil Moreshwar Patil, Union Minister of State for Panchayati Raj extended his greetings to all the participants on the occasion of the eighth International Day of Yoga and appealed everyone to adopt Yoga and practice Yoga exercises on regular basis for mental, emotional and physical health and well-being.

Highlighting the significance of Yoga, the Union MoS said, "Yoga represents the noble and ancient knowledge of health science and it generates physical as well as spiritual energy in a person and helps in removing diseases from the body".



The International Yoga Day celebrations in J&K witnessed the participation of eminent personalities, Yoga Gurus, experts of Yoga and allied science, Yoga enthusiasts, members of youth clubs, teachers and students in large numbers.

Greeting the people on the International Day of Yoga, the Lt Governor urged all to embrace Yoga as an integral part of life for holistic approach to health and well-being

'Yoga For Humanity' theme for this year emphasizes the message of universal brotherhood in try-

ing times. This invaluable gift to humanity is being used as a therapeutic intervention for various disorders and bringing equilibrium of body, mind and intellect," said the Lt Governor.

Yoga is the ancient heritage connecting the whole world into one thread. Yoga means unity, harmony. With the spirit of 'Vasudhaiva Kutumbakam', India is guiding the world for holistic well-being, the Lt Governor added.

Yoga has become a mass movement. Maharishi Patanjali, the greatest scientist, gave the ulti-

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Dr. Arun Kumar Mehta, Chief Secretary while speaking on the occasion also highlighted the benefits of practice of Yoga in our daily life.

Ms. Mandeep Kaur, Commissioner/Secretary, Rural Development and Panchayati Raj department delivered the welcome address.

During the celebrations of International Day of Yoga, adequate arrangements were made for seamless live streaming and screening of the Prime Minister's address from Mysuru Palace Grounds, Mysuru, Karnataka.

The Ministry of Panchayati Raj organized the IDY-2022 in close coordination and collaboration with the Government of Jammu and Kashmir, especially the Department of Rural Development & Panchayati Raj and Directorate of AYUSH. The Ministry of Ayush coordinated the event through Regional Research Institute of Unani Medicine of CCRUM as nodal agency for the event.

Mass Yoga Demonstration as per Common Yoga Protocol was conducted at the venue and all the participants joined the 45-minute Yoga session to mark the IDY-2022. The Yoga session at Dal Lake was guided by Yoga expert, Dr. Ruchi Tabassum.

Around 1200 participants from various organizations attended the IDY-2022 celebrations at SKICC, Srinagar on the picturesque Dal Lake; including from Directorate of AYUSH and Unani College; RRIUM; RDD (elected representatives and functionaries of Panchayati Raj Institutions); Department of Youth and Sports; Health Department; SKUAST; BSF; CRPF; Scouts; NHM and others.

Junaid Azim Mattu, Mayor SMC; Dr. Chandra Shekhar Kumar, Additional Secretary Ministry of Panchayati Raj; Nitishwar Kumar, Principal Secretary to Lt Governor; Dr. Bijaya Kumar Behera, Economic Adviser, Ministry of Panchayati Raj; Ch. Mohd. Yasin, Mission Director, National Health Mission, J&K besides senior officers of civil administration, Police & Paramilitary forces also participated in the International Yoga day celebrations at Dal Lake.

Yoga becoming way of life, inspiration for good health: PM Modi



Mysuru, June 21: On the occasion of International Day of Yoga, Prime Minister Narendra Modi on Tuesday said that yoga is becoming a way of life and has become a source of inspiration for health, balance and cooperation.

The Prime Minister remarked that India is celebrating Yoga Day at a time when the country is celebrating its 75th year of independence, "the Amrit Mahotsav." This widespread acceptance of Yoga Day, is the acceptance of that "Amrit spirit of India which gave energy to India's freedom struggle." Mass Yoga demonstrations are being organised at 75 iconic locations across the country which have been witness to the glorious history of India and have been the center of cultural energy.

"The experience of collective yoga at cooperation", he added.

Prime Minister on Tuesday performed yoga at the main event of the eighth edition of the International Day of Yoga in the heritage city of Mysuru in Karnataka.

More than 15,000 people participated in the Yoga celebrations along with the Prime Minister at the Mysore Palace grounds.

Prime Minister said the yogic energy, which has been nurtured for centuries by the spiritual centers of India like Mysuru, is today giving direction to global health. Today yoga is becoming a basis for global cooperation and is providing a belief of a healthy life to mankind, he added.

"Yoga has now become a global festival. Yoga is not only for any individual, but for the entire humanity. Therefore, this time the theme of International Day of Yoga is - Yoga for humanity", PM Modi said. He thanked the United Nation and all the countries for taking this theme globally.

Karnataka Governor Thaaawarchand Gehlot, Karnataka Chief Minister Basavaraj Bommai, Union Minister for Ayush Sarbananda Sonowal, and officials of the Ministry of Ayush and the Government of Karnataka and other dignitaries performed yoga at the event.

Addressing the gathering here, PM Modi said, "This whole universe starts from our own body and soul. The universe starts from us. And, yoga makes us conscious of everything within us and builds a sense of awareness. Yoga brings peace for us. The peace from yoga is not merely for individuals. Yoga brings peace to our society. Yoga brings peace to our nations and the world. And, yoga brings peace to our universe."

He said that yoga is not only for any individual but for the entire humanity.

"No matter how stressful we are, a few minutes of

the historical sites of India is like tying together India's past, India's diversity, and India's expansion", he elaborated.

He also informed about the novel programme 'Guardian Yoga Ring' which is a collaborative exercise between 79 countries and United Nations organisations along with Indian Missions abroad to illustrate Yoga's unifying power that surpasses national boundaries.

As the sun apparently moves from the east to the west across the world, the Mass Yoga Demonstrations in the participating countries, if seen from any one point on Earth, will seem to be happening one after the other, almost in tandem, thus underlining the concept of 'One Sun, One earth'. "These practices of yoga are giving wonderful inspiration for health, balance and coop-

meditation offer relaxation and increase our productivity. Therefore, we do not have to consider yoga as extra work. We have to know yoga. We have to live yoga. Yoga is not only a part of life for us today, but is now becoming the way of life," he said.

PM Modi emphasised that the eternal journey of yoga will continue in the direction of an "eternal future".

"We will also accelerate a healthy and peaceful world through yoga with the spirit of 'Sarve Bhavantu Sukhinah, Sarve Santu Niramaya'," he said.

Prime Minister further said, "The yogic energy, which has been nurtured for centuries at the spiritual centres of India like Mysuru, is today giving direction to world health. Today yoga is becoming a mutual basis for global cooperation. Today yoga offers the confidence in a healthy life to mankind."

This year the theme for the celebration is "yoga for humanity".

Prime Minister's yoga programme at Mysuru is also part of the novel programme 'Guardian Yoga Ring' which is a collaborative exercise between 79 countries and United Nations organisations along with Indian Missions abroad to illustrate yoga's unifying power that surpasses National boundaries.

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Keeping the overarching theme of the 75 years of India's independence the Ministry for Ayush also identified 75 locations for Union Ministers to participate in the Yoga Day celebration.

This year International Day of Yoga 2022 witnessed many firsts, including the 'Guardian ring', yoga demonstration by Union cabinet ministers at 75 iconic locations in India and a special digital yoga and static exhibition in Mysuru Dussera Grounds, Mysuru.