

Union Minister for Labour, Employment, Environment, Forest and Climate Change, Shri Bhupender Yadav led the International Day of Yoga (IDY) celebrations from Ram ki Paidi, Ayodhya

PM Modi has created a sense of collectiveness and awareness among the people towards Yoga: Shri Bhupender Yadav

Ram-Raj means equality for all and the king should be the servant: Shri Bhupender Yadav

India can become healthy and self-reliant with daily yoga: Shri Bhupender Yadav

Yoga has the potential to remove tension, unrest and turmoil around the world: Shri Bhupender Yadav

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Union Minister of Labour, Employment, Environment, Forest and Climate Change, Shri Bhupender Yadav, while addressing a gathering of more than 5000 people on the occasion of the International Day of Yoga (IDY) celebrations at Ram ki Paidi, Ayodhya, said that Prime Minister Shri Narendra Modi has created a sense of collectiveness and awareness about Yoga among the people. It is a matter of pride for India that Yoga has been recognized at an international level. The message of holy city of Ayodhya is the vision of Ram Raj in which there should be equal opportunities for all and the king should act as a servant of the public. Union Minister Shri Bhupender Yadav said that today under the leadership of the Prime Minister, modern India is moving on the same constructive path whose aim is to realize the concept of 'Sabka Saath, Sabka Vikas and Sabka Vishwas' in the entire country and Yoga also shares the same message.



Shri Bhupender Yadav said that the manner in which we are expressing our faith and belief towards Yoga today is commendable. He said that if yoga becomes the basis of our daily routine, then India will not only be healthy but will also move towards the dream of self-reliance. Through yoga, we can eliminate the tension, unrest and chaos prevailing across the world, said Shri Yadav.

Union Minister Shri Bhupender Yadav said that Yoga is not just a physical discipline. The eight paths of Yoga that Patanjali refers to include - Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Through Yama we develop a sense of morality. We practice pure spiritual conduct through 'Niyama'; conduct those activities through asanas which keep our body healthy. Pranayam helps us to control not only our breath but also our emotions.





Union Minister for Labour, Employment, Environment, Forest and Climate Change Shri Bhupender Yadav said that Yoga, as a way of life, is applicable to all sections and age groups of the society. He said that the resolve to maintain good health through the practice of Yoga and Surya Namaskar is necessary not only for an individual but also for the society. Yoga is the mantra to stay healthy, added Shri Yadav.

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