

Beat: News

Make The Practice Of Yoga An Integral Part Of Life

President of India

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USPA NEWS - The President, Mr. Pranab Mukherjee inaugurating the Commemoration of the International Day of Yoga "" 2016, at Rashtrapati Bhavan, in New Delhi on June 21, 2016.

Creates Overall Harmony Between Body And Mind

The President of India, Mr. Pranab Mukherjee kicked off the 2nd International Yoga Day Celebrations at Rashtrapati Bhavan with around 1000 persons participating in a mass Yoga event on June 21.

Addressing participants, the President urged people to make the practice of Yoga an integral part of life. He said this will provide them mental and physical strength. It will enable them live a healthy life. It will create overall harmony between body and mind. It will enhance mental and physical well-being.

The President also recalled that on December 11, 2014, the General Assembly of the United Nations approved by consensus a resolution co- sponsored by 177 countries to declare 21 June every year as International Day of Yoga.

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