Government of India
Ministry of Ayush
सत्यमेव जयते

MINISTRY OF AYUSH COMPILED MEDIA REPORT

13 Mar, 2025 - 21 Jun, 2025

Total Mention 8346

Print	Financial	Mainline	Regional	Periodical
940	11	347	580	2

Online
7406

Print

No	Newspaper	Headline	Edition	Pg
1.	The Economic Times	An easy evening yoga routine for good sleep	Mumbai	2
2.	The Hindu Business Line	The business of getting India to roll out the yoga mat regularly	Chennai + 9	10
3.	The Hindu Business Line	Yoga for health and the earth	Pune + 9	9
4.	The Hindu Business Line	Now, AP will become 'Yogandhra	Kolkata + 2	9
5.	Bizz Buzz	Tight security for PM visit for Yoga Day in Vizag	Hyderabad	3
6.	Bizz Buzz	Yoga a journey towards inner peace, says WHO	Hyderabad	8
7.	Bizz Buzz	Yoga countdown show begins in Hyderabad	Hyderabad	3
8.	Bizz Buzz	International Yoga Day set to rekindle true spirit of yoga	Hyderabad	8
9.	Bizz Buzz	30k orgs register for Yoga Sangam: Ayush Ministry	Hyderabad	8
10.	Bizz Buzz	Weekly yoga podcast launched to promote holistic wellness	Hyderabad	8
11.	The Business Guardian	Ministry of Ayush organises Yoga Maha Kumbh	Delhi	8
12.	The Times of India	One in every four Indians practises yoga: Survey	Kochi	13
13.	The Times of India	Vizag targets world record in mass yoga event today	Kochi	13
14.	The Times of India	Nearly 1 in 4 Indians practises yoga, reveals Ayush survey	Kolkata	14
15.	The Times of India	City youngsters embrace yoga for health, well-being	Ahmedabad	4
16.	The Times of India	Nearly one in every ftnir persons in India incorporating yoga: Ayush ministry survey	Ahmedabad	9
17.	The Times of India	Celebs and their furry babies find zen in yoga	Pune	4
18.	The Times of India	Nearly 1 in every 4 Indians practises yoga, says Ayush ministry survey	Pune	15
19.	The Times of India	Yoga taught me the discipline of showing up every day: Nikhat	Pune + 1	1,2
20.	The Times of India	Yoga sessions planned across capital; CM and LG to attend	Delhi	15
21.	The Times of India	High stress to headstands: Hyderabad techies shun corporate jobs to turn yoga teachers	Hyderabad	1,2
22.	The Times of India	One in every 4 Indians practises yoga: Survey	Hyderabad	8

23.	The Times of India	Through yoga, I've learned to stay present & connected: Abhirami	Hyderabad	5
24.	The Times of India	Yoga taught me the quiet discipline of showing up every day	Hyderabad	1,5
25.	The Times of India	In age of AI, yoga straddles spiritual & corporate worlds	Hyderabad	2
26.	The Times of India	Vizag targets world record in mass yoga event, expects over 5L people	Hyderabad	7
27.	The Times of India	Nearly one in every 4 people in India incorporating yoga: Ayush min survey	Chennai + 2	12
28.	The Times of India	YOGA BRINGS MORE PEACE INSIDE ME	Chennai	1,3
29.	The Times of India	Nearly one in every four persons in India incorporating yoga, reveals Ayush ministry survey	Delhi	18
30.	The Times of India	One in every four Indians does yoga: Ayush ministry survey	Bengaluru	12
31.	The Times of India	Stretching across districts: Tricity in sync for Yoga Day	Chandigarh	4
32.	The Times of India	Yoga day at Attari check post today	Chandigarh	3
33.	The Times of India	YOGA DOESN'T END ON THE MAT; ITS BENEFITS STAY WITH YOU ALL DAY	Bengaluru	1,8
34.	The Times of India	A grand celebration of the Int'l Day of Yoga	Kolkata	8
35.	The Times of India	A yoga initiative for all-round growth	Kolkata	9
36.	The Times of India	Make the best of yoga and Bhagavad Gita's teachings	Kolkata	9
37.	The Times of India	Nurturing young minds through yogasanas	Kolkata	8
38.	The Times of India	Yoga finds its flow in Delhi's heritage spaces	Delhi	8
39.	The Times of India	1 in every 4 Indians practises yoga: Ayush ministry survey	Mumbai + 1	12
40.	The Times of India	8 heritage sites in state picked for Yoga Day events	Bengaluru	2
41.	The Times of India	International Yoga Day: State govt plans sessions at 15,000 locations	Goa	2
42.	The Times of India	Yoga marathon flagged off	Chandigarh	3
43.	The Times of India	UNIQUE YOGA TRENDS RESHAPING CITY'S WELLNESS CULTURE	Chennai	3
44.	The Times of India	With just a six-foot mat, yoga can provide spiritual uplift and immunity, says expert	Goa	2

45.	The Times of India	Yoga records to be attempted on June 21	Bengaluru	2
46.	The Times of India	PU VC releases book on yoga	Chandigarh	2
47.	The Times of India	NDMC to host yoga sessions across city on Int'l Yoga Day	Delhi	3
48.	The Times of India	Mys may be made yoga dist	Bengaluru	6
49.	The Times of India	Bengaluru yoga enthusiasts unite for a session, ahead of International Day of Yoga	Bengaluru	3
50.	The Times of India	Medicines, Path Tests, Yoga! A For Free At Revamped Centres	Delhi	3
51.	The Times of India	Bend it for body: Delhi to host Yoga events at 11 sites	Delhi	8
52.	The Times of India	70k register for Yoga Day in Haryana	Chandigarh	7
53.	The Times of India	Does vajra twist yoga reduce belly fat Experts weigh in	Chennai	5
54.	The Times of India	State-level Yoga Day event to be held in K'shetra: CM	Chandigarh	7
55.	The Times of India	Chair yoga: Traditional yoga poses reimagined for the elderly	Chennai	3
56.	The Times of India	KJ Somaiya Institute of Dharma Studies to host yoga event	Mumbai	13
57.	The Times of India	The rise of Walking yoga	Delhi	8
58.	The Times of India	NCTE introduces new ITEP courses in Yoga, Performing Arts, Sanskrit, PE	Delhi	2
59.	The Times of India	Flex it! Studies show positive impact of yoga, ayurveda on many diseases	Delhi	5
60.	The Times of India	Yoga powerful way to maintain mental and physical well-being, says Prataprao Jadhav	Bhubaneshwar	7
61.	Hindustan Times	Adaptive yoga: A practice beyond the perfect pose	Mumbai + 3	3
62.	Hindustan Times	Celebrating International Yoga Day	Mumbai	4
63.	Hindustan Times	As part of the International Day of Yoga.....	Delhi	6
64.	Hindustan Times	CM releases song; yoga events today at heritage sites	Delhi	8
65.	Hindustan Times	International Day of Yoga	Delhi + 4	15
66.	Hindustan Times	Yoga as a mass campaign to build a healthier India	Delhi + 3	15
67.	Hindustan Times	YOGA TEACHES YOU TO FIGHT WITHOUT FIGHTING	Delhi + 5	1,2

68.	Hindustan Times	YOGA FOR THE MIND	Delhi + 2	9
69.	Hindustan Times	Ahead of International Yoga Day	Bengaluru	4
70.	Hindustan Times	PM Modi to join Int'l Yoga Day event in Andhra today	Bengaluru	4
71.	Hindustan Times	ON INTERNATIONAL DAY OF YOGA, ACTOR VIDYUT JAMMWAL SHARES HOW YOGA HELPS HIM GET BETTER AT MARTIAL A...	Jaipur	15,16
72.	Hindustan Times	CM Saini, Ramdev to be part of state-level yoga day celebrations	Chandigarh	6
73.	Hindustan Times	P'kula's yoga guru transforms lives, one breath at a time	Chandigarh	3
74.	Hindustan Times	Why is Yoga Day celebrated on June 21 Know this year's theme, history and significance	Chandigarh	2
75.	Hindustan Times	Yoga: India's gift to the world for wellness	Chandigarh	4
76.	Hindustan Times	ON INTERNATIONAL DAY OF YOGA, ACTOR SHARES HOW YOGA HELPS HIM GET BETTER AT MARTIAL ARTS AND KALARIP...	Pune	1,4
77.	Hindustan Times	Adaptive yoga : A practice beyond the perfect pose	Pune	3
78.	Hindustan Times	Govt Names 11 Spots That Will Host Yoga Day Events In City	Delhi	11
79.	Hindustan Times	Ministry of Ayush hosts the curtain raiser for the 11th International Day of Yoga	Delhi + 2	20
80.	Hindustan Times	Delhi to see large-scale yoga events this yr: CM	Delhi	6
81.	Hindustan Times	PU V-C launches book on yoga, natural therapies	Chandigarh	2
82.	Hindustan Times	Kurukshetra to host state-level yoga event	Chandigarh	6
83.	Hindustan Times	Yoga twist to Haryana's anti-drug campaign	Chandigarh	4
84.	Hindustan Times	Puducherry witnessed a wave of wellness as over 6,000 Yoga enthusiasts gathered...	Delhi + 1	4
85.	Hindustan Times	Yoga institutions and Ministries to hold Global Wellness Movement	Delhi + 2	4
86.	Hindustan Times	FROM JUNE 15: GB NAGAR GEARS UP FOR WEEK-LONG INT'L YOGA DAY	Delhi	4
87.	Hindustan Times	Over 1,000 entities register on Yoga Sangam	Delhi	20
88.	Hindustan Times	Yoga asanas to calm your mind	Bengaluru	4
89.	The Indian Express	Shah to attend yoga day celebrations at Adalaj Vav near Ahmedabad	Ahmedabad	4

90.	The Indian Express	PGIMER consultants referred 153 patients to yoga centre last year	Chandigarh	4
91.	The Indian Express	Yoga for the mind & body	Mumbai	4
92.	The Indian Express	With 11 venues & a new anthem, Delhi ready for Yoga Day today	Delhi	3
93.	The Indian Express	Yoga Day celebrations at 100 iconic destinations, UNESCO heritage sites; Gujarat's Rani Ki Vav, Dhol...	Ahmedabad	14
94.	The Indian Express	ASI to host Int'l Day of Yoga at monuments in Punjab, Haryana	Chandigarh	11
95.	The Indian Express	Make yoga an integral part of your daily lives: Health minister	Chandigarh	11
96.	The Indian Express	Police personnel participate in a yoga session...	Chandigarh	11
97.	The Indian Express	NDMC gears up for Yoga Day	Delhi	8
98.	The Indian Express	Preparations underway for celebration of Yoga Day in UT	Chandigarh	3
99.	The Indian Express	PGI aims to break its own record on International Yoga Day	Chandigarh	5
100.	The Indian Express	YOGA DAY IN ANDHRA	Delhi	6
101.	The Hans India	TG gears up for Yoga Day celebrations today	Hyderabad	5
102.	The Hans India	Yoga vibes come alive at LB stadium	Hyderabad	5
103.	The Hans India	THE TRANSFORMATIVE BENEFITS OF YOGA	Hyderabad	9
104.	The Pioneer	India's quiet power: How yoga became the world's breath of unity	Hyderabad + 3	7
105.	The Pioneer	Rajnath to attend Yoga Day celebrations in J&K	Hyderabad	5
106.	The Pioneer	THE RISE OF INTERGENERATIONAL YOGA IN HYDERABAD	Hyderabad	9
107.	The Pioneer	Haryana CM reviews preparations for the state-level Int' l Yoga Day function	Chandigarh	2
108.	The Pioneer	National Cadet Corps (NCC) cadets and others practice yoga.....	Chandigarh	1
109.	The Pioneer	World has woken up to the power of Yoga	Chandigarh + 2	7
110.	The Pioneer	CM Gupta to lead Yoga Day events across Delhi	Delhi	5
111.	The Pioneer	ICCR to lead Global Yoga Day celebrations	Delhi + 1	4
112.	The Pioneer	National Cadet Corps (NCC) cadets and others practice yoga	Bhubaneshwar	1

113.	The Pioneer	Yoga practice session held aboard CG vessel	Bhubaneshwar	3
114.	The Pioneer	Over 20 lakh people to participate for mass yoga practice on Int'l Yoga Day	Chandigarh	3
115.	The Pioneer	Yoga Sangam gets encouraging registrations	Delhi	4
116.	The Pioneer	Survey reveals growing adoption of yoga as India prepares for IDY 2025	Delhi + 1	1
117.	The Pioneer	Haryana CM Flags Off Yoga Marathon, Launches 'Yoga-yukt, Nasha-mukt' Campaign	Chandigarh	3
118.	The Pioneer	Yoga is now a global mass movement, says Ayush Min Jadhav	Hyderabad	5
119.	The Pioneer	More than 11 lakh Yoga Practitioners to Perform Yoga Together on Int'l Yoga Day in Haryana	Chandigarh	3
120.	The Pioneer	Over five lakh people to participate in International Yoga Day, says Minister	Delhi + 1	5
121.	The Pioneer	Celebrities, influencers come to promote International Day of Yoga	Hyderabad	5
122.	The Pioneer	Yoga for One Earth, One Health: the countdown begins	Chandigarh + 1	1
123.	The Pioneer	CM Administers 'Yoga Oath' Ahead of Grand International Yoga Day Event in Kurukshetra	Chandigarh	3
124.	The Pioneer	From discipline to display: The silent erosion of traditional Yoga	Chandigarh + 1	7
125.	The Pioneer	IDY has transformed Yoga into a shared global heritage	Chandigarh + 1	5
126.	The Pioneer	Education Ministry organises yoga camp, training session	Delhi	4
127.	The Pioneer	International Yoga Day to be celebrated on June 21	Delhi	2
128.	The Pioneer	Over 400 participants attend workshop on 11th Yoga Day	Delhi	4
129.	The Pioneer	One lakh people to attend State-level event on Intl Yoga Day on June 21: CM Saini	Chandigarh	3
130.	The Pioneer	Hry CM to attend Yoga Mahotsav in Panchkula today	Chandigarh	3
131.	The Pioneer	Bhopal: Free daily yoga sessions to enhance physical, mental health	Delhi	5
132.	The Pioneer	Yoga is a way to unite body, mind and soul	Delhi	5
133.	The Pioneer	How Vivekananda ignited a lifelong yoga journey	Delhi	5

134.	The Pioneer	MP integrates Yoga into tourism drive	Delhi	5
135.	The Pioneer	AYUSH Deptt in Haryana gears up for preparations of Intl Day of Yoga	Chandigarh	3
136.	The Pioneer	Haryana gears up for Yoga Day 2025 in Kurukshetra	Delhi	5
137.	Deccan Chronicle	CELEBRATING YOGA FOR MIND AND BODY	Chennai	2
138.	Deccan Chronicle	Girl cadets Providence College turn Yoga gurus for school kids	Chennai	2
139.	Deccan Chronicle	Yoga Day to be celebrated in 191 countries through iCR	Chennai	1
140.	Deccan Chronicle	How Indian cricketers channel Yoga spirit	Chennai + 1	1,13
141.	Deccan Chronicle	VENKAIAH: YOGA HAS NO CASTE OR RELIGION	Hyderabad	10
142.	Deccan Chronicle	PM to lead International Yoga Day from Vizag	Hyderabad	13
143.	Deccan Chronicle	24-hour countdown for International Yoga Day	Hyderabad	5
144.	Deccan Chronicle	Union min to take part in Yoga day tomorrow	Hyderabad	5
145.	Deccan Chronicle	TELANGANA SECOND IN YOGA DAY SIGN-UPS	Hyderabad	9
146.	Free Press Journal	Cinema Tahira Kashyap tells us about her yoga journey	Mumbai	1,37
147.	Free Press Journal	CR organizes seminar ahead of International Day of Yoga to promote benefits of Yoga	Mumbai	16
148.	Free Press Journal	ICG to celebrate 11th International Day of Yoga with 'Yoga Sangam	Mumbai	16
149.	Free Press Journal	100+ Parks to be developed ahead of yoga day	Mumbai	22
150.	Free Press Journal	All set for YogAndhra 2025	Mumbai	24
151.	Free Press Journal	NCC cadets practice yoga	Mumbai	22
152.	Free Press Journal	Ratna dance academy hosts ^Yoga Fever^	Mumbai	22
153.	Free Press Journal	Tribal dept organises yoga demonstrations	Mumbai	12
154.	Free Press Journal	Yoga Day event at Sports Complex today	Mumbai	12
155.	Free Press Journal	Yoga everyday	Mumbai	6
156.	Free Press Journal	Delhi Metro service from 4am on Yoga Day	Mumbai	1
157.	Free Press Journal	International Yoga Day	Mumbai	7
158.	Free Press Journal	Jalgaon prepares for International Yoga Day	Mumbai	7
159.	Free Press Journal	Visakhapatnam gears up for International Yoga Day	Mumbai	20

160.	Free Press Journal	Seers from Patanjali prep for Int'l Yoga Day	Mumbai	16
161.	Free Press Journal	Hundreds take part in yoga rehearsal	Mumbai	15
162.	Free Press Journal	CM Patel leads 15,000 at Ahm Int'l Yoga Day camp	Mumbai	18
163.	Free Press Journal	Yoga Sangam	Mumbai	2
164.	Free Press Journal	Over 3,000 join 'YogAndhra 2025' at Antarvedi Beach	Mumbai	21
165.	The New Indian Express	YOGA WITHOUT HYPE OR HASHTAGS	Chennai	3
166.	The New Indian Express	Guv, CM to participate in Int'l Yoga Day fete	Hyderabad	2
167.	The New Indian Express	YOGA IN SEA	Bengaluru	7
168.	The New Indian Express	Fitness centre to host Intl Yoga Day	Bengaluru	1
169.	The New Indian Express	Nimhans takes yoga to rural regions for patients with mental disorders	Bengaluru	7
170.	The New Indian Express	Free yoga classes concludes	Chennai	3
171.	The New Indian Express	Free yoga class	Chennai	2
172.	The New Indian Express	Free yoga class	Chennai	2
173.	The New Indian Express	Event promotes wellness & sustainability with yoga	Bengaluru	1
174.	Yugmarg	Baba Ramdev to perform Yoga with CM Saini In Kurukshetra today	Chandigarh	1
175.	Yugmarg	Divisional level yoga program organised in Amb on International Yoga Day	Chandigarh	5
176.	Yugmarg	International Yoga Day to be celebrated with enthusiasm today under 'CM di Yogshala' Initiative	Chandigarh	4
177.	Yugmarg	Rehearsal held under yoga program in Indri's grain market: SDM	Chandigarh	10
178.	Yugmarg	Sub-division level Yoga Day programme held in grain Market Vyaspur	Chandigarh	12
179.	Yugmarg	Yoga is a path to personal growth and social harmony:Ashwani Mishra	Chandigarh	6
180.	Yugmarg	Yoga is India's Priceless Gift to the World :Sunita Khanna	Chandigarh	6
181.	Yugmarg	Yoga is integral part of Indian Ayurveda and Indian culture: Mona Ghai	Chandigarh	4
182.	Yugmarg	Yoga is priceless gift of India's ancient lifestyle and spiritual tradition: RTA Girish Kumar	Chandigarh	6

183.	Yugmarg	Block level yoga day programme to be held today at Vyaspur Grain Mandi	Chandigarh	10
184.	Yugmarg	Pilot rehearsal of yoga protocol completed, district level programme in Grain Mandi today	Chandigarh	10
185.	Yugmarg	Pilot rehearsal organised before International Yoga Day on June 21	Chandigarh	10
186.	Yugmarg	Archaeological Survey of India, Chandigarh Circle to Celebrate 11th International Day of Yoga	Chandigarh	3
187.	Yugmarg	District-Level Yoga Day event at Thapar University on June 21	Chandigarh	4
188.	Yugmarg	Invitations for Yoga Day given in villages	Chandigarh	9
189.	Yugmarg	National Institute of Ayurveda, Panchkula organizes common Yoga Protocol Practice Session	Chandigarh	3
190.	Yugmarg	Yoga awareness drive at Gurdaspur Red Cross Centre promotes drug-free, healthy living	Chandigarh	9
191.	Yugmarg	Yoga organized at Little Millennium School	Chandigarh	7
192.	Yugmarg	Yoga session held at Model jail, Chandigarh to mark International Yoga Day 2025	Chandigarh	4
193.	Yugmarg	People are being made healthy by connecting them with Yoga: DC	Chandigarh	4
194.	Yugmarg	Grand yoga event held for International Yoga Day 2025	Chandigarh	4
195.	Yugmarg	Celebrate this International Yoga Day with California Almonds, a Natural Source of Protein	Chandigarh	10
196.	Yugmarg	International Yoga Day Protocol Training camp organised	Chandigarh	6
197.	Yugmarg	Yoga practice in structured and systematic manner for healthy body: Kanwaljit Kaur	Chandigarh	7
198.	Yugmarg	Yoga protocol training camp organised at Hanuman Vatika Kaithal	Chandigarh	6
199.	Yugmarg	International Yoga Day to be held in Anaj Mandi on June 21, SDM asks public to participate	Chandigarh	7
200.	Yugmarg	Training of International Yoga Day protocol will be organized on June 18 and 19	Chandigarh	6
201.	Yugmarg	Haryana CM flags off state-level yoga marathon in Kurukshetra	Chandigarh	1
202.	Yugmarg	NIA Panchkula organizes successful walkathon as part of International Yoga Day celebrations	Chandigarh	3

203.	Yugmarg	CM's Yogashala' is proving beneficial for the people: Deputy Commissioner	Chandigarh	6
204.	Yugmarg	11th International Yoga Day; More than 11 lakh practitioners to perform yoga together	Chandigarh	5
205.	Yugmarg	Indira Gandhi National College begins Yoga Day rehearsals with enthusiasm	Chandigarh	9
206.	Yugmarg	Yoga priceless heritage of Indian culture: Dr. Rampal Saini	Chandigarh	7
207.	Yugmarg	Students of NIILM University perform commendably in district level yogasana competition	Chandigarh	7
208.	Yugmarg	Yoga Marathon on international Yoga Day will create new record for haryana:Sanjeev Verma	Chandigarh	9
209.	Yugmarg	Yoga protocol training camps organised in Kaithal sectors, Cheeka and Pundri	Chandigarh	7
210.	Yugmarg	International Yoga Day programme in Kurukshetra will be historic: CM	Chandigarh	1
211.	Yugmarg	Yoga camp organized on International Yoga Protocol	Chandigarh	7
212.	Yugmarg	Yoga protocol practice program organised at NIILM University Kaithal	Chandigarh	6
213.	Yugmarg	KU aims for full participation in International Yoga Day: VC	Chandigarh	2
214.	Yugmarg	One day yoga camp organised	Chandigarh	9
215.	Yugmarg	Yoga practice and tree plantation completed in preparation for International Yoga Day	Chandigarh	9
216.	The Hindu	Andhra Pradesh's 'City of Destiny' decked up to host International Yoga Day today	Chennai + 3	9
217.	The Hindu	Ahead of Yoga day	Kochi	3
218.	The Hindu	Hyderabadis all set to stretch on International Yoga Day	Hyderabad	2
219.	The Hindu	Yoga Day: Akshar Yoga Kendraa aim to set 12 Guinness records	Bengaluru	6
220.	The Hindu	Celebrate International Yoga Day with almonds - A natural source of protein	Hyderabad	9
221.	The Hindu	Countdown festival of Yoga Day to be a grand affair in Hyd today	Hyderabad	2
222.	The Hindu	Yoga Sangamam in all schools on June 21	Hyderabad	6
223.	The Hindu	3,000 people expected to participate in mass yoga session at Vidhana Soudha	Bengaluru	5

224.	The Hindu	Visakhapatnam gears up for International Yoga Day event	Chennai	8
225.	The Hindu	Floating yoga	Delhi	1
226.	The Hindu	Yoga conclave in Delhi	Delhi	2
227.	The Asian Age	India to host Yoga Day events in 191 countries today: ICCR	Delhi	1,4
228.	The Asian Age	How Indian cricketers channel Yoga spirit	Delhi	9
229.	Millenniumpost	India to organise Yoga Day events in 191 countries on June 21: ICCR	Delhi	8
230.	Millenniumpost	From river banks to parks, UP gears up for grand Int'l Yoga Day events	Delhi + 1	6
231.	Millenniumpost	Gupta unveils Yoga Day song	Delhi	3
232.	Millenniumpost	NBCC organises Yoga Maha Kumbh 2025	Delhi	10
233.	Millenniumpost	NDMC TO CELEBRATE INTERNATIONAL YOGA DAY 2025 AT ICONIC CITY VENUES	Delhi	3
234.	Millenniumpost	Hry CM announces Rs 3L aid for families of Ayush Yoga Sahayaks who die in accidents	Delhi	6
235.	Eastern Chronicle	State school shines at NCERT National Yoga Olympiad	Kolkata	3
236.	Eastern Chronicle	Yoga can secure a sustainable future	Kolkata	4
237.	Eastern Chronicle	Upgraded yoga park inaugurated in Chirang; district-level competition held ahead of yoga day	Kolkata	2
238.	The Daily Guardian	BSF troops perform Yoga on Pontoon Bridge over Ravi River in Kathua	Chandigarh	6
239.	The Daily Guardian	International Yoga Day: CM Rekha to lead Yoga session on banks of Yamuna today	Delhi	5
240.	The Daily Guardian	City flags off Yoga Marathon; daily yoga is key to health: Vishwanath	Chandigarh	14
241.	The Daily Guardian	DLSA Panchkula holds Yoga camps ahead of International Yoga Day	Chandigarh	13
242.	The Daily Guardian	Indian Coast Guard personnel take part in a special yoga session.....	Chandigarh	1
243.	The Daily Guardian	Over 20 lakh people to join for mass yoga practice on 11th International Yoga Day	Chandigarh	4
244.	The Daily Guardian	Yoga Marathon at Tau Devi Lal Stadium to be held today, DC urges public to join	Chandigarh	14
245.	The Daily Guardian	Ministry of Ayush organises Yoga Maha Kumbh	Delhi	5

246.	The Daily Guardian	1145 join Day 2 of Yoga camp led by Patanjali experts	Chandigarh	14
247.	The Daily Guardian	ADC reviews Yoga Day plans;Marathon set for June 19	Chandigarh	14
248.	The Daily Guardian	DEPRESSION AND YOGA: A SIMPLE AND NATURAL WAY TO OVERCOME STRESS	Chandigarh + 1	15
249.	The Daily Guardian	3,000 PGI doctors,staff to join yoga on International Yoga Day	Chandigarh	14
250.	The Daily Guardian	Karma Yoga: Finding divinity through work and duty	Delhi	15
251.	The Daily Guardian	The eternal wisdom of Yoga: A self-purification journey	Delhi	10
252.	The Daily Guardian	YOGA AND NATUROPATHY: A NATURAL PATH TO WELLNESS & HOLISTIC LIVING	Delhi	10
253.	The Daily Guardian	Grand event will be organised on International Yoga Day in Kurukshetra	Chandigarh	4
254.	The Daily Guardian	OVER 11 LAKH PEOPLE IN HARYANA TO PARTICIPATE IN 11TH INTERNATIONAL YOGA DAY	Chandigarh	4
255.	The Daily Guardian	NIA celebrates International Yoga Day with 'Green Yoga' initiative	Chandigarh	15
256.	The Daily Guardian	Yoga protocol training camp organised at Haryana Assembly	Chandigarh	4
257.	The Daily Guardian	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	Delhi	6
258.	The Daily Guardian	345 participants join Yoga protocol practice session	Chandigarh	14
259.	The Daily Guardian	CM Saini to participate in Yoga Day celebrations in Kurukshetra	Chandigarh	4
260.	The Daily Guardian	Kurukshetra to host Haryana's Yoga Day celebrations	Chandigarh	4
261.	The Daily Guardian	Three-day yoga training camp begins ahead of International Yoga Day	Chandigarh	14
262.	The Daily Guardian	Three-day yoga training camp begins ahead of International Yoga Day 2025	Chandigarh	14
263.	The Daily Guardian	ENERGIZE YOUR WORKDAY - HARNESSING YOGA AND PRANAYAMA FOR PROFESSIONALS	Delhi	14
264.	Telangana Today	JOIN THE YOGA DAY	Hyderabad	2
265.	The Echo of India	Malda Division gears up for International Day of Yoga 2025	Kolkata	10

266.	The Echo of India	GSI to celebrate 11th International Day of Yoga with 50 events across the nation	Kolkata	11
267.	The Echo of India	Yoga awareness sessions held in CLW schools	Kolkata	10
268.	The Echo of India	Yoga ahead of the International Day of Yoga	Kolkata	6
269.	The Echo of India	Assam CM to inaugurate Chirang district jail on International Yoga Day	Kolkata	3
270.	The Echo of India	Over 41 pc of respondents have incorporated Yoga into their lifestyle: Ayush survey	Kolkata	5
271.	The Morning Standard	CM launches song ahead of Yoga Day, its video showcases tourist places	Delhi	4
272.	The Morning Standard	Metro to start services at 4 am on Yoga Day	Delhi	4
273.	The Morning Standard	Govt to host int'l yoga day events at 11 venues, CM to lead session from Yamuna	Delhi	4
274.	The Morning Standard	Naidu reviews June 21 preps in Vizag, eyes 22 world records on Yoga Day	Delhi	5
275.	The Morning Standard	Yoga seassion	Delhi	3
276.	The Tribune	Capital all set for wand Yoga Day celebrations	Delhi	1
277.	The Tribune	CM Rekha launches yoga outreach session	Delhi	2
278.	The Tribune	India integrates world through yoga	Delhi + 1	3
279.	The Tribune	SUKHWINDER SINGH DRAWS OXYGEN FROM MUSIC & YOGA	Delhi + 1	1,4
280.	The Tribune	Yoga Day today, India's global outreach includes Pak, 1,300 cities worldwide	Delhi + 1	20
281.	The Tribune	Yoga to the rescue in a transit camp	Chandigarh + 1	8
282.	The Tribune	CM to lead session at Yamuna Vihar to mark International Yoga Day celebrations	Delhi	2
283.	The Tribune	Metro to begin services at 4 am on Int'l Yoga Day	Delhi	1
284.	The Tribune	Guv Kataria to lead Yoga Day celebrations	Chandigarh	3
285.	The Tribune	Yoga Connect summit inaugurated in Delhi	Delhi	2
286.	The Tribune	CM Saini leads yoga camp	Chandigarh	3
287.	The Tribune	Yoga protocol training camp held	Delhi + 1	3
288.	The Tribune	Cleanliness, yoga to help realise dream of Viksit Bharat, says CM	Delhi + 1	3
289.	The Tribune	CM to take Part in Intl Yoga Day at K' shetra	Chandigarh	3

290.	The Tribune	CM to take Part in Int'l Yoga Day at K'shetra	Delhi	3
291.	The Tribune	Ayush ministry launches weekly podcast on yoga	Chandigarh + 1	12
292.	The Goan	ASI to host yoga sessions at 81 monumental sites	Goa	9
293.	The Goan	Embracing Yoga for a healthier Goa	Goa	6
294.	The Goan	An unpretentious guide to yoga	Goa	12
295.	The Goan	Yoga for self and society: Uniting body, mind, and community	Goa	6
296.	The Goan	Yoga Day: Shun optics, political propaganda	Goa	4
297.	The Goan	Schools directed to register for Int'l Yoga Day on June 21	Goa	6
298.	The Goan	Free yoga session, wellness talk in Panaji	Goa	5
299.	The Goan	41 pc of respondents have incorporated Yoga into their lifestyle: Ayush survey	Goa	7
300.	The Goan	Yoga is revolution in health, values and devotion, says Sadhvi Devpriya	Goa	7
301.	The Goan	Face yoga for healthy glow	Goa	10
302.	The Goan	Is aerial yoga really healthy	Goa	12
303.	The Goan	Yoga Day no longer optional, now mandatory for govt staff	Goa	1,5
304.	Daily Thanthi Next	40 students suddenly vomit and faint after eating lunch during yoga practice	Chennai	4
305.	Daily Thanthi Next	India to host Yoga Day in 191 countries today	Chennai	7
306.	Daily Thanthi Next	Yoga critical for new mothers	Chennai	2
307.	Daily Thanthi Next	Free yoga sessions in 15 cities across TN, Pondy on June 21	Chennai	2
308.	Daily Thanthi Next	YOGA SALUTE TO SINDOOR	Chennai	4
309.	Punjab Express	AIMS Mohali to mark Yoga Day with CM di Yogshala at mass level	Chandigarh	4
310.	Punjab Express	Delhi CM Rekha Gupta launches song ahead of Yoga Day	Chandigarh	7
311.	Punjab Express	India to organise Yoga Day events in 191 countries today	Chandigarh	1
312.	Punjab Express	Int'l Yoga Day to be celebrated with enthusiasm today under 'CM di Yogshala' initiative	Chandigarh	5
313.	Punjab Express	11th International Yoga Day celebrated	Chandigarh	2

314.	Punjab Express	Archaeological Survey of India, Chandigarh circle to celebrate 11th International Day of Yoga at ico...	Chandigarh	4
315.	Punjab Express	Police personnel take part in a yoga session ahead of International Yoga Day, in Jalandhar	Chandigarh	3
316.	Punjab Express	PU V-C launches research-based book 'Yoga and Nature Cure	Chandigarh	4
317.	Punjab Express	UT gears up to celebrate 11th International Yoga Day	Chandigarh	4
318.	Punjab Express	PGIMER gears up for record- breaking Yoga Day celebration	Chandigarh	4
319.	Punjab Express	350 participate in walkathon as part of International Yoga Day celebrations	Chandigarh	4
320.	Punjab Express	International Yoga Day set to rekindle true spirit of yoga	Chandigarh	6
321.	Punjab Express	International Yoga Day: Events to be held across Haryana on June 21, says CM Saini	Chandigarh	8
322.	Punjab Express	Yoga. Connect 2025: A Hybrid Global Summit on 'Yoga for One Earth, One Health today	Chandigarh	6
323.	Punjab Express	CM Saini attends yoga protocol training camp at Haryana legislative assembly	Chandigarh	8
324.	Punjab Express	IDY2025: Yoga Sangam portal crosses 50,000 registrations, says Ayush Ministry	Chandigarh	6
325.	Punjab Express	Intl Yoga Day-2025: Yoga for 'one earth, one health' state-level event in Kurukshetra on June 21	Chandigarh	8
326.	Punjab Express	11th International Yoga Day: Grand celebration in Kurukshetra on June 21	Chandigarh	8
327.	Punjab Express	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadhav	Chandigarh	6
328.	Punjab Express	Spread message of holistic well-being through yoga worldwide: Ayush Minister	Chandigarh	6
329.	The Navhind Times	Yoga: The right way	Goa	7
330.	Ahmedabad Mirror	Amit Shah in city today for yoga	Ahmedabad	5
331.	Telegraph	International Yoga Day	Kolkata	18
332.	Political & Business Daily	International Day of Yoga: India's Prescription for a Healthier, Stress-Free World	Bhubaneshwar	2
333.	Political & Business Daily	Adha Sharma's powerful 'Yoga Day' message has a wholesome approach	Bhubaneshwar	2
334.	Political & Business Daily	In tune with soul: Celebrating Yoga and Music in times of turmoil	Bhubaneshwar	2

335.	Political & Business Daily	Indian Army champions global Yoga Day celebrations in Kazakhstan, Uzbekistan, Myanmar	Bhubaneshwar	2
336.	Political & Business Daily	Yoga a journey towards inner peace than just physical exercise: WH	Bhubaneshwar	2
337.	Political & Business Daily	ICCR: India to organise Yoga Day events across 191 countries on Jun 21	Bhubaneshwar	1
338.	Political & Business Daily	NDMC to organise events at 8 locations in Lutyens' Delhi on International Yoga Day	Bhubaneshwar	10
339.	Political & Business Daily	Harit Yoga seeks to integrate environmental sustainability with yoga, says Union minister	Bhubaneshwar	7
340.	Political & Business Daily	Over 41 pc of respondents have incorporated Yoga into their lifestyle, claims Ayush survey	Bhubaneshwar	7
341.	First India	YOGA FOR HEALTH & PEACE	Jaipur	12
342.	The Statesman	CM Rekha Gupta unveils plans for Int'l Yoga Day celebrations	Delhi	4
343.	The Statesman	India Tourism Delhi to celebrate International Day of Yoga 2025 in Qutub Minar Complex	Delhi	4
344.	The Statesman	Metro services to start at 4 am on International Day of Yoga	Delhi	4
345.	The Statesman	UP govt unveils 'Yoga Unplugged' and 'Harit Yoga' campaigns to mark International Yoga Day	Bhubaneshwar	8
346.	The Statesman	UP govt unveils 'Yoga Unplugged' and Varit Yoga' campaigns to mark International Yoga Day	Delhi	10
347.	The Statesman	UP govt gears up for grand Int'l Yoga Day celebrations across state on 21 June	Delhi	8
348.	The Statesman	Yoga supports management of chronic illnesses & boosts global wellness: Ayush Ministry report	Delhi	2
349.	The Statesman	AYUSH Ministry's 'Yoga Connect' summit to feature Baba Ramdev, Acharya Balakrishna and global expert...	Delhi	2
350.	The Statesman	Haryana prepsfor 11th Int'l Yoga Day with over 11 lakh participants expected statewide	Delhi	3
351.	The Statesman	Delhi to organise Yoga events at 11 venues on International Yoga Day	Delhi	2
352.	The Statesman	30k organisations register for Yoga Sangam 2025: Ayush Ministry	Delhi	10
353.	The Statesman	UP govt to hold yoga practice sessions at over 4,000 locations on international yoga day	Delhi	4
354.	The Statesman	UP govt to organise International Yoga Day programmes across all government hospitals	Delhi	4

355.	The Statesman	PM urges global participation in Yoga Day	Delhi	3
356.	The Statesman	India's pioneering yoga institute backs 'Yoga unplugged': Ayush ministry	Kolkata	9
357.	The Statesman	Ayush Ministry launches weekly yoga podcast	Delhi + 1	7
358.	Herald	Yoga camp at Margao on June 21	Goa	5
359.	Mayapuri	On International Yoga Day, Zee TV artists explained the meaning of true peace	National	90
360.	WOMENS FITNESS	Juhi Kapoor On Yoga Mindfulness And Breathwork	National	14,15,16,17,18
361.	News Today	Yoga Day: Modi to attend mega event in Vizag tomorrow	Chennai	1
362.	News Today	International Yoga Day fete at MACCON	Chennai	2
363.	Rashtradoot	International Yoga Day today, more than one lakh people will practice yoga	Jaipur	5
364.	Rashtradoot	More than 2.51 lakh people will practice yoga in Jaipur	Jaipur	1
365.	Rashtradoot	Prime Minister will do yoga in Visakhapatnam	Jaipur	1,8
366.	Rashtradoot	Yoga meditation camp organized	Jaipur	2
367.	Rashtradoot	Yoga practice before Yoga Day	Jaipur	2
368.	Rashtradoot	BJP will organize yoga programs across the state before Yoga Day	Jaipur	3
369.	Punjab Kesari	90 players forming a 'yoga' formation in Varanasi	Jaipur	15
370.	Punjab Kesari	International Yoga Day today: State level program will be held in SMS Stadium, CM will do	Jaipur	2
371.	Punjab Kesari	More than 2 lakh 51 thousand people will practice yoga in Jaipur	Jaipur	4
372.	Punjab Kesari	Special yoga practice on Yoga Day	Jaipur	4
373.	Punjab Kesari	Workshop organized on 'Yoga for One Earth, One Health	Jaipur	4
374.	Punjab Kesari	International Yoga Day 2025	Delhi	8
375.	Punjab Kesari	International Yoga Day 2025: Yoga is India's gift to the world	Chandigarh	4
376.	Punjab Kesari	Internationa Yoga Day, 2025	Delhi	5
377.	Punjab Kesari	International Yoga Day	Delhi	4
378.	Punjab Kesari	Yoga shanti paane ka tarika :Harsh libachiya	Chandigarh	5

379.	Punjab Kesari	Run for Yoga' organized from NIA to Badi Chaupar	Jaipur	4
380.	Punjab Kesari	Yoga practice	Jaipur	2
381.	Punjab Kesari	International Yoga Day	Delhi	4
382.	Punjab Kesari	Yoga practice	Jaipur	2
383.	Punjab Kesari	Yoga Day in Kurukkshetra	Delhi	8
384.	Punjab Kesari	International Yoga Day	Delhi	3
385.	Punjab Kesari	Ek Prithvi Ek swasthya ke liye yoga per hybrid varshik Shikhar sammelan ka ayojan.	Delhi	9
386.	Surya	Corporator Shravan participated in 'Yoga' at LB Stadium	Hyderabad	4
387.	Surya	Students of Sri Sai Saraswati Vidyaniketan School at LB Stadium on International Yoga Day	Hyderabad	6
388.	Surya	Yoga asanas with skating at Gymkhana grounds on International Yoga Day	Hyderabad	4
389.	Surya	The beach is decorated for the yoga event	Hyderabad	1
390.	Chapte Chapte	PM will celebrate international yoga day in Visakhapatnam	Kolkata	1
391.	Andhra Jyothi	World unity with yoga	Hyderabad	14
392.	Andhra Jyothi	Yoga Day is celebrated in 191 countries today	Hyderabad	2
393.	Andhra Jyothi	Yoga passion	Hyderabad	9
394.	Andhra Jyothi	Yoga.. is great!	Hyderabad	5
395.	Andhra Jyothi	Mental, Physical health with Yoga	Bengaluru	8
396.	Andhra Jyothi	Today Yoga day	Bengaluru	8
397.	Andhra Jyothi	Yoga Bhagyam	Bengaluru	1,13
398.	Andhra Jyothi	Yoga has nothing to do with religion!	Hyderabad	9
399.	Dakshin Bharat	Country reasy for Yoga day	Bengaluru	1
400.	Mumbai Chauffer	Promoting a healthy lifestyle on International Yoga Day - Rakesh Jain	Mumbai	2
401.	Mumbai Chauffer	International Yoga Day celebrated in Ministry	Mumbai	2
402.	Rajasthan Patrika	11th International Yoga day	Bengaluru	7
403.	Rajasthan Patrika	Yoga is not just an exercise, it is also a way of self-realization : Baba Ramdev	Bengaluru	11
404.	Rajasthan Patrika	International Yoga Day 2025	Delhi	2

405.	Rajasthan Patrika	On Yoga Day, Modi will do 19 asanas in 45 minutes	Jaipur	3
406.	Rajasthan Patrika	Modi will demonstrate 19 asanas in 45 minutes on Yoga Day	Kolkata	12
407.	Prameya	AIPH University is celebrating International Yoga Day	Bhubaneshwar	3
408.	Prameya	International Yoga Day is being celebrated at Healthville, an ODM initiative	Bhubaneshwar	3
409.	Prameya	Uttarakhand is being developed as a global hub for Yoga	Bhubaneshwar	3
410.	Prameya	PM Modi to Lead Record-Breaking Yoga Day Event in Visakhapatnam	Bhubaneshwar	1
411.	Prameya	Patanjali intensifies Yoga Day campaign	Bhubaneshwar	10
412.	Sambad	Healthy earth construction possible with Yoga	Bhubaneshwar	7
413.	Sambad	International Yoga Day is being celebrated at Healthville, an ODM	Bhubaneshwar	13
414.	Pratidin	International Yoga Day is being celebrated at Healthville, an ODM	Bhubaneshwar	3
415.	Pratidin	Yoga for One Earth, One health	Bhubaneshwar	3
416.	Pratidin	International Day of Yoga 2025 Is Not Just a Milestone, It is a Global Wellness Movement : Ayush Min...	Bhubaneshwar	8
417.	Nitidin	International Yoga Day is being celebrated at Healthville, an ODM	Bhubaneshwar	4
418.	Nitidin	International Yoga Day : Patanjali intensifies Yoga Day campaign	Bhubaneshwar	2
419.	Navgujarat Samay	today world yoga day...group yoga practice at many place	Ahmedabad	12
420.	Navgujarat Samay	The International Day of Yoga will be commemorated during the port call with a “joint yoga session o...	Ahmedabad	1
421.	Navbharat	Yoga has had a profound impact on my life	Mumbai + 1	6
422.	Navbharat	Remove physical and mental disorders through yoga	Mumbai	4
423.	Navbharat	Yoga queens of Bollywood	Mumbai	2
424.	Navbharat	Yoga sessions will be held at 100 tourist and 50 cultural places in the country	Mumbai + 1	1
425.	Navbharat	TV stars said that yoga gave direction to life	Mumbai	2
426.	Navbharat	Yoga Sangam' organized today	Pune	5

427.	Navbharat	Yoga for health	Mumbai	2
428.	Navbharat	Patients and workers did yoga	Pune	2
429.	Vijaya Karnataka	Yoga in cultural destinations	Bengaluru	4
430.	Vijaya Karnataka	Yoga in state	Bengaluru	3
431.	Vijaya Karnataka	Do Yoga keep Sadness away	Bengaluru	3
432.	Vijaya Karnataka	2.25 crores Yoga registration for Yoga day	Bengaluru	14
433.	Vijaya Karnataka	Yoga on June 21st : Minister Dinesh	Bengaluru	2
434.	Rashtriya Sahara	Agra: Women performing yoga at Dussehra Ghat behind the Taj Mahal ahead of International Yoga Day	Jaipur	10
435.	Rashtriya Sahara	Yoga Day will also be celebrated at UNESCO World Heritage Site	Jaipur	11
436.	Rashtriya Sahara	Today 3 lakh people will do yoga together in this 26 km corridor	Jaipur	3
437.	Rashtriya Sahara	Yoga has shown the world the path to health and balance: Mayor	Jaipur	2
438.	Rashtriya Sahara	Internationa Yoga Day, 2025	Delhi	8
439.	Rashtriya Sahara	International Yoga Day	Delhi	5
440.	Rashtriya Sahara	Adopting yoga will prevent many diseases: Narendra Kashyap	Jaipur	5
441.	Rashtriya Sahara	Municipal Corporation celebrated Green Yoga Day, planted trees	Jaipur	5
442.	Rashtriya Sahara	Uttarakhand Chief Minister Pushkar Singh Dhami performs yoga at an event organised in connection wit...	Jaipur	8
443.	Rashtriya Sahara	Yoga Day will be celebrated at every booth on 21st June	Jaipur	5
444.	Rashtriya Sahara	Colours ka yoga day festival	Delhi	11
445.	Rashtriya Sahara	International Yoga Day	Delhi	3
446.	Rashtriya Sahara	Yoga Day 11th Annual day celebration	Delhi	3
447.	Rashtriya Sahara	For peaceful sleep Do these yogasanas at night, digestion will improve	Delhi	12
448.	Dainik Bhaskar	Digital detox... If you have too much screen time then these 8 yogas will make you healthy	Mumbai	8
449.	Dainik Bhaskar	If you are too busy... 10 minutes of mini yoga will energize your body	Mumbai	8

450.	Dainik Bhaskar	The wheel of time stopped by yoga	Mumbai	9
451.	Dainik Bhaskar	Why are morning yoga and pranayam like nectar	Mumbai	8
452.	Dainik Bhaskar	Yoga Day will be celebrated today	Mumbai	4
453.	Dainik Bhaskar	Yoga sessions organized at 100 tourist spots across the country including Elephanta Caves	Mumbai	6
454.	Dainik Bhaskar	International Yoga Day 2025	Delhi	10
455.	Dainik Bhaskar	Healthy life can be achieved only through yoga, 35 centers in Jaipur	Jaipur	5
456.	Dainik Bhaskar	Historical Yoga Confluence of Ayurveda Institute at Jantar Mantar today	Jaipur	2
457.	Dainik Bhaskar	In 8 years, about 22 thousand students have been trained in yoga, today they are teaching yoga in In...	Jaipur	2
458.	Dainik Bhaskar	People practiced meditation and yoga in ward number 60	Jaipur	4
459.	Dainik Bhaskar	State level program on Yoga Day in Jaisalmer	Jaipur	7
460.	Dainik Bhaskar	Yoga gives the message of living a healthy life: Governor	Jaipur	5
461.	Dainik Bhaskar	Greater Corporation will create a world record of 30 hours of continuous yoga with one thousand yoga...	Jaipur	6
462.	Dainik Bhaskar	Do Bhakti Yoga in the morning, Tadasana in the afternoon and Nidra Yoga in the evening; this removes...	Jaipur	29
463.	Dainik Bhaskar	Performed yoga in front of human figure installations	Jaipur	27
464.	Dainik Bhaskar	Practice of yoga and meditation techniques	Jaipur	2
465.	Dainik Bhaskar	Special on World Yoga Day	Jaipur	14
466.	Dainik Bhaskar	These yogasanas are included in the routine of celebs	Jaipur	10
467.	Dainik Bhaskar	Today on the occasion of International Yoga Day, yoga practice in palaces and forts	Jaipur	27
468.	Dainik Bhaskar	Yoga's 'Jiwa Dhauti' activity is effective in cleaning the mouth and activating the brain	Jaipur	29
469.	Dainik Bhaskar	Syllabus ke rootin mein shamil ye yogashan	Chandigarh	10
470.	Dainik Bhaskar	Navy practiced before Yoga Day	Chandigarh	16
471.	Dainik Bhaskar	11th Varshgaath par 12 hazaar log karege yogabhyash	Chandigarh	2
472.	Dainik Bhaskar	International Yoga Day	Delhi	4

473.	Dainik Bhaskar	RCDF; Yoga program will be held in Central Park today	Jaipur	3
474.	Dainik Bhaskar	11 lakh se adhik ne kiya samuhik yogabhiyash ke liye panjikaran	Chandigarh	2
475.	Dainik Bhaskar	International Yoga Day	Delhi	1
476.	Jansatta	International Yoga Day	Kolkata	13
477.	Jansatta	PM will celebrate international yoga day in Visakhapatnam	Kolkata	1,16
478.	Jansatta	Internationa Yoga Day, 2025	Delhi	10
479.	Jansatta	International Yoga Day	Delhi + 1	4
480.	Dharitri	International Yoga Day is being celebrated at Healthville, an ODM	Bhubaneshwar	11
481.	Dharitri	Patanjali intensifies Yoga Day campaign	Bhubaneshwar	5
482.	Divya Bhaskar	Special on World Yoga Day	Mumbai	4
483.	Divya Bhaskar	Yoga is the path to true encounter with oneself. It awakens the soul and fills the body with energy.	Mumbai	1
484.	Divya Bhaskar	This yoga is included in the daily routine of celebrities.	Mumbai	8
485.	Divya Bhaskar	Record: More than 4 lakh registrations for Yoga Day	Mumbai	1
486.	Divya Bhaskar	Hebuild's Har Ghar Yoga Initiative Announcement	Mumbai	4
487.	Pratahkal	Today the world will salute yoga with the message of 'one earth one health	Jaipur	1
488.	Pratahkal	Yoga ambassadors will be appointed in every school in the state	Jaipur	12
489.	Pratahkal	People are excited about Yoga Day not only in the country but also abroad	Jaipur	11
490.	Pratahkal	Yoga has become a part of the lifestyle of 41 percent of people in the country	Jaipur	11
491.	Kannada Prabha	11th International Yoga day	Bengaluru	1
492.	Kannada Prabha	5 lakhs people Yoga in state on today	Bengaluru	8
493.	Kannada Prabha	Today 11th Yoga day	Bengaluru	11
494.	Kannada Prabha	Vachananda Sri Yoga day	Bengaluru	8
495.	Kannada Prabha	Yoga achivement for self-improvement	Bengaluru	10
496.	Mumbai Tarun Bharat	Ancient and real yoga from India	Mumbai	4

497.	Mumbai Tarun Bharat	Yoga and Music: Collective practice of self	Mumbai	4
498.	Mumbai Tarun Bharat	Yoga session' on a large scale in Thane district	Mumbai	2
499.	Pragativadi	Call for “Yoga Yukt, Nasha Mukt Haryana”	Bhubaneshwar	13
500.	Pragativadi	Yoga recognized in worldwide	Bhubaneshwar	14
501.	Pragativadi	International Yoga summit inaugurated	Bhubaneshwar	14
502.	Pragativadi	Patanjali intensifies Yoga Day campaign	Bhubaneshwar	14
503.	Janmabhumi	District level program of International Yoga Day will be held today at Smritivan, Bhuj	Mumbai	5
504.	Janmabhumi	Over three lakh people will do yoga with the Prime Minister at 'Yogandhra	Mumbai	9
505.	Janmabhumi	Navy personnel will perform yoga	Mumbai	10
506.	Janmabhumi	TV actors call for adopting a yoga-based lifestyle	Mumbai	11
507.	Janmabhumi	International Yoga day: Preparations on final stage	Kochi	7
508.	Mumbai Samachar	International Yoga Day	Mumbai	6
509.	Mumbai Samachar	Yogasan	Mumbai	5
510.	Mumbai Samachar	These yoga poses are beneficial in digestion related problems.	Mumbai	5
511.	Mumbai Samachar	Yogasana means yoga or the practice of yogasana means yoga practice.	Mumbai	7
512.	Mumbai Samachar	Which yoga asanas can increase your metabolism	Mumbai	5
513.	Mumbai Samachar	Yoga is not a medical practice	Mumbai	6
514.	Duranta Barta	International Yoga Day	Kolkata	2
515.	Duranta Barta	PM will celebrate international yoga day in Visakhapatnam	Kolkata	2
516.	Gujarat Samachar	Today is Yoga Day: Societies committed to maintaining health through regular yoga	Mumbai	1
517.	Gujarat Samachar	Yoga is now an industry: 18 startups in this field are making waves around the world	Mumbai	8
518.	Gujarat Samachar	The statement ^Now Yoga is one of the business: 18 start ups in the world^ is incomplete and lacks c...	Ahmedabad	7
519.	Gujarat Samachar	Celebrating 'Yoga in Mud	Mumbai	2
520.	Gujarat Samachar	Various programs on International Yoga Day by Sivananda Ashram	Mumbai	2

521.	Gujarat Samachar	People over 30 should practice this yoga pose regularly.	Mumbai	3
522.	Lokmat	World record yoga will be performed across the country today!	Mumbai	1
523.	Lokmat	Yoga Day	Mumbai	6
524.	Lokmat	Yoga gets Olympic attention after 'Asian	Mumbai	9
525.	Lokmat	Yoga resolution: Do these ten very simple yoga poses every morning and keep your mind and body refre...	Mumbai	1
526.	Lokmat	When will the 'Yoga' of Nashik's Yoga University come The decision made ten years ago is still await...	Mumbai	7
527.	Lokmat	Yoga is India's path to health, mental stability and spiritual upliftment.	Mumbai	1
528.	Lokmat	Municipality prepares for Yoga Day, programs at 34 centers	Mumbai	1
529.	Lokmat	Ayurvedic Siddha Calci Yoga will fulfill calcium deficiency	Mumbai	9
530.	Navshakti	BJP's grand yoga camp today	Mumbai	10
531.	Navshakti	Chief Minister appeals to create a 'healthy and strong Goa' through yoga practices	Mumbai	19
532.	Navshakti	International Yoga Day	Mumbai	9
533.	Navshakti	International Yoga Seminar organized by Central Railway	Mumbai	3
534.	Navshakti	Today is Yoga Day...	Mumbai	3
535.	Navshakti	Yoga is the best way to keep the mind and body stable: A. Ram Bhadane	Mumbai	23
536.	Navshakti	Yoga sessions organized in Mumbai today	Mumbai	5
537.	Navshakti	MTDC offers free yoga training for tourists	Mumbai	11
538.	Navshakti	Yoga Day organized in Dombivli	Mumbai	4
539.	Navshakti	The alchemy of increasing the body's capacity in yoga - Kishori Shahane-Vij	Mumbai	12
540.	Navshakti	International Yoga Day; Citizens should participate in large numbers in the main event Bibi Ka Maqba...	Mumbai	20
541.	Navshakti	Preparations for World Yoga Day begin	Mumbai	8
542.	Aaple Mahanagar	Central Railway organizes special seminar ahead of International Yoga Day	Mumbai	7

543.	Aaple Mahanagar	Daily yoga relieves stress from IT work	Mumbai	6
544.	Aaple Mahanagar	Yoga and diet	Mumbai	8
545.	Aaple Mahanagar	From the first yogi to Yoga Day	Mumbai	6
546.	Aaple Mahanagar	We also do yoga, right	Mumbai	6
547.	Aaple Mahanagar	Yoga sessions organized across Mumbai today on the occasion of International Yoga Day	Mumbai	7
548.	Aaple Mahanagar	On behalf of the International Naturopathy Organization (INO), women performed yoga at Shri Samarth ...	Mumbai	3
549.	Aaple Mahanagar	Art teacher draws pictures of yoga exercises	Mumbai	6
550.	Aaple Mahanagar	Nandkumar Desai: The yoga guru who heals with the science of yoga	Mumbai	6
551.	Aaple Mahanagar	Yoga Sangam program organized at JNPA on the occasion of Yoga Day	Mumbai	3
552.	Mid Day (Gujarati)	Even dogs do yoga..	Mumbai	1
553.	Mid Day (Gujarati)	The whole family is dedicated to yoga	Mumbai	21,22
554.	Mid Day (Gujarati)	Kaivalyadham has been preserving the heritage of yoga for 100 years.	Mumbai	24
555.	Sakal	Increasing response to Shiv Yoga centers	Mumbai	3
556.	Sakal	Navy ready for Yoga Day	Mumbai	3
557.	Sakal	World is ready for Yoga Day	Mumbai	2
558.	Sakal	Ready for Yoga Day	Pune	3
559.	Sakal	YOGA Day	Pune	4
560.	Sakal	Yoga also brings stability to the mind.	Mumbai	4
561.	Sakal	Dhauti Yoga' is a panacea for stomach disorders	Mumbai	4
562.	Dainik Tribune	International Yoga Day 2025	Delhi	7
563.	Dainik Tribune	International yoga day	Delhi	11
564.	Dainik Tribune	Yoga marathon	Delhi	3
565.	Dainik Tribune	Bacho ke liye faydemand saral yogasan	Delhi	13
566.	Dainik Tribune	Bacho ke liye fayade mand saral yogashan	Chandigarh	13
567.	Dainik Tribune	21 june ko 11 lakh se adhik karege yogabhyaas	Chandigarh	3
568.	Dainik Tribune	More the 11 lakh people do yoga on 21st June	Delhi	3

569.	Dainik Tribune	Yoga session mein abi tak 15 lakh log le chuke bhag	Delhi	3
570.	Dainik Tribune	Pradesh bhar mein 1.37 lakh logo ne kiya yogaabhiyash	Chandigarh	2
571.	Dainik Tribune	Brahmsarovar mein international Yoga Day par jutenge 1 lakj se jayda sadhak	Delhi	5
572.	Dainik Tribune	Pradeshbhar mien 1.37 lakh logon ne kiya yogabhas	Delhi	2
573.	Dainik Tribune	Yoga Competiion mein chhaye Chika ke sadhak	Delhi	4
574.	Dainik Tribune	Kurukshetra ki dhara se yoga dharm kab banega yug dhram : Swani Ramdev	Delhi	4
575.	Amar Ujala	International Yoga Day 2025	Delhi	8
576.	Amar Ujala	International Yoga Day	Delhi	8
577.	Amar Ujala	International Yoga Day	Delhi	4
578.	Amar Ujala	Huston: 50 se jayda program ke sath international yoga day ka jashn shuru	Delhi	16
579.	Amar Ujala	Yoga kare nirog	Delhi	4
580.	Amar Ujala	Yoga ke sath ahaar mein badlav se sharir ko banayenge nirogi	Delhi	4
581.	Amar Ujala	1/3 celebrate Yoga Day	Delhi	12
582.	Amar Ujala	AIIMS ready for Yoga day	Delhi	2
583.	Amar Ujala	Scintific way on yoga	Delhi	10
584.	Amar Ujala	11th International Yoga Day	Delhi	14
585.	Amar Ujala	International Yoga Day celebration	Delhi	9
586.	Jagruk Times	International Yoga Day will be celebrated on the theme 'One Earth, One Health	Mumbai	12
587.	Jagruk Times	New short film ^Yoga Retreat^ launched	Mumbai	3
588.	Jagruk Times	Yoga Sangam' organized in JNPA today	Mumbai	3
589.	Samagya	International Yoga Day	Kolkata	1,2
590.	Samagya	Yoga camp organized by core	Kolkata	2
591.	Samagya	International Yoga day	Kolkata	4
592.	Samagya	Yoga: The bridge between body and mind	Kolkata	2
593.	Samagya	People have registered for yoga sangam	Kolkata	7
594.	Samagya	Number of registrations on yoga day portal crosses 50000	Kolkata	7

595.	Khabre Aaj Tak	Grand Yoga Day organized in Aredika on 21st June	Mumbai	2
596.	Hamara Mahanagar	Yoga is a gift from ancient Indian tradition	Mumbai	8
597.	Hamara Mahanagar	Yogiraj who brought yoga to the masses	Mumbai	4
598.	Naya India	Delhi Sarkar gyarah sthanon par karega yoga ka ayojan.	Delhi	3
599.	Naya India	Jharkhand Mein antarrashtriya yoga Divas Ki Taiyariyan Puri.	Delhi	8
600.	Naya India	Kuljeet Chehel yoga sthalon ka daura kar taiyaariyon key. Samiksha key.	Delhi	3
601.	Naya India	Namami gange ghaat par yogabhyas ka ayojan	Delhi	7
602.	Naya India	International Yoga Day	Delhi	6
603.	Naya India	Udaipur Mein Gandhi ground sahit 14 sthalon par 62 yoga prashikshak karaaenge yoga prayas.	Delhi	10
604.	Naya India	Yoga protocol practice organised at Sukhadia Samadhi	Delhi	10
605.	Naya India	Yoga Marathon' became a Sankalp Yatra in Haryana: Chief Minister Saini	Delhi	4
606.	Nav Rashtra	Do yoga stay healthy...	Mumbai	10
607.	Nav Rashtra	Yoga is important for health	Mumbai	8
608.	Nav Rashtra	Let's talk about yoga	Mumbai	6
609.	Nav Rashtra	Do yoga stay fit	Pune	8
610.	Nav Rashtra	International yoga day	Pune	4
611.	Nav Rashtra	Shankara Eye Hospital organizes yoga workshop	Mumbai	2
612.	Nav Rashtra	Yoga	Pune	7
613.	Nav Rashtra	Yoga session	Mumbai	10
614.	Punyanagari	Yoga Day on behalf of railways	Mumbai	4
615.	Punyanagari	Yoga practice for heart disease, diabetes	Mumbai	4
616.	Punyanagari	Yoga sessions across Mumbai on International Yoga Day	Mumbai	1
617.	Punyanagari	Yoga Day is celebrated in the country and abroad today	Mumbai	1,9
618.	Punyanagari	Not a coincidence, just yoga!	Mumbai	6
619.	Punyanagari	Preparations in full swing for Yoga Day across the country	Mumbai	10

620.	Punyanagari	Patanjali's public relations campaign gains momentum on International Yoga Day	Mumbai	10
621.	Punyanagari	Free yoga camp at Versova Beach	Mumbai	3
622.	Bhaanga Bhuin	Do yoga regularly	Goa	6
623.	Bhaanga Bhuin	International 'Yoga Disa Vishi'...	Goa	6
624.	Bhaanga Bhuin	Yoga keeps the mind happy	Goa	6
625.	Bhaanga Bhuin	Yoga Festival today on the occasion of Yoga Day	Goa	8
626.	Bhaanga Bhuin	Embrace yoga for a healthy Goa	Goa	8
627.	Bhaanga Bhuin	Yoga - India's unique gift to the world	Goa	6
628.	Bhaanga Bhuin	Yoga Day Special	Goa	6
629.	Bhaanga Bhuin	The need to look at yoga from a spiritual perspective: Sadhguru Brahmeshanand Acharya	Goa	2
630.	Bhaanga Bhuin	Education department issues directives to schools in the state on the occasion of Yoga Day	Goa	8
631.	Bhaanga Bhuin	Special program on behalf of Patanjali Yoga Samiti in Divchole	Goa	8
632.	Dainik Konkansaad	Yoga Day at 15,000 places in Goa	Goa	6
633.	Dainik Konkansaad	Yoga Day to be celebrated at 100 famous tourist and 50 cultural places	Goa	6
634.	Dainik Konkansaad	Yoga' is about prosperity.	Goa	6
635.	Dainik Konkansaad	Yoga 'Wari!' in Pune	Goa	6
636.	Dainik Konkansaad	Learn yoga, live long!	Goa	6
637.	Dainik Konkansaad	The alchemy of increasing the body's capacity in yoga - Kishori Shahane-Vij	Goa	6
638.	Navbharat Times	International Yoga Day 2025	Delhi	1
639.	Navbharat Times	BMC is teaching yoga to 10 thousand people every year	Mumbai	2
640.	Navbharat Times	International Yoga Day	Mumbai	2
641.	Navbharat Times	Seminar on Yoga concluded in CR	Mumbai	2
642.	Navbharat Times	Yoga not only helped in fitness but also helped in difficult times	Mumbai	10
643.	Navbharat Times	Yoga will be held today in 1300 cities of 191 countries	Mumbai	1
644.	Navbharat Times	Yoga is a ray of hope in a world full of problems	Mumbai	8

645.	Navbharat Times	Yoga works like a lifesaver in the body	Mumbai	8
646.	Navbharat Times	International Yoga Day, 2025	Delhi	5
647.	Navbharat Times	Vidyut said, 'Yoga gave direction to my life	Mumbai	11
648.	Navbharat Times	International Yoga Day	Delhi	6
649.	Navbharat Times	Vidhyut Bole, Yoga ne di meri zindagi ko disha	Delhi	16
650.	Navbharat Times	Vidyut jamwal bole yoga ne di meri Zindagi ko disha.	Gurugram + 1	4
651.	Navbharat Times	Zindagi men yoga ko kiya shamil to Kai bimariyon se paaya chhutkara.	Noida	2
652.	Navbharat Times	CM Yamuna Tat par karengi Yoga	Delhi	4
653.	Navbharat Times	Do Yoga with NBT on 21st June	Delhi	4
654.	Navbharat Times	Lutians Zone mein 8 jagao par manay jayega Yoga Day	Delhi	4
655.	Navbharat Times	Parsunath digambar Jain mandir Mein yoga karyakram.	Noida	2
656.	Navbharat Times	Yoga guru ne bataya swasthya jeevan ka mantra.	Noida	3
657.	Navbharat Times	Yoga for health will be achieved only by practice	Mumbai	10
658.	Navbharat Times	Chatro va shikshako karaya yogaabhyas	Gurugram	2
659.	Navbharat Times	NCC cadets ko karwaya yogabhyas	Gurugram	6
660.	Navbharat Times	Bandicoot ne shiver mein kiya yogabhyas	Gurugram	3
661.	Malai Malar	Yoga gives peace of mind that ward off diseases	Chennai	4
662.	Malai Malar	International Yoga Day	Chennai	4
663.	Malai Malar	International Yoga Day	Chennai	1,2
664.	Malai Malar	International Yoga Festival Baners Tamil 'Boycott	Chennai	4
665.	Malai Murasu	World Yoga Day	Chennai	5
666.	Malai Murasu	International Yoga Day	Chennai	5
667.	Malai Murasu	International Yoga Festival Baners Tamil 'Boycott	Chennai	5
668.	Dina Mani	International Yoga Day	Chennai	1
669.	Dina Mani	74 students suddenly vomit and faint after eating lunch during yoga practice	Chennai	5
670.	Dina Mani	International Yoga Day	Chennai	4
671.	Dina Mani	Governor's Mansion information: You can register online to participate in the International Yoga Day...	Chennai	3

672.	Dina Mani	Yoga medicine solution for pancreatitis	Chennai	3
673.	Dina Mani	International Yoga Festival Baners Tamil 'Boycott	Chennai	4
674.	Dina Malar	WORLD YOGA DAY	Chennai	9
675.	Dina Malar	74 students suddenly vomit and faint after eating lunch during yoga practice	Chennai	3
676.	Dina Malar	Yoga Degree Programs	Chennai	14
677.	Dina Malar	Yoga medicine solution for pancreatitis	Chennai	3
678.	Dina Malar	Mumbai people are interested in yoga on a moving train	Chennai	4
679.	Daily Thanti	World Yoga Day	Chennai	12
680.	Daily Thanti	International Yoga Day	Chennai	5
681.	Daily Thanti	Governor's Mansion information: You can register online to participate in the International Yoga Day...	Chennai	4
682.	Daily Thanti	International Yoga Festival Baners Tamil 'Boycott	Chennai	4
683.	Dina Karan	65 students suddenly vomit and faint after eating lunch during yoga practice	Chennai	8
684.	Dina Karan	International Yoga Day	Chennai	4
685.	Dina Karan	International Yoga Day	Chennai	8
686.	Dina Karan	Yoga that unites mind and body	Chennai	4
687.	The Hindu Tamil	International Yoga Day	Chennai	2
688.	The Hindu Tamil	International Yoga Day	Chennai	3
689.	The Hindu Tamil	International Yoga Day June 21	Chennai	12
690.	The Hindu Tamil	Arogya Siddha Hospital to hold Yoga Siddha Medicine Seminar for Health on June 21st in Mylapore	Chennai	3
691.	Morning News	International Yoga Day will be celebrated in the state today	Jaipur	1,6
692.	Morning News	Yoga gives the message of living a healthy life, Yoga has been our culture for thousands of years: G...	Jaipur	3
693.	Morning News	Do yoga for yourself and society, yoga is necessary for one earth and one health	Jaipur	4
694.	Morning News	Organization of two day yoga camp	Jaipur	6
695.	Morning News	Yoga ambassadors will be appointed in every school of Rajasthan	Jaipur	8

696.	Morning News	Yoga Day will be organized on the theme 'Yoga for one earth, one health	Jaipur	8
697.	Morning News	Free Saras Yoga Sangam in Central Park today	Jaipur	2
698.	Morning News	Geetamay Yoga Camp concluded at Govind Devji Temple	Jaipur	5
699.	Morning News	Run for Yoga organized under 'Yoga Sangam 2025	Jaipur	4
700.	Morning News	Women's Front practiced yoga on the occasion of Yoga Day	Jaipur	2
701.	Morning News	Preparations begin for Yoga Day	Jaipur	6
702.	Sanmarg	International Yoga Day of 2025	Kolkata	9
703.	Bartaman	Yoga day	Kolkata	11
704.	Bartaman	Yoga day celebration	Kolkata	3
705.	Swadhikar	Culture Ministry to host Yoga Day celebrations	Bhubaneshwar	6
706.	Swadhikar	Visakhapatnam targets world record in mass yoga event today	Bhubaneshwar	6
707.	Swadhikar	'Yoga Connect 2025' summit begins today in New Delhi	Bhubaneshwar	3
708.	Samaya	PM Modi to Lead Record-Breaking Yoga Day Event in Visakhapatnam	Bhubaneshwar	11
709.	Samaya	Yoga Maha Kumbh : Grand Yoga Festival Lights Up Delhi Ahead of International Yoga Day	Bhubaneshwar	11
710.	Odisha Bhaskar	PM Modi to Lead Record-Breaking Yoga Day Event in Visakhapatnam	Bhubaneshwar	6
711.	Odisha Bhaskar	Visakhapatnam gears up for International Yoga Day	Bhubaneshwar	6
712.	Odisha Bhaskar	International Day of Yoga 2025 Is Not Just a Milestone, It is a Global Wellness Movement : Ayush Min...	Bhubaneshwar	6
713.	Orissa Express	PM Modi to Lead Record-Breaking Yoga Day Event in Visakhapatnam	Bhubaneshwar	1,8
714.	Matrubhasa	PM Modi to Lead Record-Breaking Yoga Day Event in Visakhapatnam	Bhubaneshwar	7
715.	Matrubhasa	Ministry of Culture to Celebrate International Day of Yoga at 100 Iconic Tourist Destinations and 50...	Bhubaneshwar	6
716.	Matrubhasa	History Already Created: Yoga Sangam Event Registrations Surpass 4 Lakh mark	Bhubaneshwar	2
717.	Matrubhasa	Visakhapatnam gears up for International Yoga Day	Bhubaneshwar	2

718.	Goan Varta	15,000 yoga programs in the state today, 4 lakh people will perform yoga	Goa	3
719.	Goan Varta	Yoga is important for health	Goa	3
720.	Goan Varta	Chief Minister appeals to create a 'healthy and strong Goa' through yoga practices	Goa	3
721.	Goan Varta	Please provide information about Yoga Day Events on the portal of the Ministry of AYUSH!	Goa	3
722.	Goan Varta	Yoga is skill in actions	Goa	20
723.	Manthan	Culture Ministry to host Yoga Day celebrations	Bhubaneshwar	8
724.	Samaj	Nalco pre preparation International Yoga Day	Bhubaneshwar	17
725.	Ee Sanje	Tomorrow international yoga day	Bengaluru	6
726.	Hindustan	3 lakh people will practice yoga with the Prime Minister	Chandigarh	8
727.	Hindustan	International Yoga Day 2025	Delhi	10
728.	Hindustan	Aise karenge Yoga to hoga kayaalp	Delhi	13
729.	Hindustan	Gambhir rogon mein yoga ka prabahv parkhnege	Delhi	19
730.	Hindustan	International Yoga Day	Delhi	5
731.	Hindustan	Metro to begin service at 4 am on Yoga Day	Chandigarh	5
732.	Hindustan	Will test the effect of yoga in serious diseases	Chandigarh	19
733.	Hindustan	International Yoga Day	Delhi	4
734.	Hindustan	Yoga bandhan mein 15 deshon ke log shamil	Delhi	11
735.	Samachar Jagat	Adopt yoga for a healthy heart: Dr. Rahul Garg	Jaipur	7
736.	Samachar Jagat	Policemen practiced yoga in the Police Commissionerate	Jaipur	3
737.	Samachar Jagat	Yoga has been our culture for thousands of years	Jaipur	3
738.	Samachar Jagat	Yoga will be held at one lakh places in the country and in 175 countries	Jaipur	1,4
739.	Samachar Jagat	Public program of Sahaja Yoga on International Yoga Day	Jaipur	10
740.	Samachar Jagat	Yoga is coordination of body, mind and soul: Chief Minister	Jaipur	12
741.	Samachar Jagat	More than 500 yoga enthusiasts participated in Lumbini camp	Jaipur	7
742.	Samachar Jagat	My country drowned in yoga, enjoyment and disease	Jaipur	6

743.	Samachar Jagat	Yoga: Yoga is not just an exercise, it is a gift	Jaipur	6
744.	Samachar Jagat	Take a pledge to spread yoga to the masses	Jaipur	11
745.	Samachar Jagat	Yoga camp tomorrow, Deputy Chief Minister released the poster	Jaipur	10
746.	Samachar Jagat	Yoga Unplugged Program: Yoga competitions become an attraction for the youth	Jaipur	5
747.	Navakal	Yoga awareness in the world! What about in India	Mumbai	4
748.	Pudhari	Yoga sessions held in various places in Mumbai on the occasion of International Yoga Day	Mumbai	4
749.	Pudhari	Yoga therapy can control high blood pressure	Mumbai	2
750.	Pudhari	Yoga Therapy: A sanjivani for humanity	Mumbai	6
751.	Mathrubhoomi	International Yoga day today	Kochi	8
752.	Kerala Koumudi	Jose Maveli make yoga as habit on his 74th year too	Kochi	4
753.	Saamana	Today is Yoga day	Mumbai	10
754.	Saamana	Yoga Day celebrated in the Ministry	Mumbai	5
755.	Janmabumi	World on to Yoga	Kochi	1
756.	Janmabumi	Yoga day: Registration cross 12 lakhs	Kochi	12
757.	Madhyamam	Yoga day today: PM participating programme at Visakhapatanam	Kochi	8
758.	Malayala Manorama	Yoga: India to make a record	Kochi	7
759.	Metro Vaartha	International Yoga day today	Kochi	1
760.	Metro Vaartha	Kerala targetting to became complete yoga state - Health minister	Kochi	7
761.	Deshbandhu	Blood donation camp organized on the occasion of International Yoga Day	Delhi	8
762.	Deshbandhu	Vice Chancellor held a meeting regarding Yoga Day	Delhi	4
763.	Deshbandhu	Yoga and meditation practice is an important part of Indian culture: Sant Rajinder Singh	Delhi	3
764.	Deshbandhu	Indian Yoga Institute will organize yoga practice on 21st June at St. Joseph School	Delhi	10
765.	Deshbandhu	Yoga is more important for a healthy body: Dr. Vineet Tyagi	Delhi	9
766.	Deshbandhu	Mantras echoed in yoga camp	Delhi	9
767.	Deshbandhu	Yoga is helpful in curing complex diseases: Dr. Vikas	Delhi	9

768.	Deshbandhu	Yoga is necessary in today's busy life: Expert	Delhi	10
769.	Deshbandhu	Doing yoga on an empty stomach not only makes the body agile but also gives plenty of energy	Delhi	10
770.	Deshbandhu	Yoga Marathon' became a Sankalp Yatra in Haryana: Saini	Delhi	8
771.	Deshbandhu	JIMS Greater Noida started yoga sessions on the occasion of International Yoga Day	Delhi	10
772.	Deshbandhu	Yoga fortnight organized on the occasion of International Yoga Day	Delhi	9
773.	Deshbandhu	30 thousand organizations registered for Yoga Sangam 2025	Delhi	11
774.	Prahar	International Yoga Day celebrated with a 2-day yoga program at Shri Samarth Vyayam Mandir, Shivaji P...	Mumbai	3
775.	Prahar	International Yoga Day organised in Haryana today	Mumbai	3
776.	Prahar	On the eve of International Yoga Day, i.e. on Friday, Sarva Seva Test Samarpan celebrated Yoga Day a...	Mumbai	2
777.	Prahar	Various activities will be implemented on the occasion of International Yoga Day	Mumbai	5
778.	Prahar	What lessons will you learn on this Yoga Day	Mumbai	8
779.	Prahar	Yoga sessions to be organized in Mumbai from today	Mumbai	7
780.	Prahar	World Yoga Day and healthy lifestyle	Mumbai	8
781.	Prahar	KDMC organizes Yoga Day	Mumbai	4
782.	Prahar	International Yoga Day program in full swing	Mumbai	4
783.	Prahar	Har Ghar Yoga' initiative launched	Mumbai	7
784.	Prahar	International Yoga Day will be grand, historic	Mumbai	3
785.	Prahar	Awareness program on Yoga organized in Ranchi	Mumbai	2
786.	Prahar	Free yoga session organized in Badlapur	Mumbai	4
787.	Hari Bhoomi	International Yoga Day, 2025	Delhi	8
788.	Hari Bhoomi	Internationa Yoga Day, 2025	Delhi	9
789.	Hari Bhoomi	International Yoga Day	Delhi	10
790.	Dainik Jagran (Rashtriya)	International Yoga Day, 2025	Delhi	8
791.	Dainik Jagran (Rashtriya)	International Yoga Day	Delhi	2

792.	Dainik Jagran (Rashtriya)	Internationa Yoga day	Delhi	6
793.	Maharashtra Times	Yoga for health	Mumbai	6
794.	Maharashtra Times	Yoga workshop	Mumbai	1
795.	Maharashtra Times	A document of universal Yoga	Mumbai	13
796.	Maharashtra Times	Yoga practice today in 1300 cities around the world	Mumbai	14
797.	Maharashtra Times	Yoga sessions to be held in Mumbai today	Mumbai	11
798.	Maharashtra Times	Day For Yoga	Pune	4
799.	Maharashtra Times	World Yoga day	Pune	9
800.	Maharashtra Times	Yoga Day	Pune	4
801.	Maharashtra Times	The 'Yoga' of health and happiness	Mumbai	4
802.	Maharashtra Times	Yoga' of health and happiness	Mumbai	4
803.	Loksatta	Yoga sessions in Mumbai on International Yoga Day	Mumbai	13
804.	Loksatta	Yoga is the restraint of the mind’s instincts	Mumbai	13
805.	Loksatta	Yoga: Control of mental attitude:!	Pune	11
806.	Pioneer Hindi	International Yoga Day 2025	Delhi	12
807.	Pioneer Hindi	International Yoga Day	Delhi	4
808.	Pioneer Hindi	Sarkari v gair sarkari karyalyon mein kiya yogabhyas	Delhi	8
809.	Pioneer Hindi	Internationa Yoga Day	Delhi	5
810.	Pioneer Hindi	Yoga Saptah ke tehat palika mein karmiyon ne kiya yogabhyas	Delhi	8
811.	Pioneer Hindi	Yoga karne se is bimari ka ho jaata hai jad se safaya.	Delhi	4
812.	Pioneer Hindi	Desh Mein Ek dashak Mein yoga ko apnane Ki pravritti badhi.	Delhi	1,9
813.	Pioneer Hindi	International Yoga Day	Delhi	9
814.	Pioneer Hindi	Yoga Mahakumbh mein 15,000 se jayada log pahunchenge	Delhi	5
815.	Pioneer Hindi	Ayush department start missed call registration on Yoga Day	Delhi	4
816.	Pioneer Hindi	Yoga teachers will be registered in Haryana: CM	Delhi	5
817.	Dainik Savera	Preparation for International Yoga Day with protocol practice, 150 people took part	Chandigarh	3

818.	Dainik Savera	Rashtriye ayurved sansthan ne yogabhyash karaya	Chandigarh	5
819.	Dainik Savera	Yog protocol rehasal ke tehat yogabhas sombaar se	Chandigarh	5
820.	Dainik Savera	International yog divas ko lekar prajapeeta bhrahmkumari ke anuyayio ne kiya yogashan avam pranayaam	Chandigarh	7
821.	Navodaya Times	Internationa Yoga Day, 2025	Delhi	7
822.	Navodaya Times	International Yoga Day	Delhi	8
823.	Navodaya Times	International Yoga Day	Delhi	4
824.	Navodaya Times	International Yoga Day	Delhi	7
825.	Navodaya Times	Yoga Day in Haryana	Delhi	11
826.	Veer Arjun	Internationa Yoga Day, 2025	Delhi	1
827.	Veer Arjun	International Yoga Day	Delhi	3
828.	Veer Arjun	International Yoga Day 2025	Delhi	4
829.	Veer Arjun	International Yoga Day	Delhi	2
830.	Veer Arjun	Haryana govt will provide financial assistance to the families of Ayush Yoga assistants in case of d...	Delhi	12
831.	Virat Vaibhav	Internationa Yoga Day, 2025	Delhi	3
832.	Virat Vaibhav	International Yoga Day	Delhi	4
833.	Virat Vaibhav	International Yoga Day	Delhi	3
834.	Virat Vaibhav	Yoga Day Week	Delhi	9
835.	Virat Vaibhav	Yoga Trainer ne logon ko karya yogabhyas	Delhi	8
836.	Virat Vaibhav	International Yoga Day	Delhi	8
837.	Virat Vaibhav	yoga abb waishvik jan andolan	Delhi	1
838.	Virat Vaibhav	International Yoga Day	Delhi	11
839.	Virat Vaibhav	Yoga Day Portal par panjikaran ki sankhya 50,000 ke paar	Delhi	5
840.	Virat Vaibhav	Lakhs of peaple do Yoga in workshop	Delhi	11
841.	Virat Vaibhav	Yoga Day competition on 15 June	Delhi	8
842.	Sandhya Times	Internationa Yoga Day, 2025	Delhi	9
843.	Sandhya Times	International Yoga Day	Delhi	6
844.	Sandhya Times	International Yoga Day	Delhi	2

845.	Sandhya Times	90% people become yoga guru without and Guru	Delhi	5
846.	Dainik Jagran	Internationa Yoga Day, 2025	Delhi	4
847.	Dainik Jagran	International Yoga Day	Delhi	5
848.	Dainik Jagran	International Yoga Day	Delhi	4
849.	Dainik Jagran	Global Yoga professinal ke liye yoga praman board ka ho rha vistar	Delhi	4
850.	Dainik Jagran	Yoga sang sehat bhra carrer	Delhi	11
851.	Dainik Jagran	International Yoga Day	Delhi	3
852.	Dainik Jagran	Naib sang mantri vidhayako v karamchariyo ne kiya yogabhyash	Chandigarh	7
853.	Dabang Duniya	Creation of new human and new world is possible through yoga revolution	Mumbai	6
854.	Dabang Duniya	Massive yoga sessions organised in Thane district on the occasion of International Yoga Day on June ...	Mumbai	2
855.	Dabang Duniya	One Earth, One Health: Towards Global Balance through Yoga	Mumbai	6
856.	Dabang Duniya	Yoga is the name of the art of living	Mumbai	6
857.	Yashobhoomi	International Yoga Day at LB Stadium in Hyderabad on Friday	Mumbai	12
858.	Yashobhoomi	KDMC will conduct yoga	Mumbai	2
859.	Yashobhoomi	Rajnath will take part in Yoga Day celebrations	Mumbai	12
860.	Yashobhoomi	These 3 yogasanas will keep your eyes beautiful and healthy, you will not need glasses in old age	Mumbai	10
861.	Sanjevani	Modi Yoga from 3 lakhs people in Andhra	Bengaluru	8
862.	Sanjevani	International Yoga day in Palace grounds	Bengaluru	5
863.	Sakshi	Tribal people hungry in Yogandhra	Bengaluru	10
864.	Sakshi	Yoga....good for health..!	Bengaluru	8
865.	Sakshi	Don't attribute religion to yoga	Hyderabad	14
866.	Sakshi	Let's do yoga	Hyderabad	25
867.	Sakshi	Yoga	Hyderabad	14
868.	Sakshi	Yoga.. good..	Hyderabad	8
869.	Sakshi	4 lakhs registration fir 'Yoga sangam	Bengaluru	14

870.	Sakshi	Yoga laughter	Bengaluru	7
871.	Prajavani	Yoga day	Bengaluru	1
872.	Prajavani	Yoga day special	Bengaluru	4
873.	Prajavani	International Day of Yoga	Bengaluru	4
874.	Prajavani	Tomorrow International Day of Yoga	Bengaluru	7
875.	Prajavani	Yoga day; 5 lakhs people Yoga	Bengaluru	7
876.	Prajavani	Preparations for International Yoga day	Bengaluru	2
877.	Prajavani	Yoga Dhanush...	Bengaluru	9
878.	Andhra Prabha	World Yoga Celebrations at Gachibowli Stadium today	Hyderabad	8
879.	Andhra Prabha	Yoga in 1 lakh centers today	Hyderabad	1,8
880.	Andhra Prabha	Yoga... a way of life	Hyderabad	7
881.	Namaste Telangana	Yoga Day	Hyderabad	10
882.	Chetna Manch	NDFC ke yog shivir mein bachho ne kiya yogashan	Noida	3
883.	Chetna Manch	21 june ko jain samaj karega yoga mahasangam	Noida	8
884.	Vishvavani	Andhra outfit for Yoga guiness record	Bengaluru	8
885.	Vishvavani	Internationa Yoga day	Bengaluru	10
886.	Vishvavani	Yoga to save earth !	Bengaluru	12
887.	Vishvavani	Smart Yoga, Digipin century came !	Bengaluru	9
888.	Vishvavani	International Day of Yoga	Bengaluru	10
889.	Samyuktha Karnataka	Modi Yoga with 5 lakhs people	Bengaluru	1
890.	Samyuktha Karnataka	Yoga medicine for people health	Bengaluru	9
891.	Samyuktha Karnataka	Yoga wave throughout the world	Bengaluru	9
892.	Prabhat Khabor	International Yoga Day	Kolkata	6
893.	Prabhat Khabor	International Yoga Day of 2025	Kolkata	1
894.	Prabhat Khabor	International yoga day	Kolkata	8
895.	Udayavani	Modi Yoga in Andhra : 3 lakhs people part	Bengaluru	9
896.	Udayavani	Capital mcity outfit for World yoga day	Bengaluru	3
897.	Udayavani	State outfit for 'Yoga Sangama	Bengaluru	6
898.	Eenadu	International yoga day	Bengaluru	6

899.	Eenadu	Yoga...Health as a shield !	Bengaluru	5
900.	Eenadu	Yoga..records !	Bengaluru	12
901.	Eenadu	World record traget in 'Yoga Andhra	Bengaluru	16
902.	Eenadu	Yogandgra..Swarnandhra	Bengaluru	2
903.	Eenadu	Yoga is game changer...in health matter	Bengaluru	3
904.	Eenadu	Yoga festival in 'Kia	Bengaluru	10
905.	Eenadu	Preparations for Yoga day	Bengaluru	10
906.	Eenadu	Preparatory Yoga Festival at Thotlakonda Buddhist Temple	Bengaluru	3
907.	Hosadigantha	Today International Yoga day	Bengaluru	1
908.	Hosadigantha	International Day of Yoga 2025	Bengaluru	14
909.	Hosadigantha	Yoga day Tea-shirt launched	Bengaluru	8
910.	Hosadigantha	International Yoga day	Bengaluru	7
911.	Vijayavani	Comprehensive health from Yoga lifestyle	Bengaluru	2
912.	Vijayavani	Yoga celebrations in 190 countries	Bengaluru	1,8
913.	Vijayavani	Mantralayada Matt Yogasana	Bengaluru	7
914.	Vijayavani	Yoga Sangama on 21st in state wide	Bengaluru	2
915.	Ekdin	International Yoga Day	Kolkata	7
916.	Ekdin	PM will celebrate international yoga day in Visakhapatnam	Kolkata	7
917.	Agrowon	International Yoga Day	Pune	2
918.	Aaj Ka Anand	PM will do yoga with 5 lakh people in Visakhapatnam today	Pune	16
919.	Aaj Ka Anand	Yoga Mahotsav of Dr. D. Y. Patil Ayurveda College got tremendous response	Pune	7
920.	Kesari	Today Is Yoga day	Pune	3
921.	Prabhat	Yoga In JNU	Pune	10
922.	Janayugam	Governor to inagurate National Yoga Seminar at Perumbavoor	Kochi	6
923.	Dainik Vishamitra	First yogathon organized with fusion	Kolkata	5
924.	Dainik Vishamitra	International yoga day	Kolkata	4

925.	Arthik Lipi	Yoga for life: Dr Agniv Maiti's perspective on heart and diabetes	Kolkata	3
926.	Arthik Lipi	International Yoga Day encourages Yoga Unplugged	Kolkata	12
927.	Arthik Lipi	Yoga institutions unite with the Ministry to advance the wellness movement worldwide	Kolkata	4
928.	Aaj Samaj	Antarrashtriya yoga Divas 21 June ko jilastariy mukhya karyakram sector 12 ke khel parisar men ayoji...	Delhi	9
929.	Aaj Samaj	Antarrashtriya yoga Divas ke upalakshy Mein yoga ke prati janjagrukta hetu Faridabad Mein bhavya yog...	Delhi	9
930.	Aaj Samaj	Antarrashtriya yoga Divas per apnayen California Badam protein ka prakritik strot.	Delhi	11
931.	Aaj Samaj	Patanjali yogapeeth dwara antarrashtriya yoga Divas ka aarambh Vasudev Aroda ne kiya.	Delhi	9
932.	Aaj Samaj	International Yoga Day	Delhi	11
933.	Aaj Samaj	International Yoga Day	Delhi	4
934.	Aaj Samaj	International Yoga Day	Delhi	9
935.	Aaj Samaj	Internation Yoga Day	Delhi	4
936.	Aaj Samaj	International Yoga Day	Delhi	8
937.	Aaj Samaj	International Yoga day	Delhi	9
938.	Tapobhumi	Big yoga programe on 11 international yoga day	Ahmedabad	4
939.	Dina Saithi	International Yoga Festival Baners Tamil 'Boycott	Chennai	4
940.	Tamil Murasu	International Yoga Festival Baners Tamil 'Boycott	Chennai	4

The Economic Times • 20 Jun • Ministry of Ayush

An easy evening yoga routine for good sleep

2 • PG | 535 • Sqcm | 374297 • AVE | 1.1M • Cir | Top Left | ET Panache

Mumbai

An easy evening yoga routine for good sleep

Gentle movement can be the perfect way to prepare your body and mind for a restful night

Model Gisele Bündchen has been practising yoga and breath work for nearly two decades

Recent studies have suggested that yoga can improve sleep quality and help people with insomnia fall asleep more quickly and remain asleep throughout the night.

"Every day is a series of small transitions from our home life to our work life," said Steph Creaturo, a certified yoga instructor in New York City, US. Yoga can create a bridge to ease that transition.

Here is a 10-minute low-intensity evening routine to prepare your body and mind for a restful night of sleep. This routine consists of two parts. The first four poses make up what Creaturo calls a "sun setting salute", a sequence that flows from one pose to the next and helps ease the body into the more restful postures that follow. Complete this first sequence twice. Then perform the remaining five poses, holding each pose a little longer than the previous one. Take slow, deep breaths throughout.

If a pose feels uncomfortable, use props, such as a pillow or a yoga block, or try modifications, such as keeping your knees slightly bent. Release any pose that causes you pain or discomfort.

Standing side bend

Stand with your feet shoulder-width apart. Stack your head and torso over your pelvis. Reach your arms overhead and hold your right wrist with your left hand. Exhale and gently draw your right arm toward the left, bending at the waist. Inhale and return to the centre. Alternate between sides three to five times.

Spinal roll-down

Stand with your arms by your side. Drop your chin toward your chest. Slowly begin to round your back and roll forward from your neck, mid-back and lower back. Once you reach the bottom, let your arms and head hang loose.

Low lunge

From the bottom of a spinal roll-down, bend your knees and place your hands on the mat, outside of your feet. Step your left foot to the back of the mat into a lunge, keeping your right knee stacked over your heel. Hold the pose for two breaths. Repeat on the other side. Then, step to the top of the mat and fold your upper body over your legs.

Spinal roll-up

Tuck in your tailbone and gradually stack your spine, one segment at a time. When you reach the top, roll your shoulders and bring your head up. This is the final pose in the sun-setting salute. Repeat this sequence before moving on to the cat-cow pose.

Actress Charlize Theron does two 90-minute sessions of power yoga every week

Cat-cow pose

From a tabletop position (kneeling with your wrists stacked under your shoulders, knees under your hips), inhale and release your belly toward the floor while drawing your chest forward. This is cow pose. Exhale and round your spine, drawing your navel toward the ceiling. This is cat pose. Alternate between the two poses five times.

Child's pose

From a tabletop position, widen your knees to the outer edges of your mat and bring your big toes together. Bring your hips toward your heels and allow your torso to rest on your thighs. Walk your hands forward and rest your forehead on the mat or on a rolled blanket or pillow. Hold the pose for five to 10 breaths.

Supine twist

Lie on your back in a reverse tabletop position. Allow your bent legs to fall over to the right. Place your right hand on top of your legs and extend your left arm out to the side. Hold for five to 10 breaths, then switch sides.

Google co-founder Sergey Brin used to do yoga stretches during meetings

Reclined hand-to-big-toe pose

Bend your left knee and place your left foot on the ground. Draw your right knee into your chest. Place your yoga strap or band around your right foot, holding one end of the strap in each hand. Press into the strap to slowly extend your right leg toward the ceiling. You should feel a stretch in the back of your leg. Hold for five to 10 breaths before switching sides.

Modified corpse pose

Slide a pillow under your knees and lie on your back. Separate your legs wide and let your feet flop to the side. Rest your arms alongside your body, with your palms facing the ceiling. Let your body sink into the mat.

– The New York Times

PICS: GETTY IMAGES

The Hindu Business Line • 21 Jun • Ministry of Ayush

The business of getting India to roll out the yoga mat regularly

10 • PG | 298 • Sqcm | 59647 • AVE | 57.88K • Cir | Middle Left

Chennai • Pune • Hyderabad • Ahmedabad • Mumbai • Delhi • Kochi • Bengaluru • Chandigarh • Kolkata

The business of getting India to roll out the yoga mat regularly

Chitra Narayanan
New Delhi

Move over Baba Ramdev. What the Patanjali founder did to make yoga accessible and affordable with his famous camps and TV shows, now a bunch of social-media savvy yoga-preneurs are doing through Zoom, Youtube, Whatsapp, and Instagram. They are getting a whole different set of Indians to roll out their yoga mats through catchy reels, peppy Youtube shorts and daily notifications on WhatsApp.

GOING VIRAL

Scroll through Instagram and chances are you will encounter the likes of Dolly Jain Yoga, Sarvesh Shashi, Purnima Joshi, Iris Vatrana making yoga look simple. Literally everyone has big plans for International Yoga Day on June 21.

Some are tying up with malls, others are coordinating with RWAs to motivate people to gather together to do some stretches and balancing acts. But in the run up to the International Yoga Day, it is IIT BHU engineer Saurabh Bothra who has gone hugely viral on Whatsapp with his 21-day challenge, that at last count, according to him, had drawn almost a crore of registrations.

YOGA FOR ALL. IIT BHU engineer Saurabh Bothra has gone hugely viral on WhatsApp with his 21-day challenge, which has drawn almost a crore of registrations

Scroll through Instagram and chances are you will encounter the likes of Dolly Jain Yoga, Sarvesh Shashi, Purnima Joshi, Iris Vatrana making yoga look simple. Literally everyone has big plans for International Yoga Day on June 21

"We are making a World Record together," promises his WhatsApp message. Through a combination of tech, rewards, discounts and persuasive prompts and nudges, Bothra who counts CEOs as well as stay at home moms as his students, is trying to change behaviour and make yoga a daily habit – and not just a one-day show up on Yoga Day. Indeed, his yoga venture, co-founded with his sister Trishala and IIT classmate Anshul Agrawal, is called Habuild.

NO CONSISTENCY

Almost all yoga teachers *businessline* spoke with talked about lack of consistency among practitioners, and the high rate of drop offs. For the yoga-preneurs themselves, as a business proposition, it is challenging. Sarvesh Shashi, who at one time had studios in 92 locations, had to scale down majorly and is now down to eight locations.

AFFORDABLE RATES

Bothra openly admits that his privileged background – he comes from an affluent business family from Nagpur – allows him to offer highly affordable annual rates.

"If the intent is to do this as a start-up, and look at monetisation and growth, it will be very challenging. But if the intent is to generate value for others and you are in a giving zone, then you will get back," he says.

HOW IT BEGAN

Bothra started out catering to moms in their 50s, who would not be too comfortable with apps. "We built a support group of 200 people for them on WhatsApp," he says. Eventually, when the moms joined, the whole family joined in," he says. Well, let's wait and see if he makes it a world record.

The Hindu Business Line • 16 Jun • Ministry of Ayush

Yoga for health and the earth

9 • PG | 56 • Sqcm | 5594 • AVE | 5K • Cir | Bottom Left

Pune • Kochi • Chennai • Ahmedabad • Bengaluru • Chandigarh • Hyderabad • Delhi • Mumbai • Kolkata

COMING UP.

Yoga for health and the earth

June 21 is International Day of Yoga — as declared by the United Nations General Assembly in December 2014.

In its 11th edition, the theme is 'Yoga for One Earth, One Health', and the national event involving Prime Minister Narendra Modi will take place in Visakhapatnam, Andhra Pradesh.

Multiple events planned for the day include Yoga Sangama — a synchronised demonstration at 10,000 locations, aiming for a world record; Yoga Bandhan — partnerships with 10 countries to host yoga sessions at iconic landmarks; development of 1,000 'yoga parks' for community engagement; Yoga Samavesh — programmes for the differently abled, senior citizens, children, and marginalised groups; and Yoga Unplugged — an event to attract young people to yoga.

The Hindu Business Line • 03 Jun • Ministry of Ayush

Now, AP will become 'Yogandhra

9 • PG | 157 • Sqcm | 33844 • AVE | 40.13K • Cir | Bottom Right

Kolkata • Mumbai • Bengaluru

Now, AP will become 'Yogandhra'

G Naga Sridhar
Hyderabad

The buzz word in Andhra Pradesh is now yoga, as the State government is on a mission to introduce the ancient practice to at least 2 crore of the 5.3 crore population in the State.

Prime Minister Narendra Modi will lead a first-of-its-kind event in Visakhapatnam on June 21, International Yoga Day, to set a Guinness record of 5 lakh people performing yoga simultaneously on a 26 km-stretch in the port city. The participants will be lined up along the beach from Ramakrishna Beach to Bheemli.

The concept of 'Yogandhra' Pradesh is an add-on to Chief Minister N Chandrababu Naidu's vision of 'Swarnandhra' Pradesh to achieve social and economic development.

A mammoth exercise, part of an initiative launched for 'Yoga Month' from May 21 to June 21, the project is currently underway to ensure smooth grounding and will be monitored by all District Collectors, as per the directions of Chief Secretary K Vijayanand.

REGISTRATIONS GOOD

According to M Krishna Babu, Special Chief Secretary, Medical and Health Department and the Nodal Officer for Yogandhra 2025, the registration portal for participants is live now and has already crossed the target expected. According to officials, participants' registration is nearing 1.5 crore, much ahead of the upcoming Yoga Day.

Those who participate for three days will be given certificates. The government is expecting to issue about 20 lakh participation certificates. Trainers, too, can register.

How will the lessons be imparted to such a massive crowd? "There will be an instructor for each 1,000 participants and podiums will be set up for the purpose on the entire stretch," said Krishna Babu.

The Ministry of Ayush is chipping in by providing 5 lakh yoga T-shirts and mats for the participants.

Bizz Buzz • 21 Jun • Ministry of Ayush

Tight security for PM visit for Yoga Day in Vizag

3 • PG | 97 • Sqcm | 9721 • AVE | N/A • Cir | Middle Left

Hyderabad

Tight security for PM visit for Yoga Day in Vizag

VISAKHAPATNAM: A security blanket has been thrown over Visakhapatnam, the City of Destiny as Prime Minister Narendra Modi will lead the 11th International Day of Yoga celebrations from here sd part of 'Yogandhra' campaign on Saturday with an attempt by the State Government to achieve a Guiness Book of World Records with unprecedented mobilisation. The entire stretch of beach road from Bheemunipatnam to RK Beach has been cordoned off with the authorities allotting various compartments for participants by issuing them QR codes. Arrangements have also been made at Andhra University and most of the parks and grounds to enable people to take part in the celebrations. Modi along with Chief Minister N Chandrababu Naidu, Deputy CM Pawan Kalyan, half-a-dozen Central Ministers take part in performing yoga to send the message on how it helps in maintaining good health. Three lakh people are expected to participate in the event. From across various places in the State, the government is expecting two crore people to take part. The Introduction of 10 signature events to garner public participation for IDY 2025 has resulted in unprecedented response from across the country and abroad.

Bizz Buzz • 21 Jun • Ministry of Ayush

Yoga a journey towards inner peace, says WHO

8 • PG | 133 • Sqcm | 13309 • AVE | N/A • Cir | Middle Center

Hyderabad

Yoga a journey towards inner peace, says WHO

Encourages to protect clean air, pure water, and fertile soil -- essential for our well-being

NEW DELHI

YOGA is a journey towards inner peace and harmony than just physical exercise, said Saima Wazed, Regional Director for WHO South-East Asia on Friday, ahead of the International Day of Yoga (IDY). The International Day of Yoga is marked annually on June 21. The theme this year is "Yoga for One Earth, One Health".

"Yoga is more than just physical exercise. It is a journey towards inner peace and harmony, and teaches us to listen to our bodies and to live mindfully," Wazed said.

The WHO Regional Director stated that practicing yoga can help people become more aware of the surroundings, and nature.

"In a world facing environmental challenges, yoga offers a path to sustainability by encouraging us to live simply, consume mindfully, and respect the natural world," Wazed noted.

"In embracing yoga, we can reduce our ecological footprint and contribute to a healthier planet," she added.

Yoga encourages to protect clean air, pure water, and fertile soil -- essential for our well-being. These vital resources ensure a thriving planet for future generations.

She cited several studies which showed that 77 per cent of people report feeling physically stronger after practicing yoga regularly.

More than 80 per cent of patients with chronic inflammation experienced a nearly 50 per cent reduction in inflammation after just six weeks of daily yoga.

Further, studies have also proved how yoga can help mental health.

Bizz Buzz • 21 Jun • Ministry of Ayush

Yoga countdown show begins in Hyderabad

3 • PG	113 • Sqcm	11253 • AVE	N/A • Cir	Bottom Left

Hyderabad

Yoga countdown show begins in Hyderabad

HYDERABAD: Yoga countdown programme was held at LB Stadium on Friday ahead of the International Yoga Day celebrations on June 21. Prominent yoga organisations, educational institutions and social organizations participated in the celebrations. Governor Jishnu Dev Verma, former vice-president Venkaiah Naidu, Union Minister Srinivasa Verma, several MPs, MLAs, MLCs, famous actresses Sai Dharam Tej, Khushboo and Meenakshi Chowdhury participated in the program as chief guests. Speaking on the occasion, Union Minister Kishan Reddy said after their party leader Narendra Modi became the Prime Minister, India had given a wonderful gift to the world Yoga. "200 countries around the world, their heads of State and governments of those countries are recognizing and practicing Yoga. This is a matter of pride for every Indian. We express our heartfelt gratitude from Telangana to Prime Minister Narendra Modi for introducing Yoga to the world. On June 21, celebrations should be celebrated in all parts of the country on the occasion of International Yoga Day. "Today, we are organizing 24-hour countdown of Yoga at LB Stadium. Tomorrow, on the occasion of International Yoga Day, it is a joy to participate in yoga with five lakh people in Visakhapatnam. Yoga should be a part of everyone's life. If we are mentally and physically healthy through yoga, our health will be good. Our family, society and the world will be good," he said.

Bizz Buzz • 16 Jun • Ministry of Ayush

International Yoga Day set to rekindle true spirit of yoga

8 • PG | 164 • Sqcm | 16407 • AVE | N/A • Cir | Middle Center

Hyderabad

International Yoga Day set to rekindle true spirit of yoga

The event will witness a lineup of dignitaries, spiritual leaders and practitioners

NEW YORK

IN a world increasingly obsessed with external forms of wellness, a profound initiative is set to remind us of yoga's inner essence in the US, as cities globally prepare to celebrate the International Day of Yoga (IDY) on June 21.

'The Spirit of Yoga', a special International Day of Yoga celebration, is being co-hosted by the Brahma Kumaris World Spiritual Organisation at the serene Global Harmony House in Great Neck on Long Island on June 22, the organisers said in a statement on Sunday.

While most Yoga Day celebrations revolve around physical postures and public demonstrations of flexibility, 'The Spirit of Yoga' programme seeks to reclaim yoga's soul, rekindling its spiritual roots.

The event will witness a lineup of dignitaries, spiritual leaders and practitioners who bring wisdom, inspiration, and the live experience of yogic values to about 250 seekers in the hall, and many more attending virtually.

Binaya Srikanta Pradhan, Consul General of India in New York, will be the Chief Guest who will speak on India's gift of yoga to the world, in the presence of BK Mohini Didi, the revered Chief Administrative Head of the Brahma Kumaris international organization.

Bizz Buzz • 06 Jun • Ministry of Ayush

30k orgs register for Yoga Sangam: Ayush Ministry

8 • PG | 144 • Sqcm | 14417 • AVE | N/A • Cir | Middle Left

Hyderabad

30k orgs register for Yoga Sangam: Ayush Ministry

The IDY events will be held across the snow-capped mountains of Ladakh to the sunlit beaches of Kerala

NEW DELHI

AS the nation gears up to celebrate the 11th International Day of Yoga (IDY), 30,000 organisations across the country have registered for Yoga Sangam -- the main event of the IDY.

The organisations range from schools and Resident Welfare Associations (RWAs) to corporates, NGOs, and government bodies.

"This overwhelming response in terms of registration of proposals reflects a nationwide embrace of Yoga as more than just a practice -- it's a movement toward mindful living, community resilience, and national well-being," said Ayush Ministry.

On June 21, over one lakh locations across the country will transform into vibrant sanctuaries of well-being -- each echoing the spirit of India's ancient wisdom and its modern resolve to lead the world in holistic health.

The IDY events will be held across the snow-capped mountains of Ladakh to the sunlit beaches of Kerala, from school playgrounds and office lawns to railway stations and historic temple courtyards.

The Ministry noted that these events would be tracked online through a facility on the yoga portal, wherein aspiring organisations can register their proposals to register an IDY event.

"The active participation of premier institutions such as IITs, IIMs, and Central Universities has infused renewed energy into the movement. These centres of academic excellence are not only hosting large-scale Yoga demonstrations but are also promoting Yoga as a tool for mental clarity, emotional resilience, and leadership development," the Ministry said. To participate, citizens can visit the Ayush Ministry's website and register as a group or organisation.

After conducting the Yoga Sangam event on June 21, upload participation details and receive the official Certificate of Appreciation.

Bizz Buzz • 13 May • Ministry of Ayush

Weekly yoga podcast launched to promote holistic wellness

8 • PG | 117 • Sqcm | 11651 • AVE | N/A • Cir | Middle Center

Hyderabad

Weekly yoga podcast launched to promote holistic wellness

The launch comes in the wake of Prime Minister Narendra Modi's address during the 120th episode of his Mann Ki Baat

NEW DELHI

THE Ministry of Ayush has announced the launch of its Weekly Yoga Podcast, a new digital initiative produced by the Morarji Desai National Institute of Yoga (MDNIY).

The weekly podcast has been launched by Prataprao Jadhav, Union Minister of State (Independent Charge), Ministry of Ayush on his social media platforms.

This podcast aims to bring the timeless wisdom of yoga to every household, blending ancient practices with modern lifestyles.

According to the ministry, the inaugural episode of the podcast, sets the tone for a transformative journey into the world of yoga. The podcast series is designed to engage listeners with insightful discussions, guided practices, and expert interviews, making yoga accessible and relatable to people of all ages and backgrounds.

The launch comes in the wake of Prime Minister Narendra Modi's address during the 120th episode of his Mann Ki Baat programme on March 30, 2025, where he emphasised the significance of International Yoga Day and its 2025 theme: "Yoga for One Earth, One Health."

The theme underscores yoga's role in fostering physical, mental, and environmental well-being, resonating with India's global vision of unity and sustainability. In the first episode, listeners are welcomed into a vibrant conversation about the essence of yoga and its global impact. The podcast highlights how yoga, once a sacred Indian tradition, has become a worldwide movement for health and harmony.

The Business Guardian • 19 Jun • Ministry of Ayush

Ministry of Ayush organises Yoga Maha Kumbh

8 • PG | 131 • Sqcm | 13136 • AVE | N/A • Cir | Bottom Left

Delhi

Ministry of Ayush organises Yoga Maha Kumbh

TDG NETWORK
NEW DELHI

Ahead of the grand three-day yoga, wellness, and holistic living festival, the Ministry of Ayush organised a 'Yoga Maha Kumbh 2025' event in New Delhi on Wednesday.

Meanwhile, on the occasion of International Yoga Day this year, Visakhapatnam is set to host a grand event which will also mark the participation of Prime Minister Narendra Modi.

The city will be hosting a record-breaking yoga event which will feature over 2.5 lakh people performing yoga together at a single location -- an attempt to set a new world record.

The grand event will take place along the 27-kilometer-long coastal road of Visakhapatnam, which will serve as the venue for this massive yoga session. Andhra Pradesh Chief Minister Chandrababu Naidu is also expected to join PM Modi for the yoga performance.

The Times of India • 21 Jun • Ministry of Ayush
One in every four Indians practises yoga: Survey

13 • PG | 2280 • Sqcm | 638396 • AVE | 98.16K • Cir | Top Center

Kochi

One in every four Indians practises yoga: Survey

Ayush Ministry Urges Schools To Add Yoga In Wellness Programmes

DurgeshNandan.Jha
@timesofindia.com

New Delhi: India has been holding yoga events every year on June 21 since 2014, when the United Nations adopted India's resolution to mark the day as International Day of Yoga (IDY).

Celebrating IDY was first proposed by Prime Minister Narendra Modi at the United Nations General Assembly in 2014. Highlighting yoga's universal appeal, he suggested the Summer Solstice – June 21 – as the appropriate day for the purpose. With 177 UN member states co-sponsoring the resolution, the proposal received overwhelming support, with IDY being first celebrated in 2015.

A survey commissioned by Ministry of Ayush has found that this exercise has led to nearly one in every four persons in India incorporating yoga – which includes asana sequences, breath control exercises and meditation -- into their lifestyle.

While 11% of the respondents – 30,084 people from across the country -- said they practise yoga daily, 13% said they do it sometimes.

However, 75% of people still don't practise yoga. To encourage such people, the survey report suggests complementing high-visibility flagship events such as IDY with grassroots mobilisation, digital platforms, and institutional partnerships.

Celebrating IDY was first proposed by Prime Minister Narendra Modi at the United Nations General Assembly in 2014

One of the moves by govt in this direction is a plan to upgrade existing parks in various panchayats (rural) and municipalities (urban) into Yoga parks where people can practise yoga every day.

The Ayush ministry report also calls for embedding yoga instruction within school and university wellness programmes to foster early habit formation among young adults (18–24 years).

The middle-aged groups can benefit from flexible work arrangements and digital access, which offer opportunities to scale virtual and office-based yoga interventions and convert occasional participants into consistent practitioners, the researchers suggest. They highlighted that nearly 17% of the elderly — the highest of any age group — practise yoga regularly.

"The elderly people recognise the benefits of yoga, but they face barriers in including the practice in their daily lives. To address this, senior citizens-focused modules—such as chair-based asanas, balance exercises, and guided breathwork—should be delivered through community health centres and assisted-living facilities, ensuring that older adults can safely and confidently integrate yoga into their daily routines," said Dr Raghvendra Rao, director of Central Council for Research in Yoga and Naturopathy (CCRYN).

He also stressed the need for more yoga trainers and accessibility to yoga classes, offline or through digital mode. Dr Subhash Giri, professor of medicine at Ram Manohar Lohia (RML) hospital, stressed that yoga provides numerous physical, mental, emotional, and long-term health benefits, making it a great choice for overall well-being.

Saima Wazed, regional director of WHO Southeast Asia said: "The benefits of yoga are well-documented. Studies have shown that 77% of people report feeling physically stronger after practising yoga regularly; 82% of patients with chronic inflammation experienced a nearly 50% reduction in symptoms after just six weeks of daily yoga. Yoga can also help with mental health. A study by Harvard Medical School found that 60% of participants with depression experienced a significant reduction in symptoms after practising yoga twice a week for eight weeks".

The Times of India • 21 Jun • Ministry of Ayush

Vizag targets world record in mass yoga event today

13 • PG | 598 • Sqcm | 167561 • AVE | 98.16K • Cir | Top Left

Kochi

Vizag targets world record in mass yoga event today

Visakhapatnam: The port city is set to create history with a record five lakh people expected for the International Day of Yoga event on Saturday, **reports Siva G**. Mats for participants have been spread through 26.8kms of the road that stretches from R K beach to Bheemili. Visakhapatanam aims to break the previous record of 1.5 lakh participation at Surat in Gujarat. PM Narendra Modi will lead the celebrations at Visakhapatnam.

The city is also attempting another record with 25,000 students performing Surya Namaskar at the Andhra University grounds.

The AP govt has deployed more than 10,000 police personnel, including Octopus and Greyhounds, apart from NSG commandos. The main event will be held for 45 minutes as the participants exhibit their skills in 18 asanas. The mega display will be held on a 30.16 km stretch, including 18 sports fields besides the 26km beach road stretch.

Over 10,000 vehicles, including more than 7,000 buses, will ferry people to 326 compartments on the beach road.

Eastern Naval Command fighter planes will display a flypast before commencement of yoga display. Around 3,000 Navy personnel will also display yoga on 11 Navy ships anchored along the beach stretch.

The Times of India • 21 Jun • Ministry of Ayush

Nearly 1 in 4 Indians practises yoga, reveals Ayush survey

14 • PG | 156 • Sqcm | 286625 • AVE | 812.98K • Cir | Top Left

Kolkata

Nearly 1 in 4 Indians practises yoga, reveals Ayush survey

DurgeshNandan Jha
@timesofindia.com

New Delhi: India has been holding yoga events every year on June 21 since 2014, when UN adopted India's resolution to mark the day as International Day of Yoga (IDY).

Celebrating IDY was first proposed by PM Narendra Modi at the United Nations General Assembly in 2014. Highlighting yoga's universal appeal, he suggested the Summer Solstice – June 21 – as the appropriate day for the purpose. With 177 UN member states co-sponsoring the resolution, the proposal received overwhelming support, with IDY being first celebrated in 2015. A survey commissioned by Ministry of Ayush has found that this exercise has led to nearly one in every four persons in India incorporating yoga — which includes asana sequences, breath control exercises and meditation — into their lifestyle.

While 11% of the respondents — 30,084 people from across the country — said they practise yoga daily, 13% said they do it sometimes. However, 75% of people still don't practise yoga. To encourage such people, the survey report suggests complementing high-visibility flagship events such as IDY with grassroots mobilisation, digital platforms, and institutional partnerships. One of the moves by govt in this direction is a plan

INT'L DAY OF YOGA

to upgrade existing parks in various panchayats (rural) and municipalities (urban) into Yoga parks where people can practise yoga every day.

The Ayush ministry report also calls for embedding yoga instruction within school and university wellness programmes to foster early habit formation among young adults (18-24 years).

The middle-aged groups can benefit from flexible work arrangements and digital access, which offer opportunities to scale virtual and office-based yoga interventions and convert occasional participants into consistent practitioners, the researchers suggest. They highlighted that nearly 17% of the elderly — the highest of any age group — practise yoga regularly. "The elderly people recognise the benefits of yoga, but they face barriers in including the practice in their daily lives. To address this, senior citizens-focused modules—such as chair-based asanas, balance exercises, and guided breathwork—should be delivered through community health centres and assisted-living facilities, ensuring that older adults can safely and confidently integrate yoga into their daily routines," said Raghvendra Rao, director of Central Council for Research in Yoga and Naturopathy (CCRYN).

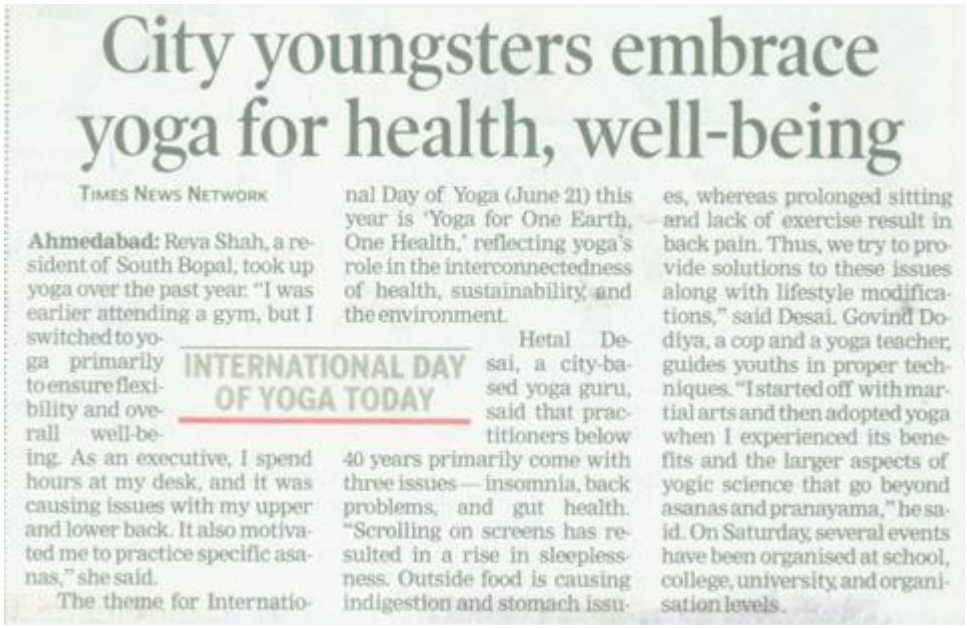
He also stressed the need for more yoga trainers and accessibility to yoga classes.

The Times of India • 21 Jun • Ministry of Ayush

City youngsters embrace yoga for health, well-being

4 • PG | 104 • Sqcm | 77234 • AVE | 424.05K • Cir | Middle Center

Ahmedabad



City youngsters embrace yoga for health, well-being

TIMES NEWS NETWORK

Ahmedabad: Reva Shah, a resident of South Bopal, took up yoga over the past year. "I was earlier attending a gym, but I switched to yoga primarily to ensure flexibility and overall well-being. As an executive, I spend hours at my desk, and it was causing issues with my upper and lower back. It also motivated me to practice specific asanas," she said.

The theme for International Day of Yoga (June 21) this year is 'Yoga for One Earth, One Health,' reflecting yoga's role in the interconnectedness of health, sustainability, and the environment.

INTERNATIONAL DAY OF YOGA TODAY

Hetal Desai, a city-based yoga guru, said that practitioners below 40 years primarily come with three issues — insomnia, back problems, and gut health. "Scrolling on screens has resulted in a rise in sleeplessness. Outside food is causing indigestion and stomach issues, whereas prolonged sitting and lack of exercise result in back pain. Thus, we try to provide solutions to these issues along with lifestyle modifications," said Desai. Govind Dodiya, a cop and a yoga teacher, guides youths in proper techniques. "I started off with martial arts and then adopted yoga when I experienced its benefits and the larger aspects of yogic science that go beyond asanas and pranayama," he said. On Saturday, several events have been organised at school, college, university, and organisation levels.

The Times of India • 21 Jun • Ministry of Ayush

Nearly one in every ftnir persons in India incorporating yoga: Ayush ministry survey

9 • PG | 192 • Sqcm | 141846 • AVE | 424.05K • Cir | Middle Left

Ahmedabad

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He also stressed the need for more yoga trainers and accessibility to yoga classes, offline or through digital mode. Subhash Giri, professor of medicine at Ram Manohar Lohia (RML) hospital, stressed that yoga provides numerous physical, mental, emotional, and long-term health benefits. Saima Wazed, regional director of WHO Southeast Asia said: "The benefits of yoga are well-documented. Studies have shown that 77% of people report feeling physically stronger after practising yoga regularly."

The Times of India • 21 Jun • Ministry of Ayush

Celebs and their furry babies find zen in yoga

4 • PG | 574 • Sqcm | 591194 • AVE | 500.33K • Cir | Middle Right | Pune Times

Pune

Celebs and their furry babies find zen in yoga

Kanksha Vasavada

While yoga itself is calming and relaxing, your furry pals joining you makes it a wholesome experience. Combining the benefits of animal-assisted therapy with the emotional and physical benefits of yoga, paw yoga, also known as doga, has been popular in India thanks to social media. While celebs rave about enjoying yoga with pets, what is in it for the furry pals? Experts weigh in.

@reesewitherspoon

Find someone as supportive as Reese Witherspoon's doggos while she does yoga

Jennifer Aniston's secret to being fit and fabulous – a yoga sesh with her pets

INTERNATIONAL YOGA DAY

For NSYNC singer Lance Bass, happiness comes in form of Doga

'PET YOGA ENHANCES RELAXATION, MAKES WORKOUTS MORE ENJOYABLE'

Paw yoga helps in both human and pet welfare. Sinduja Krishnakumar, co-founder of a yoga studio offering yoga with shelter pets, says, "Within a 45-minute session, we see both participants and puppies moving out of their comfort zone and mingling with each other. We train participants on how to hold the puppies while doing *asanas*, but most pets just roam around the space. These sessions help people get rid of stress, while also helping pets reduce anxiety." Shirin Merchant, a dog behaviourist, adds, "Spending time with pets releases oxytocin, a hormone that plays a role in love. When merged with yoga, it enhances relaxation and makes it more enjoyable."

DID YOU KNOW?

Goat yoga is a popular practice in the west. While many credit Lainey Morse in Oregon for starting the concept in 2016, which later evolved into goat yoga as a way to cope with depression, April Gould and Sarah Williams are also called the true originators (in Arizona, 2015). Gould used goats for added weight in her personal fitness routine. Goat yoga soon went viral, also due to endorsement from celebs like (below) Sophie Turner, who had fun while trying it for a shoot.

@riddhimakapoorsahniofficial

Riddhima Kapoor Sahni, a yoga practioner & jewellery designer, often shares pics of her doing yoga with her "little buddy Killian"

"If you see the pet experiencing even a minor discomfort, stop right there. Pups take time to adjust, sometimes they might not be in the mood to play or cuddle. We shouldn't look for relaxation at the cost of the pets' comfort

– Shirin Merchant, dog behaviourist

The Times of India • 21 Jun • Ministry of Ayush

Nearly 1 in every 4 Indians practises yoga, says Ayush ministry survey

15 • PG | 200 • Sqcm | 484894 • AVE | 500.33K • Cir | Middle Left

Pune

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He also stressed the need for more yoga trainers and accessibility to yoga classes, offline or online. Dr Subhash Giri, professor of medicine at Ram Manohar Lohia (RML) hospital, stressed that yoga provides numerous physical, mental, emotional, and long-term benefits, making it a great choice for well-being.

The Times of India • 21 Jun • Ministry of Ayush

Yoga taught me the discipline of showing up every day: Nikhat

1,2 • PG | 737 • Sqcm | 759371 • AVE | 500.33K • Cir | Top Left,Top Right | Pune Times

Pune • Mumbai

Yoga taught me the discipline of showing up every day: Nikhat

Biswajit Talukdar

In a sport defined by power and speed, Nikhat Zareen finds stillness on the yoga mat. "For me, it's not just a ritual that I turn to occasionally. I do yoga daily as part of my training," says the boxing champion, adding, "Yoga gives you balance and strength. It's really helpful for mental health. It calms the nerves and supports overall well-being." As the world celebrates International Day of Yoga, Nikhat reflects on how yoga has become the quiet, steady force that keeps her grounded in the high-intensity world of boxing.

CONTINUED ON » 2

Yoga is a great way to stay grounded, healthy and confident: Nikhat

CONTINUED FROM P 1

'BEYOND THE PHYSICAL BENEFITS, YOGA GIVES ME MENTAL CLARITY'

Nikhat, who began boxing in eighth grade, says yoga was added to her routine once her training became more competitive and structured. "It was introduced to help improve flexibility, breath control, and mental clarity. Over the years, yoga has helped me stay injury-free and definitely improved my flexibility. But beyond the physical, it helps me reset mentally, especially during intense training phases," she says.

'PRANAYAMA IS A BIG PART OF MY MENTAL ROUTINE'

Between rounds in a boxing match, there's only a minute to recover — a brief pause in the middle of the chaos. For Nikhat, how she uses those 60 seconds can make all the difference. "During the one-minute break in a bout, breath control becomes very important," she says. "I usually take a deep breath, hold it for a few seconds, and then slowly exhale. It helps me stay composed." Outside the ring, she turns to breathwork to stay centred. "*Pranayama* is a big part of my mental routine, especially alternate nostril breathing. It really helps keep my mind clear before a fight," she says.

'I'D TELL EVERY YOUNGSTER TO ADOPT YOGA'

Nikhat believes yoga can be a valuable tool that can help youngsters cope with the pressures of modern life. "Yoga is a great way to stay grounded, healthy, and confident. I'd tell youngsters to adopt it not just for fitness, but for their overall well-being," she says. Each year on International Day of Yoga, she marks the occasion with a guided group session. But for her, the real value of yoga lies in everyday effort. "It's the consistency, the quiet discipline of showing up every day, that makes yoga meaningful. Whether I'm in camp, travelling or gearing up for a fight, yoga is always part of my day," she concludes.

NIKHAT ZAREEN

"Whether I'm in camp, travelling or gearing up for a fight, yoga is always part of my day," she says

The Times of India • 21 Jun • Ministry of Ayush

Yoga sessions planned across capital; CM and LG to attend

15 • PG | 177 • Sqcm | 728444 • AVE | 2.78M • Cir | Top Center

Delhi

Yoga sessions planned across capital; CM and LG to attend

TIMES NEWS NETWORK

New Delhi: Chief minister Rekha Gupta said on Friday that official programmes would be held at 11 places across the city to mark International Yoga Day on Saturday. "I will participate in the yoga programme in Sonia Vihar on the Yamuna bank. There will be programmes at Thyagraj Stadium, Chhatrasal Stadium, Rajiv Gandhi Stadium and the cricket ground in Dwarka Sector 6, among others," she said.

Gupta also launched a song on yoga sung by music composer Amit Trivedi, celebrating yoga and shot in different places in Delhi. CM praised the song, saying its lyrics conveyed the feeling of a "Yogmay Dilli" and its video showcased the tourist places in the national capital. "There are some symbolic places associated with Delhi. Now, new tourist places have come up in Delhi. Bharat Mandapam, Yashobhoomi, Kartavya Path, PM Sanghrahalaya, Baansera, Asita, Vasudev Ghat. The song depicts the iconic tourist places along with the new ones," she added.

Calling yoga a "way of life", Gupta stressed that everyone should follow it. She mentioned that she was often asked whether she wanted to make Delhi like London or Paris. "But I say I want to make Delhi like Delhi."

New Delhi Municipal Council will organise yoga sessions at eight locations. The sessions, being organised in collaboration with the AYUSH ministry, will be held at key venues such as Kartavya Path (South Lawn), Lodhi Garden and Talkatora Garden, with an expected turnout of up to 2,000 people at each site. BJP president JP Nadda is scheduled to attend the session at Kartavya Path while assembly speaker Vijender Gupta and other dignitaries will be present at Lodhi Garden.

Delhi Development Authority will arrange yoga sessions at 39 locations. Lieutenant governor VK Saxena will be present at Baansera in Sarai Kale Khan.

NDMC will deploy healthcare staff at all locations to respond to any medical emergency and 20 mobile toilets will also be stationed, said vice-chairman Kuljeet Chahal. It will distribute yoga mats and T-shirts, alongside the live streaming of the Prime Minister's message at all venues.

The Times of India • 21 Jun • Ministry of Ayush

High stress to headstands: Hyderabad techies shun corporate jobs to turn yoga teachers

1,2 • PG | 2531 • Sqcm | 3416237 • AVE | 673.68K • Cir | Middle Center,Middle Right

Hyderabad

High stress to headstands: Hyderabad techies shun corporate jobs to turn yoga teachers

Amisha.Rajani
@timesofindia.com

Hyderabad: Even as corporate India grapples with whether to work 70 hours a week or not, many young professionals in Hyderabad are making a mid-career shift and becoming full-time yoga instructors. If it means a pay cut, so be it. Those 15-hour workdays packed with PowerPoint presentations, deadlines and unending meetings have finally got to them.

INTERNATIONAL YOGA DAY

Rama Moorthy P

A yoga class in progress at a studio started by a techie in the city

TOI spoke to many techies who have swapped high-pressure jobs for the calm, flexible life of full-time yoga.

Mrudula Neelam, 31, was a techie with a major corporate and spent nearly four years buried in spreadsheets and regulatory frameworks at a multinational firm. "My body just couldn't take the 14-15 hour work days any more," she says. "I was constantly sick and stressed. The turning point came during 'Wellness Fridays' at her workplace, where she began teaching yoga to colleagues. Already certified, she started taking it more seriously. A scholarship for an Ashtanga immersion course in Bali sealed the deal. "It all shifted from being a weekend side hustle to a full-time career for me."

Mrudula now runs classes from her online studio, teaches in-person sessions, and even travels to retreats and workshops in other cities.

▶Continued on P2

IT professionals find purpose on the mat

From P1

The beauty is I can work from anywhere. I don't have to choose between career and well-being anymore," Mrudula says, adjusting her teaching schedule around travel and personal time.

Sri Harika, 30, another techie, had a similar path. After working in corporate compliance for two years, she decided to pursue a master's in Yoga Shastra. Today, she's a certified yoga therapist working with cancer survivors, clients battling anxiety, and students with bipolar disorder. Her sessions aren't one-size-fits-all. "Each person comes with a unique body and story," she says. "Someone may be dealing with sleep disorders, someone else with hormonal imbalance."

She often spends her mornings leading breath-work sessions and her evenings fine-tuning restorative sequences, a far cry from her days in a corporate cubicle.

The money, though not sky-high, is steady. Instructors on average charge anywhere between ₹2,000 and ₹3,000 every month per student for group class, while personal sessions can range from ₹2,000 to ₹4,000 per session. With four to five batches a day and about 10 students per class, teachers are pulling in enough to sustain a comfortable lifestyle, minus the stress.

This steady reward also led Neetu Kariyangat, 43, who was in tech for nearly two decades before she hit pause. "I was done with the targets, the burnout," she says. In May, she completed her teacher training course and now teaches from her apartment and at a yoga institute. "I feel lighter, emotionally, mentally, physically. I've even lost four kilos and breathing better," she laughs.

After five years of hopping between corporate jobs in search of peace and stability, Ramya Krishna, 38, decided to turn her passion for yoga into a full-time career. "I worked with MNCs, took up freelancing and various gigs, but none of them gave me peace. In fact, all those made me feel worse," she says.

To cope, she began practicing yoga and casually shared her journey on social media. The response was unexpected, people reached out, curious to know if she was taking classes. What began with a handful of students gradually grew, and today, Ramya runs yoga classes in Banjara Hills, training nearly 200 students daily.

For Sharmila Hiremdernath, the journey of finding her true calling began with switching academic paths—from law to computer science. But it was during her pregnancy, while pursuing her computer science degree, that she discovered yoga. "Through that phase, I began practicing yoga, and it just stayed with me. Slowly, people began approaching me for classes," she says. Today, she trains 250 students and mentors aspiring yoga instructors.

Sharmila has observed a growing trend: Many professionals are turning to yoga not just as a passion project, but as a career option. "A lot of them are starting off with it as a side hustle also and eventually planning to make it full-time," she says.

The Times of India • 21 Jun • Ministry of Ayush

One in every 4 Indians practises yoga: Survey

8 • PG | 1723 • Sqcm | 2325555 • AVE | 673.68K • Cir | Top Right

Hyderabad

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ANI

A special yoga session was organised ahead of the 11th International Yoga Day at the 13th Battalion campus in Sui, Udhampur, on Friday

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The Times of India • 21 Jun • Ministry of Ayush

Through yoga, I've learned to stay present & connected: Abhirami

5 • PG | 4508 • Sqcm | 2952565 • AVE | 673.68K • Cir | Top Left | Hyderabad Times

Hyderabad

Through yoga, I've learned to stay present & connected: Abhirami

Gopika IS

For actress Abhirami, yoga is something that has been ingrained in her since childhood. On International Yoga Day, the *Thug Life* actress, who is also a certified yoga instructor, tells us, "I wish I was practising yoga a lot more, but I am not able to find time for it every day. I try and do at least meditation or pranayama daily. It brings a little more peace inside me. The philosophy of staying in the moment was brought into my life through yoga. It has helped me stay connected and grounded. It's a safe modality to slip into whenever I need to connect with my body."

> Doing Surya Namaskaram 18 times is as good as a complete body workout, and it won't even take half an hour

Pic: Karthikeyan Sairam

'YOGA IS A FORGIVING FORM OF EXERCISE'

Yoga is not injury-prone and doesn't have side effects. It helps us slow down in life. Just half an hour of focused yoga can leave an impact on us throughout the day. People of any age or size can do yoga. Yoga is a forgiving form of exercise, and a good teacher can provide us with modifications as needed.

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'FOR ME, PRACTISING ASANAS IS PHYSICAL EXERCISE; MEDITATION IS A VERY PERSONAL EXPERIENCE'

"There are two facets to how I look at yoga. Practising asanas and all, I would say, is more of a physical exercise for me. It doesn't require equipment, and it is easier to do when we have a busy schedule and don't have time to go to the gym. Doing Surya Namaskaram 18 times is as good as a complete body workout, and it won't even take half an hour."

"Meditation, which is also part of the yoga philosophy, is a very personal experience for me. It is more about grounding myself and finding peace of mind. I'd say I practice meditation more. Both have their own impacts on us."

ABHIRAMI
I have the body flexibility because I have been doing it since I was a child, but I seriously picked up yoga again only in the last 10 years.

'Exposure to my parents' work made me take up yoga seriously'

My parents introduced me to yoga. When they attended yoga classes in Thiruvananthapuram, I would accompany them. I was very young and would try to imitate them. My parents are both yoga instructors now. My appa has been teaching yoga for 20 years now and is focused on ailment-specific yoga, while amma is focuses on geriatric yoga. Exposure to their work made me take it up seriously.

'THE YOUNGER YOU LEARN YOGA, THE BETTER'

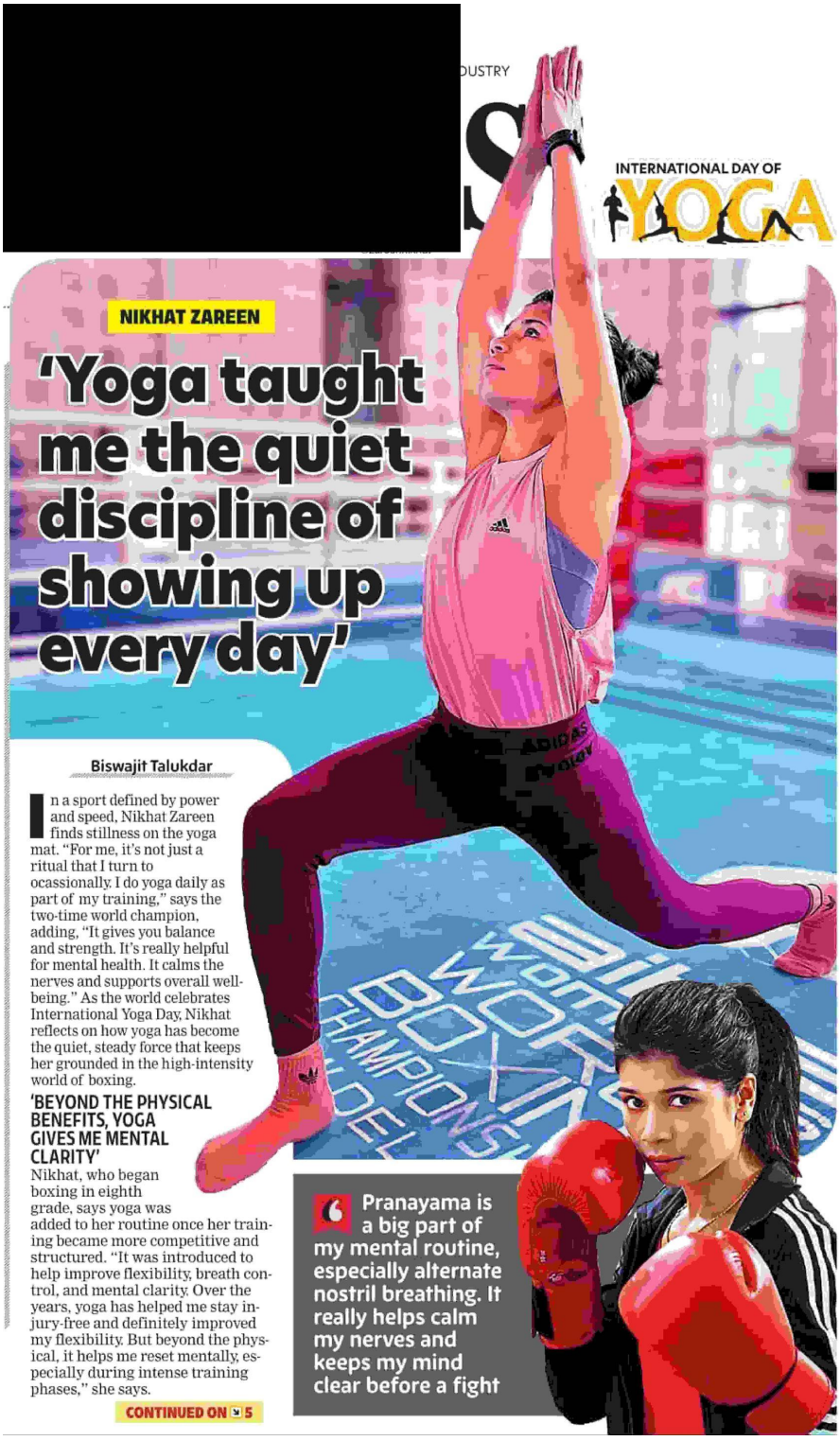
My daughter is too young for yoga now. I think the kindergarten she goes to is doing some yoga activities with them. But yes, the younger you learn, the better. Eventually, I will definitely teach her. I am also a certified instructor. I had done a foundational course and was teaching yoga in the US for a short while before COVID hit. If not me, her grandparents will definitely teach her. I have the body flexibility because I have been doing it since I was a child, but I seriously picked up yoga again only in the last 10 years.

The Times of India • 21 Jun • Ministry of Ayush

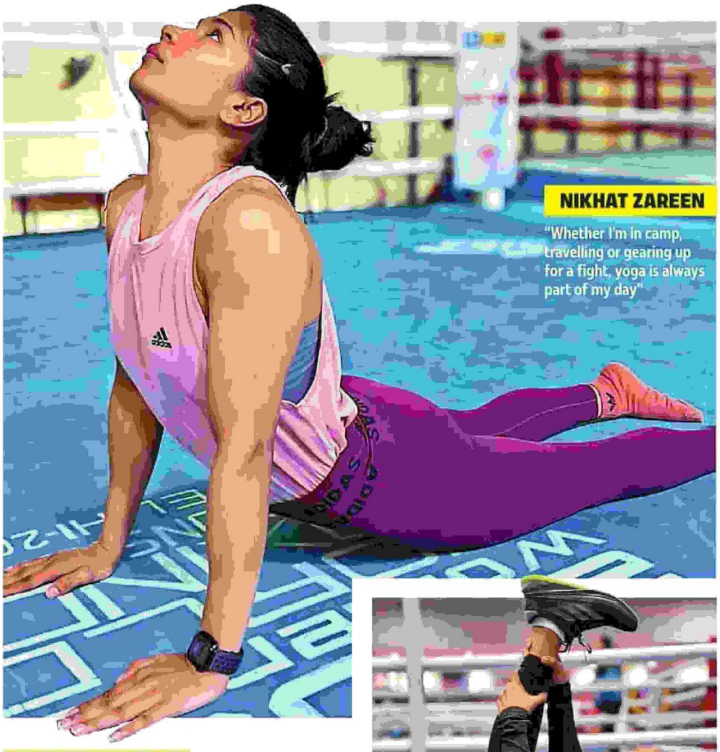
Yoga taught me the quiet discipline of showing up every day

1,5 • PG | 6049 • Sqcm | 3962390 • AVE | 673.68K • Cir | Middle Left,Top Center | Hyderabad Times

Hyderabad



Yoga is a great way to stay grounded, healthy & confident: Nikhat Zareen



NIKHAT ZAREEN
"Whether I'm in camp, travelling or gearing up for a fight, yoga is always part of my day"

CONTINUED FROM 1

'PRANAYAMA IS A BIG PART OF MY MENTAL ROUTINE'

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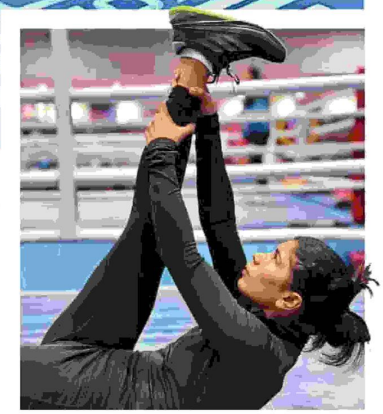
'I'D TELL EVERY YOUNGSTER TO ADOPT YOGA'

Nikhat believes yoga can be a valuable tool that can help youngsters cope with the pressures of modern life. "Yoga is a great way to stay grounded, healthy, and confident. I'd tell youngsters to adopt it not just for fitness, but for their overall well-being," she says. Each year on International Yoga Day, she marks the occasion with a guided group session. But for her, the real value of yoga lies in everyday effort. "It's the consistency, the quiet discipline of showing up every day, that makes yoga meaningful. Whether I'm in camp, travelling or gearing up for a fight, yoga is always part of my day," she concludes.



The Times of India • 21 Jun • Ministry of Ayush

In age of AI, yoga straddles spiritual & corporate worlds

2 • PG | 7043 • Sqcm | 9508550 • AVE | 673.68K • Cir | Top Left

Hyderabad

Pics: Rama Moorthy P

BREATHE IN, STRETCH OUT

Governor Jishnu Dev Varma, Union minister G Kishan Reddy, along with thousands of citizens, took part in a yoga session at LB Stadium on Friday. The event, a curtain-raiser to International Day of Yoga, witnessed enthusiastic participation, with over 7,000 people registered for the main event scheduled for Saturday

Ajay.Tomar @timesofindia.com

As the world rolls out its mats for International Day of Yoga on Saturday, the ancient practice continues to evolve, blending tradition with reinvention. In Hyderabad, this shift is clear, with people increasingly embracing yoga for mental clarity, physical strength, or, more often, a combination of both.

Rooted in breathwork, meditation, and self-awareness, yoga today has also become a go-to workout for strength, flexibility, and stress relief.

INTERNATIONAL DAY OF YOGA

"In the beginning, I turned to yoga just to manage my back pain," said G Surekha, 47, a practitioner from Ameerpet. "My friends suggested power yoga. I focused on the stretches, and it worked wonders for my posture." Over time, she was drawn to deeper practices like pranayama and meditation. "I realised it's not just about sitting still. Breathwork helped calm my mind and changed the way I handle emotions."

Such transitions are common, say experts. "Modern yoga often starts with asanas, but the real goal is mental clarity," said Dr A Malathi Syamala, superintendent at the state-run Nature Cure Hospital and director of the Vemana Yoga Research Institute. "Dynamic routines like vinyasa or power yoga attract beginners, but ideally, they should progress toward traditional practices that foster inner awareness."

The Covid-19 pandemic accelerated this shift, especially among the youth. "They began recognising the importance of breath and mental health," said Janardhan Durga Prasad, director of Bodhi School of Yoga. "Younger people chase results through postures like headstands and splits, while older individuals prefer meditation and slow breathing. But Covid united both groups. Now, we often see over 100 participants per batch."

Mrudula Neelam

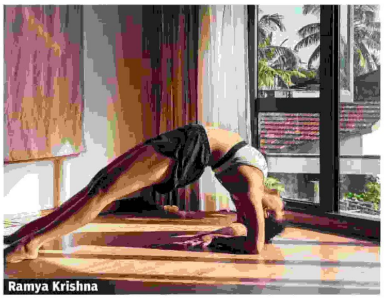
While traditional hatha yoga includes just 32 postures, social media has exploded the range. "Instagram is driving creativity in form," said Prasad. "People now see yoga not just spiritually, but scientifically—it's about improving physical standards."

There's no one-size-fits-all approach, instructors note. "Some come for pain relief, others for peace or self-growth," said Nishanth Babu Vasireddy, a teacher with 17 years of experience. "What matters is whether it enriches your life. At its core, yoga is a science of the mind."

Even hybrid forms like beer or water yoga have their takers. "If they spark awareness and consistency, they still serve a purpose," he added.

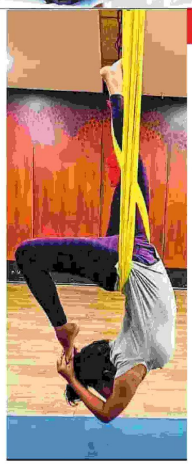
Experts also stress early exposure. "We shouldn't wait till children are 17 or 18," said Dr Malathi. "Simple postures and mudras boost focus and memory. Diet education must also be included."

In today's distracted world, they say, modern yoga spreads awareness, but traditional yoga remains the path to true transformation.



Ramya Krishna

Sharmila Hiremdernath



SOULFUL STRETCHES & GREEN MOVES TODAY

Yoga For One Earth, One Health
Venue | GMC Balayogi Stadium, Gachibowli
Organised by | Telangana govt
Time | 6 am onwards

International Yoga Day Mega Event
Venue | Statue of Equality, Muchinthal
Organised by | Union ministry of tourism
Time | 6:30 am to 8 am

Yoga and plantation drive
Venue | Mushkin Cheruvu in Manikonda & Kotha Cheruvu in Kokapet
Organised by | Dhruvansh Foundation
Time | 7 am to 10 am

Yoga day & ability mela
Venue | Kanha Wellness Centre, Chegur
Organised by | Union ministry of social justice & empowerment
Time | 6 am onwards

Yoga Day & Zumba session
Venue | Hitex lawns, Madhapur
Organised by | Telangana chamber of events industry
Time | 8.45 am onwards

The Times of India • 21 Jun • Ministry of Ayush

Vizag targets world record in mass yoga event, expects over 5L people

7 • PG | 2707 • Sqcm | 3654743 • AVE | 673.68K • Cir | Top Left

Hyderabad

Vizag targets world record in mass yoga event, expects over 5L people

PM To Launch Yoga Day Celebrations

Siva.G@timesofindia.com

Visakhapatnam: The port city is set to create history with record-breaking participation on the occasion of International Day of Yoga on Saturday, with over five lakh people expected to attend, including over three lakh on the beach road from RK beach to Bheemili. Prime Minister Narendra Modi will lead the celebrations in the city.

INTERNATIONAL DAY OF YOGA

The entire beach road stretch, a 26.8 km route, wore a green look with the arrangement of green mats on the road. Vizag is aiming to surpass the previous record of participation registered at Surat in Gujarat with 1.5 lakh people. The city is also attempting another record with 25,000 students performing Surya Namaskar at Andhra University grounds.

The state govt has deployed over 10,000 police personnel, including Octopus and Greyhounds, apart from NSG commandos. The main event will be held for 45 minutes as the participants exhibit their skills in 18 Asanas.

The mega display will be held on a 30.16 km stretch, including 18 sports fields apart from the 26km beach road stretch. The stretch includes the ACA-VDCA cricket stadium at PM Palem, golf club, Kommadi stadium, railway exhibition ground, Swarna Bharati indoor stadium, and another 30 areas.

Over 10,000 vehicles, including more than 7,000 buses, will ferry people to 326 compartments on the beach road from Kalimata temple to Bheemili. Around 75 parking slots allotted for vehicles.

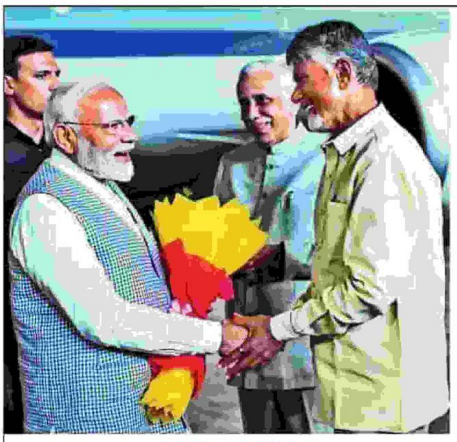
Around 1,400 vehicles from Anakapalli, 850 from Vizianagaram, 550 from Srikakulam, and 500 vehicles from Alluri district will ferry around 1.25 lakh people to Nagarapalem, Timmapuram, Bheemili on beach stretch.

Flypast by fighter jets

Eastern Naval Command fighter planes will display a flypast in the skies before the commencement of the yoga display. Around 3,000 Navy personnel will also display yoga on 11 Navy ships anchored along the beach stretch. For the convenience of participants and public, 335 LED screens have been arranged on the beach stretch, besides 336 WiFi centres. Around 5,451 master trainers who gave training to 1.4 lakh trainers will assist the 3.5 lakh participants, including the PM, governor, CM, central and state ministers, and govt officials.

The PM will start Yoga Day celebrations at 6.30 am. Along with him, two-three speakers will address the gathering before the display of yogasanas at 7 am.

SS Vijay Babu



SPOT IN GUINNESS WORLD RECORDS

Over 22,000 students from the tribal-dominated district of Alluri Sitarama Raju entered the Guinness World Records by performing 108 Surya Namaskars on Friday. (left) AP CM N Chandrababu Naidu and governor Syed Abdul Nazeer receive PM Modi at Vizag airport

The Times of India • 21 Jun • Ministry of Ayush

Nearly one in every 4 people in India incorporating yoga: Ayush min survey

12 • PG | 195 • Sqcm | 387818 • AVE | 1.21M • Cir | Bottom Center

Chennai • Goa • Chandigarh

Nearly one in every 4 people in India incorporating yoga: Ayush min survey

DurgeshNandan Jha
@timesofindia.com

New Delhi: India has been holding yoga events every year on June 21 since 2014, when the United Nations adopted India's resolution to mark the day as International Day of Yoga (IDY).

Celebrating IDY was first proposed by Prime Minister Narendra Modi at the United Nations General Assembly in 2014. Highlighting yoga's universal appeal, he suggested the Summer Solstice — June 21 — as the appropriate day for the purpose. With 177 UN member states co-sponsoring the resolution, the proposal received overwhelming support, with IDY being first celebrated in 2015.

A survey commissioned by ministry of Ayush has found that this exercise has led to nearly one in every four people in India incorporating yoga — which includes asana sequences, breath control exercises and meditation — into their lifestyle.

Representative image

INTERNATIONAL DAY OF YOGA

While 11% of the respondents — 30,084 people from across the country — said they practise yoga daily, 13% said they do it sometimes.

However, 75% of people still don't practise yoga. To encourage such people, the survey report suggests complementing high-visibility flagship events such as IDY with grassroots mobilisation, digital platforms, and institutional partnerships.

One of the moves by govt in this direction is a plan to upgrade existing parks in various panchayats (rural) and municipalities (urban) into Yoga parks where people can practise yoga every day.

The Ayush ministry report also calls for embedding yoga instruction within school and university wellness programmes to foster early habit formation among young adults (18-24 years).

The middle-aged groups can benefit from flexible work arrangements and digital access, which offer opportunities to scale virtual and office-based yoga interventions and convert occasional participants into consistent practitioners, the researchers suggest.

They highlighted that nearly 17% of the elderly — the highest of any age group — practise yoga regularly.

"The elderly people recognise the benefits of yoga, but they face barriers in including the practice in their daily lives. To address this, senior citizens-focused modules — such as chair-based asanas, balance exercises, and guided breathwork — should be delivered through community health centres and assisted-living facilities, ensuring that older adults can safely and confidently integrate yoga into their daily routines," said Dr Raghvendra Rao, director of Central Council for Research in Yoga and Naturopathy (CCRYN). He also stressed the need for more yoga trainers and accessibility to yoga classes, offline or through digital mode.

The Times of India • 21 Jun • Ministry of Ayush

YOGA BRINGS MORE PEACE INSIDE ME

1,3 • PG | 968 • Sqcm | 1055165 • AVE | 1.21M • Cir | Top Right | Chennai Times

Chennai

Karthikeyan Sairam

Any feedback related to stories in Chennai Times?
chennaitimes@timesofindia.com

Chennai

INTERNATIONAL DAY OF YOGA

ABHIRAMI

'YOGA BRINGS MORE PEACE INSIDE ME'

Abhirami is a certified yoga instructor and was introduced to it at a very young age by her parents, who, incidentally, are yoga instructors as well!

Gopika IS

For actress Abhirami, yoga is something that has been ingrained in her since childhood. On International Yoga Day, the *Thug Life* actress, who is also a certified yoga instructor, tells us, "I wish I was practising yoga a lot more, but I am not able to find time for it every day. I try and do at least meditation or pranayama daily. It brings a little more peace inside me. The philosophy of staying in the moment was brought into my life through yoga. It has helped me stay connected and grounded. It's a safe modality to slip into whenever I need to connect with my body."

'FOR ME, PRACTISING ASANAS IS PHYSICAL EXERCISE; MEDITATION IS A VERY PERSONAL EXPERIENCE'

"There are two facets to how I look at yoga. Practising *asanas* and all, I would say, is more of a physical exercise for me. It doesn't require equipment, and it is easier to do when we have a busy schedule and don't have time to go to the gym.

CONTINUED ON » 6

Yoga is not injury-prone and doesn't have side effects. Just half an hour of focused yoga can leave an impact on us throughout the day. It helps us slow down in life. People of any age or size can do yoga

- Abhirami

Abhirami: Yoga helps me stay connected & grounded

CONTINUED FROM P 1

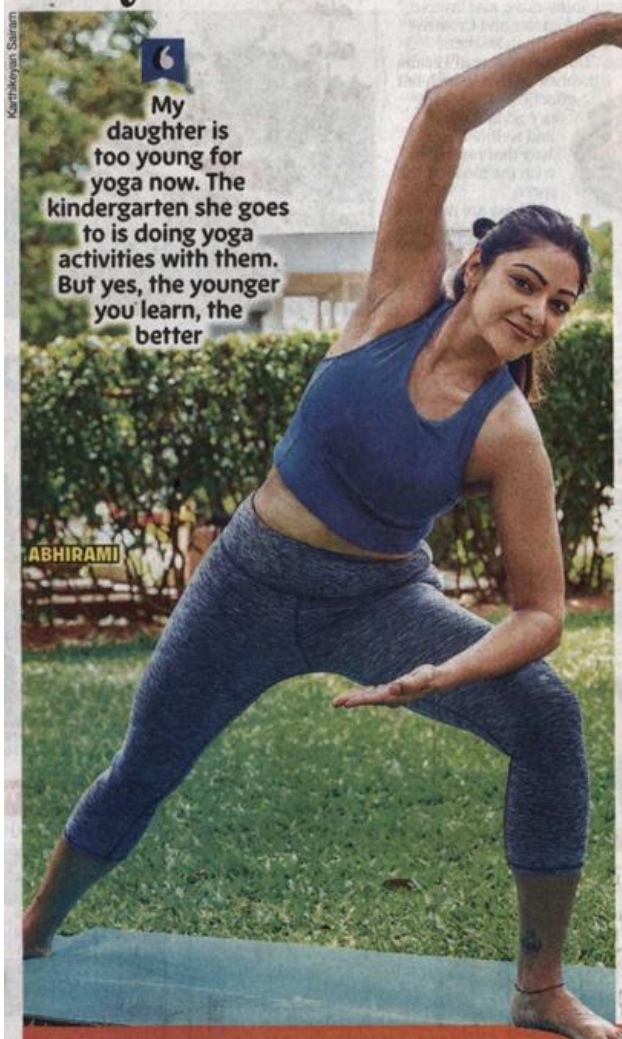
Doing *Surya Namaskaram* 18 times is as good as a complete body workout, and it won't even take half an hour. Meditation, which is part of the yoga philosophy, is a very personal experience for me. It is more about grounding myself and finding peace of mind. I'd say I practice meditation more. Both have their impacts on us.

'YOGA IS A FORGIVING FORM OF EXERCISE'

Yoga is not injury-prone and doesn't have side effects. It helps us slow down in life. Just half an hour of focused yoga can leave an impact on us throughout the day. People of any age or size can do yoga. Yoga is a forgiving form of exercise, and a good teacher can provide us with modifications as needed.

'THE YOUNGER YOU LEARN YOGA, THE BETTER'

My daughter is too young for yoga now. I think the kindergarten she goes to is doing some yoga activities with them. But yes, the younger you learn, the better. Eventually, I will definitely teach her. I am also a certified instructor. I had done a foundational course and was teaching yoga in the US for a short while before COVID hit. If not me, her grandparents will definitely teach her. I have the body flexibility because I have been doing it since I was a child, but I seriously picked up yoga again only in the last 10 years.



'Exposure to my parents' work made me take up yoga seriously'

My parents introduced me to yoga. When they attended yoga classes in Thiruvananthapuram, I would accompany them. I was very young and would try to imitate them. My parents are both yoga instructors now. My *appa* has been teaching yoga for 20 years now and is focused on ailment-specific yoga, while my *amma* focuses on geriatric yoga. Exposure to their work made me take it up seriously

The Times of India • 21 Jun • Ministry of Ayush

Nearly one in every four persons in India incorporating yoga, reveals Ayush ministry survey

18 • PG | 279 • Sqcm | 1151166 • AVE | 2.78M • Cir | Top Left

Delhi

Nearly one in every four persons in India incorporating yoga, reveals Ayush ministry survey

DurgeshNandan.Jha
@timesofindia.com

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INT'L DAY OF YOGA

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He also stressed the need for more yoga trainers and accessibility to yoga classes, offline or through digital mode. Subhash Giri, professor of medicine at Ram Manohar Lohia (RML) hospital, stressed that yoga provides numerous physical, mental, emotional, and long-term health benefits.

Saima Wazed, regional director of WHO Southeast Asia said: "The benefits of yoga are well-documented. Studies have shown that 77% of people report feeling physically stronger after practising yoga regularly; 82% of patients with chronic inflammation experienced a nearly 50% reduction in symptoms after just six weeks of daily yoga. A study by Harvard Medical School found 60% of participants with depression experienced a significant reduction in symptoms after practising yoga twice a week for eight weeks".

The Times of India • 21 Jun • Ministry of Ayush

One in every four Indians does yoga: Ayush ministry survey

12 • PG | 238 • Sqcm | 879880 • AVE | 1.78M • Cir | Top Center

Bengaluru

One in every four Indians does yoga: Ayush ministry survey

Moots Plans To Expand Its Reach

DurgeshNandan.Jha
@timesofindia.com

PTI

FOCUS ON WELLNESS: Youngsters perform yoga inside a temple on the eve of International Day of Yoga, in Nadia, West Bengal, Friday

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The Times of India • 21 Jun • Ministry of Ayush

Stretching across districts: Tricity in sync for Yoga Day

4 • PG | 366 • Sqcm | 177520 • AVE | 345.95K • Cir | Top Right

Chandigarh

Stretching across districts: Tricity in sync for Yoga Day

Sunrise Sessions, Music & Wellness Events In Chd, Mohali & Pkl

TIMES NEWS NETWORK

Mohali/Panchkula: In line with the global observance of International Day of Yoga, multiple sessions will be held across Mohali district from 6 am to 7 am, encouraging citizens to embrace the ancient practice for physical and mental well-being.

The main district-level event will be held at the Sports Stadium in Sector 78, where deputy commissioner Komal Mittal will participate in the collective yoga session. Simultaneous events will also take place at Ashok Vatika, Sanatan Dharam Sabha, Gulabgarh (Derabassi), and Ram Bhawan in Kharar, ensuring wider community participation.

Meanwhile, Dr BR Ambedkar State Institute of Medical Sciences (AIMS), Mohali, in collaboration with CM di Yogshala, will celebrate International Yoga Day at 6 am.

Director principal Dr Bhavneet Bharti shared that AIMS Mohali and CM di Yogshala will attempt to enter the Asia Book of Records by assembling the largest number of healthcare providers performing yoga together at one venue. The record-setting session will be held at the ground of Shaheed Major Harminder Pal Singh Government College, Phase 6, Mohali.

MBBS students, nursing students, and healthcare professionals from various disciplines are expected to participate in large numbers. "This record attempt is not just about numbers; it's about nurturing a culture of holistic wellness within our institution and extending that ethos to the broader community," Dr Bharti said.

TOI

Coordinated activities will take place in various parts of the two districts

Panchkula celebrations

Panchkula will also mark International Yoga Day with a district-level event at Red Bishop Convention Hall on June 21. Rajya Sabha MP Rekha Sharma will be the chief guest, and renowned classical musician Subhash Ghosh will perform at the venue. Deputy commissioner Monika Gupta said special preparatory yoga sessions were held across the district, drawing participation from thousands. Separate block-level events will be organised, with various dignitaries in attendance.

UT EVENT AT TIRANGA PARK

Chandigarh administration will celebrate the 11th International Day of Yoga, celebrating health, wellness, and harmony. The event will start at 5.30 am in Tiranga Urban Park, Sector 17, Chandigarh on Saturday. Punjab governor and UT administrator Gulab Chand Kataria will be the chief guest at the event.

The Times of India • 21 Jun • Ministry of Ayush

Yoga day at Attari check post today

3 • PG | 36 • Sqcm | 17508 • AVE | 345.95K • Cir | Middle Left

Chandigarh

Yoga day at Attari check post today

Amritsar: The BSF will mark 11th International Yoga Day with celebration at the Attari joint check post on Saturday. The event, "Ek Prithvee, Ek Swaasthya Ke Liye Yog" aims to highlight the unifying and holistic power of yoga against the backdrop of the India-Pakistan border. The celebration will bring together BSF troops, residents of nearby border villages, schoolchildren, renowned sports personalities, and Padma awardees.

The Times of India • 21 Jun • Ministry of Ayush

YOGA DOESN'T END ON THE MAT; ITS BENEFITS STAY WITH YOU ALL DAY

1,8 • PG | 1200 • Sqcm | 2058831 • AVE | 1.78M • Cir | Top Left,Top Right | Bangalore Times

Bengaluru

Pics: Karthikeyan Sairam; Location: Hyatt Centric MG Road Bangalore

RADHIKA NARAYAN

'YOGA DOESN'T END ON THE MAT; ITS BENEFITS STAY WITH YOU ALL DAY'

Radhika Narayan practices a variation of *Shandasana* (side lunge) for the *Bangalore Times* lens; (below) *Ustrasana* (camel pose)

INTERNATIONAL DAY OF YOGA

Devika V Menon

Actor Radhika Narayan grew up immersed in the benefits of yoga as her late grandfather was an instructor. "Though he's no longer with us, the values and knowledge he shared with my brother and me when we were young, remain. That's why I still practice yoga regularly," Radhika tells *Bangalore Times* on International Day of Yoga. "As an actor, I love that yoga keeps me moving, especially given the nature of my job. All I need is a mat – or even no mat – and I can practice anywhere," she says. Excerpts:

CONTINUED ON • 8

With yoga, the options are endless. Yoga can always be customised to suit your needs. You don't need to skip out on moving your body; you can do it no matter where you are

Pics: Karthikeyan Sairam; Location: Hyatt Centric MG Road Bangalore

In today's constant hustle, yoga is what grounds me: Radhika

Radhika Narayan demonstrates the *Matsyendrasana* (Lord of the Fishes) pose and (left) a low lunge

As an actor, I love that yoga keeps me moving, especially given the nature of my job. All I need is a mat – or even no mat – and I can practice anywhere

CONTINUED FROM 1

'ULTIMATELY, THE GOAL OF YOGA IS TO GUIDE YOU INWARD'

Yoga is incredibly versatile as an exercise. It boosts not just your physical health, but also your mental well-being, fostering resilience, focus and strength. Emotionally too, mastering breathwork through *pranayama* helps you understand the direct link between your moods and your mental and emotional health. Ultimately, yoga aims to guide you inward, with the goal of achieving *samadhi*, or inner peace.

'WITH YOGA, THE OPTIONS ARE ENDLESS'

Wherever I am, no matter what, no matter when... all I need is a mat – or even no mat – to practice yoga. With yoga, the options are endless. Yoga can always be customised to suit your needs. You don't need to skip out on moving your body; you can do it no matter where you are.

'WHEN I TOOK A BREAK FROM YOGA, I REALISED HOW MUCH ANXIETY HAD BUILT UP'

Even after years of practice, I'd still call myself a yoga beginner. I remember I had to take a break from yoga because I was nursing a shoulder injury - that's when I truly understood yoga's impact. Without it, I saw how much anxiety had kicked in without my knowledge, how much tension had kicked in, how irritable I was. That's when I realised how much yoga had been helping me, especially with today's constant hustle. Yoga isn't just what we do on the mat; it's what we carry with us throughout the day.

'IF YOU WANT GOOD HEALTH, YOU NEED TO SLOW DOWN'

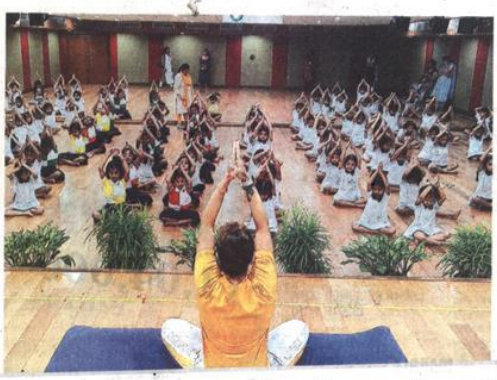
Because we're battling reduced attention spans, people often think yoga is boring. But it's important to understand that yoga is a slow format. If you want good health, you need to slow down. We've confused stability and relaxation with boredom. We need more people talking about yoga, the importance of slowing down, and its health benefits. Once you realise your fast-paced life is harming your health, you'll see the need to slow down. And yoga is one of the best tools for it.

The Times of India • 21 Jun • Ministry of Ayush

A grand celebration of the Int'l Day of Yoga

8 • PG | 836 • Sqcm | 764519 • AVE | 812.98K • Cir | Middle Left | Calcutta Times

Kolkata



A grand celebration of the Int'l Day of Yoga

Swami Vivekananda aptly said, "Education is the manifestation of perfection already in man." It is not mere memorization or intellectual refinement, but a transformative process that elevates human nature from instinct to divinity. At its core, this journey is yoga.

INTERNATIONAL DAY OF YOGA CELEBRATED IN BIRLA HIGH SCHOOL, MOIRA STREET

Education and yoga are deeply interconnected. Yoga cultivates essential life skills – critical thinking, emotional regulation, communication, empathy, self-awareness, and resilience. Each path of yoga contributes uniquely: Raja Yoga builds willpower and discipline; Bhakti Yoga nurtures emotional depth; Jnana Yoga sharpens intellect; Karma Yoga fosters joy through selfless service. Introducing Yoga early, especially during adolescence, helps young minds navigate physical and emotional changes with balance. Reflecting this belief, yoga is woven into daily life at the Birla High School, Moira Street. From toddlers to high schoolers, all students are immersed in a yogic lifestyle under trained instructors.

Grades 1–5 follow a structured junior yoga routine; Grades 6-8 include it as a co-curricular; Grades 9-10 study it as a compulsory subject; and senior students practice it through physical education. Many teachers also engage in yoga, tailoring their practice to individual health needs.

SUSHILA BIRLA GIRLS' SCHOOL CELEBRATES YOGA

Today, Sushila Birla Girls' School is celebrating International Day of Yoga with great zeal, reaffirming its unwavering commitment to the holistic development of every girl child. Observed annually as part of the academic calendar, the day promotes physical fitness, mental clarity, and emotional balance among students.

Rooted in the belief that empowering girls requires nurturing strength in body, mind, and spirit, the school makes yoga a vital part of its ethos.

The International Day of Yoga celebration reflects the institution's broader philosophy of well-being and empowerment. With the motto 'Empowering the Girl Child,' the school goes beyond academics to embrace practices that build character and confidence.

Yoga is embedded across all levels – from junior classes to senior students. Regular practice enhances concentration, discipline, and resilience. Meditation sessions during assemblies reinforce inner calm and mindfulness, helping students appreciate yoga as a way of life.

The celebrations become vibrant and festive on this day, with students participating in special sessions led by experienced instructors. Various *asanas* are demonstrated, and their benefits explained. The campus comes alive with collective breathing, graceful movements, and harmony.

Yoga demonstrations also feature during the Annual Sports Day, where students showcase poise, balance, and inner strength. The enthusiasm and energy are palpable as students showcase not just their flexibility but their focus and dedication. Beyond school, students often represent the institution in yoga competitions, consistently earning accolades that bring pride and inspire others.

At Sushila Birla Girls' School, yoga nurtures self-esteem, discipline, patience, and mental strength. The celebration of International Day of Yoga stands as a testament to the school's effort to raise confident, balanced and empowered young women – ready to face the world with purpose.

Birla High School - Mukundapur Observes International Yoga Day with Spirit and Serenity

Today, Birla High School, Mukundapur, celebrated International Day of Yoga with enthusiasm, reinforcing its commitment to holistic student development. The day began with students and teachers in white, gathering across the campus in a calm, focused atmosphere.

Classes I to III practised simple breathing techniques and basic yoga postures during physical education, introduced playfully to encourage early awareness of wellness. Students from Classes IV to IX participated in group sessions during morning assembly, performing *asanas* like Surya Namaskar, Vrikshasana, and Pranayama under expert guidance.

To deepen understanding, the school also hosted motivational talks, videos, and presentations on yoga's relevance in modern life, with teachers sharing real-life insights.

At Birla High School, Mukundapur, yoga is more than a one-day event – it's a way of life, fostering mindfulness, discipline, and lifelong well-being.

The Times of India • 21 Jun • Ministry of Ayush

A yoga initiative for all-round growth

9 • PG | 369 • Sqcm | 337556 • AVE | 812.98K • Cir | Top Center | Calcutta Times

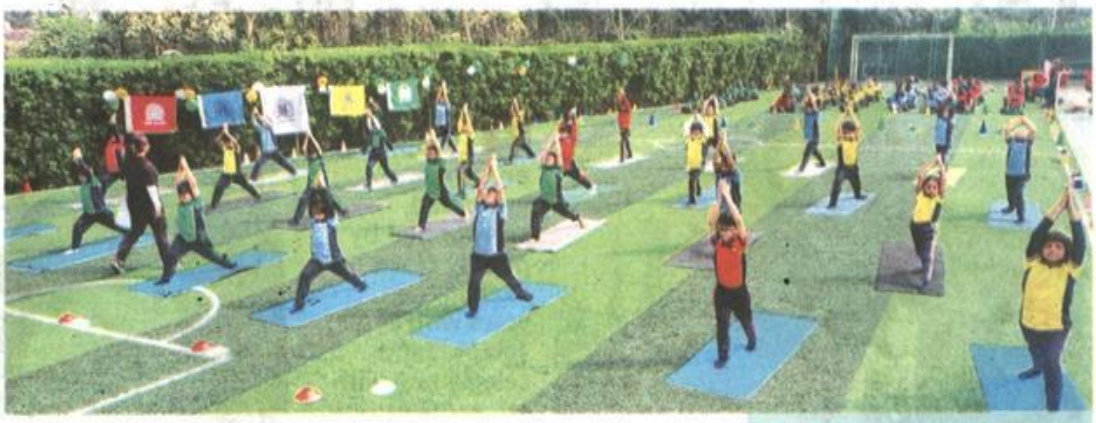
Kolkata

A yoga initiative for all-round growth

As millions across the globe gathered on June 21st to observe International Day of Yoga, Narayana Schools in West Bengal has emerged as a pioneer in integrating yoga into dails educational routines, demonstrating remarkable results in supporting young minds facing mounting academic and social pressures.

This ancient practice has become a cornerstone of Narayana's holistic educational approach, particularly relevant for today's youth who navigate digital distractions, competitive academics, and mental health challenges unprecedented in previous generations.

At Narayana Schools across West Bengal, educators report remarkable improvements in student concentration and emotional regulation since implementing their comprehensive yoga programs. Students practicing yoga show enhanced focus during study sessions, better stress management during examinations, and improved peer relationships through increased mindfulness and empathy.



Priyanka Mukherjee, academics head, Narayana Schools, West Bengal, said, "What sets Narayana Schools apart is our systematic implementation of yoga as more than just physical exercise, it's woven into the fabric of our educational philosophy. We have developed a structured program that combines traditional yoga practices with modern pedagogical approaches, creating a unique learning environment where academic excellence coexists with mental wellness."

She added, "When students practice yoga regularly, they develop better self-awareness, improved concentration, and resilience that serves them both inside and outside the classroom."

Narayana's innovative yoga program extends beyond physical postures to include breathing exercises and meditation techniques specifically designed for young learners.

The school has trained specialised instructors who understand both yoga principles and child psychology, ensuring age-appropriate practices that resonate with students from elementary through senior levels. Narayana Schools stands as a beacon of educational innovation, proving that ancient wisdom can provide modern solutions to contemporary challenges. Their commitment to integrating yoga into daily school life has created a template that other institutions across West Bengal are beginning to emulate, positioning Narayana as a thought leader in holistic education.

> **Yoga is an integral part of our students' routine as we can see how it changes their approach to learning & challenges**
> –Priyanka Mukherjee, academics head

The Times of India • 21 Jun • Ministry of Ayush

Make the best of yoga and Bhagavad Gita's teachings

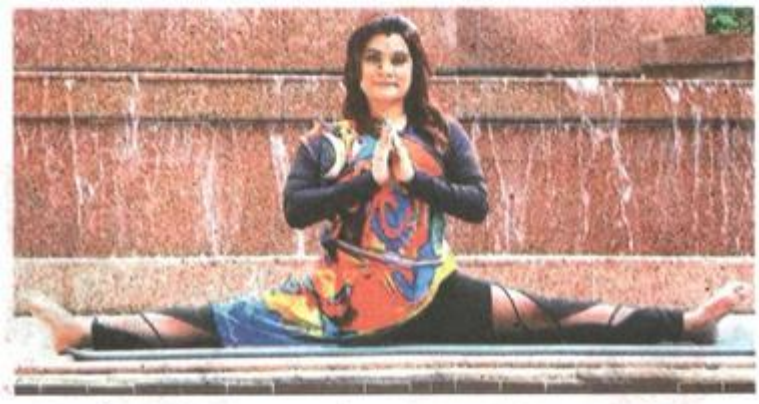
9 • PG | 179 • Sqcm | 164013 • AVE | 812.98K • Cir | Top Left | Calcutta Times

Kolkata

Madhusatta Chaudhury (also below) says: 'Our goal is to carry yoga beyond the mat'

Make the best of yoga and Bhagavad Gita's teachings

Grab Your Mat, founded by yoga coach Madhusatta Chaudhury, offers year-round Hatha, Vinyasa, aerial, and acro yoga classes. For International Day of Yoga, it launched Yoga On 'N' Off the Mat with StudyGita.in's Nishant Bhalotia. The programme blends yoga with teachings from the *Bhagavad Gita* to be a guide for life. Grab Your Mat is located near Southern Avenue. Open to all, it encourages mindful, holistic living through movement and wisdom.



The Times of India • 21 Jun • Ministry of Ayush

Nurturing young minds through yogasanas

8 • PG | 173 • Sqcm | 158613 • AVE | 812.98K • Cir | Top Left | Calcutta Times

Kolkata

Nurturing young minds through yogasanas

The essence of yoga is to shine the light of awareness in the darkest corners of the mind and body. At Shri Shikshayatan School, yoga is more than physical exercise – it's a way of life nurturing body, mind, and spirit.

Celebrated each year on International Day of Yoga, the school-wide participation in *asanas* fosters flexibility, confidence, and stress relief among students and teachers.

As part of the CBSE Health and Physical Education (HPE) programme, yoga is embraced as a timeless path to inner awareness and self-mastery. Students have also participated in the CBSE's '9-9-9 Yoga Programme' and brought accolades to the school in National and Inter-School Yoga Competitions. Yoga demonstrations during the Annual Sports Day continue to be a proud tradition, showcasing the harmony of mind, body, and spirit.

Through these practices, Shri Shikshayatan reinforces its commitment to holistic education and lifelong wellness, making yoga a living, breathing part of everyday school life.

The Times of India • 21 Jun • Ministry of Ayush

Yoga finds its flow in Delhi's heritage spaces

8 • PG | 655 • Sqcm | 1479262 • AVE | 2.78M • Cir | Top Left | Delhi Times

Delhi

The Times of India • 21 Jun • Ministry of Ayush

1 in every 4 Indians practises yoga: Ayush ministry survey

12 • PG | 207 • Sqcm | 1166051 • AVE | 2.74M • Cir | Top Right

Mumbai • Bhubaneshwar

1 in every 4 Indians practises yoga: Ayush ministry survey

DurgeshNandan.Jha
@timesofindia.com

New Delhi: India has been holding yoga events every year on June 21 since 2014, when the United Nations adopted India's resolution to mark the day as International Day of Yoga (IDY).

Celebrating IDY was first proposed by Prime Minister Narendra Modi at the United Nations General Assembly in 2014. Highlighting yoga's universal appeal, he suggested the Summer Solstice – June 21 – as the appropriate day for the purpose. With 177 UN member states co-sponsoring the resolution, the proposal received overwhelming support, with IDY being first celebrated in 2015.

A survey commissioned by Ministry of Ayush has found that this exercise has led to nearly one in every four persons in India incorporating yoga – which includes asana sequences, breath control exercises and meditation – into their lifestyle.

While 11% of the respondents — 30,084 people from across the country — said they practise yoga daily, 13% said they do it sometimes.

However, 75% of people don't practise yoga. To encourage such people, the survey report suggests complementing high-visibility flagship events such as IDY with grassroots mobilisation, digital platforms, and institutional partnerships.

One of the moves by govt in this direction is a plan to upgrade existing parks in various panchayats (rural) and municipalities (urban) into Yoga parks where people can practise yoga every day.

The Ayush ministry report also calls for embedding yoga instruction within school and university wellness programmes to foster early habit formation among young adults (18–24 years).

INT'L DAY OF YOGA

The middle-aged groups can benefit from flexible work arrangements and digital access, which offer opportunities to scale virtual and office-based yoga interventions and convert occasional participants into consistent practitioners, the researchers suggest. They highlighted that nearly 17% of the elderly — the highest of any age group — practise yoga regularly.

"The elderly people recognise the benefits of yoga, but they face barriers in including the practice in their daily lives. To address this situation, senior citizens-focused modules — such as chair-based asanas, balance exercises, and guided breathwork — should be delivered through community health centres and assisted-living facilities, ensuring that older adults can safely and confidently integrate yoga into their daily routines," said Dr Raghvendra Rao, director of Central Council for Research in Yoga and Naturopathy (CCRYN).

He also stressed the need for more yoga trainers and accessibility to yoga classes, offline or online. Dr Subhash Giri, professor of medicine at Ram Manohar Lohia (RML) hospital, stressed that yoga provides numerous physical, mental, emotional, and long-term health benefits, making it a great choice for overall well-being.

Saima Wazed, regional director of WHO Southeast Asia said: "...Studies have shown that 77% of people report physically stronger after practising yoga regularly; 82% of patients with chronic inflammation experienced a nearly 50% reduction in symptoms after just six weeks of daily yoga. Yoga can also help with mental health. A study by Harvard Medical School found that 60% of participants with depression experienced a significant reduction in symptoms after practising yoga twice a week for eight weeks".

The Times of India • 20 Jun • Ministry of Ayush

8 heritage sites in state picked for Yoga Day events

2 • PG | 47 • Sqcm | 173149 • AVE | 1.78M • Cir | Bottom Center

Bengaluru

8 heritage sites in state picked for Yoga Day events

Bengaluru: Celebrating the 11th International Day of Yoga (IDY) Saturday at 100 tourist-based iconic destinations across the country, the Union ministry of culture has chosen eight places in Karnataka. The celebrations will be held simultaneously at these locations along with main ones at Vishakhapatnam, where PM Narendra Modi will take part.

The eight locations are the premises of Durga temple at Aihole, front elevation of Badami caves, Gol Gumbaz at Vijayapura, Halebidu, elephant's stable at Hampi, front elevation of Pattadakal Temples, Tipu Sultan's palace in Bengaluru and fort premises at Srirangapatha. All the sites are under the jurisdiction of Archaeological Survey of India (ASI), according to an official release by the Centre. TNN

The Times of India • 20 Jun • Ministry of Ayush

International Yoga Day: State govt plans sessions at 15,000 locations

2 • PG | 295 • Sqcm | 50223 • AVE | 70.67K • Cir | Top Center

Goa

International Yoga Day: State govt plans sessions at 15,000 locations

TIMES NEWS NETWORK

Panaji: Chief minister Pramod Sawant on Thursday said that Goa will see its biggest-ever International Yoga Day celebrations this year on June 21. Yoga sessions have been planned in every school, college, police station, fire station, panchayat, govt office and primary health centre in the state. He said that yoga will be performed at 10,000 to 15,000 locations across Goa, including public places like bus stands and sports complexes.

"We will ensure that not a single village is left without a yoga session being conducted there on the day. I call on every person to at least make it the start of their yoga journey. Those working on the day can observe yoga breaks, yoga at the workplace, yoga at the chair, yoga for workaholic protocols. Yoga can be performed using the protocol even while sitting in a chair," said Sawant.

Every yoga event held on the day by any person in the state should be registered on the central Yoga Sangam portal so that the real extent of Yoga Day celebrations held in Goa is visible, he said.

File photo

Yoga sessions will be held on Saturday at every school, college, police and fire station, panchayat, govt office, and health centre

The CM said that the directorate of higher education conducts yoga through Art of Living instructors for its staffers every day and said that the state wants to see more govt offices incorporating this practice.

"It will help reduce non-communicable diseases if one observes day-to-day practice. We have a target of conducting yoga at 10,000 to 15,000 locations," said Sawant. The state-level event, where hundreds will perform yoga at one location, will be held at Dr Shyama Prasad Mukherjee Stadium for common yoga protocol from 6am to 8am, where the PM's speech will also be telecast live, said the CM.

The department of sports and youth affairs has also organised yoga sessions at 11 taluka locations at the different sports complexes. The theme for this year's Yoga Day is 'Yoga for One Earth, One Health' to protect Mother Earth and health. Aayush Goa state deputy director Dr Meenal Joshi said that her department will be holding Harit Yoga sessions at beautiful locations like plantations and iconic locations. "Yoga sessions for divyang, children, senior citizens, and marginalised sections will be held at schools and senior citizen homes, etc. During Harit Yoga sessions, we will also be distributing herbal plants," said Joshi.

Isha Foundation will hold sessions for the Indian Navy at Verem and Vasco, police stations at Calangute and Anjuna, Sanjay School for Special Children, for Goa Shipyard and municipality staff in Margao, among others, said their representative.

Yogasana Sports Association will hold power yoga competitions like handstand walk competition, contests to hold yoga poses over an extended time, and Suryanamaskar competition for higher secondary school students. Brahmakumari Vanita said that her organisation will hold yoga sessions at the Goa State Pollution Control Board and Colvale Central Jail, among others.

"In Goa, 26% of the population is diabetic and this figure could touch 50% in the next decade or so. Daily practice of yoga can keep us safe from these diseases. Last year, 604 programmes were organised by us on Yoga Day. This year we will cross that figure. Special yoga programmes for women in four talukas will also be organised by us," said Bharat Swabhiman Trust's Kamlesh Bandekar.

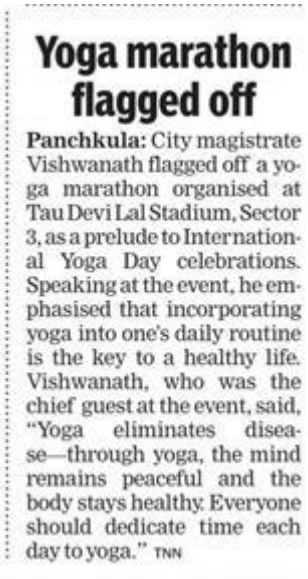
Goa Council of Ayurveda and Other Allied Systems of Medicine's Dr Sneha Bhagwat said they will hold yoga sessions at Selaulim Dam. Dr Anura Bale said Gomantak Ayurveda College, Shiroda, will hold a yoga session at Goa Medical College.

The Times of India • 20 Jun • Ministry of Ayush

Yoga marathon flagged off

3 • PG | 32 • Sqcm | 15279 • AVE | 345.95K • Cir | Middle Center

Chandigarh



Yoga marathon flagged off

Panchkula: City magistrate Vishwanath flagged off a yoga marathon organised at Tau Devi Lal Stadium, Sector 3, as a prelude to International Yoga Day celebrations. Speaking at the event, he emphasised that incorporating yoga into one's daily routine is the key to a healthy life. Vishwanath, who was the chief guest at the event, said, "Yoga eliminates disease—through yoga, the mind remains peaceful and the body stays healthy. Everyone should dedicate time each day to yoga." TNN

The Times of India • 20 Jun • Ministry of Ayush

UNIQUE YOGA TRENDS RESHAPING CITY'S WELLNESS CULTURE

3 • PG | 929 • Sqcm | 1012917 • AVE | 1.21M • Cir | Top Center | Chennai Times

Chennai

Pics: iStock

FROM TEMPLE TRAIL TO OFFICE DESK...

UNIQUE YOGA TRENDS RESHAPING CITY'S WELLNESS CULTURE

Fahad Hussain

Long known for its deep-rooted connection to spiritual disciplines, Chennai is now seeing a creative transformation in its yoga practices. Blending tradition with innovation, these emerging yoga trends are not only rejuvenating the body but also redefining the wellness culture of the city. From underwater postures to heritage-themed yoga experiences, here are five unique yoga trends gaining traction in the city:

Eco-yoga in urban forests

As part of the urban greening wave, a few NGOs and eco-groups in the city have introduced eco-yoga – community yoga events in reclaimed forest pockets like Semmozhi Poonga and Nageswara Rao Park. These sessions include mud-grounding, barefoot walking, and forest breathing, promoting harmony with nature.

Temple trail yoga

This trend invites practitioners on a journey through Chennai's rich spiritual tapestry. Led by heritage yogis, temple trail yoga involves early morning sessions at historical temples like Kapaleeshwarar and Parthasarathy, where the architecture and spiritual ambiance intensify the meditative experience.

> We blend raga with asana. Our goal is to let the soul stretch as much as the spine
> – Ramanan, a yoga practitioner

Sundown rooftop yoga with Carnatic fusion

This type of yoga is set against the city's twilight sky. Rooftop yoga is now paired with live Carnatic music fusions performed by young artistes. These sessions on terrace gardens and coworking rooftops offer a perfect escape from Chennai's traffic chaos, with sound and motion creating a sensory detox.

Underwater yoga on ECR

Imagine holding your breath in sync with your breathwork – quite literally. A handful of coastal resorts along the East Coast Road (ECR) now offer underwater yoga classes in specially designed pools. This innovative trend combines pranayama and asanas with the calming resistance of water, improving lung capacity and focus.

> Yoga underwater helped me overcome my fear of drowning. It's more than fitness
> – Shobitha, yoga instructor

> The vibration of ancient chants and temple bells aligns perfectly with my breath. It's yoga, history, and soulfulness wrapped into one
> – D Prasanna, a yoga student, who's been practising since 2019

Office desk yoga for corporate wellness

Companies in Chennai's IT hubs like Guindy and OMR are introducing desk yoga during work hours. Instructors conduct 15-20 minute sessions involving neck rolls, wrist stretches, and desk-side breathing techniques. The reason why it's needed is that it reduces stress, eye strain, and physical fatigue among desk-bound professionals without interrupting workflow.

> My day at the office always begins with five minutes of yoga — both before and after meetings. The work pressure can be exhausting, and doing simple yoga helps me manage anxiety
> – Kalyani, a project team lead at an IT company

The Times of India • 20 Jun • Ministry of Ayush

With just a six-foot mat, yoga can provide spiritual uplift and immunity, says expert

2 • PG | 237 • Sqcm | 40336 • AVE | 70.67K • Cir | Middle Center

Goa

With just a six-foot mat, yoga can provide spiritual uplift and immunity, says expert

Paresh.Mokani
@timesofindia.com

Panaji: Suresh Kumar knows more about yoga and its benefits, more than most in Goa. After all, he's the first yoga trainer recognised by the Sports Authority of Goa (SAG) and someone who has dedicated most of his life to the practice.

Yoga is a way of cleaning your body, said the yoga trainer

Ahead of International Yoga Day, his message to everyone is simple: Medicines help you survive but yoga makes you live happy, achieve spirituality.

"Your house will be left dirty if it's not cleaned regularly. You also need to clean your surroundings. Yoga is a way of cleaning your body. It boosts your immunity. Yoga helps boost your power and immunity," said Kumar, who has over 30 years of experience.

Yoga is an ancient and complex practice, rooted in Indian philosophy. What started as a spiritual practice has become popular as a way of promoting physical and mental well-being with different yoga styles—ranging from gentle practices to physically demanding ones—being practiced.

For most, getting ready for yoga is a challenge but once they get into the groove, there's no looking back.

"When you wake up, you open your eyes; your ears hear things. Then, you gather your thoughts. So, you need to filter your thoughts, mentally. Physically, you need to do a general warm up by stretching your body. Just like you need a bath every day, yoga is needed too on an everyday basis. You need nothing, apart from a six-foot mat. It's all in your hands, and you can start with basic, simple exercises," said Kumar.

For life to be good, the yoga expert feels three prayers are needed; the first involves fitness, the second discipline, and third, God on your side. Yoga, he felt, helps improve social and cultural behaviour as well.

"Yoga involves several factors: mentality, physicality, flexibility and spirituality. Pranayamas are a great thing to do after warming up. Yoga is best when done on an empty stomach, so when you wake up, it is an ideal time.

"The benefits of yoga are countless. It helps improve general wellness by relieving stress, supporting good health habits. Even terminal diseases and ailments can be contained with help of yoga. Yoga is a proven ancient science, and the final product is attaining spirituality," said Kumar

He further said nature is a great teacher and yoga is what nature has to offer.

"If you do yoga, it should make you feel energetic," said Kumar. "If you feel tired, that's not yoga. Lifestyle has changed. Professional yoga for age-group is different. For a general person, they must feel great after doing yoga. Meditation, pranayam are part of it. When you meditate, your willpower increases. You must elevate and motivate yourself."

The Times of India • 19 Jun • Ministry of Ayush

Yoga records to be attempted on June 21

2 • PG | 61 • Sqcm | 225706 • AVE | 1.78M • Cir | Middle Right

Bengaluru

Yoga records to be attempted on June 21

Bengaluru: Marking International Day of Yoga on June 21, Akshar Yoga Kendraa is preparing to create 12 new Guinness World Records. Participants from over 30 countries, including US and Singapore, will be part of the event that will host 2,500 participants at Gate 9, Princes Shrine, Palace Grounds. Call 9980667793 or check aksharyoga.com

Free webinar on aphasia

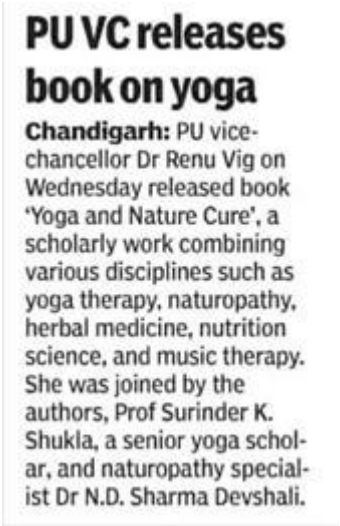
Samvaad Institute of Speech and Hearing will host a free webinar on "Empowering caregivers in the journey through aphasia" on June 20, 11am, on the institute premises near Hebbal. Aphasia, a communication disorder caused due to brain damage, stroke or head injury, not only makes it difficult for one to communicate, but can also challenge caregivers emotionally. The event is open to caregivers, family and those interested in learning about communication disorders. Call 9061804609. TNN

The Times of India • 19 Jun • Ministry of Ayush

PU VC releases book on yoga

2 • PG | 31 • Sqcm | 14922 • AVE | 345.95K • Cir | Bottom Left

Chandigarh



PU VC releases book on yoga

Chandigarh: PU vice-chancellor Dr Renu Vig on Wednesday released book 'Yoga and Nature Cure', a scholarly work combining various disciplines such as yoga therapy, naturopathy, herbal medicine, nutrition science, and music therapy. She was joined by the authors, Prof Surinder K. Shukla, a senior yoga scholar, and naturopathy specialist Dr N.D. Sharma Devshali.

The Times of India • 19 Jun • Ministry of Ayush

NDMC to host yoga sessions across city on Int'l Yoga Day

3 • PG | 65 • Sqcm | 266856 • AVE | 2.78M • Cir | Top Right

Delhi

NDMC to host yoga sessions across city on Int'l Yoga Day

New Delhi: New Delhi Municipal Council is set to conduct yoga sessions at eight major venues across Lutyens' Delhi on June 21, on the International Day of Yoga. The locations will include Kartavya Path, Lodhi Garden, Talkatora Garden, the Lawn at Shanti Path, Central Park (Connaught Place), Pandara Park, New Moti Bagh (IAS Residences), and Sanjay Jheel (Laxmibai Nagar). The initiative will see participation from around 2,000 individuals. Meanwhile, build-up yoga camps are already underway from June 18 to 20 at Lodhi Garden and Talkatora Garden.

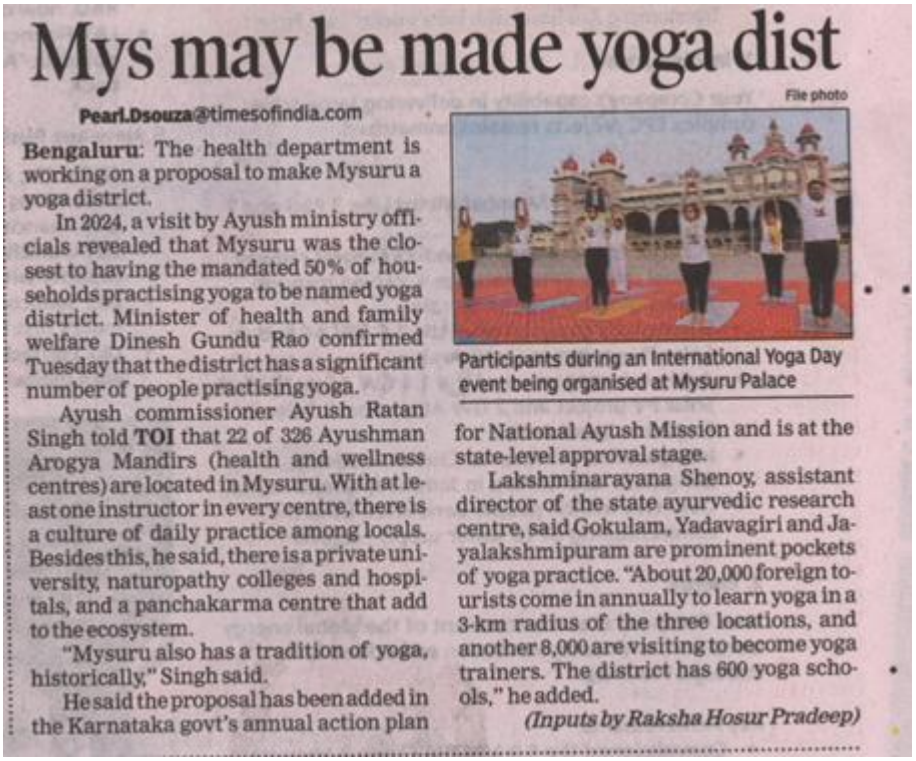
NDMC Vice Chairman Kuljeet Singh Chahal said that sessions on Yoga Day will feature the live streaming of the Prime Minister's message and the distribution of yoga t-shirts and yoga mats to the participants. The ministry of ayush will oversee the delegation of yoga trainers at these locations and coordinate with the yoga partner institutions like Patanjali Yoga Samiti and Gayitri Parivar. TNN

The Times of India • 18 Jun • Ministry of Ayush

Mys may be made yoga dist

6 • PG | 120 • Sqcm | 441409 • AVE | 1.78M • Cir | Bottom Right

Bengaluru



Mys may be made yoga dist

Pearl.Dsouza@timesofindia.com

Bengaluru: The health department is working on a proposal to make Mysuru a yoga district.

In 2024, a visit by Ayush ministry officials revealed that Mysuru was the closest to having the mandated 50% of households practising yoga to be named yoga district. Minister of health and family welfare Dinesh Gundu Rao confirmed Tuesday that the district has a significant number of people practising yoga.

Ayush commissioner Ayush Ratan Singh told **TOI** that 22 of 326 Ayushman Arogya Mandirs (health and wellness centres) are located in Mysuru. With at least one instructor in every centre, there is a culture of daily practice among locals. Besides this, he said, there is a private university, naturopathy colleges and hospitals, and a panchakarma centre that add to the ecosystem.

"Mysuru also has a tradition of yoga, historically," Singh said.

He said the proposal has been added in the Karnataka govt's annual action plan for National Ayush Mission and is at the state-level approval stage.

File photo

Participants during an International Yoga Day event being organised at Mysuru Palace

Lakshminarayana Shenoy, assistant director of the state ayurvedic research centre, said Gokulam, Yadavagiri and Jayalakshmipuram are prominent pockets of yoga practice. "About 20,000 foreign tourists come in annually to learn yoga in a 3-km radius of the three locations, and another 8,000 are visiting to become yoga trainers. The district has 600 yoga schools," he added.

(Inputs by Raksha Hosur Pradeep)

The Times of India • 18 Jun • Ministry of Ayush

Bengaluru yoga enthusiasts unite for a session, ahead of International Day of Yoga

3 • PG | 420 • Sqcm | 720926 • AVE | 1.78M • Cir | Bottom Left | Bangalore Times

Bengaluru

The Times of India • 17 Jun • Ministry of Ayush

Medicines, Path Tests, Yoga! A For Free At Revamped Centres

3 • PG | 3073 • Sqcm | 12662664 • AVE | 2.78M • Cir | Top Left

Delhi

Medicines, Path Tests, Yoga! All For Free At Revamped Centres

AYUSHMAN AROGYA MANDIRS: Delhi Govt To Launch 33 Of These Facilities Today

Anuja.Jaiswal@timesofindia.com

New Delhi: The newly established Ayushman Arogya Mandirs (AAMs) in Delhi present a new face of urban healthcare. Bright colours, modern furniture, well-stocked medicine shelves, advanced laboratories and spotless washrooms now greet the ailing, marking a substantial upgrade from their previous incarnations as polyclinics, dispensaries and the Aam Aadmi Party govt's mohalla clinic.

On Tuesday, chief minister Rekha Gupta will inaugurate an AAM at Tis Hazari, one of the 33 to be launched on the day. Six centres will be opened by the state ministers in their constituencies, while BJP MPs and other political figures will inaugurate the rest. AAMs aim to deliver preventive, promotive and curative health services.

The inauguration schedule on Tuesday includes health minister Pankaj Kumar Singh at Old Barat Ghar, Vikas Nagar, PWD minister Parvesh Sahib Singh Verma at Babar Road, environment minister Sardar Manjinder Singh Sirsa at DGD Chowkhandi, home and education minister Ashish Sood at Janakpuri, social welfare minister Ravinder Singh (Indraj) at Bawana, and culture minister Kapil Mishra at Khajoori Khas.

A preliminary visit to some AAMs reveals an impressive transformation. Fresh paint, updated furniture, new signage, and improved patient seating arrangements enhance the ambience. Cooling solutions like fans and coolers address the summer heat, and upgraded drinking water and sanitation facilities reflect the govt's commitment to hygiene and comfort.

Officials confirmed that these centres adhere to the Indian Public Health Standards, 2022, which stipulate requirements for infrastructure, staffing, medical supplies, diagnostic tools and essential health services. "We hope these improvements are maintained beyond the inauguration," remarked a Rohini resident, observing the upgraded Sector 18 AAM. Manoj and Shikha Gupta lauded the cleanliness, paintwork, and service navigation signage but voiced concern at the reduced operating hours — now from 8am to 12:30pm, two hours shorter than before. Healthcare staff explained that the shortened hours were only for the period of renovations and there were plans to extend them once the centres were fully operational.

At the Tis Hazari AAM, officials highlighted services such as cervical cancer screening, maternal care and childhood vaccinations under the national immunisation programme for children aged 0 to 16 years. The centre will dispense 105 essential medicines. Operating hours at this facility will be 9.30am to 3.30pm.

Moreover, the centre offers 14 in-house lab tests — among them haemoglobin, blood sugar, malaria, dengue and typhoid card tests — alongside 79 outsourced tests like liver function test, kidney function test, lipid profile, thalassemia and thyroid screenings, all free of charge. Additionally, bi-weekly yoga sessions on Monday and Thursday will promote holistic well-being.

Kishan Lal, a 42-year-old shop worker near the Shalimar Bagh AAM, acknowledged the aesthetic improvements but remained cautious about the sustained quality of medical services. "I hope the new govt maintains these standards," he said.

Distinct from the former mohalla clinics, AAMs are equipped with emergency oxygen facilities and private spaces for breastfeeding mothers. They will also facilitate the issue of Ayushman cards for citizens aged 70 and above. Healthcare personnel at these facilities comprise a physician, nursing staff, pharmaceutical specialist, auxiliary nursing midwives, laboratory technician, tuberculosis management specialist (DOTS), computer data operator and a multi-purpose support worker.

The previous mohalla clinics, launched in Oct 2015 by the CM Arvind Kejriwal, primarily catered to common ailments, offering accessible, free healthcare and medicines.

The Times of India • 08 Jun • Ministry of Ayush

Bend it for body: Delhi to host Yoga events at 11 sites

8 • PG | 201 • Sqcm | 826199 • AVE | 2.78M • Cir | Middle Right

Delhi

Bend it for body: Delhi to host Yoga events at 11 sites

TIMES NEWS NETWORK

New Delhi: Education minister Ashish Sood on Saturday said Delhi govt would, for the first time, officially host International Yoga Day on June 21 by organising events at 11 different locations.

Reviewing the preparations for the Yoga Day celebrations and the Ek Ped Maa Ke Naam 2.0 campaign, the minister said the celebrations would be held at 11 stadiums and sports complexes across the city, including Chhatrasal and Thyagaraj stadiums.

"The primary objective of this initiative is to promote physical and mental wellness while encouraging the practice of yoga among students, teachers and the community. Nearly 20,000 participants are expected to join, including students and teachers from Delhi govt schools, yoga instructors, NSS and NCC cadets, and civil defence volunteers," Sood said.

The minister said Chhatrasal Stadium would be the main venue, where around 10,000 participants would engage in yoga practice, supported by 5,000 volunteers from Bharatiya Yog Sansthan. Each of the other 10 venues will host approximately 1,000 participants. All participants will be provided with T-shirts, water, refreshments and yoga mats. Each venue will be equipped with medical facilities, ambulances, fire safety arrangements, mobile toilets, sanitation, fogging, electricity and water supply, he added.

Delhi Police will handle security and traffic management. All major venues will feature CCTV surveillance, traffic signage, colour-coded parking passes (red, green, yellow), and special arrangements for emergency services. "District magistrates have been directed to ensure participant transportation, safety, refreshment distribution, and availability of yoga mats and T-shirts in their respective areas. They have also been instructed to invite schools, colleges, community leaders, yoga instructors and heads of govt offices to participate and promote yoga. The event will be broadcast live on edudel.nic.in," Sood said.

File photo

Nearly 20,000 participants are expected to join

Speaking of the Ek Ped Maa Ke Naam 2.0 campaign, the minister described it as a unique initiative combining environmental protection with honouring motherhood. As part of this campaign, chief minister Rekha Gupta will plant a sapling at Rajkiya Pratibha Vikas Vidyalaya in Shalimar Bagh on June 9.

"The campaign supports Government of India's target of planting 10 crore (100 million) saplings. Complementing this, Delhi govt aims to plant 3.7 lakh saplings in 2025-26, including 1 lakh trees, 2 lakh shrubs and 70,000 bamboo plants in schools, near main roads and in large parks," Sood said.

The Times of India • 06 Jun • Ministry of Ayush

70k register for Yoga Day in Haryana

7 • PG | 26 • Sqcm | 12410 • AVE | 345.95K • Cir | Top Right

Chandigarh

70k register for Yoga Day in Haryana: The Haryana Ayush department has announced that more than 70,000 people across all districts of the state have so far registered to participate in the "Yoga Mahotsav" on June 21. TNN

The Times of India • 31 May • Ministry of Ayush

Does vajra twist yoga reduce belly fat Experts weigh in

5 • PG | 438 • Sqcm | 477750 • AVE | 1.21M • Cir | Top Right | Chennai Times

Chennai

Does vajra twist yoga reduce belly fat? Experts weigh in

Yashaswi Kochar

Yong Cun, a popular Tai Chi practitioner, has piqued curiosity with a video that's gone viral on social media. In it, he demonstrates a Vajra twist and claims that doing it 30 times a day can help reduce belly fat. But how accurate is this claim?

What is the Vajra twist?

Traditionally, Vajrasana (Thunderbolt Pose) is a meditative yoga posture. The Vajra twist appears to be a modern variation combining elements of Vajrasana and Ushtrasana (Camel Pose), creating a gentle spinal twist. The Vajra twist has become popular and several Tai Chi practitioners have been incorporating it into their wellness routine.

Vajra twist helps you strengthen your core, but that doesn't mean it will reduce your belly fat. Belly fat cannot be reduced just by doing one exercise

– Rajesh Pavar, gym trainer

Ekta Vaishnav

Variations of (above) Vajra twist include Vajra squat, Vajra kneeling, Vajra lunge, Vajra seated twist

Fitness Fundas

Belly fat cannot be reduced by just one exercise, say experts

"There is nothing like Vajra twist; someone has created a variation of Vajrasana and Ushtrasana. This twist helps you reduce love handles and belly fat, strengthens your core and back, helps in spine flexibility and improves your digestion as well," says Vishal Vaghela.

'To reduce belly fat, one has to focus on diet too'

The idea of spot reduction – losing fat from a specific part of the body by exercising that area – is widely considered a myth. Fat loss is systemic and requires a caloric deficit, usually achieved through a combination of diet, exercise, and proper rest. "To reduce belly fat, one has to focus on diet. You must take in fewer carbohydrates, avoid sugar and tea, reduce rice intake, and stop eating junk food," says Vishal Vaghela, a yoga trainer.

Pankaj Pasi, founder of a Vadodara-based gym, suggests integrating Vajra twist into a broader routine, "For best results, you can add it daily after workout sessions."

Fitness enthusiasts Ekta Vaishnav, a faculty member at an interior design institute, and Tanvi Buch, a landscape designer, feel, "A combination of yoga poses like Surya Namaskar, Cat-Cow, Sphinx, and Cobra can aid in reducing belly fat, while activities like walking, running, swimming, Zumba, aerobics, or any sport can significantly boost cardiovascular health."

The Times of India • 29 May • Ministry of Ayush

State-level Yoga Day event to be held in K'shetra: CM

7 • PG | 80 • Sqcm | 38643 • AVE | 345.95K • Cir | Top Right

Chandigarh

State-level Yoga Day event to be held in K'shetra: CM

TIMES NEWS NETWORK

Chandigarh: Haryana chief minister Nayab Singh Saini on Wednesday said a grand state-level event would be organised in Kurukshetra on June 21 to mark 11th International Yoga Day.

Approximately one lakh people will participate in the celebrations. Renowned yoga guru Baba Ramdev will also grace the occasion with his presence, the CM said while addressing a press conference shortly after presiding over a meeting to finalise the preparations for Yoga Day. The meeting was attended by the officials of the AYUSH department and other departments concerned.

Saini informed that the final preparations for Yoga Day function were reviewed and finalised during the meeting. He emphasised the importance of creating an atmosphere where the entire state engaged in yoga.

"Yoga is an ancient tradition of our country. It is not just a form of physical exercise, but a holistic way of life. It has given us a path to health awareness," he said and encouraged everyone to incorporate yoga into their daily routine.

The Times of India • 27 May • Ministry of Ayush

Chair yoga: Traditional yoga poses reimagined for the elderly

3 • PG | 188 • Sqcm | 205313 • AVE | 1.21M • Cir | Bottom Center | Chennai Times

Chennai

Chair yoga: Traditional yoga poses reimagined for the elderly

Marian Rivman is pushing 80. Harriet Luria is a proud 83. In this trio, Carol Leister is the baby at 62. Together, they have decades of experience with yoga. Only now, it involves a chair. Chair yoga adapts traditional yoga poses for older people and others with physical challenges. As older adults have become more active, chair yoga has grown in popularity.

"You're stretching your whole body," Rivman said, adding, "What you can do in the chair is a little more forgiving on the knees and hips. So as you age, it allows you to get into positions you were doing before without hurting yourself."

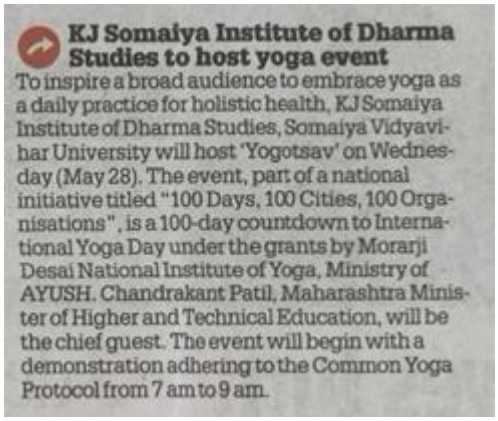
Desk workers can also squeeze in 15 minutes of chair yoga. Many companies offer it as a way to cut down on stress. "The very first time in a yoga class that I brought in the chair, all of my students said, 'I don't want geriatric yoga. I'm not an old person,'" said Whitney Chapman, the instructor. AP

The Times of India • 26 May • Ministry of Ayush

KJ Somaiya Institute of Dharma Studies to host yoga event

13 • PG | 35 • Sqcm | 55335 • AVE | 2.74M • Cir | Middle Center | Education Times

Mumbai



KJ Somaiya Institute of Dharma Studies to host yoga event

To inspire a broad audience to embrace yoga as a daily practice for holistic health, KJ Somaiya Institute of Dharma Studies, Somaiya Vidyavihar University will host 'Yogotsav' on Wednesday (May 28). The event, part of a national initiative titled "100 Days, 100 Cities, 100 Organisations", is a 100-day countdown to International Yoga Day under the grants by Morarji Desai National Institute of Yoga, Ministry of AYUSH. Chandrakant Patil, Maharashtra Minister of Higher and Technical Education, will be the chief guest. The event will begin with a demonstration adhering to the Common Yoga Protocol from 7 am to 9 am.

The Times of India • 24 May • Ministry of Ayush

The rise of Walking yoga

8 • PG | 877 • Sqcm | 1980981 • AVE | 2.78M • Cir | Top Center | Delhi Times

Delhi

How to: Maintain a workout streak

iStock

SET A SPECIFIC, REALISTIC GOAL
Define your "why" - weight loss, strength, stress relief, etc. Set SMART goals, can try 30 mins of movement daily for 21 days.

MAKE IT NON-NEGOTIABLE, BUT FLEXIBLE
Commit to some movement daily, even if it's just a 10-minute stretch.

TRACK YOUR PROGRESS VISUALLY
Use a wall calendar, habit-tracking app, or fitness watch.

BREATHE WALK REPEAT

The rise of walking yoga

Swati Bhargava stretches during her walking yoga session

Anagha Sawant

Are you bored of simply walking, or find it difficult to fit in a full yoga session? You can now combine the two by practising walking yoga instead. Swati Bhargava, a yoga enthusiast inspired by her mum to practise walking yoga, shares, "She would go on her daily walks and combine them with light yoga *asanas* and stretches. I realised that this mix brought double the benefits. Her energy, flexibility, and consistency inspired me to try the same. Now, it's a part of my health routine."

Walking yoga is a gentle form of exercise that combines walking with mindfulness, breathing, and simple yoga movements. According to experts, you don't need to walk briskly or jog – the focus is mainly on your breathing technique.

istock

As a low-impact activity, walking yoga is suitable for all age groups and does not require any prior yoga experience. It supports both physical and mental well-being
– Savita Sawant, a yoga instructor

What is walking yoga

Mumbai-based yoga expert Gargi Parab explains, "Walking yoga is practised while walking slowly. The attention should be on your breath, body posture, and surroundings. You should focus on your breathing as you take each step."

"Unlike traditional yoga (practised on a mat) or regular walking (often done mindlessly), walking yoga blends slow walking with yoga awareness, posture alignment, and conscious breathing," explains Kamya, a yoga expert.

Incorporating walking yoga into your daily routine

- Walking yoga focuses on deep, slow breathing that is synced with your steps
- A common method is to inhale over 3 to 4 steps, and exhale over the next 3 to 4 steps while walking
- Start with a short and manageable distance, then increase gradually
- Include simple movements like forward bends, side bends, and arm stretches
- Stay present by engaging your senses and observing your surroundings
- Incorporate simple *asanas* such as: Tadasana (Mountain Pose), Trikonasana (Triangle Pose), Vrikshasana (Tree Pose), and Virabhadrasana (Warrior Pose)

– Inputs by Savita Sawant, a yoga instructor and Gargi Parab, a yoga expert

Kamya practises the walking yoga pose

BENEFITS
- Improves flexibility and balance
- Boosts circulation and lung capacity
- Reduces stress and anxiety
- Enhances posture and body awareness
- Strengthens muscles

Fitness Fundas

Who should try it

- Walking yoga is suitable for all age groups and can be practised either indoors or outdoors
- People recovering from injury needing low-impact movement
- Older adults or those with limited mobility or joint issues
- Individuals looking to improve flexibility, posture, and breathing
- "Walking yoga involves gentle stretches, making it ideal for individuals who prefer to avoid intense workouts," adds Savita Sawant, a yoga instructor

Technique for beginners

- Start by standing still and taking deep breaths
- Walk slowly, synchronising each step with your breath (inhale on the right foot, exhale on the left)
- Pause to stretch – try a forward fold or a side bend
- Resume walking, adding a simple affirmation such as "I am calm" or "I am strong"
- Finish with Tree Pose and a few deep, calming breaths

– Inputs by Kamya, a yoga expert

The Times of India • 12 May • Ministry of Ayush

NCTE introduces new ITEP courses in Yoga, Performing Arts, Sanskrit, PE

2 • PG | 866 • Sqcm | 1051678 • AVE | 4.69M • Cir | Top Right | Education Times

Delhi

NCTE introduces new ITEP courses in Yoga, Performing Arts, Sanskrit, PE

While schools have long offered these subjects, no structured teacher-education programmes existed earlier

Divyansh.Kumar
@timesofindia.com

To address the shortage of specialist teachers in schools, the National Council for Teacher Education (NCTE) recently announced the rolling out of four-year Integrated Teacher Education Programmes (ITEP) in Yoga, Performing and Visual Arts, Sanskrit and Physical Education. Launched under the framework of the National Education Policy (NEP) 2020, these dedicated pathways aim to produce educators equipped not only with applied skills but also with deep theoretical grounding, an essential blend that existing certificate and diploma routes have failed to deliver.

"The decision to introduce exclusive ITEP courses in these disciplines stems from a clear market gap," Prof Pankaj Arora, chairman, NCTE tells *Education Times*. While schools have long offered Yoga and Sanskrit as subjects, no structured teacher-education programmes existed to prepare pedagogies in these fields.

Aspiring Yoga instructors typically rely on certifications or diploma training, which lacks the theoretical frameworks necessary to design age-appropriate curricula or address the full spectrum of mental, physical and spiritual well-being in a school context. Likewise, Sanskrit education has been relegated to a subject taught by generalist BEd graduates rather than dedicated specialists.

"We do not have teachers for these courses although there is a demand in schools for teachers in these specialisations," says Prof Gajanan Londhe, NCTE member and executive director, Samvit Research Foundation, Bengaluru. By extending ITEP to Performing and Visual Arts, the council seeks to integrate arts education throughout the school spectrum, a core tenet of NEP 2020's vision of holistic, human-centered learning. Physical Education, already a BEd specialisation, will now benefit from a more robust, four-year programme that incorporates sports science, biomechanics and sports psychology alongside practice.

Institutional readiness

"We are not expecting a rollout across thousands of institutions immediately," Prof Arora says, adding, "The NCTE has finalised norms and is awaiting final approval before inviting institutions to apply for recognition. Only those colleges with requisite infrastructure–yoga labs, art studios, sports facilities—or a demonstrated track record in these disciplines will be encouraged to pilot the programmes." To ensure a measured start, the council will initially invite applications from 'special institutions' with prior expertise–such as universities already offering advanced Yoga or arts programmes. Lessons from this pilot phase will offer feedback for a broader expansion plan.

Curriculum design

A multi-tiered expert committee is overseeing curriculum development. Each four-year ITEP will allot 40% of credits to theory, including Indian Knowledge Systems (IKS), philosophy, sociology and contemporary fields including AI and digital education, and 60% to practicum, says Prof Sudhakar Venukapalli, member, NCTE and former dean, English and Foreign Languages University (EFLU), Hyderabad. "The aim is to root students in classical disciplines such as Vedic culture, Indian ethos, while equipping them with modern pedagogical tools: blended learning, project-based work and collaborative 'Vaad-Vivaad' dialogue traditions," he says. Stage-specific pedagogy aligns content with the NEP's four school stages (foundational, preparatory, middle and secondary), scaling theoretical depth and reflective practice as learners mature.

Local adaptations

Although the national framework provides a generic curriculum for Performing and Visual Arts, NCTE emphasises flexibility for regional and tribal art forms. "Universities can customise the course to include local contexts," says Prof Londhe. NCTE will support institutions by connecting them with resource experts, but local adaptation remains at the discretion of individual varsities. Inclusion of tribal languages, dance-drama traditions and art forms requires deeper engagement.

The Times of India • 17 Mar • Ministry of Ayush
Flex it! Studies show positive impact of yoga, ayurveda on many diseases

5 • PG | 295 • Sqcm | 1214645 • AVE | 4.69M • Cir | Top Right

Delhi

Flex it! Studies show positive impact of yoga, ayurveda on many diseases

Anuja.Jaiswal@timesofindia.com

New Delhi: More than two dozen studies at AIIMS's Centre for Integrative Medicine Research (CIMR) showed positive results regarding yoga and ayurveda protocols in treating multiple health conditions.

The conditions include coronary artery ailments, stroke rehabilitation, seizure disorders, vasovagal syncope, migraine, sleep disorders, diabetes and maternal health complications.

At the inaugural first international integrative medicine conference, held recently at the institute, Dr Gautam Sharma, cardiologist and founding professor in-charge of CIMR, discussed with **TOI** the significance of evidence-based validation in internationally recognised medical practices. He explained how the centre's doctors conducted rigorous research trials to establish scientific evidence supporting their yoga techniques and ayurvedic medicines for specific conditions.

Dr Sharma noted that yoga's accessibility, safety and straightforward nature provided an ideal foundation. The centre developed specific yoga modules for different health conditions, acknowledging that each situation required a unique approach. Their research produced 28 published papers, predominantly featuring yoga-based trials. They focused on areas where conventional medicine has limitations.

"The process involves collaboration with the physiology department and relevant specialty departments to understand how specific diseases or conditions manifest. They select techniques believed to reverse or minimise the disease's impact," Dr Sharma pointed out.

The module development involves consultation with yoga therapists and physicians, doctors and scientists, followed by national validation from at least 10 yoga experts before finalisation, he added.

"This thorough approach is necessary because certain yoga techniques may not benefit hypertensive patients, while specific techniques prove helpful for individuals with insomnia. This systematic method guides their selection process," he emphasised.

Dr Sharma said yoga demonstrated particular effectiveness in managing autonomic imbalances, which occurred when the autonomic nervous system, controlling involuntary functions like heart rate and digestion, malfunctioned. "Within the astanga framework, yoga encompasses more than physical postures. It begins with yamas and niyamas, establishing wholesome living guidelines, and includes essential breathing techniques, particularly pranayama, emphasising slow breathing patterns."

The practice promotes a content, stress-free life through meditation, dhyan and controlled breathing exercises. Slow breathing particularly helps the autonomic nervous system, reducing sympathetic activity while increasing parasympathetic response. Combined with asanas as moderate exercise, this creates a balanced approach to wellness, integrating healthy lifestyle practices, stress management and regulated physical activity.

Nearly 400 registered participants, including international experts, academicians, researchers and practitioners, are attending the two-day Advances in Integrative Medicine (AIM) conference. The programme features workshops, presentations, lectures and discussions on evidence-based integrative medicine, emphasising collaboration between Ayush professionals and modern medical experts. It aims to enhance interdisciplinary dialogue, advance scientific innovation in integrative healthcare, and strengthen the connection between traditional medicine and modern research.

VITAL IN PREVENTIVE MEDICINE

- Centre for Integrative Medicine and Research (CIMR) at AIIMS established to conduct evidence-based investigations into traditional Indian medical systems
- Has successfully published over 28 research papers, each based on randomised controlled trials
- Research primarily focuses on yoga-based interventions, with specialised yoga protocols for various medical conditions
- Findings reveal yoga interventions are particularly effective in addressing disorders linked to autonomic imbalance
- Studies confirm the substantial effectiveness of yoga as preventive healthcare intervention

The Times of India • 14 Mar • Ministry of Ayush

Yoga powerful way to maintain mental and physical well-being, says Prataprao Jadhav

7 • PG | 122 • Sqcm | 55512 • AVE | 248.64K • Cir | Top Left

Bhubaneshwar

Yoga powerful way to maintain mental and physical well-being, says Prataprao Jadhav

NEW DELHI, MAR 13

YOGA is a powerful way to maintain mental and physical well-being, said Prataprao Jadhav, Union Minister of State (IC), Ministry of Ayush on Thursday.

Jadhav said this at the Yoga Mahotsav 2025, a curtain raiser to International Day of Yoga (IDY) 2025, in Delhi today.

"Yoga is not just a way of life but also a powerful means to maintain mental and physical well-being. Its unparalleled strength guided millions across the world to stay healthy and resilient during the challenging days of the lockdown," he said. Mark the beginning of 100 days before the 11th edition of IDY, Jadhav also released 10 events, reinforcing India's global leadership in yoga.

This year's IDY on June 21 is being organised to promote various dimensions of yoga and to kindle a mass movement to promote health, well-being, and peace across the globe.

The events include a synchronised yoga demonstration at 10,000 locations, aiming for a world record; global partnerships with 10 countries to host Yoga sessions at iconic landmarks; development of 1,000 yoga parks for long-term community engagement; special yoga programmes for divyangjan, senior citizens, children, and marginalised groups.

The Ministry also aims to run a decadal impact assessment on yoga's role in public health; a virtual global yoga summit featuring renowned yoga experts and healthcare professionals; a sustainability-driven initiative combining yoga with tree planting and clean-up drives.

Hindustan Times • 21 Jun • Ministry of Ayush

Adaptive yoga: A practice beyond the perfect pose

3 • PG | 378 • Sqcm | 529365 • AVE | 1.1M • Cir | Bottom Left | HT City

Mumbai • Delhi • Noida • Gurugram

Adaptive yoga: A practice beyond the perfect pose

This International Day of Yoga (June 21), we speak to adaptive yoga practitioners who tweak traditional poses to make them accessible and inclusive

Yoga practitioner and para powerlifter Gulfam Ahmed doing a headstand (shirshasana)

Yoga trainer Arpita Roy in a pose inspired by yoga and bodyweight training

PHOTO: INSTAGRAM/ ARPITAROY.YOGA

INTERNATIONAL DAY OF YOGA

Navya Sharma
navya.sharma@hindustantimes.com

Parks and public grounds across the country are set for mass yoga sessions today. But beyond the rows of mats and synchronised stretches, a more inclusive practice is gaining ground: adaptive yoga.

WHAT EXACTLY IS ADAPTIVE YOGA?

This style of yoga adapts traditional asanas to make them accessible to everyone, especially individuals with physical, sensory, or cognitive disabilities. The focus here is not on perfect form but on feeling steady, supported, and at ease. Social media has fuelled this change. Modified routines, seated practices, and sensory-friendly tutorials — for those with sensory sensitivities such as autism or anxiety — are now widely available online on social media platforms.These are often shared by the very teachers who practice this form of yoga.

REDEFINING WHO CAN TEACH YOGA

Arpita Roy, a Kolkata-based yoga teacher, lost her leg in a road accident as a teenager in 2006. During recovery, she started physical exercises to stay fit and manage her weight, which helped her move more freely with an artificial limb.

She fell in love with yoga in 2015 after a long personal struggle. It wasn't easy, as many poses require flexible joints and strong knees. "It felt like climbing a mountain," says Arpita, adding, "I started with simple stretches and moved forward slowly."

By 2019, she had learnt every major pose and trained as a yoga instructor. Arpita's sessions focus on breathing and balance, using props and gentle guidance to help each student move with comfort and confidence. Some of the adaptive poses include shirshasana (headstand), virabhadrasana (warrior pose), and even surya namaskar (sun salutation). "Yoga is not about how a pose looks. It is about how it feels on the inside," she says.

Her students say her classes have changed their lives. Dr Anupama Gupta, who lost both legs in an accident while saving someone, found the confidence through yoga. "I had doubts about my body. Yoga gave me hope. I felt seen and like I belonged," she says.

Gulfam Ahmed, a Delhi-based yoga teacher and national para powerlifting champion, began using yoga in 2021 to support his Paralympics training. After contracting polio as a child, he turned to powerlifting for strength and later to yoga for calm, focus, and recovery. He firmly believes yoga helps relieve both mental and physical stress. "If the mind is steady, the body is stronger," he says.

Now, Gulfam works with students with disabilities that limit their mobility and motor functions. "Everybody is different," he says, adding, "We adjust the pose based on the person's ability and what feels safe for them."

He is representing India at the World Para Powerlifting Cup in Beijing this year and plans to perform yoga there too.

INSTITUTIONS EMBRACING INCLUSIVE YOGA

- **Prafull Oorja** in Bengaluru runs inclusive yoga programs for children with special needs, such as autism, Down syndrome, and cerebral palsy
- **ADAPT (Able Disabled All People Together)** in Mumbai integrates yoga therapy into rehabilitation for neurodevelopmental disorders
- **The Yoga Institute** in Mumbai offers therapeutic sessions in shelters and community centres
- **Sadguru Mangeshda Kriya Yoga Foundation** in Mumbai holds sessions for visually impaired students
- **Narayan Seva Sansthan** in Udaipur organises inclusive events
- Institutions like Mumbai's **Kaivalyadhama** and Bengaluru's **S-VYASA** also support adaptive yoga through research, training, and partnerships with hospitals and NGOs

WHY ADAPTIVE YOGA MATTERS

- **Research-backed benefits:** Scientific research continues to support the value of adaptive yoga across a range of disabilities. A 2024 study in the Indian Journal of Community Medicine found that four weeks of guided yoga improved balance, attention span, and neuromotor control in children with intellectual disabilities.
- **Wide applicability:** Studies in India and globally show that yoga helps individuals with mobility limitations, sensory differences, and developmental conditions improve body awareness, reduce pain, and gain greater independence.
- **Emotional wellness:** Regular practice supports stress regulation, reduces anxiety, and lifts mood, especially when taught by instructors who understand the student's specific challenges.
- **Holistic well-being:** For those with cerebral palsy, spinal cord injuries, or autism, the structure and rhythm of yoga can be a valuable therapeutic addition to conventional care.

Hindustan Times • 21 Jun • Ministry of Ayush

Celebrating International Yoga Day

4 • PG | 117 • Sqcm | 351210 • AVE | 1.1M • Cir | Middle Left

Mumbai

Celebrating International Yoga Day

Indian Navy personnel perform Yoga onboard a warship at sea on the eve of the 11th International Day of Yoga. NAVY/ANI

Hindustan Times • 21 Jun • Ministry of Ayush

As part of the International Day of Yoga.....

6 • PG | 38 • Sqcm | 223297 • AVE | 3.43M • Cir | Bottom Center

Delhi

As part of the International Day of Yoga (IDY) 2025 celebrations, MDNIY, organised the inaugural event of the global programme 'Yoga Bandhan' on June 17. This initiative underscores India's commitment to strengthening global cooperation through institution-to-institution partnerships.

Hindustan Times • 21 Jun • Ministry of Ayush

CM releases song; yoga events today at heritage sites

8 • PG | 122 • Sqcm | 723986 • AVE | 3.43M • Cir | Top Right

Delhi

CM releases song; yoga events today at heritage sites

HT correspondent
htreporters@hindustantimes.com

NEW DELHI: Chief minister Rekha Gupta on Friday said hundreds of thousands of people will participate in the International Yoga Day celebrations on Saturday when the government will organise events at 11 locations.

The chief minister also released a yoga-themed song at a press conference at Delhi Secretariat. Gupta will attend yoga events in Sonia Vihar.

"India has introduced the entire world to yoga, showing yoga scenes in every corner of Delhi. The people should make yoga part of their daily routine," said Gupta.

The theme song highlighted the significance of Delhi's tourist spots such as the Prime Ministers' Museum, Kartavya Path, National War Memorial, Bharat Mandapam, Yashobhumi, and Akshardham, among others.

This video song will inspire the public and tourists to visit these scenic places. Along with tourism, the video also portrays the importance of yoga in our lives, Delhi government said in a statement.

Yoga Day at monuments starting 6am

The Capital will observe International Yoga Day at several heritage monuments on Saturday morning, an official from the Archaeological Survey of India (ASI) said on Friday.

Some of these locations are Purana Qila, Red Fort, Qutub Minar, Jantar Mantar and Safdarjung Tomb.

"ASI is of course involved in the preparation as these are all protected monuments. The timing for the events will be 6am to 9am on Saturday," the official said. "Officials from respective ministries as well as ASI officials will be present at the monuments to observe the yoga day events. The events will be open to the public, wherein people can just walk in and attend. Refreshments will be arranged as well," the official added.

Hindustan Times • 21 Jun • Ministry of Ayush

International Day of Yoga

15 • PG | 297 • Sqcm | 1759749 • AVE | 3.43M • Cir | Top Center

Delhi • Mumbai • Chandigarh • Bengaluru • Pune

International Day of Yoga

A range of practices that originated in ancient India and were widely followed by Hindus, Buddhists and Jains before being embraced by the contemporary world at large, yoga aims to nourish the self physically, mentally and spiritually. In end-2014, the United Nations announced that June 21 would be observed as the International Day of Yoga. Two years later, it was placed on the Representative List of the Intangible Cultural Heritage of Humanity. The theme of the 11th such day, this year, is Yoga for One Earth, One Health. Above, enthusiasts mark the day in Qinhuangdao, China, in 2024. CAO JIANXIONG / VCG VIA GETTY IMAGES

Hindustan Times • 21 Jun • Ministry of Ayush

Yoga as a mass campaign to build a healthier India

15 • PG | 209 • Sqcm | 1238319 • AVE | 3.43M • Cir | Bottom Center

Delhi • Mumbai • Jaipur • Chandigarh

Yoga as a mass campaign to build a healthier India

India, the birthplace of yoga, continues to uphold this ancient wisdom, not just as physical exercises but as a holistic philosophy for the nurturing of the human mind, body, and spirit. The phrase from the *Bhagavad Gita, yogah karmasu kaushalam* (yoga is skill in action), points to yoga's transformative potential, particularly in empowering women and nurturing children. Yoga has gained global recognition as a channel for wellness and social transformation. The UN's 2014 decision to declare June 21 as International Day of Yoga was the world's recognition of India's great spiritual and civilisational heritage.

This year's Yoga Day theme is 'Yoga for One Earth, One Health'. As the nation marches towards Viksit Bharat, it is necessary to integrate yoga into the lives of women and children, who constitute two-thirds of the country's population and are more vulnerable and exposed to health issues than other sections. From improving mental health and hormonal balance to strengthening the muscular and skeletal system, yoga is uniquely suited to meet the health needs of women across age groups.

Annpurna Devi

Adopting yoga before and after pregnancy empowers women to effectively manage related health challenges. Prenatal yoga, with its targeted postures and meditative techniques, alleviates pregnancy discomforts, supports pain management, and boosts energy. It prepares expectant mothers for childbirth physically and emotionally. Postnatal yoga helps lactating mothers in their recovery, emotional well-being, enhancing breastfeeding, and strengthening the mother-child bond. We have leveraged the network of over 25 lakh *anganwadi* workers to inform, educate, and assist women and children in adopting yoga as a necessary habit in their daily lives.

Prime Minister Narendra Modi has constantly advocated for women-led development. The World Bank also argued that increased female labour force participation can boost the manufacturing output by 9% and help us achieve a high-income developed nation status by 2047. All this can only be achieved when we have a physically and emotionally healthy women workforce.

Coming to children, lifestyle disorders, screen dependence, and academic pressures have all become major health afflictions. Yoga offers a response to these challenges, by enhancing concentration, memory, emotional regulation, sleep quality, and stress management. Through Mission Saksham, Anganwadi, and Poshan 2.0, my ministry is embedding yoga into early childhood care and development, laying the foundation for lifelong wellness habits. The ministry houses various flagship programmes and schemes for the well-being, health, and nutrient intake of women and children. While delivering these benefits, *anganwadi* centres, one-stop centres, and child care institutions, among others, educate, influence, and facilitate beneficiaries in including specially designed yoga modules in their lives. From IT to space and from policy-making to strategic defence, women are the new frontline warriors. Hence, women must keep working towards unlocking their potential, with yoga playing a key role. By actively incorporating yoga into our women and child welfare policies, we are asserting our cultural sovereignty while simultaneously enhancing grassroots health and well-being. Yoga must be seen not just as a practice, but as a participatory movement — a *jan andolan* for health and wellness. Let us unite in embracing yoga as a social and personal commitment to build a healthier India and reach new heights.

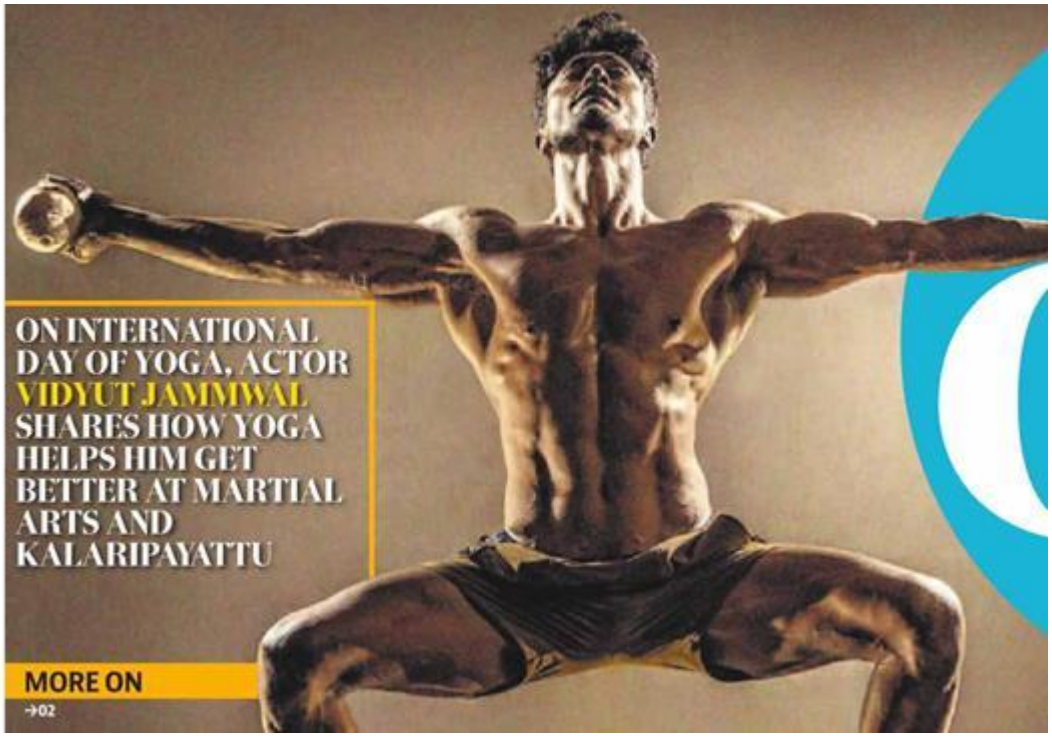
Annpurna Devi is Union minister of women and child development.
The views expressed are personal

Hindustan Times • 21 Jun • Ministry of Ayush

YOGA TEACHES YOU TO FIGHT WITHOUT FIGHTING

1,2 • PG | 558 • Sqcm | 1115127 • AVE | 3.43M • Cir | Top Left,Top Right | HT City

Delhi • Mumbai • Noida • Bengaluru • Chandigarh • Gurugram



Vidyut Jammwal showcasing body balancing in variation of Virabhadrasana and Ardh Chandrasana combination
PHOTO: INSTAGRAM/MEVIDYUTJAMMWAL

'YOGA TEACHES YOU TO FIGHT WITHOUT FIGHTING'

INTERNATIONAL DAY OF YOGA

Vidyut Jammwal shares how breathwork and balance have shaped both his martial arts journey and inner peace

Continued from p 01

Deep Saxena
deep.saxena@htlive.com

Actor and fitness icon Vidyut Jammwal, widely known for his mastery of Kalaripayattu, credits yoga for bringing true balance into his life. On International Day of Yoga today, the action star shares, "Yes, I'm a martial artist trained in Kalaripayattu. To truly master it, you need to go on a journey of self-realisation — and that's where yoga comes in. It teaches the art of balancing both body and mind."

Exploring the deeper dimensions of yogic science, Vidyut adds, "As a fighter, it's crucial to know when not to fight — when to stay calm. Yoga gives you that balance. Many people today have strong bodies, but still battle depression. That's because yoga hasn't touched their lives. It's only through yoga that you achieve union of the body and mind. Breath control, happiness, calmness... it all begins there."

Over the years, his connection with yoga has deepened. A turning point, he says, was meeting Dr HR Nagendra, the 82-year-old yoga guru to Prime Minister Narendra Modi. "At his yoga university, they ran tests on me. My entire perspective on ancient scriptures changed after deep discussions with him. My understanding of yoga evolved," he continues, "I've always had a passion to push my limits. After the university tests, I realised I've been able to do that, sit in snow for hours, endure extremes, because I can control my breath. Sab saanson ka khel hai! A guru can guide you, but true realisation comes from within."

> Many people today have strong bodies, but still battle depression. That's because yoga hasn't touched their lives.
> **VIDYUT JAMMWAL,** Actor

Drawing a powerful analogy, Vidyut likens yoga to the very foundation of movement and discipline. Kalaripayattu is like a word; yoga is the alphabet, he explains, noting, "In sports like cricket or tennis, mastering one leg or hand can make you a champion. But only yoga gives you complete balance — something even the common yoga protocol can help achieve."

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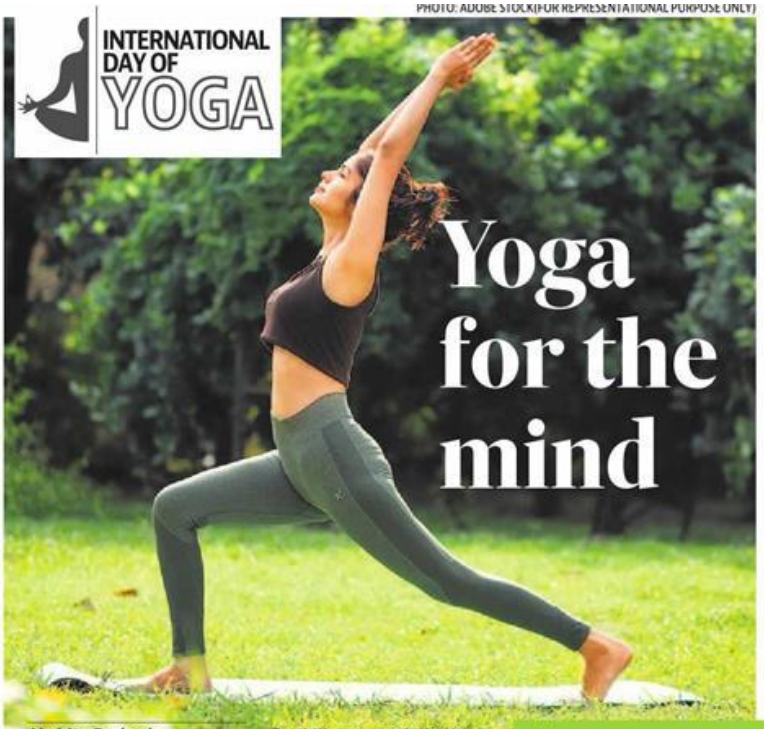
Hindustan Times • 21 Jun • Ministry of Ayush

YOGA FOR THE MIND

9 • PG | 355 • Sqcm | 709230 • AVE | 3.43M • Cir | Top Left | HT City

Delhi • Noida • Gurugram

PHOTO: ADOBE STOCK(FOR REPRESENTATIONAL PURPOSE ONLY)



Yoga for the mind

Akshita Prakash
akshita.prakash@
hindustantimes.com

Feeling mentally drained, anxious or restless? You're not alone. In today's hyper-connected world, stress levels are at an all-time high — and in response, more and more youngsters are turning to yoga in search of calm. On International Day of Yoga today, we explore how this ancient practice supports mental well-being.

While yoga is often associated with physical flexibility, research shows it's just as powerful for cultivating mental clarity, emotional balance and inner peace. A recent study in the Journal of Bodywork and Movement Therapies found that yoga practitioners — especially those practising Ashtanga — reported significantly lower levels of depression, anxiety and stress compared to non-practitioners. This holistic approach forms the foundation of mental yoga — the integration of asanas (postures), pranayama (breathing techniques) and meditation. "Mental yoga is a powerful, yet often overlooked, dimension of this ancient practice that directly addresses our deepest yearning for mental and emotional well-being," says Sadguru Madhusudan Sai, a mental yoga expert, adding, "It is the cultivation of a steady and calm mind. It empowers individuals to reclaim their inner sovereignty, to find joy not in external acquisitions, but in the realisation of their own inherent nature."

Young people, in particular, benefit immensely from slowing down through yoga, notes Meher Munjal, a Delhi-based yoga teacher and sound healer at Yoga Connect by Meher. She adds, "It balances the energy centres and aligns body, mind and soul. Deep stretching and breathwork promote peace of mind and help regulate endorphins, leading to better decision-making and balanced mental health." Meher also recommends Surya Namaskar as a simple yet effective daily practice. "It engages the entire body, includes spinal twists and forward bends, and can be done easily at home," she adds.

Mental yoga is a powerful, yet often overlooked, dimension of this ancient practice.
SADGURU MADHUSUDAN SAI, Mental yoga expert

I have observed young adults, particularly in their 20s, who have indulged in yoga for improving their mental health.
MEHER MUNJAL, Delhi-based yoga teacher and sound healer

Hindustan Times • 21 Jun • Ministry of Ayush

Ahead of International Yoga Day

4 • PG | 181 • Sqcm | 12686 • AVE | 60K • Cir | Middle Center

Bengaluru

Ahead of International Yoga Day

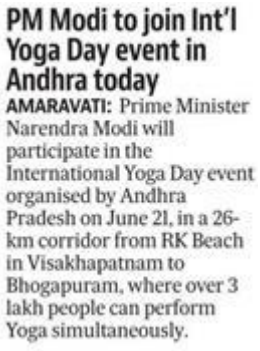
Telangana governor Jishnu Dev Varma, Union minister and state BJP president G Kishan Reddy, former vice president Venkaiah Naidu, actors Meenakshi Chaudhary and Teja Sajja and others practice yoga during an event ahead of the International Day of Yoga at LB Stadium in Hyderabad, Telangana, on Friday. PTI

Hindustan Times • 21 Jun • Ministry of Ayush

PM Modi to join Int'l Yoga Day event in Andhra today

4 • PG | 16 • Sqcm | 1124 • AVE | 60K • Cir | Middle Center

Bengaluru



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AMARAVATI: Prime Minister Narendra Modi will participate in the International Yoga Day event organised by Andhra Pradesh on June 21, in a 26-km corridor from RK Beach in Visakhapatnam to Bhogapuram, where over 3 lakh people can perform Yoga simultaneously.

Hindustan Times • 21 Jun • Ministry of Ayush

ON INTERNATIONAL DAY OF YOGA, ACTOR VIDYUT JAMMWAL SHARES HOW YOGA HELPS HIM GET BETTER AT MARTIAL A...

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Jaipur

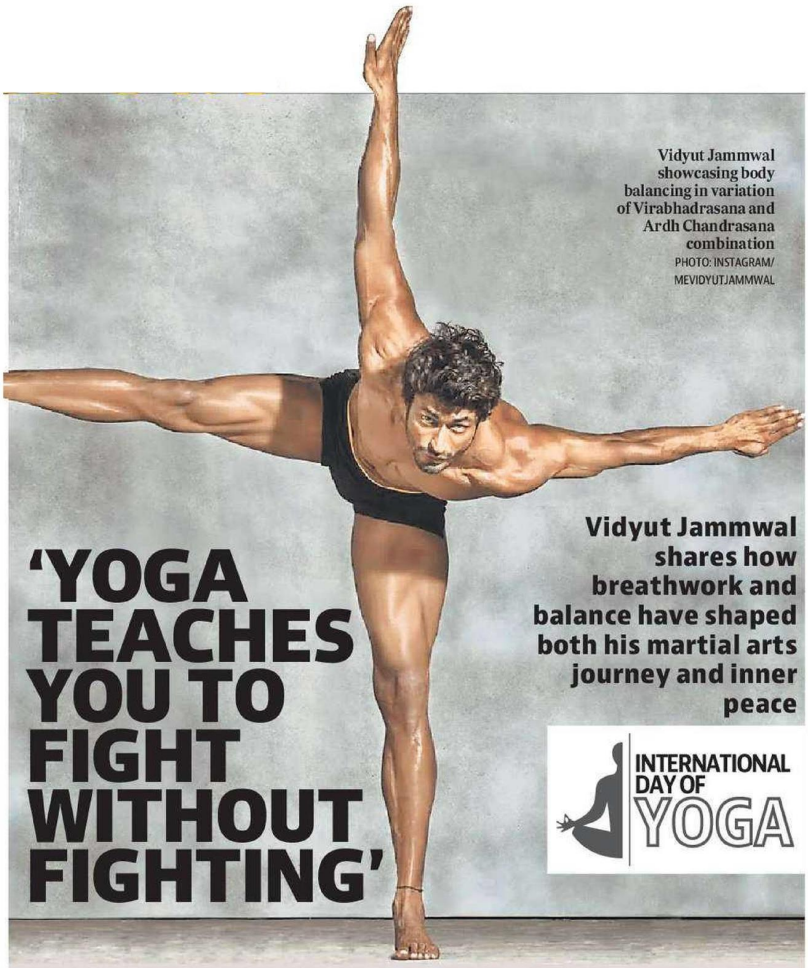

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PHOTO: INSTAGRAM/ MEVIDYUTJAMMWAL

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INTERNATIONAL DAY OF YOGA

Continued from p 01

Deep Saxena
deep.saxena@htlive.com

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CM Saini, Ramdev to be part of state-level yoga day celebrations

6 • PG | 88 • Sqcm | 136308 • AVE | 267.13K • Cir | Middle Center

Chandigarh

CM Saini, Ramdev to be part of state-level yoga day celebrations

HT Correspondent
letterschd@hindustantimes.com

KARNAL: Atleast 1 lakh yoga practitioners along with Haryana chief minister Nayab Saini and Baba Ramdev and are likely to turn up at the state-level programme for International Yoga Festival in Kurukshetra on Saturday.Former minister of state Subhash Sudha said that the event, which will be held on the banks of Brahmasarovar, will create a new world record under the leadership of CM Saini.

Addressing a press conference, Sudha said that all preparations have been made for the event, where more than 1 lakh participants from Patanjali Yogpeeth, Haryana Yoga Aayog and various institutions of the district will take part in this yoga programme.Similarly, DC Neha Singh said that for the programme, the Brahmasarovar complex has been divided into 64 sectors and the fairground into 37 sectors, 1,000 participants will do yoga in each sector.

"A yoga instructor, Patanjali member, policeman, administrative nodal officer, volunteer will be present in each sector, while 31 LED screens have been installed to connect all the participants with the yoga programme, out of which 20 have been installed in the Brahmasarovar complex and 11 in the fairground. 37,000 school students, staff and family members will participate in the yoga program, 40,000 participants will come from Patanjali Yogpeeth and Haryana Yoga Commission and apart from this, about 25,000 people will come from various institutions of the city," she said.

SP Nitish Aggarwal said that atleast 2,000 cops from neighbouring districts have been deployed.

Hindustan Times • 21 Jun • Ministry of Ayush

P'kula's yoga guru transforms lives, one breath at a time

3 • PG | 164 • Sqcm | 254122 • AVE | 267.13K • Cir | Bottom Left

Chandigarh

{ INTERNATIONAL YOGA DAY }

P'kula's yoga guru transforms lives, one breath at a time

Brijender Gaur
brijender.gaur@hindustantimes.com

'Energetic Yogis' will celebrate International Yoga Day on June 21 at Town Park, Sector-5, starting 5.15 am. SANT ARORA/HT

PANCHKULA: For decades, dedicated yoga teachers have been instrumental in disseminating the knowledge of yogic asanas and pranayama worldwide. Among them is Vinod Bajaj, 64, a revered yoga teacher in Panchkula. Over the past 26 years, Bajaj has not only developed advanced yoga postures but has also dedicated himself to training thousands of individuals. Every morning, from 5:30 am to 7 am, he can be found meticulously guiding approximately a hundred individuals – whom he calls his energetic yogis – in their yoga practice at Yavnika Garden, Sector-5.

Bajaj's focus is on teaching the right breathing techniques. "It's important to know when and how to inhale and exhale," he says, adding that "Many physical and mental ailments can be resolved with the right way of yoga."

According to him, 50% yoga, 30% good diet, and 20% positivity works best for wellness.

His innovative approach extends to traditional techniques. For instance, Kapalbhati, the "skull shining" breath, typically performed seated, has been uniquely adapted by Bajaj into a standing variation. This technique is credited with numerous health benefits by enhancing the nervous system.

Bajaj also incorporates a distinctive style of Mandook Asana, which he says, improves the digestive, excretory, urinary, reproductive, and endocrine systems.

Similarly, Bhastrika (bellows breath) performed in a standing posture, as taught by Bajaj, is considered beneficial for improving eyesight and enhancing lung and heart functioning. Advanced variations of Anulom-Vilom (alternate nostril breathing) are also integrated to benefit the entire body. His comprehensive one-and-a-half-hour classes also feature other vital yogic practices such as Chandra Bhedi Pranayam, Surya Bhedana Pranayama, and Ardha Yoga Mudra.

The profound impact of Bajaj's teachings is evident in the testimonials of his students. Ravi Prakash Sharma, for instance, attests that the discipline of yoga has "transformed his life", noting he now "rarely falls ill".

Hindustan Times • 21 Jun • Ministry of Ayush

Why is Yoga Day celebrated on June 21 Know this year's theme, history and significance

2 • PG | 463 • Sqcm | 717681 • AVE | 267.13K • Cir | Top Left

Chandigarh

International Yoga Day 2025:

Why is Yoga Day celebrated on June 21? Know this year's theme, history and significance

International Yoga Day 2025: Every year, Yoga Day is marked on June 21. Know this year's theme and the history and significance of this day.

International Yoga Day 2025: Yoga is an invaluable gift of ancient Indian tradition to the world. It not only boosts your physical health but also supports your mental well-being. Every year, on June 21, the world marks International Yoga Day to honour the practice of yoga and promote its benefits around the globe. As we near the celebrations, here's everything you need to know about this significant day.

International Yoga Day 2025: What is the theme of Yoga Day 2025?

In 2025, the theme for International Yoga Day is "Yoga for One Earth, One Health." 2025 is a significant milestone as it marks the 11th anniversary of this global celebration.

Additionally, this year's celebration features 10 signature events, including the flagship event, 'Yoga Sangam', showcasing mass yoga demonstrations at 1,00,000 locations across India. The other nine events are Yoga Bandhan, Yoga Park, Yoga Samavesh, Yoga Prabhava, Yoga Connect, Harit Yoga, Yoga Unplugged, Yoga Mahakumbh, and Samyoga.

International Yoga Day 2025 history and significance: Why is it celebrated on June 21?

June 21 was declared International Yoga Day by the United Nations General Assembly after a push by Prime Minister Narendra Modi in 2014. The UN passed a resolution on December 11, 2014, during the 69th session of the General Assembly. Speaking at the session, PM Modi had said, "Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action … a holistic approach [that] is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and nature."

At the grand event held in New Delhi on June 21, 2015, the first International Yoga Day achieved two Guinness World records: largest yoga session, with 35,985 participants, and for the most nationalities (84) in one session.

The International Day of Yoga aims to raise awareness worldwide of the many benefits of practising yoga. Yoga is the integration of mind and body, thinking and action - a holistic approach that is beneficial to our health and well-being.

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Yoga: India's gift to the world for wellness

4 • PG | 287 • Sqcm | 444866 • AVE | 267.13K • Cir | Bottom Right

Chandigarh

Yoga: India's gift to the world for wellness

{ GUEST COLUMN }

Satnam Singh Sandhu

Yoga, an invaluable gift of India's ancient tradition, offers a holistic approach to health and well-being, encouraging inner peace and balance in a rapidly changing world.

The theme of the 11th International Day of Yoga is: Yoga for One Earth One Health. It inspires a unified movement, transcending geographies, cultures, and professions.

Thanks to the efforts of Prime Minister Narendra Modi, the acceptability of yoga has been enhanced to the extent that it is practiced as a way of life and has given India a unique recognition before the international fraternity.

On September 27, 2014, in his address to the United Nations General Assembly (UNGA), PM Modi proposed to dedicate June 21 as the day to celebrate yoga across the world. Less than three months later, on December 11, 2014, 193 members of the UNGA and 173 co-sponsor countries unanimously approved the resolution, which agreed that yoga offers a holistic approach to health and well-being, and that widespread promotion about its benefits is necessary for the global population's health.

Ten years later, UNGA president Dennis Francis underscored its significance by terming yoga "a powerful metaphor for the United Nations itself", underlining the power of yogic practices in addressing the physical and mental health problems of the modern world.

The mass participation stands testament to the fact that the world has now accepted and is celebrating yoga. A remarkable 24.53 crore people participated globally, social media recorded 3.48 crore engagements, community radio reached to 26 lakh participants, and 177 UN member nations extended their support to India's initiative. Internationally, Indian embassies and yoga institutes engaged around 5.45 lakh people.

Shaping yoga economy

In today's fast-paced world as yoga supports physical and mental health, it has witnessed tremendous growth over the past decade by finding a way into the hearts and homes of millions across the world.

No surprise, a new yoga economy is creating fresh employment opportunities with the growth of yoga tourism, the establishment of yoga retreats and resorts, and the booming market for related apparel and equipment. As of 2023, over 30 crore people practise yoga worldwide. That number keeps climbing, and it's fair to assume that future datasets will show an increase in practitioners and professionals. This expanding ecosystem directly contributes to a demand for skilled professionals, a need being actively addressed by government initiatives.

Potential for growth

The global yoga industry, including classes, teacher trainings, retreats, and products, is now worth more than $88 billion.

Government initiatives promoting AYUSH education and training are fostering a skilled workforce, meeting industry demands. The AYUSH sector is likely to generate nearly 30 lakh job opportunities in the near future.

India has over 7,55,780 registered AYUSH practitioners, reflecting the country's strong foundation in traditional systems of medicine and holistic healthcare. The Skill India Mission, through the Beauty & Wellness Sector Skill Council (B&WSSC) under the Ministry of Skill Development and Entrepreneurship (MSDE), had trained 1.3 lakh students as yoga instructors and trainers as of 23 June, 2022.

The AYUSH department has established the Yoga Certification Board for yoga practitioners. Over 100 major institutions in India and 10 from abroad have been granted certifications from this board.

Expansion of Ayush

With government support, India's Ayush market which was $2.85 billion in 2014 has gone up to $43.4 billion in 2023 and exports doubled from $1.09 billion to $2.16 billion.

The ever-growing entrepreneurial ecosystem has led to the growth of MSMEs in Ayush from 38,216 in August 2021 to 53,023 in January 2023, an increase of about 40% in a year.

The startups are also booming in this sector is booming with the number of DPIIT-recognised startups reaching 900 in December 2022. As Ayush methods are creating business opportunities all over the country, 52% of these startups are from tier 2 and tier 3 cities, creating about 8,500 jobs.

Looking ahead

Both yoga and Ayush can be promoted among the youth as a career option with global opportunities. Indian universities could offer professional degrees or certifications that can prepare such professionals.

Yoga needs to be promoted as preventive wellness tool which focuses on developing a healthy lifestyle.

Teaching yoga should made part of the school curriculum.

The Indian medical fraternity is among the largest in the world. Indian doctors have global reputation and today they are practising all around the world therefore it is important to make medical professionals yoga ambassadors.

International Yoga Day has become a global public health movement with millions of people across the globe embracing yoga and making it a part of their daily lives. With each passing day, now Yoga is reaching even more people and deepening its worldwide.

satnam.sandhu@sansad.nic.in

The writer is a member of the Rajya Sabha. Views expressed are personal

THE THEME OF THE 11TH INTERNATIONAL DAY OF YOGA IS: YOGA FOR ONE EARTH ONE HEALTH. IT INSPIRES A UNIFIED MOVEMENT, TRANSCENDING GEOGRAPHIES, CULTURES, AND PROFESSIONS

Hindustan Times • 21 Jun • Ministry of Ayush

ON INTERNATIONAL DAY OF YOGA, ACTOR SHARES HOW YOGA HELPS HIM GET BETTER AT MARTIAL ARTS AND KALARIP...

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Pune

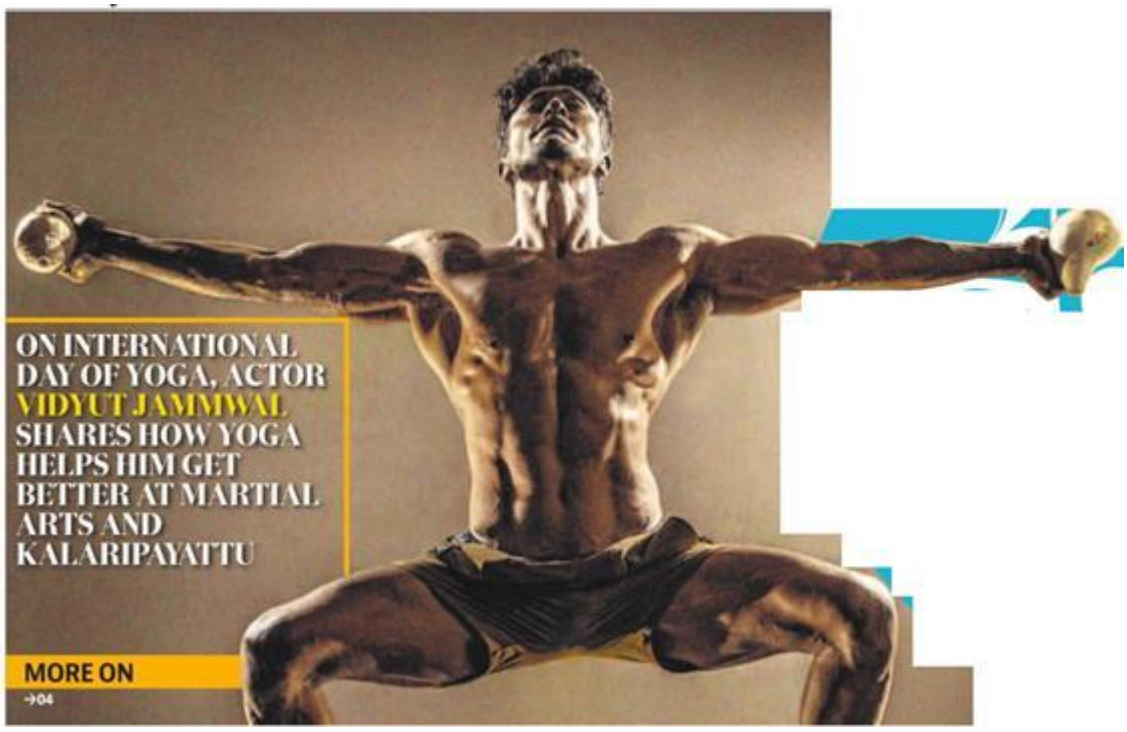

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PHOTO: INSTAGRAM/MEVIDYUTJAMMWAL

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Adaptive yoga : A practice beyond the perfect pose

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Pune

Adaptive yoga: A practice beyond the perfect pose

This International Day of Yoga (June 21), we speak to adaptive yoga practitioners who tweak traditional poses to make them accessible and inclusive

Yoga practitioner and para powerlifter Gulfam Ahmed doing a headstand (shirshasana)

Yoga trainer Arpita Roy in a pose inspired by yoga and bodyweight training

PHOTO: INSTAGRAM/ ARPITAROY.YOGA

INTERNATIONAL DAY OF YOGA

Navya Sharma
navya.sharma@hindustantimes.com

Parks and public grounds across the country are set for mass yoga sessions today. But beyond the rows of mats and synchronised stretches, a more inclusive practice is gaining ground: adaptive yoga.

WHAT EXACTLY IS ADAPTIVE YOGA?

This style of yoga adapts traditional asanas to make them accessible to everyone, especially individuals with physical, sensory, or cognitive disabilities. The focus here is not on perfect form but on feeling steady, supported, and at ease. Social media has fuelled this change. Modified routines, seated practices, and sensory-friendly tutorials — for those with sensory sensitivities such as autism or anxiety — are now widely available online on social media platforms.These are often shared by the very teachers who practice this form of yoga.

REDEFINING WHO CAN TEACH YOGA

Arpita Roy, a Kolkata-based yoga teacher, lost her leg in a road accident as a teenager in 2006. During recovery, she started physical exercises to stay fit and manage her weight, which helped her move more freely with an artificial limb.

She fell in love with yoga in 2015 after a long personal struggle. It wasn't easy, as many poses require flexible joints and strong knees. "It felt like climbing a mountain," says Arpita, adding, "I started with simple stretches and moved forward slowly."

By 2019, she had learnt every major pose and trained as a yoga instructor. Arpita's sessions focus on breathing and balance, using props and gentle guidance to help each student move with comfort and confidence. Some of the adaptive poses include shirshasana (headstand), virabhadrasana (warrior pose), and even surya namaskar (sun salutation). "Yoga is not about how a pose looks. It is about how it feels on the inside," she says.

Her students say her classes have changed their lives. Dr Anupama Gupta, who lost both legs in an accident while saving someone, found the confidence through yoga. "I had doubts about my body. Yoga gave me hope. I felt seen and like I belonged," she says.

Gulfam Ahmed, a Delhi-based yoga teacher and national para powerlifting champion, began using yoga in 2021 to support his Paralympics training. After contracting polio as a child, he turned to powerlifting for strength and later to yoga for calm, focus, and recovery. He firmly believes yoga helps relieve both mental and physical stress. "If the mind is steady, the body is stronger," he says.

Now, Gulfam works with students with disabilities that limit their mobility and motor functions. "Everybody is different," he says, adding, "We adjust the pose based on the person's ability and what feels safe for them."

He is representing India at the World Para Powerlifting Cup in Beijing this year and plans to perform yoga there too.

INSTITUTIONS EMBRACING INCLUSIVE YOGA

- **Prafull Oorja** in Bengaluru runs inclusive yoga programs for children with special needs, such as autism, Down syndrome, and cerebral palsy
- **ADAPT (Able Disabled All People Together)** in Mumbai integrates yoga therapy into rehabilitation for neurodevelopmental disorders
- **The Yoga Institute** in Mumbai offers therapeutic sessions in shelters and community centres
- **Sadguru Mangeshda Kriya Yoga Foundation** in Mumbai holds sessions for visually impaired students
- **Narayan Seva Sansthan** in Udaipur organises inclusive events
- Institutions like Mumbai's **Kaivalyadhama** and Bengaluru's **S-VYASA** also support adaptive yoga through research, training, and partnerships with hospitals and NGOs

WHY ADAPTIVE YOGA MATTERS

- **Research-backed benefits:** Scientific research continues to support the value of adaptive yoga across a range of disabilities. A 2024 study in the Indian Journal of Community Medicine found that four weeks of guided yoga improved balance, attention span, and neuromotor control in children with intellectual disabilities.
- **Wide applicability:** Studies in India and globally show that yoga helps individuals with mobility limitations, sensory differences, and developmental conditions improve body awareness, reduce pain, and gain greater independence.
- **Emotional wellness:** Regular practice supports stress regulation, reduces anxiety, and lifts mood, especially when taught by instructors who understand the student's specific challenges.
- **Holistic well-being:** For those with cerebral palsy, spinal cord injuries, or autism, the structure and rhythm of yoga can be a valuable therapeutic addition to conventional care.

Hindustan Times • 20 Jun • Ministry of Ayush

Govt Names 11 Spots That Will Host Yoga Day Events In City

11 • PG | 64 • Sqcm | 377304 • AVE | 3.43M • Cir | Top Center

Delhi

GOVT NAMES 11 SPOTS THAT WILL HOST YOGA DAY EVENTS IN CITY

HT Correspondent
htreporters@hindustantimes.com

NEW DELHI: The Delhi government will hold events on International Yoga Day on June 21 at 11 locations.

Chief minister Rekha Gupta will perform yoga along with the participants at the Yamuna Vihar Water Sports Club.

Other sessions will be held at Chhatrasal Stadium, Thyagaraj Stadium, East Vinod Nagar Sports Complex, Jhilmil Sports Complex, Rajiv Gandhi Stadium in Bawana, Prahladpur Sports Complex, Bharat Nagar Sports Complex, Najafgarh Stadium, Sector 6 Dwarka Cricket Ground, and Ashok Nagar Hockey Stadium. All the programmes will begin at 6 am.

The theme for this year's Yoga Day is "Yoga for One Earth, One Health." "Yoga is not just a physical exercise but a way of life that promotes equilibrium among the mind, body, and soul. Yoga has become a symbol of self-purification, social harmony, and global health through collective effort," said chief minister Gupta.

Hindustan Times • 20 Jun • Ministry of Ayush

Ministry of Ayush hosts the curtain raiser for the 11th International Day of Yoga

20 • PG | 82 • Sqcm | 484469 • AVE | 3.43M • Cir | Top Center

Delhi • Gurugram • Noida

Ministry of Ayush hosts the curtain raiser for the 11th International Day of Yoga

The Ministry of Ayush hosted the curtain raiser for the 11th International Day of Yoga (IDY) at the National Media Centre, New Delhi. The event marks the formal commencement of the grand celebration of IDY 2025 and leading to the National Event to be led by the Prime Minister Narendra Modi on June 21 in Visakhapatnam, Andhra Pradesh.

The Union Minister of State (Independent Charge) and Union Minister of State for Health and Family Welfare, Prataprao Jadhav addressed media persons along

with officials including Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, PN Ranjit Kumar, OSD-IDY Coordination, Ministry of Ayush, Monalisa Dash, Joint Secretary, among others.

Hindustan Times • 19 Jun • Ministry of Ayush

Delhi to see large-scale yoga events this yr: CM

6 • PG | 455 • Sqcm | 2694009 • AVE | 3.43M • Cir | Top Left

Delhi

Delhi to see large-scale yoga events this yr: CM

Paras Singh
letters@hindustantimes.com

NEW DELHI: Chief minister Rekha Gupta on Wednesday announced that the Delhi government will host large-scale International Yoga Day celebrations across the city on June 21, marking what she said was a sharp shift from the approach of the previous administration.

Speaking at the inauguration of an Ayurvedic kitchen at the Chaudhary Brahm Prakash Ayurved Charak Sansthan in her assembly constituency Shalimar Bagh, Gupta also underscored the significance of yoga as a cultural and spiritual cornerstone, not just a fitness trend.

"For the first time, the Delhi government will organise major yoga events at 11 different locations," Gupta said. "I will participate at the Yamuna riverbank and share a message encouraging people to embrace their cultural heritage and lifestyle."

She described the Yamuna as a personal symbol of commitment. "I have a connection to the Yamuna. I want to keep looking at it, so I remember my duty to clean it," she said. While the exact locations of the events remain unspecified, officials said these will span across the city and be open to the public.

Taking aim at the previous Aam Aadmi Party (AAP)-led administration, Gupta alleged that yoga was routinely ignored in Delhi's policy framework. "The earlier government saw yoga through a political lens because it is associated with Prime Minister Narendra Modi. But now, with a government that belongs to the people, yoga is being embraced as a cultural and health-oriented movement," she said.

She added that yoga should be seen as part of India's philosophical and spiritual tradition, and not just a physical practice. "It is the art of balanced living and must be part of every Indian's life," she said.

Gupta also used the occasion to highlight the growing global recognition of India's traditional systems of healing. "People from across the world are placing their trust in Ayurveda, and Delhi is emerging as a hub for such treatments," she said, while advocating for a daily lifestyle that includes alternative medicine, yoga, and millet-based diets.

"These practices have no side effects. They are part of our glorious cultural heritage. If we adopt them in our lives, our society and country will move forward in a healthy direction."

Chief minister Rekha Gupta at the inauguration of an Ayurvedic kitchen at the Chaudhary Brahm Prakash Ayurved Charak Sansthan in Shalimar Bagh on Wednesday. HT PHOTO

NDMC to hold camps at eight locations

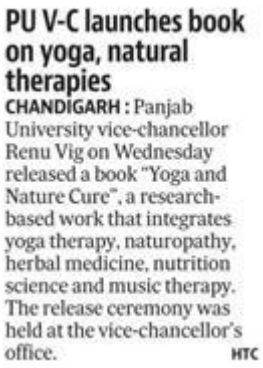
Meanwhile, in the New Delhi area, the New Delhi Municipal Council (NDMC) has drawn up plans for an equally expansive celebration. NDMC vice-chairperson Kuljeet Chahal said eight iconic venues have been selected to host yoga sessions, including Kartavya Path, Lodhi Garden, Talkatora Garden, Shanti Path, Central Park in Connaught Place, Pandara Park, New Moti Bagh, and Sanjay Jheel in Lakshmi Bai Nagar. "These sessions will be held in collaboration with leading yoga organisations," Chahal said, adding that expected participation at each site ranges from 300 to 2,000 people.

Hindustan Times • 19 Jun • Ministry of Ayush

PU V-C launches book on yoga, natural therapies

2 • PG | 19 • Sqcm | 30075 • AVE | 267.13K • Cir | Bottom Center

Chandigarh



PU V-C launches book on yoga, natural therapies

CHANDIGARH : Panjab University vice-chancellor Renu Vig on Wednesday released a book "Yoga and Nature Cure", a research-based work that integrates yoga therapy, naturopathy, herbal medicine, nutrition science and music therapy. The release ceremony was held at the vice-chancellor's office. HTC

Hindustan Times • 14 Jun • Ministry of Ayush

Kurukshetra to host state-level yoga event

6 • PG | 37 • Sqcm | 56850 • AVE | 267.13K • Cir | Middle Center

Chandigarh

Kurukshetra to host state-level yoga event

CHANDIGARH: To make the 11th International Yoga Day a "historic event", several programmes will be organised across all 22 districts in Haryana for which preparations are underway, chief minister Nayab Singh Saini said on Friday. This year's theme is 'Yoga for One Earth, One Health'.

This year's state-level event will be held at Brahma Sarovar in Kurukshetra, the very site from where Lord Krishna delivered the message of 'karma' to the world, he said. PTI

Hindustan Times • 05 Jun • Ministry of Ayush

Yoga twist to Haryana's anti-drug campaign

4 • PG | 166 • Sqcm | 257556 • AVE | 267.13K • Cir | Bottom Center

Chandigarh

{ WELLNESS OVER ILLNESS }

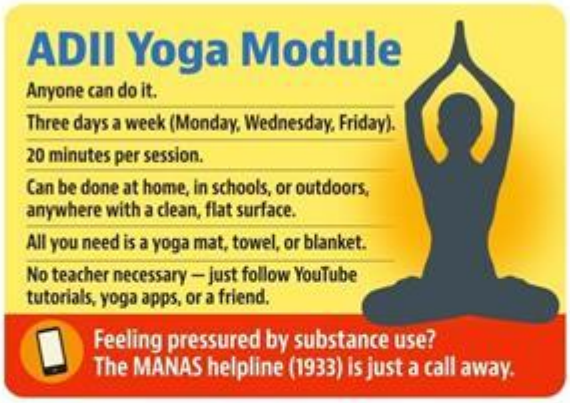
Yoga twist to Haryana's anti-drug campaign

Pawan Sharma
pawan.sharma@htlive.com

CHANDIGARH: Do-it-yourself (DIY)! That's the latest mantra from the Haryana State Narcotics Control Bureau (HSNCB) under the ADII Yoga — Anti-Drug Initiation in Yoga — programme launched on Wednesday to encourage individuals, particularly the youth, to lead a drug-free life.

The HSNCB module in the run-up to International Yoga Day on June 21 is a minimalist, no-frills intervention that requires only 20 minutes, three times a week. Backed by the Union government's Nasha Mukt Bharat Abhiyan, the campaign's catch phrase in Hindi is: "Saptah mein teen din, jio jeevan drug bin (Three days a week, live a drug-free life)."

The move comes at a time when the youth are increasingly vulnerable to stress, peer pressure, and addictive behaviours.



The HSNCB approach empowers but with tools for wellness. "The initiative is part of a growing effort to blend ancient wellness practices with modern behavioural health strategies," HSNCB chief and DGP OP Singh said.

The HSNCB is inviting people to post their yoga photos and videos on X with the hashtag #YogaYuktNashaMukt and tag @hsncb. The top 100 participants will receive a free yoga mat as encouragement.

According to the HSNCB chief, the ADII Yoga programme stems from the growing body of research linking stress reduction and enhanced self-regulation with a decline in substance use.

He said a 2023 Lancet psychiatry study highlighted yoga's ability to ease stress, while Frontiers in Psychology (2024) found that just three weekly sessions significantly boost mental resilience. "We wanted a sustainable and practical approach. ADII Yoga is easy to follow, requires no supervision, and fits into anyone's schedule – a student or working professional alike," the HSNCB official said at the launch.

The HSNCB is encouraging Haryana residents to join local government yoga camps on June 21 and begin their ADII Yoga journey with a message: "Yoga zaroor karo, drugs ko dur karo (Embrace yoga, keep drugs at bay)." DGP Singh expressed optimism that ADII Yoga would serve as more than just a fitness habit. "It aims to become a preventive movement, rooting strength, discipline, and mindfulness into the lives of thousands," he said.

Hindustan Times • 30 May • Ministry of Ayush

Puducherry witnessed a wave of wellness as over 6,000 Yoga enthusiasts gathered...

4 • PG	36 • Sqcm	211428 • AVE	3.43M • Cir	Middle Center

Delhi • Gurugram

Puducherry witnessed a wave of wellness as over 6,000 Yoga enthusiasts gathered to mark the 25-day countdown to IDY 2025. The vibrant Yoga Mahotsav, held at the picturesque Gandhi Thidal on Goubert Avenue, Beach Road, was organised by MDNIY, Ministry of Ayush.

Hindustan Times • 30 May • Ministry of Ayush

Yoga institutions and Ministries to hold Global Wellness Movement

4 • PG | 25 • Sqcm | 146124 • AVE | 3.43M • Cir | Middle Left

Delhi • Noida • Gurugram

Yoga institutions and Ministries to hold Global Wellness Movement

In the run-up to the grand celebration of the 11th International Day of Yoga (IDY), an Inter-Ministerial Committee (IMC) meeting was held at Sushma Swaraj Bhawan, Chanakyapuri, New Delhi, to discuss and strategise preparations for IDY 2025. Reflecting the Government's commitment to a whole-of-government approach, the meeting brought together senior officials from key ministries, Ayush institutions, and stakeholder departments to ensure wide participation.

Hindustan Times • 30 May • Ministry of Ayush

FROM JUNE 15: GB NAGAR GEARS UP FOR WEEK-LONG INT'L YOGA DAY

4 • PG | 49 • Sqcm | 289636 • AVE | 3.43M • Cir | Middle Left

Delhi

FROM JUNE 15: GB NAGAR GEARS UP FOR WEEK-LONG INT'L YOGA DAY

Maria Khan
maria.khan@hindustantimes.com

GREATER NOIDA: Gautam Budh Nagar will observe the 11th International Day of Yoga on June 21 and a district-wide Yoga Week (June 15 to 20) in compliance with the AYUSH ministry guidelines, district officials said.

On Thursday, district magistrate (DM) Manish Kumar Verma in a preparatory meeting stressed on inter-departmental coordination to ensure all arrangements are in place. "We should aim for mass participation and a spirit of teamwork. Yoga sessions will be held in schools, colleges, panchayats, block and tehsil headquarters, and public parks," the DM said.

The main International Yoga Day celebration on June 21 will be held from 6am to 8am at various locations including parks and public grounds across the district—from panchayat levels to block, tehsil, and district headquarters. Trained yoga instructors will supervise the sessions, officials said.

Special emphasis has been laid on organising yoga activities at culturally significant locations and scenic sites near rivers like Yamuna and Hindon, as well as lakes, ponds, and Amrit Sarovars.

Participants at Thursday's meeting included officials from ayurvedic and unani department, education department, and senior yoga instructors.

Hindustan Times • 23 May • Ministry of Ayush

Over 1,000 entities register on Yoga Sangam

20 • PG | 84 • Sqcm | 494576 • AVE | 3.43M • Cir | Middle Center

Delhi

Over 1,000 entities register on Yoga Sangam

The Ministry of Ayush announced that over 1,000 organisations have already registered their proposals under the flagship Yoga Sangam initiative — setting the tone for what is poised to become India's largest-ever wellness celebration on June 21, 2025, International Day of Yoga (IDY). The enthusiastic response comes from a diverse mix of organisations and institutions, including schools, colleges, corporates, NGOs, Resident Welfare Associations, government departments, and grassroots community groups from across the country.

Hindustan Times • 09 May • Ministry of Ayush

Yoga asanas to calm your mind

4 • PG | 375 • Sqcm | 26257 • AVE | 60K • Cir | Top Right | HT City

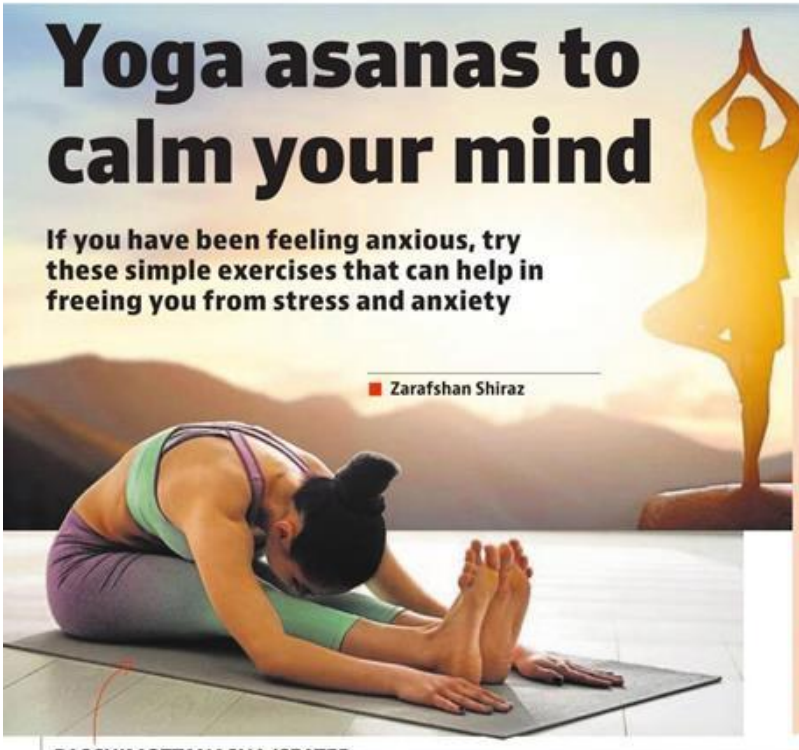
Bengaluru

Yoga asanas to calm your mind

PHOTOS: ADOBE STOCK AND INSTAGRAM (FOR REPRESENTATIONAL PURPOSES ONLY)

If you have been feeling anxious, try these simple exercises that can help in freeing you from stress and anxiety

Zarafshan Shiraz



SIDDHOHUM KRIYA

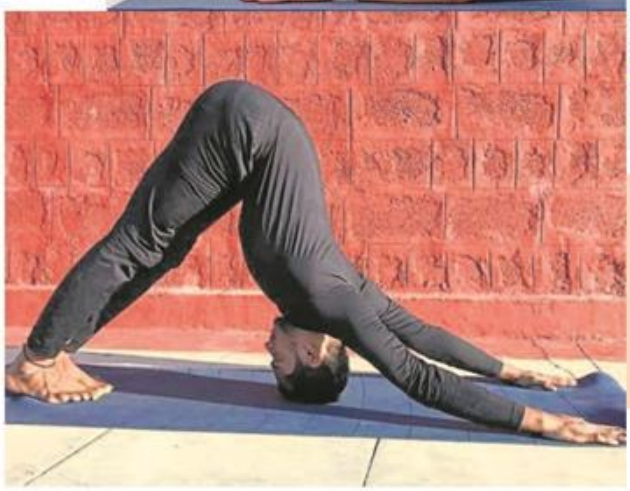
- Stand straight with hands by your side.
- Fold your hands and offer pranam. Calmly stay in the state. Observe the inflow and outflow of breath as you stay still.
- Raise your hands towards the sky and do a namaskar. This is the state of invocation.
- In this state, both your hands are out. You either keep your eyes open or closed. You are standing still with your hands extended forward.
- Now keep both your hands on your chest. This is the state of gratitude.
- Repeat this a few times.

PASCHIMOTTANASNA (SEATED FORWARD BEND)

- Begin with dandasana. Extend your arms upwards and keep your spine erect.
- Exhale and empty your stomach of air, bend forward and bend your upper body on your lower body.
- Try to touch your knees with your nose.
- Hold the asanas for five seconds.

BALASANA (EXTENDED BABY POSE)

- Kneel down on mat and sit on your heels.
- Inhale and raise arms above head.
- Exhale and place your forehead on the floor.
- Pelvis should rest on heels.
- Ensure that your back is not hunched.



ADHOMUKHISVANASANA (DOWNWARD FACING DOG POSE)

- Begin with Padhasthasana. Move feet backwards, lift the hips up, straighten your head and elbows and form an inverted V.
- Try to push your heels to the floor. Hold position for 5 seconds and keep your eyes focused on your toes.
- Exhale as you enter into this posture, inhale as you release from it.

Inputs from Himalayan Siddhaa Akshar, yoga expert

The Indian Express • 21 Jun • Ministry of Ayush

Shah to attend yoga day celebrations at Adalaj Vav near Ahmedabad

4 • PG | 349 • Sqcm | 169336 • AVE | 249.64K • Cir | Middle Left

Ahmedabad

ASI TO HOST YOGA SESSIONS AT 81 SITES

Shah to attend yoga day celebrations at Adalaj Vav near Ahmedabad

PRESS TRUST OF INDIA
NEW DELHI, JUNE 20

THE ARCHAEOLOGICAL Survey of India will host yoga sessions at 81 monumental sites across the country to mark International Day of Yoga on Saturday, with Union Home Minister Amit Shah set to attend the celebrations at the iconic stepwell Adalaj Vav near Ahmedabad.

Also, as part of the celebrations, entry to all ASI sites will be "free of cost" for the public on June 21, the Ministry of Culture said in a statement on Friday.

Thousands of participants will come together to practice yoga at historical sites such as Purana Quila (Delhi), Gol Gumbaz (Karnataka), Konark Sun Temple (Odisha), Chittorgarh Fort (Rajasthan), Elephanta Caves (Maharashtra) and 76 other sites of the ASI, it said.

Amit Shah

These sessions will underscore the importance of holistic health and environmental consciousness deeply rooted in yogic philosophy, the ministry said.The celebrations will witness the presence of Union Minister of Home Affairs Amit Shah at Adalaj Vav, near Ahmedabad; Union Minister of Petroleum and Natural Gas Hardeep Singh Puri at Safdarjung Tomb, Delhi; Union Minister of Commerce and Industries Piyush Goyal at Kanheri Caves, Mumbai; Union Minister of Consumer Affairs, Food and Public Distribution Pralhad Joshi at Group of Temples at Pattadakal, along with other key dignitaries across different locations, it said.

The main IDY celebrations, led by Prime Minister Narendra Modi, will be in Andhra Pradesh's Visakhapatnam.

There are 3,698 monuments and sites under the protection of ASI, which falls under the purview of Ministry of Culture.

The ASI, in collaboration with the Ministry of Ayush, is set to host yoga sessions act 81 centrally protected monuments, it said.

Aligned with this year's theme of 'Yoga for One Earth, One Health', the grand yoga festival aims to promote the timeless connection between India's cultural heritage and ancient wellness practices, the ministry said.

The Indian Express • 21 Jun • Ministry of Ayush

PGIMER consultants referred 153 patients to yoga centre last year

4 • PG | 375 • Sqcm | 332220 • AVE | 175.5K • Cir | Top Right

Chandigarh

PGIMER consultants referred 153 patients to yoga centre last year

PARUL
CHANDIGARH, JUNE 20

CONSULTANTS OF various departments of PGIMER, including medicine, cardiology, eye centre, etc, have referred 153 patients in the last year to PGI's CCRYN-Collaborative Centre for Mind Body Intervention through yoga, says Prof Akshay Anand, Department of Neurology, and in charge of the Yoga Centre.

PGIMER's Yoga centre has been conducting five-minute yoga sessions in 19 departments and for patients' caregivers daily since June 1, 2024. However, yoga for caregivers is a routine activity which is conducted twice a week in the park behind Bhargava Auditorium at PGI. Yoga offers numerous benefits for both mental and physical health, as it helps reduce stress, anxiety, and depression, supports the management of hypertension and diabetes, alleviates chronic back pain, and improves posture, among other advantages.

PGIMER has actively taken steps to integrate yoga into holistic healthcare and research, recognising its vital role in promoting overall well-being and executing research in the field of yoga to determine the mechanism behind the effect of Yoga on the body's physiology. The centre, apart from working on evidence for yoga intervention studies, has specialists take daily yoga classes and sessions for healthcare workers and patients referred by doctors and also for doctors' families. The larger intent is to include yoga into holistic healthcare and research to promote well-being, with the programmes designed scientifically and validated internationally. "Yoga is an important tool for rejuvenation and holistic care," says Prof Vivek Lal, Director, PGI.

In a pioneering move towards holistic healthcare, PGI's Advanced Cardiac Centre (ACC) started yoga sessions for patients and caregivers to enhance their cardiac and mental well-being. Underpinning the therapeutic potential of yoga in addressing blockages in arteries, Prof Lal said, "Yoga offers a holistic approach to cardiovascular health, including the potential to address blockages in arteries. Through regular practice, individuals can experience improved blood flow, reduced stress and enhanced overall heart function."

Dr Neelam Dahiya, Department of Cardiology, the brain behind the initiative, said that integrating yoga into cardiology fosters a holistic approach to health, empowering individuals to nurture their hearts and minds in unison. "We intend to make this an integral part of our medical advice/treatment." According to Dr Dahiya, the idea behind the project goes beyond physical well-being and strives to ease the stress and anxiety of patients and their caregivers as they wait in the OPD for their turn.

"We are so encouraged by the response that now specific modules for patients will be designed," added Dr Dahiya.

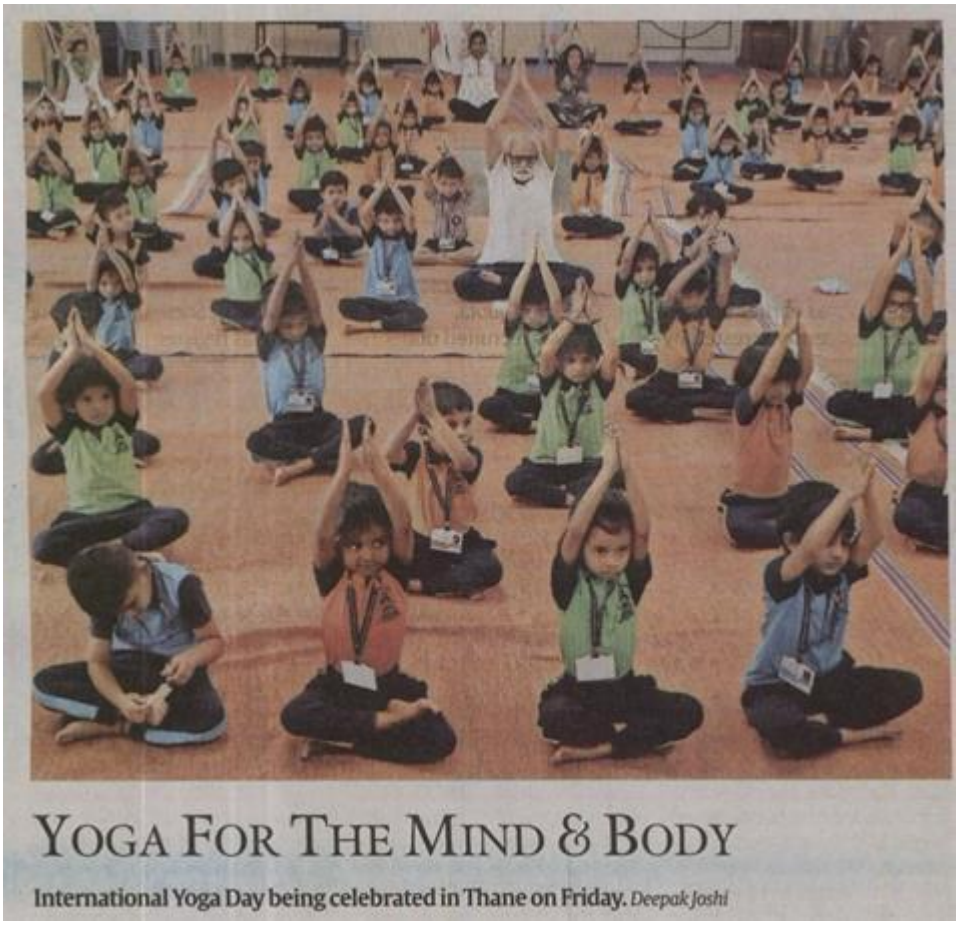
In another initiative, Dr Babita Ghai, Professor and Consultant in Charge of the Pain Clinic, Department of Anaesthesia and Intensive Care, PGI, Chandigarh, has been evaluating the role of yoga therapy in managing chronic low back pain (CLBP) in the community. This DST-SATYAM-funded research project is aimed at providing a sustainable intervention to reduce pain symptoms and associated disabilities among adults in semi-urban and rural areas of Chandigarh. As part of the project, PGI will conduct free health camps at various community health centres for screening, awareness, and patient recruitment. Recruited patients will receive daily yoga or physical exercise classes for two weeks, conducted by trained yoga therapists at the Sector 25 Public Health Dispensary.

The Indian Express • 21 Jun • Ministry of Ayush

Yoga for the mind & body

4 • PG | 153 • Sqcm | 438535 • AVE | 625K • Cir | Middle Center

Mumbai



YOGA FOR THE MIND & BODY

International Yoga Day being celebrated in Thane on Friday. *Deepak Joshi*

The Indian Express • 21 Jun • Ministry of Ayush

With 11 venues & a new anthem, Delhi ready for Yoga Day today

3 • PG | 142 • Sqcm | 233065 • AVE | 388.5K • Cir | Middle Center

Delhi

With 11 venues & a new anthem, Delhi ready for Yoga Day today

DRISHTI JAIN
NEW DELHI, JUNE 20

THE DELHI government will hold programmes at 11 locations on the occasion of International Yoga Day on Saturday, said Chief Minister Rekha Gupta. "This is the first time that Yoga Day is being celebrated on such a large scale in the Capital, where 20,000 people will be participating," she said.

The participants will include all government officials, ministers, and legislators.

The locations for the event are: Sonia Vihar along the Yamuna Ghat; Chhatrasal Stadium; Thyagaraj Stadium; East Vinod Nagar Sports Complex; Jhilmil Sports Complex; Rajiv Gandhi Stadium; Prahladpur Sports Complex; Bharat Nagar Sports Complex; Najafgarh Stadium; Dwarka Sector 6 cricket ground; East Ashok Nagar Hockey Stadium. The CM will be present in Sonia Vihar.

Preparation underway at the Kartavya Path lawn in New Delhi on Friday. *Amit Mehra*

Taking a dig at the previous AAP government, Gupta said it did not show any interest in celebrating the occasion. "They had problems with accepting, performing, and conducting yoga, and only focused on Prime Minister Narendra Modi's face," she said.

The CM also launched the 'Delhi Yoga Anthem' sung by music composer and singer Amit Trivedi. The song features a three-minute-long video shot in different places in Delhi, which, Gupta said, is the 'New Tourist Circuit.' The places shown include Vasudev Ghat, Bharat Mandapam, Kartavya Path, and Humayun's Tomb.

The Indian Express • 20 Jun • Ministry of Ayush

Yoga Day celebrations at 100 iconic destinations, UNESCO heritage sites; Gujarat's Rani Ki Vav, Dhol...

14 • PG | 382 • Sqcm | 185055 • AVE | 249.64K • Cir | Middle Right

Ahmedabad

Yoga Day celebrations at 100 iconic destinations, UNESCO heritage sites; Gujarat's Rani Ki Vav, Dholavira on the list

New Delhi: The Ministry of Culture will mark the International Day of Yoga on June 21 by organising sessions at 100 iconic destinations and 50 other cultural sites across the country, including some of the UNESCO heritage sites, officials said on Thursday.

These will complement the main celebrations, being hosted in Andhra Pradesh's Visakhapatnam that will led by Prime Minister Narendra Modi, with state Chief Minister Chandrababu Naidu, and Deputy Chief Minister Pawan Kalyan also slated to join in, the ministry said.

The UNESCO World Heritage Sites where yoga sessions will be held are — Rani Ki Vav and Dholavira (Gujarat), Charaideo Moidam (Assam), Hampi and Pattadakal (Karnataka), Khajuraho Group of Monuments and Sanchi Stupa (Madhya Pradesh), Sun Temple at Konark (Odisha), Elephanta Caves (Maharashtra) and the Brihadisvara Temple at Thanjavur (Tamil Nadu), it said in a statement.

The Ministry of Culture will mark the 11th International Day of Yoga by organising yoga sessions at "100 tourist-based iconic destinations and 50 more cultural sites across the country", it said.

Union Minister of Culture and Tourism, Gajendra Singh Shekhawat will attend the International Day of Yoga event at the historic Mehrangarh Fort in Rajasthan's Jodhpur.

Some of the other prominent cultural and historical sites such as Golconda Fort and Salarjung Museum (Hyderabad), Humayun's Tomb, Purana Qila and Safdarjung Tomb (Delhi), Jallianwala Bagh (Punjab), Chittorgarh and Kumbhalgarh Forts (Rajasthan), Leh Palace (Ladakh), Pari Mahal (Srinagar, J-K), Bekal Fort (Kerala), and Hazarduari and Cooch Behar Palaces (West Bengal) among other sites will also host sessions, the ministry said.

The attached offices, subordinate bodies, and autonomous institutions under the ministry are playing a vital role in executing this pan-India initiative, "reinforcing the ministry's commitment to linking India's cultural legacy with the wellness traditions of yoga", the statement said.

The Ministry of Tourism, in a statement, said it will organise a "mass yoga session" on June 21, from 6 to 8 am, at the iconic Sun Dial Lawns of the Qutub Minar complex, also a UNESCO World Heritage Site, to mark day.

This year's global theme, 'Yoga for One Earth, One Health', underscores the profound connection between human well-being and ecological balance. The event aims to promote yoga as a powerful tool for physical vitality, mental clarity, emotional peace, and spiritual harmony - all essential in fostering a sustainable and healthy world, it said.

On December 11, 2014, the United Nations General Assembly designated June 21 as the International Day of Yoga. Since then, millions of people around the globe, united by the practice of yoga, have celebrated this day each year. **PTI**

The Indian Express • 20 Jun • Ministry of Ayush

ASI to host Int'l Day of Yoga at monuments in Punjab, Haryana

11 • PG | 68 • Sqcm | 59798 • AVE | 175.5K • Cir | Middle Right

Chandigarh

ASI to host Int'l Day of Yoga at monuments in Punjab, Haryana

EXPRESS NEWS SERVICE
CHANDIGARH, JUNE 19

THE ARCHAEOLOGICAL Survey of India (ASI) will mark the 11th International Day of Yoga on June 21 with special events at historic monuments in Punjab and Haryana.

The Union Ministry of Culture has selected five significant sites — four protected monuments and one national memorial — under the ASI's Chandigarh Circle among 100 iconic locations across the country. These include Bathinda Fort, Shamsher Khan's Tomb in Batala (Gurdaspur), Maharaja Ranjit Singh Fort in Phillaur (Jalandhar), and Jallianwala Bagh National Memorial in Amritsar.

In Haryana, celebrations will be held at the Ruined Qila (Prithviraj Chauhan's Fort) in Hansi, Hisar district. Simultaneously, the Haryana government will organise yoga programmes across all 22 districts and 121 blocks. Over 12.10 lakh citizens have already registered via the dedicated portal, and officials expect more than 20 lakh participants across the state. As part of the "Harit Yoga" campaign aimed at environmental awareness, over 70,000 saplings have been planted in recent weeks.

The Indian Express • 20 Jun • Ministry of Ayush

Make yoga an integral part of your daily lives: Health minister

11 • PG | 145 • Sqcm | 128631 • AVE | 175.5K • Cir | Middle Center

Chandigarh

'CM DI YOGSHALA' IN JALANDHAR

Make yoga an integral part of your daily lives: Health minister

EXPRESS NEWS SERVICE
JALANDHAR, JUNE 19

MORE THAN 21,000 yoga enthusiasts participated in the 'CM DI Yogshala' programme, even as Punjab Chief Minister Bhagwant Singh Mann and AAP national convenor Arvind Kejriwal gave it a miss, a state government statement said Thursday.

Punjab Health Minister Dr Balbir Singh gave a clarion call to the people to make yoga an integral part of their daily lives.

The minister announced that the programme would soon be extended to rural areas.

"Through yoga, individuals struggling with substance abuse are being mentally empowered," said the minister, emphasising "the CM Di Yogshala is not just a wellness initiative, but a transformative step towards a healthier and drug-free Punjab".

Addressing a gathering at PAP ground, the minister said it was heartening to see people from all walks of life participating enthusiastically in this mega event.

"CM di Yogshala is serving as a stepping stone towards building a healthier and more vibrant Punjab," he said.

Balbir Singh said the day is not far when Punjab will regain its pristine glory as a healthy and dynamic state.

Accompanied by Deputy Commissioner Dr Himanshu Aggarwal, Commissioner of Police Dhanpreet Kaur, the minister noted that the initiative was launched two years ago in Jalandhar under the leadership of Chief Minister Mann.

"Around 3,200 yoga classes are conducted daily across the state, benefiting nearly one lakh people. Trained yoga instructors have been appointed to teach yoga," he said, appealing to the people to "make yoga an inseparable part of their lives to stay healthy and fit, helping Punjab become a truly healthy state".

Describing yoga as a boon for both physical and mental well-being, the minister said, "Yogshalas are helping Punjabis lead healthier lives. Maintaining good health and managing stress is the need of the hour, especially as people face multiple challenges in their daily lives."

The minister said, "Rising stress levels are a major concern, and yoga can play a significant role in combating this issue."

The Indian Express • 20 Jun • Ministry of Ayush

Police personnel participate in a yoga session...

11 • PG | 134 • Sqcm | 118885 • AVE | 175.5K • Cir | Top Right

Chandigarh

Police personnel participate in a yoga session ahead of International Yoga Day, in Jalandhar on Thursday. *PTI*

The Indian Express • 19 Jun • Ministry of Ayush

NDMC gears up for Yoga Day

8 • PG | 21 • Sqcm | 34374 • AVE | 388.5K • Cir | Middle Left

Delhi

NDMC gears up for Yoga Day

New Delhi: Ahead of the International Day of Yoga, the New Delhi Municipal Council (NDMC) is gearing up to organise yoga camps from June 18 to 20, with main events to be held at eight prominent NDMC venues on the 21st. The camps will be held at Lodhi Garden and Talkatora Garden among other sites, said the council. **ENS**

The Indian Express • 18 Jun • Ministry of Ayush

Preparations underway for celebration of Yoga Day in UT

3 • PG | 61 • Sqcm | 53594 • AVE | 175.5K • Cir | Middle Right

Chandigarh

Preparations underway for celebration of Yoga Day in UT

EXPRESS NEWS SERVICE
CHANDIGARH, JUNE 17

A MEETING was held on Tuesday under the chairmanship of Rajeev Verma, Chief Secretary, UT Chandigarh, to review and finalise the preparations for the upcoming International Yoga Day, which will be celebrated on June 21.

This year marks the successful completion of a decade of International Yoga Day celebrations across the globe. To commemorate this significant milestone, the Chandigarh Administration will organise the state-level International Yoga Day celebrations at two iconic venues – Tiranga Park in Sector 17 and Rock Garden in Sector 1.

Punjab Governor and UT Administrator Gulab Chand Kataria will grace the occasion as the Chief Guest at Tiranga Park, Sector 17. The celebrations are expected to witness participation from around 1,800 citizens across all age groups and walks of life, including students, senior citizens, government officials, yoga enthusiasts, police, MC, civil defence volunteers, and members of various organisations and institutions.

The Indian Express • 17 Jun • Ministry of Ayush

PGI aims to break its own record on International Yoga Day

5 • PG | 161 • Sqcm | 142381 • AVE | 175.5K • Cir | Top Right

Chandigarh

PGI aims to break its own record on International Yoga Day

EXPRESS NEWS SERVICE
CHANDIGARH, JUNE 16

FACULTY, STUDENTS, staff, and their families are geared up to perform the Common Yoga Protocol to mark the 11th International Day of Yoga (IDY) themed 'Yoga for One Earth, One Health' at the Sports Complex, PGIMER.

A committee headed by Dr Vipin Kaushal, medical superintendent, PGIMER, has been constituted to see the arrangements. On this occasion, PGIMER Director Vivek Lal, said, "I appeal to healthcare workers of Tricity to join the yoga day celebrations on June 21 as it brings team spirit necessary for quality delivery of clinical services".

Kaushal added that all the arrangements are in place — in case of rain, the event will be shifted to Zakir Hall. Dr Akshay Anand, professor incharge of the yoga centre, said that yoga is an evidence-based tool for holistic healthcare and is important for work-life balance, which is why 'Y-break' has been implemented in over 19 departments.

This event is being organised by the institute's yoga centre, 'CCRYN-Collaborative Centre for Mind Body Intervention through Yoga'. Over 3,000 participants have registered for the 11th International Day of Yoga celebration on June 21, in which yoga mats, t-shirts, and refreshments will be provided to all participants.

One can register for the event at https://forms.gle/e5QVjBu7zo3GGsAY6. It seems that this year, healthcare workers at the institute will break their record of the highest number of healthcare workers practising Common Yoga Protocol on IDY. Last year, the PGIMER set a record with the participation of 1,924 healthcare workers in a yoga event, which was officially recognised by the Asia Book of Records.

The PGIMER yoga centre has been conducting 45-minute yoga sessions for patients' caregivers, daily, since June 1 as a pre-celebration. However, yoga for caregivers is a routine activity which is conducted twice a week in the park behind Bhargava Auditorium at the PGIMER. Yoga offers numerous benefits for both mental and physical health. It helps reduce stress, anxiety, and depression, supports the management of hypertension and diabetes, alleviates chronic back pain, and improves posture, among other advantages.

The institute has actively taken steps to integrate yoga into holistic healthcare and research, recognising its vital role in promoting overall well-being.

Through its dedicated yoga centre, the institute aims to offer a well-equipped facility for practising yoga under the guidance of experienced trainers. This service is available to healthcare workers, staff, faculty, and patients alike.

The Indian Express • 29 May • Ministry of Ayush

YOGA DAY IN ANDHRA

6 • PG | 40 • Sqcm | 64891 • AVE | 388.5K • Cir | Middle Left

Delhi

YOGA DAY IN ANDHRA

ANDHRA PRADESH will champion the Yoga Day celebrations this year with Prime Minister Narendra Modi expected to lead the event in Visakhapatnam on June 21. The state government has already launched a month-long programme to make the event a big hit. With an eye to make every section of society part of the celebrations, the government is planning a slew of events and competitions themed around yoga across the state. Separate events have been charted out for different age groups. The government has also launched an awareness campaign about the benefits of yoga. State Health minister and the lone BJP representative in the Chandrababu Naidu government, Y Satya Kumar, was in Delhi to finalise the PM's programmes.

The Hans India • 21 Jun • Ministry of Ayush

TG gears up for Yoga Day celebrations today

5 • PG | 117 • Sqcm | 35131 • AVE | 390.49K • Cir | Middle Center

Hyderabad

TG gears up for Yoga Day celebrations today

HANS NEWS SERVICE
HYDERABAD

THE Telangana Government would be celebrating International Yoga Day in a grand manner at GMC Balayogi Stadium at Gachibowli on Saturday. Governor Jishnu Dev Varma, Chief Minister A Revanth Reddy, Health Minister C Damodar Raja Narsimha, and other dignitaries would be participating.

According to the officials, about 5,000 people will be performing Yoga marking International Yoga Day at 6 am to 9 am on Saturday. The government has decided to organize International Yoga Day celebrations in a grand manner.

Officials of the AYUSH and Health departments have completed the arrangements for this program to be organized with about 5,000 people. The yoga session will start at 6 am. The Governor, CM, ministers and celebrities will perform yoga in this session. With the aim of bringing yoga closer to every household in the state, the government appointed 628 yoga teachers last year.

This year, a notification was issued for the appointment of more than 250 yoga teachers. Yoga classes were being conducted every day from 7 am to 9 am in Ayushman health centers (sub-centers) across the state. AYUSH department officials said that the newly appointed yoga teachers have taught yoga to 5 lakh new people. Special yoga classes were being conducted for pregnant women and patients suffering from chronic diseases. Plans were being made to make yoga part of everyone's life in the future.

The Hans India • 21 Jun • Ministry of Ayush

Yoga vibes come alive at LB stadium

5 • PG | 615 • Sqcm | 184498 • AVE | 390.49K • Cir | Top Left

Hyderabad

Yoga vibes come alive at LB stadium

35,000 PEOPLE TAKE PART IN THE MEGA EVENT; LEADERS EMPHASISE YOGA MUST BE EMBRACED AS A VITAL COMPONENT OF A HEALTHY LIFESTYLE

HANS NEWS SERVICE
HYDERABAD

Photos: Adula Krishna

APPROXIMATELY 35,000 participants, including members of the Indian Army, Central Government employees, various Yoga organisations, students, and citizens from diverse backgrounds participated in a 'Mega Yoga' event held at LB Stadium in the city on Friday.

The event, organised by the Union Ministry of Mines and led by Union Minister for Mines, G Kishan Reddy, marked a countdown celebration for the 11th International Day of Yoga (IYD) 2025. This large-scale gathering, held with widespread national participation, aligned with this year's global theme — "Yoga for One Earth, One Health."

Telangana Governor Jishnu Dev Verma, former Vice President Venkaiah Naidu, Union Minister Srinivasa Verma, several Members of Parliament (MPs), Members of the Legislative Assembly (MLAs), Members of the Legislative Council (MLCs), and renowned actresses Sai Dharam Tej, Khushboo, and Meenakshi Chaudhary attended as chief guests.

At 6 AM, they joined the 24-hour Countdown Event for International Yoga Day 2025 at L B Stadium, where participants engaged in a guided yoga session.

Telangana Governor Vishnu Dev Verma underscored the profound significance of Yoga, highlighting its positive effects on individuals and its contribution to the concept of 'Yoga for One Earth, One Health.'

Union Minister Srinivasa Verma urged both the general public and, particularly, the youth to incorporate yoga into their daily routines. He emphasised that yoga offers proven benefits and should be embraced as a vital component of a healthy lifestyle for holistic and balanced well being.

Union Minister Kishan Reddy stated that since Narendra Modi became Prime Minister, India has shared the "wonderful gift of Yoga with the world."

He insisted that Yoga should be an integral part of everyone's life. "When we are mentally and physically healthy through Yoga, our overall well being improves, benefiting our families, society, and the world," he affirmed, adding, "Yoga is our first doctor and a remedy for all ailments."

Former Vice President Venkaiah Naidu congratulated the Union Minister for organising such a grand Yoga Countdown ceremony at L B Stadium. He stated that, "Yoga promotes fitness and helps achieve both mental and physical balance. Nowadays, many people are suffering from work related stress. Our lack of attention leads to poor retention; however, yoga serves as a form of protection against these issues."

Students from various schools and yoga instructors performed Yogasanas to different traditional tunes, showcasing their yoga talents.

The Hans India • 21 Jun • Ministry of Ayush

THE TRANSFORMATIVE BENEFITS OF YOGA

9 • PG | 534 • Sqcm | 160237 • AVE | 390.49K • Cir | Bottom Left

Hyderabad

International Yoga Day

THE TRANSFORMATIVE BENEFITS OF YOGA

HANS NEWS SERVICE

In the increasingly competitive and fast-paced world of education, students are under immense pressure—academic expectations, peer competition, digital distractions, and emotional stress can take a toll on both mental and physical health. Amidst this whirlwind, one ancient practice stands out as a powerful tool for balance and well-being: yoga. With its blend of physical postures, breathing techniques, and mindfulness, yoga offers a holistic approach to managing stress, improving focus, and enhancing overall performance in student life.

1. Stress reduction and mental clarity

One of the most well-known benefits of yoga is its ability to reduce stress. For students juggling exams, assignments, and social pressures, yoga provides a healthy way to unwind. Deep breathing exercises (pranayama) and meditation calm the nervous system and lower cortisol levels—the hormone responsible for stress. Practicing yoga regularly helps students develop greater mental clarity, emotional stability, and resilience in the face of academic challenges.

Even short yoga sessions can lead to noticeable improvements in mood and attention. A 15-minute breathing or stretching routine before study time can increase alertness and prepare the mind to absorb information more effectively.

2. Improved concentration and memory

Yoga helps improve concentration and cognitive function through techniques that train the mind to focus on the present. Asanas (yoga poses) such as Tree Pose (Vrikshasana) or Eagle Pose (Garudasana) improve balance and focus, while breathing exercises enhance oxygen supply to the brain. This supports better memory retention and mental agility—both crucial for academic performance.

Mindfulness practices within yoga teach students how to direct their attention, avoid distractions, and remain engaged in tasks for longer durations. Over time, this focus spills into classroom participation, test-taking, and homework completion.

3. Physical fitness and posture correction

Sitting for long hours in classrooms or in front of screens often leads to poor posture, fatigue, and physical discomfort. Yoga strengthens core muscles, improves flexibility, and corrects postural imbalances. Poses like Cobra (Bhujangasana) and Child's Pose (Balasana) relieve tension in the back and neck, while improving circulation and energy levels. A physically healthy body contributes to a more energized and productive student. Regular movement also prevents common problems such as headaches, eye strain, and sedentary-related issues.

4. Better sleep and relaxation

Sleep is essential for memory consolidation and cognitive performance. Many students suffer from irregular sleep patterns due to late-night study sessions, social media use, or anxiety.

Yoga encourages better sleep by relaxing the mind and body before bedtime. Restorative poses and calming practices like Yoga Nidra and gentle stretching can improve sleep quality and duration, leading to better focus and mood the next day.

When students sleep well, they wake up more refreshed, ready to absorb information and participate actively in their academic and social lives.

5. Emotional regulation and confidence

The teenage and early adult years are filled with emotional ups and downs. Yoga helps students manage their emotions by promoting self-awareness and inner calm. Mindfulness meditation encourages observing one's thoughts and feelings without judgment, which helps in recognizing stress triggers and developing healthier responses. Over time, yoga builds emotional resilience and self-confidence. It instills a sense of self-control, purpose, and optimism—qualities that contribute not only to academic success but also to personal development.

6. Community and social connection

Group yoga sessions create a sense of community and shared experience. Practicing yoga in schools or colleges fosters peer bonding and a supportive atmosphere.

It encourages cooperation rather than competition and can be a platform for emotional support and collective well-being.

In a time when many students feel isolated due to digital overuse or academic rivalry, yoga offers a non-judgmental, inclusive space to reconnect with others.

7. Easily accessible and cost-effective

One of the most appealing aspects of yoga is its accessibility. It doesn't require expensive equipment or a gym membership.

With just a mat and a quiet space, students can practice yoga anytime, anywhere. Online tutorials, school yoga sessions, and mobile apps make it easy to learn and incorporate into daily routines.

For students navigating the many demands of modern education, yoga is more than just a physical activity—it's a life skill. It enhances academic performance, supports mental and emotional health, and fosters a deep sense of inner balance. Schools and colleges across the globe are increasingly recognizing the value of integrating yoga into their wellness programs.

By adopting yoga early, students can equip themselves with tools for focus, calmness, and long-term well-being.

In a world full of noise and pressure, yoga helps them find their center—and from that centered space, they can truly thrive.

The Pioneer • 21 Jun • Ministry of Ayush

India's quiet power: How yoga became the world's breath of unity

7 • PG | 805 • Sqcm | 273618 • AVE | 275K • Cir | Top Left

Hyderabad • Chandigarh • Delhi • Bhubaneshwar

India's quiet power: How yoga became the world's breath of unity

From UN halls to public parks across continents, yoga has become more than exercise; it's a shared language of breath and balance. And in a fractured world, that quiet connection may be India's most revolutionary contribution yet

FIRST Column

In a world constantly jostling for attention, through missiles, money, and media, India has managed to slip something quietly into the global bloodstream: yoga. Not just the stretch-on-a-mat version that floods Instagram, but the real thing, an ancient, rooted philosophy that has slowly become one of the most persuasive tools of soft power diplomacy in the 21st century. It's not flashy, it doesn't demand loyalty, but it lingers; and that's where its magic lies.

For the past 10 years, yoga's rise has been deliberate, strategic, and honestly, quite beautiful to watch. The turning point came in 2014 when Prime Minister Narendra Modi proposed the idea of an International Day of Yoga at the United Nations.

177 countries backed it, not because they wanted to do India a favour, but because yoga had already embedded itself in their societies. That was the win, not just the declaration itself, but the global readiness to accept that this was more than India's past; it was part of humanity's future.

In 2024, that symbolic circle came full with PM Modi leading the Yoga Day celebrations at the UN Headquarters in New York, in the very halls where he had first proposed it.

Over 180 nationalities came together in a collective breath, a rare moment of unity in a fragmented global order. American singer Mary Millben's soulful rendition of India's national anthem at the event added a layer of cultural grace that moved many to tears.

It wasn't just a diplomatic spectacle; it was a deeply human moment, where art, breath, and belief converged into something much larger than protocol. In that gathering of movement and stillness, India didn't just host the world, it held it.

Since then, June 21 has transformed from a cultural celebration into something much deeper, a show of presence, not power; of balance, not bluster. And that's what makes yoga such an exceptional soft power tool.

It doesn't yell, it invites. It doesn't push a product; it offers a practice. While other cultural exports often come dressed in capitalism or carry subtle imperial agendas, yoga feels clean, disarming even. Its strength lies in its quietness.

CHAITANYA K PRASAD

From New York to Nairobi, Tokyo to Toronto, the sight of thousands moving together in breath and stillness is not just aesthetic, it's symbolic. In a time where nations scream over each other, yoga listens, and people respond.

Back home, the Ministry of Ayush has played a crucial role in deepening this influence. From local wellness programs and school modules to international MOUs and yoga certification frameworks, the past two decades have seen real, measurable investment in making yoga accessible, authentic, and global. This isn't just branding, it's cultural stewardship, and it matters. Because when a country not only preserves but exports its deepest values, and does so with humility, it earns something far more valuable than visibility; it earns trust.

This year, the International Day of Yoga 2025 campaign is themed "Yoga for One Earth, One Health", a line that captures, in five words, everything the world is craving: connection, sustainability, healing.

After years of pandemic panic, mental health breakdowns, and climate anxiety, the idea that the health of our bodies is directly tied to the health of our planet doesn't feel like a philosophy anymore; it feels like a necessity.

Ayush's campaigns this year reflect that urgency. Over 30,000 organisations are joining the 'Yoga Sangam', turning parks, schoolyards, hospitals, and railway platforms into yoga grounds. These aren't token events; they're public declarations that India's contribution to global peace and wellbeing will not be transactional, it will be transformative.

> JUNE 21 HAS TRANSFORMED FROM A CULTURAL CELEBRATION INTO SOMETHING MUCH DEEPER, A SHOW OF PRESENCE, NOT POWER; OF BALANCE, NOT BLUSTER. AND THAT'S WHAT MAKES YOGA SUCH AN EXCEPTIONAL SOFT POWER TOOL. IT DOESN'T YELL, IT INVITES

And then there's YogAndhra 2025, one of the most ambitious state campaigns we've seen in years. Two crore people, a month-long activation, a mass event along the Visakhapatnam coastline; it's massive, and honestly, deeply moving.

Not because of the numbers, but because of what they represent: ordinary people coming together, voluntarily, in a moment of pause.

That's the real diplomacy, not the flags, not the official handshakes. Just breath, stillness, surrender; and in that shared silence, India speaks louder than any press release ever could.

What makes all of this even more powerful is the tenor of yoga itself. It's not ornamental, it's foundational. Yoga doesn't demand performance, it demands presence.

And in a hyper-digitised, algorithm-driven world, that's revolutionary. Yoga has no nation, but it does have an origin; and every time someone anywhere rolls out a mat and begins their practice, they are, whether they know it or not, engaging with India, not politically, but spiritually and philosophically. That's legacy, and that's how soft power works.

Health diplomacy is another layer in this story that often gets overlooked. In a time when the world is buckling under non-communicable diseases, burnout, and post-pandemic trauma, India's offering isn't just ancient, it's relevant.

Yoga is preventive and sustainable; it teaches you to listen to your body, manage your mind, and regulate your breath.

That's public health without a prescription. It's affordable, scalable, and deeply human. The fact that international bodies like the WHO are now aligning with Ayush to explore integrative health models is no coincidence; it's recognition.

But to fully understand yoga's impact, you have to go beyond the policy speak.

Yoga isn't about flexibility; it's about balance. It's not about how you look, it's about how you feel. It doesn't sell transformation in 21 days; it teaches you to surrender to slow, patient evolution.

When someone in Buenos Aires Berlin or Bengaluru sits in silence, they're not just accessing a wellness tool; they're entering a cultural portal, one that leads, always, back to India.

And that's what makes yoga such a rare diplomatic asset. It doesn't just generate influence; it generates affection. It's not transactional. It's not about lobbying.

It's about resonance, and resonance lasts. India, through yoga, is not trying to dominate global narratives. It's anchoring them, centring them, reminding the world that wellness, at its core, is not a luxury; it's a right. And that stillness, in a fractured, frantic world, is not weakness; it's power.

So as India gears up for another powerful edition of IDY, it's not just about the scale of participation or the number of countries involved. It's about what yoga continues to signify: that even in a global order shaped by conflict, chaos, and competition, there is space, sacred, silent, strong; for something slower, deeper, and more human. Yoga isn't just India's cultural gift; it's its geopolitical signature. Not loud, but lasting.

And maybe that's the whole point. In a world obsessed with speed and spectacle, yoga reminds us that the real revolution begins when we learn to just stop, breathe, and listen; to ourselves, and each other.

(The writer is former Civil Servant. Views are personal. Inputs provided by Zoya Ahmad & Vaishnavie Srinivasan)

The Pioneer • 21 Jun • Ministry of Ayush

Rajnath to attend Yoga Day celebrations in J&K

5 • PG | 75 • Sqcm | 25458 • AVE | 275K • Cir | Top Left

Hyderabad

Rajnath to attend Yoga Day celebrations in J&K

Defence Minister Rajnath Singh on Friday said he will attend the International Day of Yoga celebrations in Jammu and Kashmir on June 21 and also interact with the armed forces personnel at Udhampur Cantonment. He shared the update in a post on X. "Leaving New Delhi for Udhampur in Jammu and Kashmir. Shall attend the International Yoga Day celebrations tomorrow morning. Also, looking forward to interact with the Armed Forces personnel at Udhampur Cantt," Singh said in a post. The defence minister will be on a two-day visit to the Jammu region. The main IDY celebrations, led by Prime Minister Narendra Modi, will be in Andhra Pradesh's Visakhapatnam.

The Pioneer • 21 Jun • Ministry of Ayush

THE RISE OF INTERGENERATIONAL YOGA IN HYDERABAD

9 • PG | 690 • Sqcm | 234531 • AVE | 275K • Cir | Top Left

Hyderabad

BREATHING TOGETHER, HEALING TOGETHER

THE RISE OF INTERGENERATIONAL YOGA IN HYDERABAD

TEJAL SINHA
tejal.sinha30@gmail.com

This International Yoga Day, Hyderabad is witnessing a heartwarming shift—grandparents and grandchildren coming together on yoga mats to stretch, breathe, and bond. Whether it's partner poses, shared laughter during sun salutations, or synchronised breathing across continents via Zoom, these sessions are creating new rituals and rekindling old ties—proving that wellness knows no age, only intention

As the sun rises over Hyderabad's Necklace Road, it's not uncommon to find a group of yoga enthusiasts gathered by the Hussain Sagar Lake. But look closer and you'll spot something heartwarming—grandparents and grandchildren side by side, moving through sun salutations and pranayama, sharing not just space but also energy, focus and laughter.

In the past years, yoga has moved beyond a solitary or age-specific practice. In Hyderabad, an emerging trend this International Yoga Day is the growth of intergenerational yoga—sessions where seniors and their grandkids roll out mats together. It's not just about fitness. It's about bonding, memory-making and shared wellness.

Hyderabad-based yoga practitioner and therapist Nirmala Rao, who runs a wellness studio in Banjara Hills, says the idea began almost serendipitously.

"A few years ago, I had a client—a 72-year-old woman—who brought her 10-year-old grandson along because she couldn't find a babysitter. I asked if he'd like to join the session. What followed was beautiful—they laughed through balancing poses, helped each other with stretches and were completely in sync during breathing exercises," Rao recalls.

Since then, she began offering "Family Yoga Mornings" on Sundays and the response has been overwhelming. "In a fast-paced city like ours, where families often live together but barely interact, yoga is creating new bridges," she adds.

Experts note that this trend aligns with larger wellness goals. According to Dr Tarun Prasad, a geriatric physician based in Secunderabad, yoga offers significant cognitive and emotional benefits, particularly when practiced in a familiar social setting.

"When elders and children engage in yoga together, it reduces isolation among seniors and encourages empathy in younger generations. It's therapy disguised as exercise," says Dr Prasad. He's even begun recommending intergenerational yoga as part of post-retirement wellness planning.

For 68-year-old Madhavi Reddy from Jubilee Hills, yoga sessions with her 9-year-old granddaughter Naina are now a weekly ritual. "We used to barely talk beyond daily instructions. Now, we giggle through our failed attempts at partner tree pose and discuss breathing patterns. I feel more connected to her world."

Naina chimes in: "I love yoga time because I get to teach grandma some things. And she's always better than me at meditation!"

In a city known for its rich cultural heritage and deep respect for family values, this shift feels particularly resonant. Yoga, deeply rooted in Indian tradition, becomes a medium for rediscovering intergenerational connections.

"Hyderabad has always had a strong culture of elders being actively involved in family life," says sociologist Dr. Anuradha Kale from the University of Hyderabad. "In an age where children are glued to screens and elders often feel left out, yoga is helping rewrite those dynamics."

Interestingly, Hyderabad's tech-savvy residents are also finding ways to adapt the trend digitally. Ramesh and Leela Goud, both in their 70s and based in Kondapur, practice yoga every Sunday with their grandson who lives in Chicago—via Zoom.

"It's the only way to keep up with both health and family. We may be continents apart, but when we do pranayama together, we feel connected."

Of course, not all elderly individuals can perform traditional poses. For them, yoga instructors are adapting movements through chair yoga and breathing-only sessions.

Therapist Veena Rani, who runs specialised yoga classes for seniors with mobility challenges shares, "Even a simple act like synchronised breathing between a grandparent and grandchild can be powerful," she says.

One of her clients, 76-year-old Rehana Ghosh from Mehdipatnam, shares, "My knees don't allow me to sit on the floor anymore. But when I sit with my grandson, close my eyes and breathe with him, it's magic. I feel lighter."

As Hyderabad observes International Yoga Day this year, many families are ditching commercial mall outings for community park yoga. Local initiatives have been inviting families to participate in free intergenerational yoga sessions across parks like KBR Park and Indira Park.

"Our aim is to normalize shared wellness practices within families. This isn't a one-day event—it's about creating lifelong memories," says Vidya Rana, a volunteer of one such initiative.

Parents like Arvind and Sneha Menon from Begumpet say these sessions are becoming more than just tradition—they're becoming legacy. "Our daughter may not remember the toys she got last year, but she'll never forget holding her ajji's hand during savasana under the sky," giggles Sneha.

In a time when wellness often feels commercialized, Hyderabadis are finding a quieter, more meaningful revolution in the simplicity of shared breath and movement. And it all starts with rolling out a mat next to someone you love.

In yoga, we often talk about balance. What better way to find it than between generations?

The Pioneer • 21 Jun • Ministry of Ayush

Haryana CM reviews preparations for the state-level Int' l Yoga Day function

2 • PG | 285 • Sqcm | 171228 • AVE | 268.96K • Cir | Middle Center

Chandigarh

Haryana CM reviews preparations for the state-level Int'l Yoga Day function

PNS ■ CHANDIGARH

Haryana Chief Minister Nayab Singh Saini on Friday said that the Haryana Government has made full preparations to make the 11th International Yoga Day historic and more than 20 lakh people will do Yoga together.

Talking to journalists after inspecting the programme sites at Brahma Sarovar on the eve of International Yoga Day, the Chief Minister said that the state-level function organized in Kurukshetra is going to be historic, where a new record is likely to be set with the participation of more than one lakh people. Yoga Guru Baba Ramdev will specially conduct yoga in the function. The Brahma Sarovar complex has been divided into 64 sectors and the fair ground into 37 sectors. 1,000 participants will do yoga in each sector. To connect all the participants with the yoga programme, 31 LED screens have been installed, out of which 20 have been installed in the Brahma Sarovar complex and 11 in the fair ground. During this state-level function, the message of Prime Minister Narendra Modi will also be heard through live broadcast.

Saini said that the theme of International Yoga Day is One Earth One Health, which we have implemented in the state by adding the slogan 'Yoga Yukt Nasha Mukt' Haryana. Following this theme, all citizens should save themselves from drug addiction. Also, the youth of the state have to be saved from drug addiction. Drug addiction is a bad practice, which hinders the development of any nation. The Chief Minister said yoga is not just an exercise, it is a lifestyle. It has an important contribution in making Haryana healthy, aware and disciplined, so we all must adopt yoga in our lives and make it a part of our daily routine.

He appealed to the general public to contribute in making the state-level programme of International Yoga Day historic by reaching Kurukshetra, the land of Shri Krishna who gave the message of karma and yoga to all mankind, and doing yoga.

The Pioneer • 21 Jun • Ministry of Ayush

National Cadet Corps (NCC) cadets and others practice yoga.....

1 • PG | 218 • Sqcm | 130995 • AVE | 268.96K • Cir | Bottom Right

Chandigarh

National Cadet Corps (NCC) cadets and others practice yoga ahead of the International Day of Yoga, at NCC headquarters, in Ahmedabad, Gujarat PTI

The Pioneer • 21 Jun • Ministry of Ayush
World has woken up to the power of Yoga

7 • PG | 421 • Sqcm | 252394 • AVE | 268.96K • Cir | Bottom Right

Chandigarh • Delhi • Bhubaneshwar

World has woken up to the power of Yoga

As we observe the 10th Anniversary of International Day of Yoga (IDY), it is a matter of immense pride for every Indian to see how an ancient Indian tradition has transformed into a global wellness movement. June 21, known as the Summer Solstice in the Northern Hemisphere marking the longest day of the year, is now observed globally as the International Day of Yoga, a day to raise awareness about the benefits of Yoga. While numerous IDY events will be held across India, globally it will be the largest ever spectacle of Yoga. Spearheaded by the Indian Council for Cultural Relations (ICCR), the cultural arm of the Ministry of External Affairs, Yoga sessions, events and programmes will be held in 191 countries, practically covering every nation across the globe.

More than 2,000 Yoga events are being organised in 1,300 cities covering all the continents.

The theme for this year's IDY is — "Yoga for One Earth, One Health." This theme echoes a vital truth about the interconnectedness of health, sustainability, and the environment — aligning with India's "One Earth, One Family, One Future" vision highlighted during its G20 presidency. It is due to Prime Minister Narendra Modi's vision that Yoga today has gained international recognition. It is one of India's greatest cultural diplomacy achievements. The rage for Yoga has grown exponentially over the years, not only in India but across the world. People have taken to Yoga for their well-being and to beat stress. Yoga has become a daily ritual for crores of people across the globe. The success of IDY can be gauged from the fact that in 2018 around 9.60 crore people participated globally, while the participation jumped to almost 25 crores in IDY-2024. This year, when the largest ever participation of people is expected across the globe, new records will surely be set this time.

SANDEEP JOSHI

In India, while various Yoga events are being organised, the signature event of IDY-2025 will be "Yoga Bandhan" where 17 Yoga Gurus and practitioners from 15 countries including Brazil, Argentina, Russia, China, South Africa, Malaysia, Sri Lanka, Indonesia, Singapore and South Korea, will be leading the IDY events across India. These Yoga practitioners are those training others in their countries. To make this even more memorable, iconic locations have been chosen to host "Yoga Bandhan" programmes.

For instance, in Delhi, Yoga events are being led by these foreign Yoga gurus at Jantar Mantar, Qutub Minar, Purana Kila and Humayun's Tomb which showcases our National Capital's rich cultural and architectural heritage. Similar "Yoga Bandhan" programmes are being organised in iconic locations in Lucknow; on the 'ghats' of Ayodhya and Varanasi; at the marvellous locations in Jaipur, Jodhpur, Bhopal and Gwalior. Just as Yoga is a 'union' between 'Atma' and 'Paramatma', 'Yoga Bandhan' seeks to unite India and the world. It is a matter of great satisfaction that Yoga has come full circle. Yoga went from India to these countries. People abroad learnt Yoga, and today they have come back to India to lead Yoga demonstrations of Indian people in India.

ICCR has played a pivotal role in the promotion of Yoga across the world. Through its 37 cultural centres abroad, ICCR teaches Yoga. ICCR-appointed teachers not only teach Yoga to the people at its centres, Yoga is also taught in universities and schools. People in foreign countries are adopting Yoga in their daily lives to stay healthy and beat stress. Yoga has truly become a global movement.

Yoga is going places. It gives us a sense of pride and satisfaction when we see a woman leading the IDY demonstration in Saudi Arabia, or the Government of Kuwait allowing more than 1,200 people to practise Yoga in a public place. Imagine the power of these images. It inspires crores of people in India and globally to rediscover our traditional knowledge, heritage and our civilisational wisdom that lies in Yoga.

Yoga is becoming something that is not just being practised at the United Nations or just a June 21 event. People are genuinely adopting Yoga, they are making it a part of their lives for their own well-being, health and happiness.

Prime Minister Narendra Modi has taken the idea of "Vasudhaiva Kutumbakam", which means "The world is one family", far and wide. He has emphasised the interconnectedness of all living beings and promoted global unity and cooperation.

India also believes in "Sarve Bhavantu Sukhinah" (May all be happy, may all be free from illness, may all see what is good, may none experience suffering). We believe that we are all made of energy vibrating in different frequencies, but we are all made of the same energy. We are one, and Yoga is the best expression of that belief and value system. If we want peace, harmony and well-being in the world, then humanity has no option but to go to Yoga. Yoga is the need of the hour. The reason why Yoga is growing in popularity is because people globally are looking up to Yoga to boost their well-being. Today there is increasing burnout, although we live in the most comfortable of times. But spiritually and mentally, we are the most isolated, and in most unease. Yoga is helping people discover the inner peace; you have to be still, you have to be quiet, you have to delve within. It is then you realise that we can have a peaceful world only when we have peaceful human beings, because the world is us.

(The writer is a freelance journalist. Views are personal)

The Pioneer • 21 Jun • Ministry of Ayush

CM Gupta to lead Yoga Day events across Delhi

5 • PG | 254 • Sqcm | 723353 • AVE | 634.42K • Cir | Middle Right

Delhi

CM Gupta to lead Yoga Day events across Delhi

PIONEER NEWS SERVICE
New Delhi

Delhi Chief Minister Rekha Gupta on Friday stated that on the occasion of International Yoga Day, scheduled for Saturday, millions of people across Delhi will actively participate in various yoga events. The Delhi government is not only organizing large-scale celebrations but is also being joined by hundreds of yoga institutions, social organisations, educational institutes and community groups across the city. Addressing a press conference today, the CM released a special yoga theme song.

The Chief Minister informed that the Delhi government is hosting yoga programs at 11 key locations across the capital. In addition, many other organizations will hold independent sessions. She expressed confidence that across the city, lakhs of people will be seen practicing yoga,

reflecting the city's deep interest and enthusiasm for it.

The CM will perform yoga along with hundreds of participants at the Yamuna Vihar Water Sports Club (near Wazirabad Bridge). She further informed that yoga sessions will be held at the following prominent locations: Yamuna Vihar Water Sports Club (Sonia Vihar), Chhatrasal Stadium, Thyagaraj Stadium, East Vinod Nagar Sports Complex, Jhilmil Sports Complex, Rajiv Gandhi Stadium in Bawana, Prahladpur Sports Complex, Bharat Nagar Sports Complex, Najafgarh Stadium, Sector-6 Dwarka Cricket Ground, and Ashok Nagar Hockey Stadium.

Elected representatives including MPs, ministers, MLAs, and local leaders will participate in these events.

Speaking about the newly released yoga theme song, the CM shared that it has been sung by renowned playback singer Amit Trivedi, a recipient of the National Film Award and multiple Filmfare Awards.

The video accompanying the song showcases Delhi's iconic tourist destinations such as the Prime Ministers' Museum, Kartavya Path, War Memorial, Bharat Mandapam, Yashobhoomi, Akshardham, Lotus Temple, Purana Qila, National Charkha Museum, Dilli Haat, Qutub Minar, Baansera Park, Asita Park, Vasudev Ghat, and Bharat Darshan Park. The aim is to promote both tourism and the significance of yoga in daily life, encouraging residents and tourists alike to engage with Delhi's cultural landmarks and adopt healthier lifestyles.

CM Gupta emphasised that yoga is an ancient and invaluable heritage of India, one that not only ensures physical fitness but also provides mental peace and spiritual balance. She said yoga is an integral part of Indian culture and lifestyle — not just a set of exercises, but a holistic way of living. Yoga helps in relieving stress, anxiety, and depression, empowering individuals from within. In today's fast-paced world, yoga teaches us to pause and reflect — it shows us the path to a calm, balanced, and purposeful life.

The Chief Minister urged every Delhiite to make yoga a part of their daily routine. She said, "Even if it's just 10 minutes a day, regular yoga is a lifelong investment — for both body and mind. On this Yoga Day, let us all take a collective pledge to not only remain healthy ourselves, but also infuse new energy and consciousness into our society and nation."

The Pioneer • 21 Jun • Ministry of Ayush

ICCR to lead Global Yoga Day celebrations

4 • PG | 281 • Sqcm | 799720 • AVE | 634.42K • Cir | Top Right

Delhi • Bhubaneshwar

ICCR to lead Global Yoga Day celebrations

PIONEER NEWS SERVICE
New Delhi

India will organise thematic events and programmes in 1,300 cities across the globe to mark the International Day of Yoga on Saturday, showcasing the nation's ancient tradition and soft power.

The Indian High Commission in Pakistan is also organising a yoga event in Islamabad on the occasion, according to a statement issued on Friday by the Indian Council for Cultural Relations (ICCR), the cultural arm of the Ministry of External Affairs.

"On the 10th anniversary of International Day of Yoga, we will practically cover every country in the world where yoga events are being organised. In some countries like the US, we are hosting multiple events across various cities," ICCR's Director General, K Nandini Singla, was quoted as saying in a statement. The ICCR will organise various yoga events and programmes in 191 countries on June 21 to mark the IDY, with more than 2,000 events to be hosted at 1,300 locations, covering multiple cities in various nations, it said.

Additionally, the ICCR is also hosting 'Yoga Bandhan', a signature event of IDY 2025, where 17 yoga gurus and practitioners from 15 countries, including Brazil, Argentina, Russia, China, South Africa, Malaysia, Sri Lanka, Indonesia, Singapore and South Korea, will lead the Yoga Day events across India, Singla said.

Youngsters perform aerial yoga on the eve of the International Day of Yoga in Mumbai PTI

In Delhi, yoga events will be led by these foreign yoga gurus at Jantar Mantar, Qutub Minar, Purana Quila and Humayun's Tomb, while similar 'Yoga Bandhan' programmes will be organised at iconic locations in Lucknow, Ayodhya, Varanasi, Jaipur, Jodhpur, Bhopal, Gwalior and other cities, she added. Just as yoga is a 'union' between 'Atma' and 'Paramatma', 'Yoga Bandhan' seeks to "unite India and the world', the ICCR's DG said.

"It is a matter of great satisfaction that yoga has come full circle. Yoga went from India to these countries. People abroad learnt yoga, and today they have come back to India to lead yoga demonstrations by Indian people in India," Singla added. The theme for IDY 2025 is 'Yoga for One Earth, One Health'.

This theme echoes a vital truth about the interconnectedness of health, sustainability, and the environment, aligning with India's "One Earth, One Family, One Future" vision highlighted during its G20 presidency, the ICCR underlined. The ICCR DG noted that preparations for IDY-2025 started several months ago.

"To create awareness about IDY, we did various programmes to mark the 100-day countdown, 75-day countdown, 50-day countdown and 25-day countdown events. Globally, our embassies and consulates hosted special yoga events in the run-up to the IDY," she said.

India's 37 cultural centres in different countries also organised numerous yoga programmes during the last 100 days, Singla added.

The Pioneer • 21 Jun • Ministry of Ayush

National Cadet Corps (NCC) cadets and others practice yoga

1 • PG | 152 • Sqcm | 91335 • AVE | 275.94K • Cir | Bottom Right

Bhubaneshwar

National Cadet Corps (NCC) cadets and others practice yoga ahead of the International Day of Yoga, at NCC headquarters, in Ahmedabad, Gujarat PTI

The Pioneer • 21 Jun • Ministry of Ayush

Yoga practice session held aboard CG vessel

3 • PG | 168 • Sqcm | 100635 • AVE | 275.94K • Cir | Bottom Right

Bhubaneshwar

PPA in association with Art of Living

Yoga practice session held aboard CG vessel

As prelude to Yoga Day

PNS ■ Paradip

In a remarkable prelude to the International Yoga Day 2025, the Paradip Port Authority (PPA) on Thursday organised a distinctive yoga practice session aboard Coast Guard vessel ICGS Vjaya in association with the Art of Living, Paradip branch, underscoring its commitment to health, wellness, and inter-agency cooperation.

The event, held in the pristine waters off the coast of Paradip, brought together PPA officials, Coast Guard personnel, and enthusiastic yoga practitioners in a serene and inspiring setting. The participants performed various asanas and breathing exercises guided by experienced instructors, with the gentle sway of the vessel adding a unique dimension to their practice.

Speaking on the occasion, Chairman, PPA PL Haranadh stated, "We are thrilled to host this special yoga session on a Coast Guard vessel as we approach the International Yoga Day. This initiative not only promotes the physical and mental benefits of yoga but also strengthens the camaraderie between the Paradip Port Authority and the Indian Coast Guard, both vital for the security and prosperity of our coastal region. We believe that a healthy workforce is a productive workforce, and yoga plays a crucial role in achieving that."

The Paradip Port Authority is gearing up for a grand celebration of International Day of Yoga on June 21 at Gopabandhu Stadium to encourage broader community participation.

The Pioneer • 19 Jun • Ministry of Ayush

Over 20 lakh people to participate for mass yoga practice on Int'l Yoga Day

3 • PG | 127 • Sqcm | 76495 • AVE | 268.96K • Cir | Bottom Center

Chandigarh

Over 20 lakh people to participate for mass yoga practice on Int'l Yoga Day

PNS ■ CHANDIGARH

Haryana Chief Minister Nayab Singh Saini on Wednesday said that the State Government has taken a historic step towards building a "Yoga Yukt, Nasha Mukt Haryana" by embracing Prime Minister Narendra Modi's message of "Yoga for One Earth, One Health" on the occasion of the 11th International Yoga Day. As a result of this initiative, more than 20 lakh people across the state will participate in yoga sessions on June 21.

Sharing information in this regard, an official spokesperson said that yoga programmes will be organised in all 22 districts and 121 blocks of the state on June 21. More than 20 lakh citizens will come together to practice yoga. So far, over 12.10 lakh people have registered themselves through the portal to participate. As part of the "Harit Yoga" campaign to promote environmental awareness, more than 70,000 saplings have already been planted. The state-level main event will be held at the Brahma Sarovar in Kurukshetra, where the Chief Minister and other dignitaries will participate in yoga exercises along with thousands of practitioners, in the presence of yoga guru Ramdev. Notably, in 2014, Prime Minister Narendra Modi introduced yoga on the global stage at the United Nations General Assembly. With support from 177 countries, June 21 was declared as International Yoga Day, through which India offered the world a path of peace, health, and harmony. This year's Yoga Day theme highlights yoga's role in promoting physical, mental, and environmental well-being. It aligns with the global call for unity and sustainability, the spokesperson added.

The spokesperson further said that to promote yoga at the grassroots level, the Haryana Government has set a target of building 1,000 Vyayamshalas (gymnasiums) in rural areas.

The Pioneer • 19 Jun • Ministry of Ayush

Yoga Sangam gets encouraging registrations

4 • PG | 51 • Sqcm | 145809 • AVE | 634.42K • Cir | Bottom Right

Delhi

Yoga Sangam gets encouraging registrations

PIONEER NEWS SERVICE ■
New Delhi

Registrations for Yoga Sangam, the flagship event of the 11th International Day of Yoga on June 21, have crossed the 4 lakh mark, the Ayush ministry said on Wednesday.

It also claimed that no single event in India has ever garnered assured participation at such a scale.

On June 21, a synchronised yoga demonstration will unfold simultaneously at lakhs of locations across the country — a landmark moment in India's wellness journey, it said.

The main function will take place in Visakhapatnam, where more than 5 lakh yoga enthusiasts in performing the common yoga protocol.

The Pioneer • 16 Jun • Ministry of Ayush

Survey reveals growing adoption of yoga as India prepares for IDY 2025

1 • PG | 401 • Sqcm | 1141678 • AVE | 634.42K • Cir | Bottom Center

Delhi • Chandigarh

Survey reveals growing adoption of yoga as India prepares for IDY 2025

PIONEER NEWS SERVICE
New Delhi

As the world prepares to mark the 11th International Day of Yoga (IDY) on June 21, a nationwide survey conducted by the Ministry of Ayush highlights a decade of growing yoga adoption in India. The report, Impact Assessment of a Decade of International Day of Yoga (IDY): Survey Findings, reveals that over 41 per cent of respondents have integrated yoga into their lifestyle in various forms, underscoring its increasing relevance in health and wellness.

The comprehensive survey, conducted by the Central Council for Research in Yoga and Naturopathy (CCRYN) and Surveykshan under YOLO 9 Technologies, covered 30,084 households across 34 States and union territories. It found that 11.2 per cent of respondents practice yoga regularly, while 13.4 per cent do so occasionally. Regular practitioners were defined as individuals who attend yoga classes or sessions consistently.

Dr Raghavendra Rao, Director of CCRYN, explained that lifestyle integration of yoga includes not just physical postures but also practices such as meditation, prayer (bhakti yoga), and other mindfulness routines. "These practices aim to calm the mind and bring holistic wellness, reflecting the broader impact of yoga beyond physical exercise," he said.

The report also revealed that yoga positively influences health: 24.6 per cent of respondents reported improved fitness, 16.9 per cent noted reduced stress levels, and about one-fourth claimed enhanced health awareness due to yoga. Notably, 36.2 per cent of individuals with chronic conditions such as diabetes, hypertension, and heart disease have turned to yoga as part of their management strategy.

FILE PHOTO

Yoga awareness was found to be highest among the 18-24 age group, though the highest rate of regular practice (17 per cent) was among those aged 65 and above. Gender-wise, 11.6 per cent of men and 10.7 per cent of women reported regular practice, with urban areas showing slightly higher engagement (12.6 per cent) compared to rural regions (10.4 per cent).

In tandem with these findings, the Ministry of Ayush is advancing a new initiative-Harit Yoga, one of the 10 signature events commemorating IDY 2025. Union Ayush Minister Prataprao Jadhav emphasised that Harit Yoga merges environmental sustainability with yogic principles. "Harit Yoga is a movement to reconnect our breath with the planet's rhythm-one tree, one asana at a time," he said in an interview.

Launched under the vision of "One Tree in Mother's Name," inspired by Prime Minister Narendra Modi's call for environmental consciousness, Harit Yoga encourages citizens to plant trees while embracing yoga in natural spaces. Over 160 dedicated events have already taken place, including clean-up drives, tree plantations, and outdoor yoga sessions across diverse terrains-from coastal zones to the Himalayan valleys.

To further support this green vision, the Ministry is revitalising Yoga Parks in collaboration with local bodies and Resident Welfare Associations. These open-air community wellness spaces aim to provide citizens with serene, eco-friendly environments for regular yoga practice.

"Yoga should not be limited to June 21. It must become a daily habit-a path to personal wellness and national well-being," Jadhav said.

The Pioneer • 16 Jun • Ministry of Ayush

Haryana CM Flags Off Yoga Marathon, Launches 'Yoga-yukt, Nasha-mukt' Campaign

3 • PG | 198 • Sqcm | 118955 • AVE | 268.96K • Cir | Top Right

Chandigarh

Haryana CM Flags Off Yoga Marathon, Launches 'Yoga-yukt, Nasha-mukt' Campaign

PNS ■ CHANDIGARH

Haryana Chief Minister Nayab Singh Saini on Sunday flagged off a state-level yoga marathon from the South Gate of the sacred Brahma Sarovar in Kurukshetra. The event was jointly organized by the Haryana Sports Department, AYUSH Department, Haryana Yog Aayog, and the District Administration as a precursor to the upcoming International Yoga Day on June 21.

Amid chants of wellness and enthusiasm, Saini showered flower petals on the participants and distributed cash prizes worth Rs 3.46 lakh to the top 20 winners in both men's and women's categories. Gaurav and Monica from Sonipat, who secured first place, were each awarded Rs 51,000. Addressing the gathering, the Chief Minister said that the yoga marathon has evolved into a Sankalp Yatra on the sacred land of Kurukshetra, dedicated to making Haryana Yoga-yukt, Nasha-mukt (yoga-practicing and drug-free). "Thousands of youths, elders, and women have enthusiastically joined this movement. So far, more than 19.27 lakh people have connected with this campaign, which is a matter of pride," he said.

Saini added that on June 21, Yoga Guru Swami Ramdev will lead a mass yoga session at Brahma Sarovar. More than 20,000 youth participated in Sunday's marathon, reinforcing the message that good health is foundational to progress. "One must dedicate at least one hour daily to health. A healthy individual contributes to a healthier and more efficient society," he emphasized.

The Chief Minister said that this year's International Yoga Day theme, One Earth, One Health, has been strengthened with Haryana's own campaign slogan, Yoga-yukt, Nasha-mukt. "Addiction is a destructive force that hampers national progress. We must protect our youth from its grip," he added.

Linking the initiative to Prime Minister Narendra Modi's vision of a Viksit Bharat by 2047, Saini called yoga a timeless gift from India's sages that must be preserved and promoted. He noted that 67,508 saplings have already been planted under the Green Yoga Campaign, and 10 lakh medicinal plants will be distributed by June 21.

The campaign has reached 5,000 villages through the Yoga Jagran Yatra, with over 1.38 lakh participants from the Sports Department, 38,000 from AYUSH, and nearly 9.90 lakh digitally connected individuals. Additionally, 2,500 yoga camps are being planned across Haryana in collaboration with Patanjali, Art of Living, Brahma Kumaris, and Bharatiya Yoga Sansthan. A new 5-minute Y-break has also been introduced in offices to promote workplace wellness.

The Pioneer • 15 Jun • Ministry of Ayush

Yoga is now a global mass movement, says Ayush Min Jadhav

5 • PG | 216 • Sqcm | 73273 • AVE | 275K • Cir | Bottom Left

Hyderabad

Yoga is now a global mass movement, says Ayush Min Jadhav

PNS ■ NEW DELHI

Yoga has transformed from a personal wellness routine into a global mass movement, over the past 10 years, due to the consistent efforts of Prime Minister Narendra Modi and it is now being practised with enthusiasm in more than 170 countries, Union Ayush Minister Prataprao Jadhav said.

In an interview with PTI ahead of the International Day of Yoga (IDY) on June 21, Jadhav credited the prime minister for popularising yoga globally.

"The widespread global adoption of Yoga can be attributed to the visionary leadership of Prime Minister Narendra Modi, who not only proposed the idea of IDY at the United Nations General Assembly in 2014 but also personally reached out to world leaders to garner unanimous support," Jadhav said.

He said the resolution was co-sponsored by 177 nations and adopted within a record 75 days, making it one of the fastest-passed proposals in UN history.

Since then, yoga has emerged as a cultural bridge connecting people across continents with annual observances of IDY becoming a global movement, Jadhav, who is also the Minister of State for Health, said.

From New York's Times Square to remote islands in the Pacific, yoga mats now roll out in celebration of health and harmony, he said.

"The widespread global adoption of Yoga can be attributed to the visionary leadership of Prime Minister Narendra Modi, who not only proposed the idea of IDY at the United Nations General Assembly in 2014 but also personally reached out to world leaders to garner unanimous support," Jadhav said.

The global reach of Yoga is not just ceremonial, it is substantive, with its increasing integration into public health strategies, wellness programs, and school curricula worldwide, the minister said.

"Leading medical professionals, including MDs and surgeons, now recommend Yoga for managing lifestyle diseases, improving mental health, and aiding recovery both preventive and post-illness. This growing acceptance has positioned Yoga as a complementary tool in integrative healthcare," Jadhav said.

He informed extensive preparations have been made for the 11th IDY in India, including a 100-day countdown programme with events held every 25 days in Delhi, Bhubaneswar, Nashik, and Puducherry.

Ten signature events have been planned -- Yoga Sangam, Yoga Bandhan, Yoga Park, Yoga Samavesh, Yoga Prabhav, Yoga Connect, Harit Yoga, Yoga Unplugged, Yoga Mahakumbh, and Samyog, he said.

The main event will be held in Visakhapatnam, Andhra Pradesh, on June 21 where more than five lakh people are likely to perform yoga with the prime minister, who will lead the Common Yoga Protocol (CYP).

Simultaneously, Yoga Sangam events will be held at over one lakh locations across India, making it one of the largest synchronised yoga demonstrations in history, he added.

The Pioneer • 14 Jun • Ministry of Ayush

More than 11 lakh Yoga Practitioners to Perform Yoga Together on Int'l Yoga Day in Haryana

3 • PG | 293 • Sqcm | 175999 • AVE | 268.96K • Cir | Top Left

Chandigarh

More than 11 lakh Yoga Practitioners to Perform Yoga Together on Int'l Yoga Day in Haryana

PNS ■ CHANDIGARH

Haryana Chief Minister Nayab Singh Saini on Friday said that preparations are underway to make the upcoming 11th International Yoga Day, to be celebrated on June 21, a historic event. On this day, yoga programmes will be organized simultaneously across all 22 districts and 121 blocks of the state, with participation of over 11 lakh people.

This year's state-level programme will be held at the sacred Brahma Sarovar in Kurukshetra, the very site from where Lord Krishna delivered the message of karma to the world. Yoga guru Swami Ramdev will lead the yoga session at this venue, he said, adding the aim is to ensure participation of over one lakh people, not only to popularize yoga but also to set a new world record.

He was addressing a Yoga Protocol Training Camp organized jointly by the AYUSH Department, Haryana Yog Aayog, and the Indo-Tibetan Border Police (ITBP) at the ITBP BTC, Bhanu, in Panchkula. During the event, the Chief Minister, along with other dignitaries and ITBP personnel, observed two minutes of silence to pay homage to those who lost their lives in the Ahmedabad plane crash.

He said that the celebrations of the 11th International Yoga Day in Haryana had already commenced on May 27, with yoga programmes being organized across the state. So far, over 15.60 lakh people have participated in these programmes. A Yoga Awareness campaign is also being carried out, which will reach 5,000 villages in the state by June 19. Institutions like Patanjali Yogpeeth, Bharatiya Yog Sansthan, Brahma Kumaris, and Art of Living are holding yoga camps at 2,500 locations across the state.

AYUSH and Health Minister Kumari Arti Singh Rao said that the theme for the 11th International Yoga Day is "Yoga for One Earth, One Health", reminding us that human health is deeply connected to the health of the environment and all living beings. She said that Yoga is not just a physical activity but a global message of balance, holistic development, and wellness. Over 10 lakh citizens are participating in yoga-related activities across the state. At the district level, yoga marathons, awareness drives, and group yoga sessions are being conducted. Research activities are also being carried out at all government medical colleges, she said.

Chairman, Haryana Yog Aayog, Dr. Jaideep Arya, emphasized that yoga is not merely an exercise but a way of life that inspires individuals to maintain balance in every situation. He said that for soldiers posted in extreme climates like Siachen at -40°C, yoga becomes a crucial source of physical and mental strength. Troops stationed at the borders have incorporated yoga and asanas into their daily routines, setting inspiring examples, shared Dr. Jaideep Arya.

The Pioneer • 13 Jun • Ministry of Ayush

Over five lakh people to participate in International Yoga Day, says Minister

5 • PG | 80 • Sqcm | 228986 • AVE | 634.42K • Cir | Bottom Right

Delhi • Bhubaneshwar

Over five lakh people to participate in International Yoga Day, says Minister

PIONEER NEWS SERVICE ■
New Delhi

More than five lakh people are likely to perform yoga with Prime Minister Narendra Modi, who will lead the Common Yoga Protocol (CYP) in Visakhapatnam, Andhra Pradesh, on International Day of Yoga on June 21, Ayush Minister Prataprao Jadhav said on Thursday. The Government, at the same time, will hold Yoga Sangam sessions at over one lakh locations across the country, making it one of the largest synchronised yoga exercises in history, Jadhav said.

"As we enter the 11th year, IDY 2025 is not just a commemoration, it is a collective call to scale up our efforts and deepen yoga's reach across all segments of society," Jadhav said. Jadhav made the remarks at the curtain raiser for the event at the National Media Centre here. He said this year's theme, 'Yoga for One Earth, One Health', aligns with the global health vision presented during India's G20 presidency and reflects the Indian ethos of 'Sarve Santu Niramaya' — May all be free from disease. "When the United Nations General Assembly adopted 21st June as the International Day of Yoga in 2014, following the visionary call of our Prime Minister Narendra Modi," the minister said.

The Pioneer • 12 Jun • Ministry of Ayush

Celebrities, influencers come to promote International Day of Yoga

5 • PG | 249 • Sqcm | 84661 • AVE | 275K • Cir | Bottom Center

Hyderabad

Celebrities, influencers come to promote International Day of Yoga

PNS ■ NEW DELHI

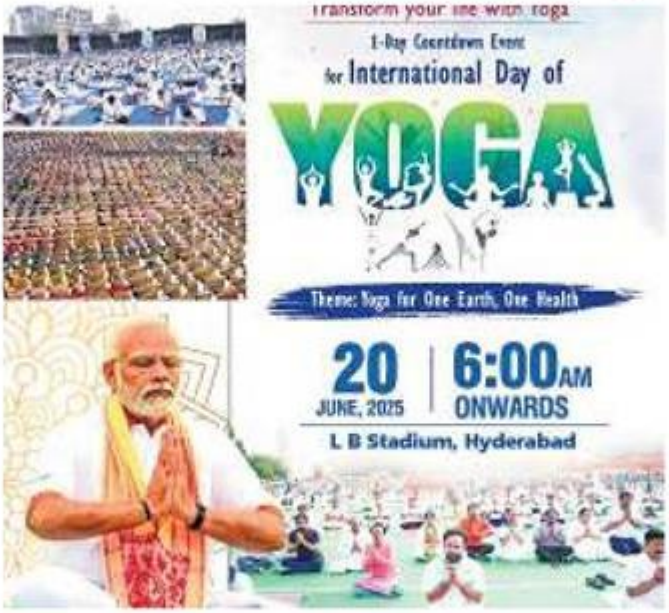
As the International Day of Yoga approaches, familiar faces from film, music and public service are joining the "movement", reinforcing yoga's place in everyday life, the Ayush ministry said on Wednesday.

"Yoga is another word for self-care and social care," former governor of Puducherry and retired IPS officer Kiran Bedi said in her message of support.

Eminent actor Anupam Kher shared a video message encouraging everyone to "celebrate yoga".

Veteran actor Anil Kapoor took to the social media platform 'X' to share his thoughts, saying, "Yoga inspires, heals, and unites. Let's embrace a healthier today and tomorrow through the spirit of Yoga Mahotsav."

Wrestler and motivational speaker Sangram Singh added, "Yoga means union -- the connection of the soul with the Supreme. It aligns us with nature and bridges the gap between our physical and inner selves. By integrating body, mind, and spirit, yoga helps us stay free from stress, anxiety, and depression."



What began as a national observance has grown into a people's movement, and now, celebrated names from across the country are becoming a part of it, the ministry said.

These messages, rooted in authenticity and lived experience, are motivating youngsters to rediscover India's rich wellness traditions, the ministry said in a statement.

Singer Kailash Kher said that among the many transformations in India, the world has acknowledged and embraced the timeless gift of Yoga.

Globally renowned classical dancer Sonal Mansingh noted, "Yoga has been a path to deep insight and spiritual elevation throughout my life's journey."

Actor Manoj Joshi said, "In our modern, fast-paced lives, if we plan our daily routine according to Ayurvedic and yoga principles, it will be beneficial for both our physical and mental well-being. He also urged people to practice yoga daily."

Echoing the sentiment, fitness icon Shilpa Shetty posted on 'X' "Yoga nurtures harmony -- within and around us. As we mark IDY 2025 through the spirit of the Yoga Mahotsav [IDY], let us collectively promote this heritage of wellness for generations to come."

Popular actor Rakul Preet Singh mentioned on her Instagram, "From ancient India to the global stage, yoga continues to inspire, heal, and unite."

The Pioneer • 12 Jun • Ministry of Ayush

Yoga for One Earth, One Health: the countdown begins

1 • PG | 289 • Sqcm | 173651 • AVE | 268.96K • Cir | Bottom Center

Chandigarh • Delhi

Yoga for One Earth, One Health: the countdown begins

DEEPAK KUMAR JHA
New Delhi

As the countdown for the International Yoga Day (IDY) on June 21, 2025 begins, the Centre has scheduled a mega event at Vishakhapatnam, which will be led by Prime Minister Narendra Modi.

In an exclusive interview to *The Pioneer*, Prataprao Jadhav, Union Minister of State (Independent Charge), Ministry of Ayush and Ministry of Health and Family Welfare, revealed that the theme for this year—Yoga for One Earth, One Health—has been chosen by none other than PM Modi.

Jadhav further informed The Pioneer that this year's Yoga Day activities will revolve around 10 unique signature events to mark the 11 th edition of the global event, including the Yoga Sangam, a synchronised Yoga demonstration at 1,00,000 locations, followed by Yoga Bandhan, which is a global exchange program and knowledge session.

Union Minister of State (Independent Charge), Ministry of Ayush and Minister of State for Health and Family Welfare, Prataprao Jadhav during the interview to *The Pioneer* on Tuesday

The most significant approach, Jadhav said, is about the yoga parks for long-term community engagement. "I have developed several such yoga parks in my State, Maharashtra, including my constituency, Akola. Ever since I was given this assignment in the Council of Ministers, I immediately introduced Yoga as part of daily curriculum in the school run by my family, where I also try be part of the ancient practice of yoga, which now the world has recognised. My effort is that yoga should not be just be part a one-day event but should reflect in every walks of life, daily, each moment. Only then can we be happy and move towards the Viksit Bharat, envisioned by PM Modi," said the four-time consecutive MP from Buldhana, Maharashtra.

> Ever since I was given this assignment, I immediately introduced Yoga as part of daily curriculum in the school run by my family
> — PRATAPRAO JADHAV, MOS,

Other programs the Ayush Ministry has scheduled, according to Jadhav are Yoga Samavesh, which is a special yoga programs for Divyangjan, senior citizens, children and marginalised groups; Yoga Prabhav—a decadal impact assessment on yoga's role in public health; Yoga Connect, a global online yoga summit to bring together yoga experts, policymakers, and health specialists from around the world and provide a global platform for idea exchange on the evolving landscape of yoga and wellness.

Special features introduced this year by the Government are Harit Yoga, which is a sustainability-driven initiative combining Yoga with tree planting and clean-up drives.

The Pioneer • 09 Jun • Ministry of Ayush

CM Administers 'Yoga Oath' Ahead of Grand International Yoga Day Event in Kurukshetra

3 • PG | 336 • Sqcm | 201493 • AVE | 268.96K • Cir | Top Right

Chandigarh

CM Administers 'Yoga Oath' Ahead of Grand International Yoga Day Event in Kurukshetra

PNS ■ KURUKSHETRA

Haryana Chief Minister Nayab Singh Saini on Sunday administered an oath to the representatives of institutions, NGOs, and community leaders at the Multi Art Cultural Centre in Kurukshetra, urging them to integrate yoga, pranayama, and meditation into their daily lives. The participants also pledged to stay away from addiction and promote yoga in their families, workplaces, and society. The event marked the beginning of an intensified countdown to a historic and grand celebration of 'International Yoga Day' in Kurukshetra on June 21, 2025.

Holding a preparatory meeting with institutions, business groups, and social organizations, the Chief Minister emphasized that Swachhata (cleanliness) and Yoga are the twin pillars on which the dream of 'Viksit Bharat' (Developed India) can be fast-tracked. "The campaign for International Yoga Day-2025 has already begun with a cleanliness drive launched on May 27, followed by regular yoga sessions across the state," Saini informed.

The Chief Minister described the upcoming state-level programme as "historic and unprecedented", adding that the participation of Baba Ramdev in Kurukshetra — the land of Lord Krishna — would elevate the event's spiritual and cultural significance. "Swami Ramdev has brought yoga to the world stage. His presence on June 21 will be a moment of pride for Kurukshetra," he said.

Referring to yoga as a gift of the rishis,

Saini underscored the health and wellness benefits it brings. "Today, even for minor ailments, people turn to medication. Yoga offers a holistic alternative. If we want to rescue our youth from the clutches of addiction, we must bring yoga into their lives," he asserted.

He called upon the citizens of Kurukshetra to participate en masse in the mega event by gathering at Brahma Sarovar and Mela Ground at 4 am on June 21, terming it a "maha-yagya of wellness". Stressing mass mobilization, he appealed to all stakeholders to fulfill their responsibilities sincerely and treat Yoga Day with the same enthusiasm as major festivals like Diwali and Holi.

This year's International Yoga Day will be celebrated under the global theme of 'One Earth, One Health', aligning with India's message of wellness and harmony. Haryana has added a regional dimension with the slogan 'Yoga Yukt, Nasha Mukt', underlining its commitment to both physical and societal health.

Former Minister and local leader Subhash Sudha, echoing the CM's sentiments, said that the people of Kurukshetra consider it their "good fortune" to host this global celebration. "This event will be viewed across the world, and I assure that citizens from every household will be part of it," he claimed. He also requested the Chief Minister to establish a meditation center in the city, underlining the need for long-term infrastructure to sustain the wellness movement.

Adding a unique green dimension to this wellness campaign, Haryana Yog Aayog chairman Dr Jaideep Arya announced a statewide medicinal plantation drive. "On June 21, 10 lakh yoga practitioners across the state will sow medicinal plants, combining environmental protection with physical well-being," he said. In Kurukshetra alone, over one lakh participants are expected to set a world record by performing yoga together, further amplifying the global message of harmony and health.

Through coordinated efforts between government departments, NGOs, spiritual organizations like Patanjali Yogpeeth, and the people of Haryana, the 2025 Yoga Day celebrations aim to inspire a cultural shift — from passive health dependence to active wellness and from social apathy to collective responsibility.

The Pioneer • 09 Jun • Ministry of Ayush

From discipline to display: The silent erosion of traditional Yoga

7 • PG | 421 • Sqcm | 252861 • AVE | 268.96K • Cir | Bottom Right

Chandigarh • Delhi

From discipline to display: The silent erosion of traditional Yoga

Growing up, I always learnt and practised yoga in a quiet, disciplined, and almost sacred way. In India, yoga was never just an exercise; it was a deeply spiritual and scientific system, honed over thousands of years to align the body, mind, and spirit. Whether it was traditional forms like Hatha Yoga and Ashtanga Yoga, or guru-shishya lineages such as Sivananda Yoga, Iyengar Yoga, or Satyananda Yoga, the core practices remained largely consistent, with only minor variations, and were intentionally grounded in both physical discipline and profound philosophical wisdom.

Hatha Yoga, which I practice at Sivananda School of Yoga practice, for instance, is not merely about bending the body into various shapes. It is about balancing the masculine and feminine energies within oneself ('Ha' in 'Hatha' means Sun and 'tha' means Moon). The slow, purposeful asanas are designed to prepare the body for deeper spiritual practices like meditation and so on.Ashtanga Yoga, demands discipline and synchronisation of breath with a progressive series of postures, promoting physical endurance and mental clarity.

Iyengar Yoga, developed by BKS Iyengar, emphasises precision and alignment. Props like belts and blocks are used not as gimmicks but as intelligent aids to help practitioners achieve the correct posture safely. Satyananda Yoga, from the Bihar School of Yoga, also a disciple of Swami Sivananda, offers a holistic system combining asanas, pranayama (breath control), and meditation, deeply grounded in ancient scriptures yet highly accessible to modern practitioners. These traditional forms of yoga were complete systems — designed not just to build strong bodies but to cultivate resilience, compassion, inner peace, and eventually, spiritual awakening. But today, the variations presented, especially to attract younger audiences are at times of concern. In the quest to make yoga more "appealing," a whole new breed of hybrid practices have emerged at times sans focus on posture or mind breath and body coordination.

SHARMILA DAS

While innovation can often bring new energy to old traditions, in the case of yoga, I worry that something fundamental is being lost. Power Yoga, for example, was developed to suit the Western craving for calorie — burning workouts. It emphasises speed, strength, and sweat — but often sacrifices breath awareness, alignment, and the contemplative aspects that are central to yoga. Aerial Yoga uses silk hammocks to suspend practitione per cent in mid-air. While it might look beautiful on social media, it introduces new risks to the musculoskeletal system, especially if taught without a proper understanding of traditional postures and body mechanics. HIIT Yoga and CrossFit Yoga attempt to fuse high-intensity interval training and weightlifting principles with yogic postures.

The fact is that yoga was never intended to be a high-stress activity on the body. Then there's Paddleboard Yoga and Spin and Yoga, both interesting combinations, but ones that often seem to dilute the inward focus that traditional yoga demands. Balancing on a paddleboard or spinning on a cycle while trying to breathe deeply and remain mindful often becomes more of a challenge to one's physical endurance rather than an invitation to stillness and self-inquiry.

What concerns me is not merely the creation of these hybrids, but the way they are marketed: Yoga is increasingly sold as a product — a lifestyle choice that promises flat abs, glowing skin, and mental sharpness in 30 days or less. The ancient aim of yoga — union with the higher self — is often barely mentioned. The sacredness of the practice, its depth, and its inherent science seem at risk of being trivialised into a trendy hashtag or a flashy gym class.Experimenting with traditional practices without a deep understanding of their purpose and structure can be risky. Traditional yoga evolved slowly, through painstaking observation of the human body and mind. Every asana was designed with attention to anatomical, energetic, and psychological effects.

Disrupting this carefully developed sequence — speeding it up, loading it with weights, suspending it mid-air — can lead to injuries ranging from minor sprains to serious spinal issues. Traditional yoga balances the nervous system, calming the fight-or-flight response and cultivating parasympathetic dominance (rest and digest mode).

High-intensity fusions may instead overstimulate the nervous system, leaving practitioners wired and anxious rather than grounded and serene. Having said that, I believe there is always room for creativity. Yoga should be alive, growing, and meeting the needs of new generations. But this growth must be rooted in respect for the science behind traditional systems. Without that grounding, we risk turning yoga into just another fitness fad — here today, gone tomorrow — when in fact it is one of humanity's most precious treasures for holistic health and self-realisation. As someone who has felt the profound benefits of traditional yoga, I urge others — especially younger audiences drawn to "new-age" yoga, to explore the traditional systems first. Understand the depth before seeking novelty. Build a strong foundation before experimenting. After all, yoga isn't just something we do, it's something we become, and it's a way of life. And that transformation is far too sacred to be rushed, repackaged, or compromised.

(The writer is a certified Sivananda Yoga teacher. Views expressed are personal)

The Pioneer • 08 Jun • Ministry of Ayush

IDY has transformed Yoga into a shared global heritage

5 • PG | 947 • Sqcm | 568063 • AVE | 268.96K • Cir | Top Left

Chandigarh • Delhi

IDY has transformed Yoga into a shared global heritage

Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush in an exclusive conversation with team *The Pioneer* opens up on decade-long impact assessment to highlight Yoga's contribution to public health, lifestyle improvement and preventive healthcare across communities and age groups ahead of IDY celebrations globally on June 21

Q : How has the International Day of Yoga (IDY) helped people improve their well-being over the years?

A: Since its inception in 2015, the International Day of Yoga has become a powerful public movement for preventive health and holistic well-being. From schools to workplaces and even prisons and rehabilitation centres, Yoga has reached people across ages and health conditions. Studies by reputed institutes have shown that regular yoga practice reduces stress, enhances mental focus and improves immunity. IDY has played a crucial role in making these benefits accessible to the masses-democratising wellness through large-scale public participation and localised Yoga Protocols suited to various needs like senior citizens, children, women and persons with disabilities.

Q: What are the signature events planned under IDY 2025, and how do they reflect India's leadership in global wellness?

A: This year, 10 signature events are being organised across different themes to highlight how Yoga intersects with wellbeing, science, diplomacy, environment, inclusivity and more.

These include:

- **Yoga Sangama**
A historic synchronised Yoga demonstration across 1,00,000 locations nationwide, celebrating unity in diversity and aiming to set a global participation record.
- **Yoga Bandhan**
India partners with 10 countries to organise Yoga sessions at iconic global landmarks, reinforcing Yoga as a shared symbol of peace and wellness.
- **Yoga Parks**
Support extended to 1,000 parks to be upgraded into Yoga parks, to be developed across the country for year-round public access, fostering community health and regular engagement with Yoga.
- **Yoga Samavesh**
Specially curated Yoga activities for Divyangjan, senior citizens, children and marginalised groups, promoting inclusivity and equitable access to wellness.
- **Yoga Prabhava**
A decade-long impact assessment to highlight Yoga's contribution to public health, lifestyle improvement, and preventive healthcare across communities and age groups.
- **Yoga Connect**
A Global Virtual Yoga Summit featuring experts, researchers and health professionals, showcasing scientific perspectives and emerging trends in Yoga-based health solutions.
- **Harit Yoga**
A sustainability initiative combining Yoga practice with environmental action-tree plantation, cleanliness drives and messages of harmony with nature.
- **Yoga Unplugged**
A youth-focused celebration blending Yoga with creativity, music and cultural expression to make wellness fun, aspirational and deeply rooted among young people.
- **Yoga Maha Kumbh**
A week-long Yoga festival held across 10 major cities, culminating in a grand celebration led by the Prime Minister on 21st June at Visakhapatnam, Andhra Pradesh
- **Samyogam**
A 100-day convergence campaign to integrate Yoga with conventional healthcare systems, aiming to promote holistic wellness and preventive health for all. Each of these showcases India's role as a global leader in holistic health, taking Yoga beyond fitness-into spheres of diplomacy, science and social transformation.

Q: As this time, the National Event on 21st June is happening in Vizag, what special arrangements are being made by the state of Andhra Pradesh?

A: The Government of Andhra Pradesh has undertaken a remarkable initiative through the launch of the YogAndhra Abhiyan, a visionary campaign aimed at fostering a strong and sustained culture of yoga across the State. This initiative is uniquely ambitious, with a goal of creating a pool of 10 lakh regular yoga practitioners. It reflects a deep commitment to preventive healthcare and holistic well-being.

Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush

What stands out is the scale and seriousness with which Andhra Pradesh has aligned itself with the national movement for wellness. Through YogAndhra, the state is not only promoting mass awareness and participation in the International Day of Yoga but is also institutionalising yoga into everyday life. This is a commendable example of how a State can lead from the front and contribute meaningfully to the wider vision of Yoga for One Earth, One Health.

We deeply appreciate Andhra Pradesh's proactive role and look forward to the upcoming IDY celebrations in Visakhapatnam, which I am sure will set new benchmarks in public engagement and outreach."

Q: How has IDY helped in strengthening India's soft power on the global stage?

A: The celebration of IDY in over 190 countries annually, often led by Indian Missions abroad, has established Yoga as India's most recognisable cultural and spiritual export. From the UN headquarters in New York to the icy terrains of Antarctica, Yoga is practised globally on June 21. This global adoption is a testimony to India's civilisational wisdom resonating with modern wellness needs. In fact, the past decade of IDY has transformed Yoga into a shared global heritage-strengthening India's identity as a Vishwa Guru (global teacher) in holistic living.

Q: What is special for citizens and yoga enthusiasts in IDY 2025? How can they participate this year?

A: IDY 2025 is special as it marks the 11th International Day of Yoga, with a strong emphasis on inclusivity and mass participation. Several citizen-centric initiatives are being rolled out:

- Yoga Sangam, the flagship initiative, invites community-led yoga demonstrations at over 1 lakh locations across India, covering RWAs, schools, offices and local bodies.
- Yoga Samavesh, a dedicated series under IDY 2025, will highlight customised yoga protocols designed for diverse groups-such as persons with diabetes, asthma, disabilities, senior citizens, transgender individuals, children and more.
- Enhanced digital engagement tools, such as the Y-Break App, M-Yoga App and Namaste Yoga App, will support daily practice and increase accessibility for all age groups and professions.
- Special IDY Ambassadors, including influential personalities and cultural figures, will amplify the message of yoga across grassroots and digital platforms.
- More than 30000 organisations have already registered for "Yoga Sangam" through the dedicated registration portal

Through these efforts, IDY 2025 becomes not just a celebration of one day, but a powerful movement for daily wellness and collective well-being.

Q: How does Yoga and IDY connect people across diverse backgrounds and regions?

A: Yoga has proven to be a unifying force across geographies, languages and belief systems. IDY has played a unique role in building a shared sense of purpose and collective consciousness. Whether it's fishermen doing Yoga by the sea in Kerala, school children in Leh practising under open skies, or tribal communities in Jharkhand integrating local wellness practices with yoga-as a medium, it fosters connection and compassion.

In IDY 2025, the "Yoga Samavesh" campaign is spotlighting sessions that bring together different communitiesr MM, generations and abilities-proving that in an increasingly fragmented world, Yoga is one of the few practices that unites without imposing, India's yoga ecosystem is already a billion-dollar industry, with over 5 crore households practicing yoga daily, according to the latest NSSO survey.

Q: What efforts are being made by the Ministry of Ayush in the field of yoga research?

A. The Ministry of Ayush is actively advancing yoga as an evidence-based discipline through strategic research initiatives:

- Dedicated Research Centres: To strengthen the scientific foundation of Yoga, the Ministry has established Collaborative Research Centres (CRCs) at premier institutions such as the National Institute of Mental Health and Neurosciences (NIMHANS), Samskriti Foundation and Kaivalyadhama, Lonavala. These centers are dedicated to conducting high-quality yoga research across disciplines.
- Intra Mural Research (IMR) Projects: The Ministry supports in-house yoga research in leading academic and healthcare institutions including IIT Mandi, CCRYN, Savitribai Phule Pune University, PGIMER Chandigarh, Ram Manohar Lohia Hospital and Safdarjung Hospital. These projects are contributing to a growing body of scientific evidence on yoga's therapeutic benefits.
- Substantial Financial Support: Demonstrating its commitment, the Ministry has allocated ₹15.30 crore specifically for Yoga research across educational, research and wellness institutions.
- Global Research Collaboration: In collaboration with the World Health Organization (WHO), the Ministry is working to incorporate traditional medicine, including Yoga, into the International Classification of Health Interventions (ICHI), enabling its recognition in global health systems. A WHO collaborating center (CC) has been established at MDNIY.
- Digital Tools and Standardisation: To support research and training, the Ministry has developed multilingual digital resources, such as the Y-Break app and videos that make yoga practices accessible. The Yoga Certification Board (YCB) further ensures quality and consistency in yoga education through internationally recognised certification for professionals and institutions.
- Centres of Excellence: CIMR at AIIMS New Delhi, IIT Delhi, IISc Bangalore, CDRI Luckno, JNU etc.

Q: How is the modern technology being leveraged for yoga promotion?

A: To mark the celebration of the 11th International Day of Yoga (IDY), the Yoga Portal has emerged as the central digital hub, bringing together Yoga Sangam-the flagship event of IDY 2025-along with nine other signature events and their related activities. This year's observance promises to be more global and inclusive than ever before, reflecting yoga's universal appeal and transformative power.

At the heart of this celebration is Yoga Sangam, scheduled for 21st June 2025, which will witness a synchronised mass yoga demonstration based on the Common Yoga Protocol (CYP) at over one lakh locations across the country-symbolising India's unified commitment to the ancient science of wellness.

To make yoga an everyday practice for all, a suite of digital tools has been developed to enhance public participation:

- Y-Break App: Specially designed for the working population, this app offers short, structured yoga routines that help reduce stress, improve concentration and enhance productivity at the workplace.
- M-Yoga App: Ideal for the general public, it provides guided sessions of varying durations to support self-paced yoga learning and regular practice from the comfort of home.
- Namaste Yoga App: A comprehensive platform offering easy access to yoga-related content, updates on upcoming events and directories of certified yoga trainers-empowering users to embrace yoga as a part of their daily lifestyle.
- Dedicated Yoga portal: For convenient registration for the Yoga Sangam event and a host of other activities and features on yoga

Together, these initiatives reflect the Ministry of Ayush's unwavering commitment to promoting yoga as a way of life-for holistic health, inner harmony and global well-being.

About the recently concluded WHA at Geneva:

Q: What was India's key message at the 78th World Health Assembly regarding Traditional Medicine?

A: At the 78th World Health Assembly held in Geneva India reaffirmed its unwavering commitment to integrating Traditional Medicine (TM) into national and global healthcare frameworks. India also welcomed the adoption of the WHO Global Traditional Medicine Strategy 2025-2034 and emphasised India's success in promoting evidence-based practices within traditional systems like Ayurveda, Yoga, Unani and Siddha. India was showcased as a model for other nations in harmoniously integrating traditional and contemporary medicine.

On 23 May 2025, India, together with 31 Member States of the Group of Friends of Traditional Medicine (GFTM), hosted a second official side event, entitled "Traditional Medicine: From Traditional Knowledge to Frontier Science, for Health for All". The event highlighted India as a role model and success story for the GFTM countries. With over 250 delegates in attendance, the event showcased national experiences and reaffirmed global commitment to traditional medicine.

The Group of Friends of Traditional Medicine (GFTM) was created by India in May 2023. This informal platform allows WHO member States to discuss and support the integration of traditional medicine into health systems

Q: What is the WHO Global Traditional Medicine Strategy 2025-2034, and how is India contributing to it?

A: The WHO Global Traditional Medicine Strategy 2025-2034 aims to support Member States in integrating traditional medicine into their health systems through regulation, scientific research, and safe practices. India has been a key contributor, having demonstrated strong leadership during the previous strategy (2014-2023). India's efforts now extend to actively shaping and supporting the new strategy, especially through the WHO Global Traditional Medicine Centre (GTMC) in Jamnagar. This Centre, established with India's support, is a global hub for policy research, data analytics, and international collaboration in traditional medicine.

Q: What role does the WHO Global Traditional Medicine Centre in Jamnagar play?

A: The WHO Global Traditional Medicine Centre (GTMC), inaugurated in 2022 by Prime Minister Shri Narendra Modi and WHO Director-General Dr Tedros Ghebreyesus, is the first of its kind globally. Located in Jamnagar, Gujarat, the Centre plays a pivotal role in strengthening the global TM ecosystem. It focuses on evidence-based policy support, setting international standards, fostering global research partnerships and using data analytics to inform best practices. It also positions India as a leader in the scientific validation and global promotion of traditional healthcare systems.

Q: What is the significance of the recent Donor Agreement between the Ministry of Ayush and WHO?

A: On May 24, 2025, the Ministry of Ayush and WHO signed a landmark Donor Agreement to develop a Traditional Medicine module under the International Classification of Health Interventions (ICHI).

This initiative will create a standardised, scientific framework to document and classify health interventions used in systems like Ayurveda and Unani. As highlighted by Prime Minister Modi in his Mann Ki Baat address, this is a major step toward global recognition, scientific credibility and mainstreaming of Ayush systems internationally.

Q: How does India's approach align with WHO's principles for Traditional Medicine?

India's approach to Traditional Medicine aligns closely with WHO's vision of safe, inclusive and evidence-based TM practices. The country has emphasised regulation, sustainability, preservation of indigenous knowledge and environmental responsibility. Over the time, the Ministry of Ayush has established a strategic collaboration with the World Health Organisation (WHO) to globalise and mainstream traditional medicine. A landmark achievement in this partnership is the establishment of the WHO Global Traditional Medicine Centre in Jamnagar, Gujarat- the first-of-its-kind institution globally dedicated to traditional medicine.

Other key milestones include the successful hosting of the first WHO Traditional Medicine Global Summit in India in August 2023. The Ministry has also signed a Donor Agreement with WHO, facilitated secondments at WHO Headquarters in Geneva and the SEARO office in New Delhi and contributed significantly to the development of the second module of the Traditional Medicine chapter in ICD-11.

The Pioneer • 08 Jun • Ministry of Ayush

Education Ministry organises yoga camp, training session

4 • PG | 96 • Sqcm | 274654 • AVE | 634.42K • Cir | Bottom Right

Delhi

Education Ministry organises yoga camp, training session

PIONEER NEWS SERVICE ■ New Delhi

As part of the activities leading up to the International Day of Yoga on, the Ministry of Education organised a Yoga Camp and training session, which saw enthusiastic participation from its employees.

The event featured two insightful sessions conducted by Dr Rajesh Kumar Singh, Doctor of Naturopathy (BNYS) and Yogacharya Jatin Raj Yogi.

Dr Singh spoke about the importance of building strong immunity, refreshing the mind and leading a healthy, happy and productive life by following the principles of naturopathy.

Yogacharya Jatin ji conducted a practical session, demonstrating simple yet

effective office-chair yoga techniques and guiding participants through the exercises. Both experts also addressed participants' queries, offering practical solutions to common illnesses and lifestyle-related disorders. The event highlighted the value of integrating yoga and naturopathy into daily routines for overall well-being.

The Pioneer • 08 Jun • Ministry of Ayush

International Yoga Day to be celebrated on June 21

2 • PG | 54 • Sqcm | 153833 • AVE | 634.42K • Cir | Middle Right

Delhi

International Yoga Day to be celebrated on June 21

PIONEER NEWS SERVICE ■ New Delhi

Delhi Education Minister Ashish Sood announced on Saturday that International Yoga Day will be celebrated at 11 locations across the city on June 21.

The Chhatrasal Stadium in Model Town, North Delhi has been selected as the main venue, where around 10,000 participants will engage in yoga practice, supported by 5,000 volunteers from the Bharatiya Yog Sansthan.

The events will also be held at other venues including Thyagaraj Stadium, East Vinod Nagar Sports Complex, Jhilmil Colony, Bawana, Prahladpur, Bharat Nagar, Yamuna Bank, Najafgarh Stadium, Dwarka Sector-6 and Ashok Nagar Hockey Stadium. Each of these locations will host around 1,000 participants. The Government will provide yoga mats, T-shirts, water, and refreshments for all attendees.

The Pioneer • 07 Jun • Ministry of Ayush

Over 400 participants attend workshop on 11th Yoga Day

4 • PG | 201 • Sqcm | 573735 • AVE | 634.42K • Cir | Middle Center

Delhi

Over 400 participants attend workshop on 11th Yoga Day

PIONEER NEWS SERVICE ■ New Delhi

Over 400 participants from various Government departments attended a high-level virtual workshop organised by the Ministry of Ayush in collaboration with the Ministry of Information and Broadcasting as a significant step towards seamless coordination and wider outreach for the 11th International Day of Yoga (IDY).

The session held on Thursday was aimed at addressing the growing demand for timely, authentic and fresh information regarding grand Yoga Day celebrations as this year's IDY marks the historic 10-year journey since the global recognition of Yoga by the United Nations in 2014.

Ministry of Ayush Secretary Vaidya Rajesh Kotecha chaired the workshop which was attended by over 400 delegates from various ministries and departments, an Ayush ministry statement said.

The event underlined the Central Government's unified commitment to the theme of this year's celebration — 'Yoga for One Earth, One Health.' Senior officials including Ministry of Information and Broadcasting Joint Secretary C Senthil Rajan and Ministry of Ayush Joint Secretary Monalisa Dash addressed the participants, moderated discussions and outlined the media strategy.

Kotecha emphasised Prime Minister Narendra Modi's broad vision and the growing global and national relevance of IDY. "International Yoga Day is no longer just a date on the calendar, it is a decade-long national movement for wellness, unity and harmony. International Yoga Day 2025 is our opportunity to connect every citizen in every corner of the country with this shared celebration of wellness.

"With the Government's holistic approach and integrated media outreach, we can ensure that every citizen of the country has access to this global event," he said. He further explained that Yoga has become a vehicle for both public health transformation and cultural diplomacy, establishing India as a global leader in preventive healthcare and holistic wellness.

Rajan, while addressing the session, spoke on the importance of media convergence across various platforms and the potential of visual content to inform citizen engagement and increase participation and awareness. Dash highlighted the role of coordinated planning and creativity in amplifying the message of IDY.

The session held on Thursday was aimed at addressing the growing demand for timely, authentic and fresh information regarding grand Yoga Day celebrations

The workshop also served as a platform to review the progress of inter-ministerial initiatives, deliberate on outreach strategies and ensure a coordinated nationwide campaign by June 21, the statement said.

Emphasis was laid on ensuring last-mile connectivity by taking the Yoga message and activities to tribal areas, urban areas, rural areas and deprived communities through both digital and grassroots channels. With just a few weeks to go for the 11th IDY on 21 June, preparations are in full swing for a historic, inclusive and impactful celebration of Yoga which is India's gift to the world. It is a practice that has united billions of people in the pursuit of health, peace and harmony.

The Pioneer • 29 May • Ministry of Ayush

One lakh people to attend State-level event on Intl Yoga Day on June 21: CM Saini

3 • PG | 216 • Sqcm | 129898 • AVE | 268.96K • Cir | Bottom Left

Chandigarh

One lakh people to attend State-level event on Int'l Yoga Day on June 21: CM Saini

PNS ■ CHANDIGARH

To mark the 11th International Yoga Day, Haryana Chief Minister Nayab Singh Saini on Wednesday said that a grand state-level event will be organised in Kurukshetra on June 21 in which about one lakh people will participate.

Talking to Reporters in Chandigarh after presiding over a meeting with the officials of AYUSH Department and other departments to finalize preparations for the 11th International Yoga Day celebrations, Saini emphasized the importance of creating an atmosphere where the entire state is engaged in yoga. "Yoga is an ancient tradition of our country. It is not just a form of physical exercise, but a holistic way of life. It has given us a path to health awareness," he said. He also encouraged everyone to incorporate yoga into their daily routine and contribute to building a 'Healthy India.'

In addition to the state-level function, district-level events will be organized across all districts and block-level programs will be conducted in all 121 blocks of the state. The AYUSH department has prepared a detailed blueprint for these events.

Saini said that in the lead-up to International Yoga Day, various programmes including Yoga Marathons and the Yoga Jagran Yatra will be conducted alongside dedicated training sessions. These initiatives aim to engage all sections of society from schoolchildren to the general public.

The CM said that three-day yoga training programmes will be organized in all schools, colleges, and universities across the state. Similar training sessions will also be held for ministers, MPs, MLAs, officers, government employees, and other public representatives.

Saini said that on the occasion of International Yoga Day, the state will launch the initiative "Yoga Yukt Haryana – Nasha Mukt Haryana", in alignment with the vision of Swasth Bharat – Swasth Haryana. The campaign aims to eliminate drug addiction from society through the positive influence of yoga. As part of the celebrations, 10 lakh saplings will be planted across the state, reinforcing a commitment to environmental protection through the concept of "Green Yoga." He also informed that a dedicated portal has been launched for registration, with a target to engage 10 lakh people in the event.

He urged citizens to celebrate Yoga Day as a Yoga Mahotsav by practicing yoga in parks, stadiums, rooftops, or any open space, and to spread the message of health and well-being globally. He emphasized the state government's resolve to take yoga to every household and make Haryana a yoga-empowered state.

The Pioneer • 27 May • Ministry of Ayush

Hry CM to attend Yoga Mahotsav in Panchkula today

3 • PG | 51 • Sqcm | 30752 • AVE | 268.96K • Cir | Middle Right

Chandigarh

Hry CM to attend Yoga Mahotsav in Panchkula today

Chandigarh: The Department of AYUSH, in collaboration with the Haryana Yog Aayog, is all set to host a grand Yoga Mahotsav on May 27 (Tuesday), marking the countdown to International Yoga Day-2025. The event, to be held at the Indradhanush Auditorium, Sector-5, Panchkula, from 10 AM to 12 PM, promises to be a vibrant celebration of yoga and wellness. Haryana Chief Minister Nayab Singh Saini will be the Chief Guest at the event while Health and Family Welfare Minister Arti Singh Rao will preside over the celebrations. The festival will also witness the Felicitation Ceremony of Surya Namaskar-2025 Champions, honouring participants who have excelled in the recent Surya Namaskar competition.

The Pioneer • 27 May • Ministry of Ayush

Bhopal: Free daily yoga sessions to enhance physical, mental health

5 • PG | 277 • Sqcm | 788653 • AVE | 634.42K • Cir | Middle Right

Delhi

Bhopal: Free daily yoga sessions to enhance physical, mental health

SANJAY GUPTA ■ Jabalpur

Under the guidance of renowned Yoga masters Ramakant Palha and Anuj Tiwari, the Ath Shri Yatharth Foundation is offering free daily yoga sessions aimed at enhancing physical and mental well-being. The foundation's yoga program, which is being conducted at two prominent centers — Vishal Shiv Park in Vijaynagar and Anmol Vatika in Karmeta — has become a beacon of hope for over 200 practitioners every day, from diverse age groups and backgrounds.

The initiative's most compelling feature is its commitment to making yoga accessible to all by offering it completely free of charge. In a time when fitness programs often come with a price tag, this project has proven to be a game-changer for those who could otherwise not afford regular health care. The yoga sessions have not only been a source of physical exercise but have also shown immense positive effects on participants' health, addressing issues such as chronic conditions, stress, and mental health concerns.

Yoga master Ramakant Palha, who leads the sessions with a focus on balance and mindfulness, believes that yoga is far more than physical exercise. "Yoga is a holistic lifestyle that integrates the mind, body and soul," he emphasises. His colleague, Yoga Master Anuj Tiwari, echoes these sentiments, adding that the mission of the foundation is to spread health awareness and well-being through yoga to as many people as possible, encouraging a life of vitality and peace.

Participants have been sharing inspiring stories of how yoga has significantly improved their health. Kanta Deshmukh, a regular participant from Anmol Vatika, describes how her life has changed since joining the yoga sessions. "Before joining, I struggled with cervical issues, hand stiffness during winters, and frequent headaches. "My routine consisted only of bathing and solitary meditation, which wasn't enough to ease my discomfort. Since I began practicing yoga regularly, my health has transformed completely. I feel more vibrant and joyful and I sincerely hope everyone stays healthy and continues yoga for their own well-being," she added.

Another touching story comes from Krishna Kumar Dahiya, who has been practicing yoga with the Yatharth Foundation for two years. Before yoga, Krishna had suffered fractures in both of his hands, which left his fingers stiff and unmovable. "After just a few days of yoga, my fingers began to move, and my hands healed rapidly. Meditation and pranayama helped me overcome negativity, and I also found relief from the pain I felt when walking," he shares. Krishna's experience highlights the profound, almost miraculous impact yoga can have on physical healing and mental clarity.

The success of this initiative has not gone unnoticed, and the Ath Shri Yatharth Foundation is already planning to expand these free yoga sessions to more areas of Bhopal.

Their ultimate goal is to make yoga and wellness accessible to the entire community, helping to improve lives and create a culture of health and well-being.

The foundation's commitment to providing free yoga to the public, especially in a time when wellness programs are becoming increasingly commercialised, is setting a powerful example of how traditional practices can still be a crucial part of modern-day health management.

The Pioneer • 22 May • Ministry of Ayush

Yoga is a way to unite body, mind and soul

5 • PG | 233 • Sqcm | 663556 • AVE | 634.42K • Cir | Top Left

Delhi

'Yoga is a way to unite body, mind and soul'

GIRISH SHARMA ■ Bhopal

Amidst the serene 250-acre green expanse of Swarn Jayanti Park, which boasts a scenic 10-kilometer walking trail, a quiet wellness revolution has been quietly flourishing since October 2010.

Every morning from 6.30 to 8.30 am, yoga guru and naturopathy expert Rajesh Shrivastava leads two free batches of yoga training, drawing hundreds of participants seeking holistic health.

A diploma holder in yoga and naturopathy and post-graduate in yoga and human medical science, Shrivastava has dedicated his life to promoting yoga as a comprehensive path to physical, mental, and spiritual well-being. "Yoga is not merely a practice; it is a way to unite body, mind and soul," he explains.

Under his stewardship, the Yoga Dharam Sadhana Kendra in Swarn Jayanti Park has become a sanctuary for wellness seekers of all ages. "Our sessions have empowered thousands, helping students unlock their potential, cultivate discipline, and enhance both mental and physical health," Shrivastava said.

During the COVID-19 pandemic, when in-person gatherings were restricted, Shrivastava swiftly transitioned to online sessions, ensuring continuity in service and community engagement. His commitment remained steadfast despite the challenges.

Shrivastava is particularly focused on stress management, especially for students facing board and competitive examinations. He conducts special summer sessions annually for the students, with this year's scheduled from June 1 to June 15.

His expertise spans Patanjali's Ashtanga Yoga, Yoga Nidra, Vipassana Dhyana, Pranayama, Kriya Yoga, as well as techniques for weight loss and lifestyle disease management. Many participants have reported significant improvements in conditions such as diabetes, hypertension, thyroid disorders and migraines through yoga and diet alone. "Yoga empowers, nourishes, and heals. My mission is to make this ancient gift accessible to everyone," Shrivastava emphasized. Each morning, approximately 80 participants join each of the two one-hour batches.

Recognising the growing community, the Capital Project Administration (CPA), which developed the park, has constructed a dedicated platform and a protective shed for practitioners.

The Pioneer • 20 May • Ministry of Ayush

How Vivekananda ignited a lifelong yoga journey

5 • PG | 345 • Sqcm | 981894 • AVE | 634.42K • Cir | Bottom Left

Delhi

How Vivekananda ignited a lifelong yoga journey

ANTARA MOHAN ■ Ranchi

Harsha Nagaraj is a Bengaluru-based Yoga teacher. He runs a Yoga studio in Bengaluru. He took time out of his busy schedule to speak to *The Pioneer* about his journey. Edited excerpts follow:

What first led you to yoga? Was there a moment, an experience, or a person that sparked this lifelong journey?

You know, when the fruit is ripe, it is time to pluck it — and most importantly, feed it to someone who will truly appreciate it.

The thirst to be free, to be real, to simply be myself has been strong since childhood. I never really resonated with school, college, or even the people around me. Something always felt missing.

That spark, that calling to find my real family, was intense. Every breath in urban life felt suffocating.

I often felt lost and alone. I cried in the dark and prayed for clarity. And then—like a thunderbolt—came Swami Vivekananda.

Just ten hours of his lectures gave me everything: purpose, clarity, love, reason, passion. It all clicked. I realised I was born to serve, to uplift, to grow on this path of Yoga.

That missing link in my puzzle was spirituality. Since then, there has not been a single day of regret. I work, I teach, I share — and I give back a hundredfold of what I have received. Isn't that divine work? Isn't that why we are born?

What keeps you going, day after day? What is your deepest inspiration — the one thing that lights you up from within?

There's still so much to learn, to experience — and thousands of souls to reach. Every morning, I pause and ask myself: Have I given enough back to Mother Earth? And my inner voice always replies: No, Harsha, you haven't.

That's what keeps me going. I want to leave this life smiling, knowing I've fulfilled my dharma — that I've passed on what I've learned.

PIONEER PHOTO

That maybe, just maybe, one soul of mine has touched hundreds, if not thousands. Why settle for the sky when we're meant to aim for the moon — and soar beyond the stars?

The love of the Holy Mother, the grace of Paramahamsa, and the fire of Vivekananda — that trinity lights me up when my inner flame flickers. It is their blessing that helps me ignite the souls who come seeking light.

Who were your teachers, your guides? And what have been the most meaningful lessons on your path so far?

My greatest teachers have been my pain, my failures, my loneliness, and the deep yearning for my true family. Teaching begins within. I'm blessed to carry that flame — and when it's guided by a true Guru, it transforms you.

I owe everything to the blessings of the Ramakrishna Math and my Paramaguru, Sri Ramachandra Bhat of Veda Vijnana Gurukul, Bengaluru, who initiated me into Vedantic studies. He's the one who lit my inner fire.

To name just one lesson would be hard — Yoga has given me health, mindfulness, clarity, passion, gratitude. But if I had to name the most difficult lesson — it's been confronting Lust. It's the toughest battle I've fought.

But very recently, I've conquered it.

And the pure love and compassion now flowing through me — it's as if I'm flying in the sky. With that hand guiding me, I feel ready to take up divine work with full heart and clarity.

From your own experience, how can yoga help someone not just survive — but truly come alive again?

People are getting sucked into the virtual — into hours of mindless scrolling, chasing trends, and comparing lives. But behind those filters lies toxicity.

It disconnects you from your breath, your body, your emotions — from yourself. Yoga breathes new life into an aspirant's soul.

It teaches you to accept your physical body, embrace your mind, and go beyond momentary pleasures. It shifts your life toward meaning and love. Greed, lust, and comparison begin to fade.

And in their place? A sense of purpose, compassion, and contentment. That's when you stop just existing. That's when you truly feel alive.

The Pioneer • 18 May • Ministry of Ayush

MP integrates Yoga into tourism drive

5 • PG | 223 • Sqcm | 635869 • AVE | 634.42K • Cir | Bottom Right

Delhi

MP integrates Yoga into tourism drive

GIRISH SHARMA ■ Bhopal

As wellness tourism gains momentum across India, Madhya Pradesh is quietly making its mark by integrating yoga into its travel experiences. With around 65 tourism units across the state — and one in Mumbai — the Madhya Pradesh Tourism Board is weaving yoga into its broader vision of holistic travel.

Currently, yoga classes are operational in nearly 15 of these units, with plans to expand based on demand. Tourism unit managers have been directed to introduce yoga sessions wherever feasible and to hire local yoga experts for the task.

"While promoting Madhya Pradesh Tourism, we also include yoga as a key component," said Principal Secretary of the Tourism Department, Sheo Shekhar Shukla told The Pioneer.

"Yoga reflects our cultural heritage and offers travelers a unique wellness experience," he added.

From the tranquil ghats of Maheshwar to the serene landscapes of Pachmarhi and Amarkantak, the state's tourism offerings are increasingly embracing yoga as more than just a physical exercise — but as a gateway to inner peace and connection with nature.

The initiative aims to tap into the growing demand for mindful travel experiences. Wellness seekers — both domestic and international, are showing greater interest in yoga retreats, meditation camps, and natural healing environments.

Tourism officials believe that by engaging local yoga professionals, the program not only enhances visitor experience but also supports community participation and employment.

"Yoga is becoming a way to experience the essence of Madhya Pradesh — its calm, its spirituality and its ancient wisdom," said one tourism unit manager in Indore.

With its rich cultural backdrop and natural beauty, Madhya Pradesh is positioning itself as a destination that nourishes both the traveler's body and soul. And with yoga taking root across its tourism network, the state is quietly stepping into the spotlight as a wellness destination worth watching.

Notably, over the past decade, the state has seen a surge in yoga centers, government-led initiatives and public interest, particularly following the global recognition of International Yoga Day.

Cities like Bhopal, Indore, and Gwalior now host mass yoga gatherings annually, drawing thousands of participants from diverse age groups.

The Pioneer • 17 May • Ministry of Ayush

AYUSH Deptt in Haryana gears up for preparations of Intl Day of Yoga

3 • PG | 485 • Sqcm | 290755 • AVE | 268.96K • Cir | Middle Center

Chandigarh

AYUSH Deptt in Haryana gears up for preparations of Int'l Day of Yoga

MANOJ KUMAR ■ CHANDIGARH

The Department of AYUSH, Government of Haryana, is all set and geared up for the preparations of the upcoming International Day of Yoga (IDY) to be celebrated on June 21. This will be the 11th edition of IDY, which was first established by the United Nations General Assembly in 2014 and celebrated for the first time on June 21, 2015.

This year, the theme of Yoga Day, 2025, is 'Yoga for One Earth, One Health,' which underscores the importance of integrating yoga into daily life. Haryana Chief Minister Nayab Singh Saini will be the Chief Guest at the state-level function of IDY to be held at Kurukshetra University campus in Kurukshetra, said an official.

The official said that the scale and reach of IDY celebrations have grown significantly in the State since its inception. The Department has aimed to bring yoga to every household in the State to promote health and well-being. Programmes on IDY will be organised in all district blocks of the State with great fervour and grandeur. The AYUSH Department is also planning various programmes to raise awareness about the Common Yoga Protocol (CYP) and the overall benefits of practicing yoga. "To promote yoga and wellness among people and Government employees, yoga sessions, seminars and workshops leading up to International Day of Yoga will be held at various places in the State. He added."

Talking to 'The Pioneer' over the phone, Sanjeev Verma, Director General, AYUSH Department, Haryana, said that preparations for International Day of Yoga, celebrated annually on June 21, are underway. Several programmes will also be organised to raise awareness statewide regarding the benefits of practising yoga and IDY celebrations. Regarding this issue, a high-level meeting involving senior state-level officers will be held within a couple of days. "We are working with utmost sincerity and commitment to ensure that IDY 2025 is a grand success in the State," he added.

Another AYUSH Department official said that the Department is preparing to organise a variety of programmes and activities to create awareness about the Common Yoga Protocol along with awareness about the benefits of practising Yoga to prepare for Yoga Day. The AYUSH Department will impart training to Physical Training Instructors (PTIs) of the Education Department to prepare them for the International Day of Yoga event. Following the training, pilot sessions will be conducted to rehearse the main event and ensure smooth coordination. A yoga marathon is expected to be organised at the district level, involving schools, colleges, universities, and the general public. Yoga programmes are planned to be organised in all districts of Haryana on June 21 from 7 to 8 AM. "The department has appealed to the people of the State to ensure their active participation in the International Day of Yoga celebrations," the officer added.

He further said that every year on June 21, the world unites to celebrate International Yoga Day, a day dedicated to raising awareness about the ancient Indian practice of yoga and its manifold benefits for physical and mental well-being. For the year 2025, it marks the 11th celebration of this global event since its inception in 2015. The day is aimed at raising awareness about the many benefits of practising yoga. Yoga is also known for its holistic approach to health and well-being, integrating physical, mental, and spiritual practices. Benefits include improved flexibility, strength, mental clarity, stress reduction, and overall wellness," the senior officer added.

The AYUSH Department officer further said that now this day has taken the shape of a grand festival of yoga. This is such a priceless gift to humanity, which is going to be very useful for future generations. A large number of youngsters are adopting yoga and Ayurveda as excellent mediums for wellness. The scale and the level of celebration of the IDY have been increasing every year since the recognition of June 21 as the "International Day of Yoga", the officer added.

It should be mentioned here that as a result of Prime Minister Narendra Modi's efforts, a resolution was passed in the United Nations General Assembly in 2014, granting international recognition to yoga. This resolution was supported by 177 countries and now 217 countries worldwide celebrate June 21 as International Yoga Day.

The Pioneer • 17 May • Ministry of Ayush

Haryana gears up for Yoga Day 2025 in Kurukshetra

5 • PG | 185 • Sqcm | 526161 • AVE | 634.42K • Cir | Top Right

Delhi

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MANOJ KUMAR ■ Chandigarh

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Deccan Chronicle • 21 Jun • Ministry of Ayush

CELEBRATING YOGA FOR MIND AND BODY

2 • PG | 796 • Sqcm | 1400559 • AVE | 1.15M • Cir | Top Right

Chennai

CELEBRATING YOGA FOR MIND AND BODY

Students at Gurukulam school at Agalar near Ooty practising Yoga postures. —DC

Ooty school teaches students to be like Captain Cool with Yoga

B. RAVICHANDRAN | DC
OOTY, JUNE 20

International Yoga Day is being observed on Saturday, June 21, the day of Summer Solstice in the northern hemisphere, which portrays the natural phenomenon when the day with the longest period of daylight with the sun at its highest position in the sky.

Yoga, which is an ancient Indian art for physical and mental well-being, brings an eternal glow to the body and mind through perfecting the balancing act of mind and body.

At Gurukulam school at Agalar, near here, which made a name for itself for its Yoga culture in the curriculum, the students from class 4 level are being prepared to take to Yoga practice to master Yoga skills and meditation to keep a healthy body and mind to face the world with confidence and a sense of calmness.

School correspondent N. Arjunan, who was the man behind bringing Yoga culture to the school to help the present-day kids learn the ancient art of Yoga, said Yoga practice, coupled with meditation, is a natural art that syncs the body and mind through yogasanas (postures) and meditation to attain a perfect equilibrium to be at the 'Captain Cool' temperament like cricket icon M.S.Dhoni, to keep the body agile and mind cool, besides connecting to the cosmic world through the spiritual way to live a disciplined life.

Sathya, the teacher who looks after the Yoga sessions in the school, said learning and practising Yoga was mandatory for all students from class 6 to 12 in the school. Still, we coach the students from class 4 level to get prepared for the intensified Yoga practice when they enter the high school level, she said.

"The beginners start with Surya Namaskar, the very basic lesson. Whatever be the yogasanas, all the Yoga poses are centered on breathing. That signifies that practising yoga postures will help one automatically practise breathing exercises to take more oxygen to the lungs that is essential for physical well-being and strength. Moreover, the Yoga postures will help a person to stretch and bend their body that gives maximum flexibility and ability to balance. An addition to this is the Yoga-linked meditation that helps a student develop a focussed mind to connect with the spiritual world that in turn will help the students gain control over their minds to move away from distractions. This will help them concentrate well on their studies in this era of digital distractions," she added.

Girl cadets of Providence College turn Yoga gurus for school kids

B. RAVICHANDRAN | DC
OOTY, JUNE 20

The NCC girls, attached to the Providence College for Women at Coonoor in the Nilgiris, took Yoga practice to students of various schools, including some rural schools, in the vicinity of Coonoor, to commemorate International Yoga Day.

While the Providence College for Women is the first women's college to have cropped up in the Nilgiris more than five decades ago, now, its NCC cadets are making the college proud by visiting the government middle school in Bandishola, St. Mary's Higher Secondary School, Lions School, DEMS school, Green Valley Matriculation School in Kotagiri and Nilgiri Adiwasi Welfare Association-run school at Kotagiri and held demonstration sessions there on Friday on Yoga and gave lectures on the importance of Yoga that originated in ancient India.

Lt. Cynthia George, the NCC officer of the college, who made elaborate arrangements for linking the school students with the college NCC cadets for taking lessons on Yoga and meditation, said the girl cadets performed various Yogasanas and explained the benefits of Yoga towards physical, mental and psychological well-being.

The school students were told that since India being the homeland of Yoga, we must benefit maximum from learning and regularly practicing Yoga for well-being and to be active in life to develop a healthy society and nation, she added.

Ahead of International Yoga Day, children try out yogasanas in front of Mariamman Teppakulam in Madurai on Friday. —K.Manikandan

At Sri Chaitanya Techno School near Karuppayurani, Madurai, students perform yoga saying 'no to Israel-Iran war.' —DC

Deccan Chronicle • 21 Jun • Ministry of Ayush

Girl cadets Providence College turn Yoga gurus for school kids

2 • PG | 122 • Sqcm | 215070 • AVE | 1.15M • Cir | Top Right

Chennai

Girl cadets of Providence College turn Yoga gurus for school kids

B. RAVICHANDRAN | DC
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Deccan Chronicle • 21 Jun • Ministry of Ayush

Yoga Day to be celebrated in 191 countries through iCR

1 • PG | 343 • Sqcm | 602905 • AVE | 1.15M • Cir | Bottom Center

Chennai

Yoga Day to be celebrated in 191 countries through ICCR

DC CORRESPONDENT
NEW DELHI, JUNE 20

The Indian Council for Cultural Relations (ICCR) on Saturday will organise various yoga events and programmes in 191 countries on the International Day of Yoga (IDY). On the 10th anniversary of the IYD, events will be organising more than 2,000 events in 1,300 locations, covering multiple cities in various nations.

On the occasion, Prime Minister Narendra Modi will lead the national celebration from Visakhapatnam. He will participate in the common yoga protocol (CYP) session at the beachfront of Visakhapatnam, alongside nearly 5-lakh participants, while leading the nation in a harmonious yoga demonstration.

The ICCR director-general K. Nandini Singla said: "On the 10th anniversary of IDY, we will practically cover every country in the world where yoga events are being organised. In some countries like the US, we are hosting multiple events across various cities. Our embassy in Pakistan is also organising a yoga event in Islamabad."

"The ICCR, the cultural arm of the ministry of external affairs, is also hosting "yoga bandhan" — a signature event of IDY 2025 — where 17 yoga gurus and practitioners from 15 countries, including Brazil, Argentina, Russia, China, South Africa, Malaysia, Sri Lanka, Indonesia, Singapore and South Korea, will lead the IDY events across India," Ms Singla said.

The ICCR D-G noted that preparations for IDY-2025 started several months ago. She mentioned that in Delhi, the yoga events will be led by these foreign yoga gurus at Jantar Mantar, Qutub Minar, Purana Kila and Humayun's Tomb, while similar "yoga bandhan" will be organised in iconic locations in Lucknow, Ayodhya, Varanasi, Jaipur, Jodhpur, Bhopal, Gwalior and other cities.

Underlining the ICCR's role in promoting yoga globally, Ms Singla said, "Every year, we depute yoga teachers from India to teach yoga in our 37 cultural centres abroad. We also send yoga teachers to our embassies and consulates."

Women perform yoga at Dussehra Ghat behind the Taj Mahal, ahead of the 'International Day of Yoga', in Agra, Uttar Pradesh, Friday

Deccan Chronicle • 21 Jun • Ministry of Ayush

How Indian cricketers channel Yoga spirit

1,13 • PG | 9018 • Sqcm | 15872273 • AVE | 1.15M • Cir | Top Right

Chennai • Hyderabad

How Indian cricketers channel Yoga spirit

THIS YEAR'S THEME:
"Yoga for One Earth, One Health"

As the world marks International Yoga Day this Saturday, millions across the globe will stretch into asanas, breathe deeply, and reconnect with their inner calm. But beyond yoga mats and morning chants, there's another field where breath control, balance, and focus are key—the cricket pitch, writes **Bipin Dani**

Suresh Raina
"Unite mind & body"

On June 21, 2021, Raina tweeted: "On this International Day of Yoga, let's indulge in the harmony of nature—uniting mind and body, thoughts and actions... Involve the younger generations too for a holistic approach to health & well-being." His message reflects a growing understanding of yoga as a tool for discipline and mental clarity.

Virender Sehwag:
"The poses are my prayers"

Known for his fearless batting, Sehwag revealed his reflective side with this post: "Standing on my own altar. The poses are my prayers. Yoga and meditation are among India's greatest gifts to the world."
His words capture the spiritual grace that connects the stillness of yoga to the intensity of sport.

VVS Laxman:
"Adds years to life"

The ever-elegant Laxman shared this timeless thought: "Yoga adds years to your life, and life to your years." Fans who watched him bat with calm under pressure may now see where that composure stems from.

Mat finish
pg 16 & 16

Sania Mirza will headline the International Day of Yoga event in Abu Dhabi on June 21. Time and again, the former tennis player has spoken about its benefits.

Mat finish

A body in motion, a mind in balance, a meal in harmony — the yoga way of life is rooted in rhythm, rest, and real food

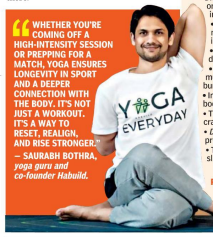
SWATI SHARMA
DECCAN CHRONICLE

Yoga is renowned for its numerous benefits that extend beyond physical fitness, such as stress alleviation, enhanced flexibility, mental clarity, and emotional wellness.
On this **International Day of Yoga**, let's direct our attention towards two crucial areas: fostering connections with athletes and encouraging community yoga.

GAME ON

An increasing number of professional athletes are embracing yoga to enhance their skills. Basketball player **LeBron James**, tennis player **Novak Djokovic**, and football player **David Beckham**, all of whom have publicly endorsed yoga for its role in improving performance, flexibility, and injury prevention.
Tennis legend has often been spotted vibing with some asana right before he hits the court. "For athletes, performance isn't just about strength or endurance — it's equally about recovery, mobility, and injury prevention. That's where yoga steps in as a powerful ally. In fact, most top athletes and trainers already incorporate yoga asanas like Downward Dog, Pigeon Pose, and Spinal Twists into their pre- and post-training stretches. These aren't just cool-down rituals, they're intentional tools to open up the body, improve range of motion, and recalibrate the nervous system," says **Saurabh Bothra**, yoga guru and co-founder Habuild.
"Yoga isn't just about stretching (though let's be real, those deep stretches feel incredible). It's about strength, stability, and body awareness," says **Ramya Krishna**, yoga instructor. She lists out some benefits of yoga for the athletes out there.

> "WHETHER YOU'RE COMING OFF A HIGH-INTENSITY SESSION OR PREPPING FOR A MATCH, YOGA ENSURES LONGEVITY IN SPORT AND A DEEPER CONNECTION WITH THE BODY. IT'S NOT JUST A WORKOUT. IT'S A WAY TO RESET, REALIGN, AND RISE STRONGER."
> — SAURABH BOTHRA, *yoga guru and co-founder Habuild.*



STRENGTHENS BACK MUSCLES

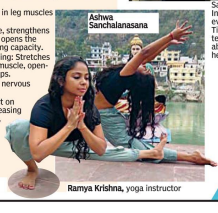
Dhanurasana is a yoga asana where the body forms the shape of a bow. It helps to strengthen the muscles along the spine, contributing to better posture and potentially relieving back pain.
• *Dhanurasana* strengthens the spine, increasing its flexibility and range of motion.
• The pose engages the core muscles, helping to tone and strengthen them.
• *Dhanurasana* stimulates the abdominal organs, potentially aiding digestion and relieving constipation.
• The pose stretches the chest and shoulder muscles, counteracting the effects of slouching and promoting better posture.
• *Dhanurasana* can be beneficial for reproductive health by stimulating the pelvic area.
• The pose can help tone abdominal muscles and potentially aid in weight loss by burning belly fat.
• Improves blood circulation throughout the body.
• The pose can help to alleviate menstrual cramps and discomfort.
• *Dhanurasana* can help release tension and promote a sense of calm and well-being.
• The pose helps to counteract the effects of slouching, improving overall posture.

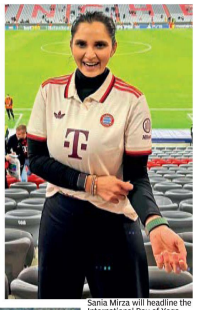
RANGE OF MOTION

Skandasana is a great hip opener, stretching the adductors (inner thighs), hamstrings, and groin muscles. This increased flexibility can improve your range of motion in these areas and make other poses, like Goddess or Garland pose, easier to access.
• This pose engages the core muscles, including the abdominals and obliques, contributing to improved core strength. The deep lunge also strengthens the legs, ankles, and knees.
• *Skandasana* requires and improves balance and stability, as you shift your weight from side to side while maintaining a deep lunge.
• The pose can help to reduce stress and anxiety by improving blood circulation and promoting mindfulness.
• *Skandasana* is believed to activate and stimulate the second (Sacral), and the first (Root) chakras, which are associated with creativity, pleasure, and grounding.
• *Skandasana* is a valuable preparatory pose for more advanced hip-opening asanas, as well as for poses like Goddess, Frog, and Garland.
• The deep stretch and engagement of muscles in *Skandasana* can increase blood circulation throughout the body, which can have various health benefits.

LOWER BODY STRENGTH

Ashwa Sanchalanasana is a balancing yoga pose in the sequence of Suryanamaskar. It builds strength in knees, ankles, and legs.
• Stretches and opens the hip flexors.
• Improves back flexibility and strengthens the spine.
• Increases flexibility in leg muscles during stretching.
• Lengthens the spine, strengthens chest muscles, and opens the heart, increasing lung capacity.
• Groin and Hip Opening: Stretches the deep iliopsoas muscle, opening the groin and hips.
• Provides a sense of nervous system balance.
• Has a positive effect on mental power, increasing willpower, courage, and determination.
• Opening and stretching the psoas muscles can release stress and anxiety.





Sania Mirza will headline the International Day of Yoga event in Abu Dhabi on June 21. Time and again, the former tennis player has spoken about how yoga helps calm her down and manage anxiety.

Ramya Krishna, yoga instructor

FRIENDS WHO YOGA TOGETHER, STAY TOGETHER

When friends hit the yoga mat, it's not just about the poses; it's all about vibing together, building that trust, and creating a squad goal. "For me, yoga with friends — **Manisha, Bhavna, Shraddha**, and **Leena** — brings a different kind of alignment — not just of the body, but of energy and intention. There's an unspoken motivation in moving together, syncing breath, and laughing through the wobbly moments. It turns what could be a solo routine into a shared ritual, one that's equal parts grounding and joyful. The collective vibe makes the mat feel less like a workout zone and more like a space for connection, accountability, and positive energy," says **Bina Mehta**, entrepreneur and yoga freak. I enjoy trying different forms of yoga too, be it aerial, assisted, or just trying new asanas. I love experimenting and connecting with myself on the mat," she adds.
For yoga enthusiast **Lata Reddy**, yoga is often seen as a deeply personal and unique practice, but being part of a yoga community can profoundly impact mental and emotional well-being, which also fosters positive interaction. In short, it's a deeper sense of the whole network of people which helps to motivate and nurture the techniques to get better and inspire.

TAKE A PAUSE

As **Swami Paramhansa Yogananda** says, "Where motion ceases, God begins." There is power in the pause, awareness of subtle energy around you and within you. Pause, inhale, pause, exhale — repeat. Embrace the pause, embrace the possibility.
"As conversations around mental clarity and cognitive performance grow, there's increasing interest in tools that can support brain health.

While nootropics are often linked with supplements or quick enhancements, I believe we need to pause and look inward," says **Lavleen Kaur**, yoga practitioner & founder, Santushti Holistic Health & Healing "Through breath movement and stillness, it creates space in the nervous system—helping us feel more grounded, alert, and emotionally balanced. Simple practices like alternate nostril breathing or gentle morning flows can do far more for mental clarity than most people realise."
Instead of relying on external boosters, we focus on rhythm – waking up with the sun, nourishing the body with real food, staying hydrated, and using traditional herbs in their natural forms where needed, she says.

> COMMUNITY YOGA HAS A DEEPER UNDERSTANDING OF THE ENTIRE NETWORK OF PEOPLE, WHICH HELPS MOTIVATE AND NURTURE TECHNIQUES FOR IMPROVEMENT AND INSPIRATION.
> — LATA REDDY, *yoga enthusiast*

Lata Reddy

IMPROVED BALANCE, STABILITY AND FLEXIBILITY:

PARIVRTTA TRIKONASANA is a challenging standing yoga pose that combines a forward bend with a spinal twist. It stretches hamstrings, shoulders, and upper back, improving overall flexibility.
• The pose engages and strengthens legs, core, and back muscles.
• It stretches and lengthens various muscles, including hamstrings, calves, and thighs.
• Regular practice improves spinal flexibility and mobility.
• The pose helps relieve mild back pain.
• The twisting action massages abdominal organs, aiding digestion and relieving bloating.
• The pose increases blood circulation and promotes better oxygen flow.
• It opens the chest and shoulders, counteracting hunching and improving posture.
• The deep stretch and focus on breath can help reduce stress and anxiety.

The global yoga scene was worth a whopping USD 107.1 billion in 2023 and is set to blow up with a rad compound annual growth rate (CAGR) of 5.4% from 2024 to 2030.

ONE EARTH, ONE HEALTH

This year's theme, "Yoga for One Earth, One Health," shines a light on how it boosts personal wellness while keeping our planet in check. **Yogini Vasundhara Talware**, life coach and spiritual guru, talks about how to contribute to a sustainable future.
Sustainable yoga is the kind that is slow and loving. It's not to show the world outside but to nourish our world within. It includes breath, it includes alignment, and it includes mindfulness. All that cracks open our heart and allows the fountain of love within to flood the world around us is the ultimate result of yoga we must look for! A great body, lovely skin, and reverse ageing are just a few side effects of this magnificent breakthrough. The moment we realise we are one with all beings and objects and we start living in the moment, we are in yoga. So, our movements, not just on the mat but off it too, become in unison with the divine. The duality ends. The extraordinary magic and mystic unfold. It is beyond sustainable; it is, in fact, eternal when you surrender to divine will and be an accomplice to its cosmic flow. It is the most powerful way to be. In unison, in surrender, unstoppable. May we all be in yoga every moment until eternity.

WHAT TO EAT FOR ENERGY, CALM, AND CLARITY

The right kind of food can provide you with steady energy, help you stay calm and focused, and enhance your overall well-being.
Here's a simple guide to what a yoga-friendly diet looks like:

"Yoga teaches us to listen to our bodies and live in harmony with the natural world. That includes the food we eat. Heavy, oily, or processed meals can make us feel worn out and unfocused. On the other hand, fresh, light, and natural foods support flexibility, strength, mental clarity, and emotional balance," says **Sohom Singha Roy**, lead dietician, Redcliffe Labs.

WHAT TO INCLUDE IN A BALANCED DIET:

1. **Fresh fruits and vegetables:** Rich in fibre, vitamins, and minerals, they support smooth digestion and provide natural energy. Start your day with fruits like bananas, apples, and papayas. Leafy greens, carrots, and cucumbers are excellent choices for lunch or dinner.
Tip: Choose seasonal and locally grown produce—it's fresher and more nutritious.
2. **Whole Grains:** Brown rice, oats, and millets (like ragi or bajra) release energy gradually, keeping you active without making you feel heavy. They're also good for character development and help maintain Courteous and stable blood sugar levels.
3. **Lentils and Pulses:** Simple dals made from moong, masoor, or toor are protein-rich and easy on the stomach. They support muscle recovery, especially after physical activity like yoga.
Tip: Add gentle spices like cumin, turmeric, and ginger while cooking to boost flavour and provide health benefits.
4. **Nuts and Seeds:** A small handful of almonds, walnuts, or sunflower seeds makes for a healthy snack. They provide beneficial fats, protein, and essential minerals.
Tip: Soak them overnight for better absorption and digestion.
5. **Dairy (if suitable):** If you tolerate dairy well, include small amounts of fresh milk, homemade curd, or ghee. These offer calcium and support gut health.
Avoid: Packaged or sweetened dairy products.
6. **Herbal Teas and Warm Water:** Begin your day with warm water and a few drops of lemon juice. Herbal teas like tulsi, ginger, or chamomile aid in detoxification and relaxation.
Avoid: Cold drinks, especially around meal times.

EATING HABITS TO SUPPORT YOUR YOGA PRACTICE

Before Yoga: Eat Light
A small pre-workout snack helps sustain your energy. A banana or a few soaked almonds 10-15 minutes before yoga is ideal—they provide quick, natural energy without weighing you down.
Evening sessions: Keep a gap of 1.5 to 2 hours between your meal and your yoga practice.
After Yoga: Choose Simple Food
Post-yoga, opt for something easy to digest, such as fresh fruit, a smoothie, or khichdi (a mix of rice and lentils).
Quick tip: Add a lean protein source like sprouts, paneer, tofu, Greek yogurt, black chana chaat, or quinoa. This helps repair muscles and promotes recovery without adding excess fat.

Deccan Chronicle • 21 Jun • Ministry of Ayush

VENKAIAH: YOGA HAS NO CASTE OR RELIGION

10 • PG | 57 • Sqcm | 212594 • AVE | 2.55M • Cir | Bottom Left

Hyderabad

VENKAIAH: YOGA HAS NO CASTE OR RELIGION

DC CORRESPONDENT
HYDERABAD, JUNE 20

Foreign attackers not only took away India's wealth "but also tried to take away our dreams and shastras," said former vice-president Venkaiah Naidu. Many temples were demolished at that time, and India was recovering from such a situation and becoming a powerful country again. He was speaking at the 'One Day Countdown' event organised ahead of the International Yoga Day at LB Stadium on Friday. Union ministers G. Kishan Reddy and Bhupatiraju Srinivasa Varma, BJP leader and actress Khushbu Sundar and others participated in the event.

He said that the world is shocked by Operation Sindoor, a wonderful feat by the Indian Army who with great patience completed the operation in 22 minutes by targeting terrorist camps. Speaking about Sunday's event, he said that yoga had no caste or religion.

Deccan Chronicle • 21 Jun • Ministry of Ayush

PM to lead International Yoga Day from Vizag

13 • PG | 378 • Sqcm | 1410167 • AVE | 2.55M • Cir | Top Left

Hyderabad

Visakhapatnam glows pink at sunset as lampposts and Beach Road shine bright on the eve of International Yoga Day celebrations, on Friday evening. — K. MURALI KRISHNA

PM to lead International Yoga Day from Vizag

Yoga Day aims for 2 Guinness, 22 global records

K.M.P. PATNAIK | DC
VISAKHAPATNAM, JUNE 20

Prime Minister Narendra Modi will lead the International Yoga Day from Visakhapatnam, performing the Common Yoga Protocol alongside over 3.19 lakh participants at the main venue of RK Beach in Visakhapatnam on Saturday.

The PM will be joined by Chief Minister N. Chandrababu Naidu, Deputy CM K. Pawan Kalyan, IT minister Nara Lokesh and Health and Family Welfare union minister of state Prataprao Jadhav in a massive demonstration of India's global wellness vision.

The event, themed – Yoga for One Earth and One Health – is likely to set two Guinness World Records and achieve a total of 22 global records, according to organisers.

The Prime Minister arrived at the Indian Naval Air Station Dega on Friday evening. Chandrababu Naidu, Pawan Kalyan and Lokesh received him. The PM will stay overnight on the Eastern Naval Command premises.Narendra Modi will arrive at the RK Beach at 6:15 a.m. and participate in yoga till 7:55 a.m.Elaborate security and traffic arrangements have been made to accommodate 3.19 lakh people on the Beach Road, stretching from Kalimatha Temple, the main venue, to the Bheemili Beach. Around 30,000 people, half of them students, are expected to participate from Vizianagaram district and 20,000 from Srikakulam district. For people from outside Visakhapatnam city, the government has arranged over 9,000 buses for participating in the International Yoga Day. Security arrangements have been beefed up with deployment of 8,500 police personnel. 30 dog squads and installation of over 3,000 CCTV cameras at strategic locations.

Women perform yoga at Dussehra Ghat behind the Taj Mahal, ahead of the 'International Day of Yoga', in Agra, Uttar Pradesh, on Friday. — PTI

Deccan Chronicle • 20 Jun • Ministry of Ayush

24-hour countdown for International Yoga Day

5 • PG | 64 • Sqcm | 239600 • AVE | 2.55M • Cir | Middle Left

Hyderabad

24-hour countdown for International Yoga Day

DC CORRESPONDENT
HYDERABAD, JUNE 19

The coal and steel ministries said they would jointly organise a 24-hour countdown event ahead of International Yoga Day, beginning at 5.30 am on Friday at Lal Bahadur Stadium here.

This celebration will bring together yoga practitioners, youth, and students from Hyderabad, Secunderabad, and Cyberabad.

Present will be Governor Jishnu Dev Varma, Union minister G. Kishan Reddy, Union minister of state for steel Bhupathi Raju Srinivasa Varma, former vice-president M. Venkaiah Naidu, former member of the Women's Commission of India Khushbu Sunder, film actors Sai Dharam Tej and Meenakshi Chowdary Kishan Reddy reviewed the event arrangements on Friday.

and emphasised the importance of participant safety and ensuring facilities were in place. The organisers have also invited celebrities, political leaders, sports stars, software engineers, doctors, and eminent personalities.

Deccan Chronicle • 20 Jun • Ministry of Ayush

Union min to take part in Yoga day tomorrow

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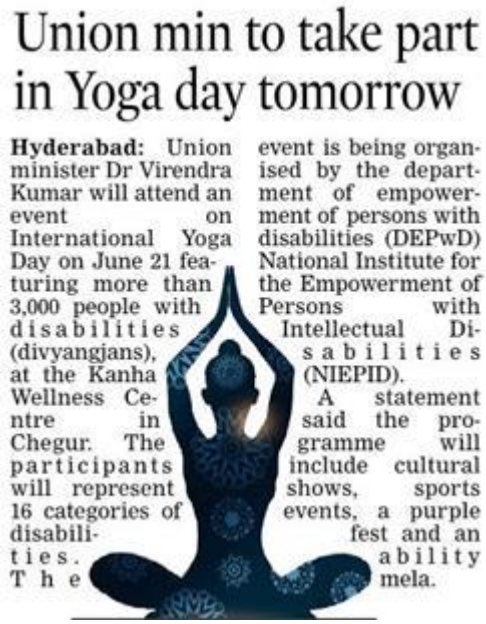
Hyderabad



Union min to take part in Yoga day tomorrow

Hyderabad: Union minister Dr Virendra Kumar will attend an event on International Yoga Day on June 21 featuring more than 3,000 people with disabilities (divyangjans), at the Kanha Wellness Centre in Chegur. The participants will represent 16 categories of disabilities. The event is being organised by the department of empowerment of persons with disabilities (DEPwD) National Institute for the Empowerment of Persons with Intellectual Disabilities (NIEPID).

A statement said the programme will include cultural shows, sports events, a purple fest and an ability mela.

Deccan Chronicle • 11 Jun • Ministry of Ayush

TELANGANA SECOND IN YOGA DAY SIGN-UPS

9 • PG | 81 • Sqcm | 302561 • AVE | 2.55M • Cir | Middle Left

Hyderabad

TELANGANA SECOND IN YOGA DAY SIGN-UPS

M. SRINIVAS I DC
HYDERABAD, JUNE 10

Telangana stood second in the country with over 7,000 registrations for Yoga Sangam-2025, to be held as part of the 11th International Day of Yoga (IDY) on June 21, the ministry of ayush said in a statement. The ministry noted that more than 50,000 organisations across India have registered to host Yoga Sangam between 6.30 am and 7.45 am, setting a new benchmark for collective participation.

Rajasthan is leading with over 11,000 registrations, followed by Telangana with more than 7,000 and Madhya Pradesh with nearly 5,000. This year's theme, Yoga for One Earth, One Health, promotes unity and well-being. Institutions like IITs, IIMs and Central universities, along with corporates and private organisations, are actively joining the initiative.

The celebrations follow a decentralised model, as in previous years, with the ministry strengthening public participation through the Yoga Sangam portal: yoga.ayush.gov.in/yoga-sangam

With over one lakh locations expected to host the IDY event, the ministry has called upon individuals, institutions and communities to take part in this global celebration of India's traditional knowledge.

- **RAJASTHAN IS** leading with over 11,000 registrations, followed by Telangana with more than 7,000 and MP with nearly 5,000.

Free Press Journal • 21 Jun • Ministry of Ayush

Cinema Tahira Kashyap tells us about her yoga journey

1,37 • PG | 993 • Sqcm | 789485 • AVE | 251.68K • Cir | Top Left,Top Right

Mumbai

CINEMA Journal

An unpretentious guide to yoga

On International Day of Yoga, Tahira Kashyap tells us about her yoga journey

Kabir Singh Bhandari

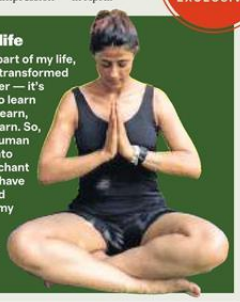
Writer-director-author Tahira Kashyap, who was recently diagnosed with cancer again, had shared some thoughts on social media recently, which is akin to the popular saying — 'stop and smell the roses.' In an Insta post, she had said: "You don't need to be productive every day of your life. Some days could be just about looking at yourself in the mirror and telling yourself you've made it this far. How cool are you!! And being excited about what lies ahead. #NoRoomForAnxiety."

In an era where we're bombarded with endless exotic holiday getaways and happening parties, giving us the impression that we're always missing out on something, Tahira's messages are a refreshing and important reminder. And these aren't empty words copy-pasted from the internet which she shares — these are her lived experiences, as she announced her cancer relapse this year in April.

FPJ EXCLUSIVE

Nichiren Buddhism transformed my life

"Nichiren Daishonin's Buddhism has always been a part of my life, and I think it will always continue to be so. It's really transformed the way I looked at life. Like I said in my earlier answer — it's very important to have mentors in life or someone to learn from. At least, that's my philosophy. I think life is to learn, and the more you learn, the more you still want to learn. So, the idea is to keep learning and keep evolving as a human being for the rest of your life. And yes, I have been into Nichiren Daishonin's Buddhism, and I really used to chant — it's somehow a part of my deep philosophy, and I have utmost gratitude for it. However, I have also explored more and new ways of bringing about the center in my life. It's all about taking up an empowering philosophy that can help you do the same. So yes, Nichiren Daishonin's Buddhism will always be a part of my life, and I'll always have utmost gratitude for it. And I'm also open to learning more."



Being a reluctant yogini

"So, very honestly, I was never a yoga fan — always resisted. All throughout my life, I never took to it, and whenever I did also, it was not with a sense of calm and learning. I have always had other forms of fitness — whether it was weight training, HIIT, cross training, running, jogging, and sprinting. But then, life is all about learning, and now, since about a month or two, I have taken to *Ashtanga* yoga. And this time round, I know this is for good, as there is so much to it which I never understood before — like the breath work. And it's exhausting — I really thought that yoga is for beginners and it doesn't burn enough calories."

Yoga changed my fitness outlook

"I'm slowly becoming a yoga fan. And it's something which has changed my way of looking at fitness. It has changed the way I look at exercise — which is not just like a physical workout, but there is sort of a balance that you want to achieve between your mental state and your physical state. And somehow, with yoga, you try to balance it all out, and there's a sort of synchronicity which you feel. And yes, I think I'm here to learn yoga for the rest of my life."

Guided yoga makes all difference

"You should always look for a mentor in yoga. I think it's very important to have someone teach you — someone who knows better. I am also learning under some guidance, and I really wish for everyone to have mentors in their lives. And I think that's the most important takeaway for me. This is something I want to share with other people also — rely on someone who has done it better, who has years of experience, instead of doing the poses yourself. My intention is to practice daily, but with travel or work, at times it becomes four to five times a week."

Free Press Journal • 21 Jun • Ministry of Ayush

CR organizes seminar ahead of International Day of Yoga to promote benefits of Yoga

16 • PG | 113 • Sqcm | 89598 • AVE | 251.68K • Cir | Middle Right

Mumbai

CR Organizes Seminar Ahead of International Day of Yoga to promote benefits of Yoga

In the run-up to the 11th International Day of Yoga, Central Railway organized a seminar on the benefits of Yoga at Chhatrapati Shivaji Maharaj Terminus (CSMT) today i.e on 20.06.2025. The initiative aimed to raise awareness and encourage the adoption of Yoga for a healthier lifestyle among employees and the general public.

The seminar was chaired by Pratik Goswami, Additional General Manager, Central Railway, and attended by Senior Officers and employees.

Discussions focused on planning and organizing Yoga-related activities at Central Railway Headquarters and across all its Divisions on the occasion of International Day of Yoga on 21st June 2025, in line with directives issued by the Railway Board.

As part of the seminar, the Additional General Manager, Officers and employees also participated in a Yoga session directed by Yoga Volunteers from the Mahila Patanjali Yog Samiti, Mumbai.

Central Railway is all set to conduct various activities on June 21, 2025 as part of the 11th International Day of Yoga-2025.

The event aimed to promote awareness and encourage the adoption of Yoga for a healthier lifestyle among both employees and the public.

Free Press Journal • 21 Jun • Ministry of Ayush

ICG to celebrate 11th International Day of Yoga with 'Yoga Sangam

16 • PG | 100 • Sqcm | 79125 • AVE | 251.68K • Cir | Top Left

Mumbai

ICG To Celebrate 11th International Day Of Yoga With "Yoga Sangam"

In a resounding display of unity and commitment to wellness, Indian Coast Guard (ICG) is set to celebrate the 11th International Day of Yoga (IDY) on 21 Jun 2025 through its flagship event, "Yoga Sangam." Aligned with the AYUSH Ministry's global theme, "Yoga for One Earth, One Health," the celebration reaffirms the ICG's dedication to holistic well being that transcends borders, professions, and cultures.

As a prelude to the main event, the ICG has conducted a month long series of Yoga Outreach Programmes across its extensive network of stations along the coastline and island territories. These programmes were held in collaboration with leading yoga and wellness organisations such as the Brahma Kumaris, Heartfulness Institute, Eco Yoga Schools, and others. A special session was also conducted at the majestic Sudarshan Setu, symbolizing the unity of tradition and modern infrastructure.

Thousands of Coast Guard personnel and their families actively participated in these initiatives, which were guided by trained yoga instructors. The sessions featured a holistic combination of asanas (yogic postures), pranayama (breathing exercises), and meditation techniques, aimed at enhancing physical, mental, and spiritual well-being.

Free Press Journal • 21 Jun • Ministry of Ayush

100+ Parks to be developed ahead of yoga day

22 • PG | 199 • Sqcm | 158150 • AVE | 251.68K • Cir | Bottom Left

Mumbai

initiative

100+ Parks to be developed ahead of yoga day

UP State Bureau

LUCKNOW

The Uttar Pradesh government has developed over 100 Yoga Parks across the state in preparation for the 11th International Yoga Day, to be observed on June 21, 2025. The initiative, aligned with Chief Minister Yogi Adityanath's vision, aims to promote holistic wellness by making yoga a permanent part of urban community life.

According to the Urban Development Department, each urban local body has been directed to develop designated Yoga Parks equipped with basic amenities like drinking water, seating, and spaces suitable for conducting regular yoga sessions. These parks are not limited to a one-day event but are intended to function as year-round wellness hubs.

In Varanasi, yoga sessions will take place at Shaheed Udyan, Beniya Bagh Park, Harishchandra Park, and prominent ghats like Namo, Assi, and Ravidas. Agra has seen the development of Yoga Parks at Balkeshwar, Central Park (Awas Vikas), Kalindi Park, and the Municipal Corporation Office Park.

Facilities to Support Year-Round Health and Wellness Activities

Lucknow now hosts nine Yoga Parks, including Swarn Jayanti Park and Jhande Wala Park, while Kanpur's venues include Nana Rao Park, Buddha Park, and Parshuram Vatika. Jhansi leads in numbers, with 12 parks developed, followed by Mathura-Vrindavan, Ghaziabad, and Ayodhya and Firozabad with three each.

As per Principal Secretary Amrit Abhijat, the parks have been developed in accordance with guidelines set by the Ministry of Ayush and this year's Yoga Day theme: "Yoga for One Earth, One Health." The state intends for these parks to continue promoting physical and mental well-being beyond June 21. Officials including District Magistrates and Municipal Commissioners have been instructed to ensure the parks remain operational with clean and safe infrastructure. This initiative marks a shift from symbolic celebration to sustained public health engagement.

Free Press Journal • 21 Jun • Ministry of Ayush

All set for YogAndhra 2025

24 • PG | 324 • Sqcm | 257748 • AVE | 251.68K • Cir | Top Left

Mumbai

International Yoga Day

All set for YogAndhra 2025

METRO INDIA NEWS | AMARAVATI

Andhra Pradesh is set to host one of the grandest celebrations of the 11th International Day of Yoga under the banner of "YogAndhra 2025," with Prime Minister Narendra Modi slated to participate in the event on June 21 (Saturday). Chief Minister N. Chandrababu Naidu and Deputy Chief Minister Pawan Kalyan will also join the PM in performing yoga postures on the scenic RK Beach in Visakhapatnam, as part of a state-led effort to promote holistic wellness and break global records.

Officials expect a historic gathering of over 5 lakh participants, aiming to set a new Guinness World Record for mass yoga participation along a 34-kilometre stretch of the coast—from Kali Mata temple near RK Beach to Bhogapuram in Vizianagaram district. The sprawling beachside has been divided into 326 compartments, with mini stages installed every 40 feet to accommodate the massive turnout.

With a budget of Rs.62 crore, the Andhra Pradesh government has spared no effort in ensuring flawless execution. More than 3,000 temporary toilets, medical camps at every fifth compartment, and a 10-bed emergency hospital at the main stage have been arranged. Participants have already registered online and will enter via QR code scanning, receiving free yoga mats and T-shirts. To handle the logistics, 3,600 RTC buses and 7,295 private buses have been mobilized to ferry participants from various districts.

In case of rain, a backup venue has been arranged at the Andhra University College of Engineering grounds, where a parallel yoga session involving 20,000 tribal students will be held. A 10-bed emergency hospital is also ready at this alternate location.

Given Prime Minister Modi's participation, security has been tightened on an unprecedented scale. Over 10,000 police personnel will be deployed, and 2,000 CCTV cameras have been installed along the stretch. The Indian Navy's Eastern Naval Command is also participating, with yoga sessions scheduled aboard 11 warships, adding a unique maritime dimension to the event.

Trial runs for the PM's convoy—from INS Dega to the Command Guest House—have already been completed. Sanitation workers have been deployed throughout the beach road area to maintain cleanliness and hygiene.

State Minister Satya Kumar Yadav stated that Andhra Pradesh is fully prepared to showcase yoga's cultural and spiritual significance on the world stage. "This is not just a yoga event. It's a message to the world about Andhra Pradesh's commitment to wellness, discipline, and tradition," he said.

Earlier, Health Minister Satya Kumar inspected the stage and event premises in Andhra University Campus Visakhapatnam, in the presence of Union Minister Prataprao Ganpatrao Jadhav and Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha , ahead of the 21st International Yoga Day celebrations.

As part of the inspection, the Minister reviewed all logistical arrangements including stage setup, medical preparedness, seating layout, sanitation facilities, safety protocols, and digital infrastructure to ensure a seamless experience for participants.

The Minister also interacted with yoga trainers and appreciated their dedication in promoting wellness through traditional practices. Emphasizing the spirit of "Yoga for One Earth, One Health," he reaffirmed the importance of coordination between central and state teams to uphold the values of discipline, health, and collective harmony on such a globally significant occasion.

With high-profile leaders, lakhs of participants, military cooperation, and meticulous planning, "YogAndhra 2025" is set to become a landmark celebration of India's timeless practice of yoga—where the sea, the spirit, and the nation come together.

Free Press Journal • 21 Jun • Ministry of Ayush

NCC cadets practice yoga

22 • PG | 16 • Sqcm | 13094 • AVE | 251.68K • Cir | Middle Left

Mumbai

RAEBARELI

NCC cadets practice yoga

44 cadets from Kunwar Munindra Singh College trained for International Yoga Day under 66 UP Battalion NCC. Officers emphasized PM's vision for mass participation on June 21.

Free Press Journal • 21 Jun • Ministry of Ayush

Ratna dance academy hosts ^Yoga Fever^

22 • PG | 23 • Sqcm | 18191 • AVE | 251.68K • Cir | Bottom Left

Mumbai

LUCKNOW

Ratna dance academy hosts "Yoga Fever"

Ratna Dance Academy organized a "Yoga Fever" event ahead of International Yoga Day, training girls, teens, and senior women under expert Suman Pavar. Director Ratna Asthana emphasized yoga and balanced nutrition.

Free Press Journal • 21 Jun • Ministry of Ayush

Tribal dept organises yoga demonstrations

12 • PG | 166 • Sqcm | 132314 • AVE | 251.68K • Cir | Middle Right

Mumbai

Tribal dept organises yoga demonstrations

Prashant Nikale
NASHIK

Officers and employees of various tribal development departments participated in yoga demonstrations held at the Adivasi Vikas Bhavan in Nashik on Friday to mark International Yoga Day.

The event saw the participation of Tribal Development Commissioner Leena Bansod, Dr Ostwal, Additional Commissioner Dinkar Pawara, Deputy Commissioner Santosh Thube, and Sangita Chavan. Also present were officials from the Maharashtra State Cooperative Tribal Development Corporation, Shabari Finance and Development Corporation, and Jayarekha Nikumbh and Tushar More from the Tribal Development Commissionerate, Additional Commissioner's Office, and the Project Officer's Office.

The demonstrations aimed to promote physical and mental well-being among the staff and raise awareness about the benefits of yoga.

Free Press Journal • 21 Jun • Ministry of Ayush

Yoga Day event at Sports Complex today

12 • PG | 98 • Sqcm | 77971 • AVE | 251.68K • Cir | Middle Left

Mumbai

Yoga Day event at Sports Complex today

FPJ News Network

BEED

The main function for International Yoga Day will be held at the District Sports Complex on Jalna Road in Beed on Saturday at 6.30am. District Collector Vivek Johnson has appealed to all officers, government employees, people's representatives, yoga enthusiasts, youths and residents to participate in large numbers.

The event has been organised by the district administration in collaboration with Patanjali Yogpeeth, the District Yoga Association and other social organisations.

The United Nations has designated June 21 as International Yoga Day. On this day, mass yoga demonstrations are organised globally to raise awareness about the benefits of

yoga. Beed will mark the occasion with collective yoga sessions and public engagement.

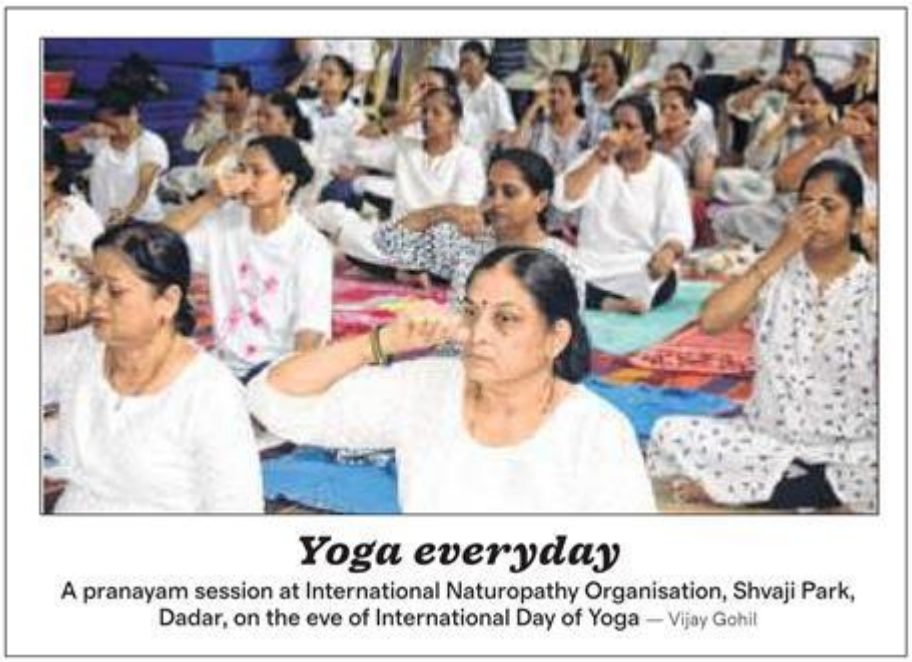
A planning meeting for the event was held at the district collectorate on Thursday, attended by senior officers of the collectorate and various government departments. Johnson also urged that yoga events be organised at schools, villages, colleges and other public places to ensure wider participation and benefit.

Free Press Journal • 21 Jun • Ministry of Ayush

Yoga everyday

6 • PG | 108 • Sqcm | 85808 • AVE | 251.68K • Cir | Middle Left

Mumbai



Yoga everyday

A pranayam session at International Naturopathy Organisation, Shvaji Park, Dadar, on the eve of International Day of Yoga — Vijay Gohil

Free Press Journal • 20 Jun • Ministry of Ayush

Delhi Metro service from 4am on Yoga Day

1 • PG | 87 • Sqcm | 69362 • AVE | 251.68K • Cir | Top Right | FP School

Mumbai

Delhi Metro service from 4am on Yoga Day

In order to facilitate the movement of Yoga Enthusiasts on the occasion of international Yoga Day, the Delhi Metro services will commence from 4 AM from all originating stations on June 21. Services will be available on all lines at an interval of 30 minutes from 4 am onwards

Free Press Journal • 19 Jun • Ministry of Ayush

International Yoga Day

7 • PG | 26 • Sqcm | 20926 • AVE | 251.68K • Cir | Middle Left

Mumbai

CSN

International Yoga Day

The main function of the International Yoga Day will be held at the Bibi-Ka-Maqbara ground on June 21 at 6.30am. District Collector Dilip Swami has appealed to the people to participate in the programme in large numbers. A meeting was held at the district collectorate recently to make preparations for the programme.

Free Press Journal • 19 Jun • Ministry of Ayush

Jalgaon prepares for International Yoga Day

7 • PG | 160 • Sqcm | 127432 • AVE | 251.68K • Cir | Bottom Center

Mumbai

Jalgaon prepares for International Yoga Day

Vijay Pathak
JALGAON

Preparations for International Yoga Day, observed globally on June 21, have begun in Jalgaon with a yoga master training session organised by the District Sports Officer's Office on Tuesday. The session was held at the Shri Chhatrapati Shivaji Maharaj District Sports Complex and witnessed enthusiastic participation from around 40 sports teachers representing various schools and educational institutions across the district.

The training aimed to equip physical education instructors with the skills and knowledge needed to conduct yoga sessions in line with the protocol issued by the Union Ministry of AYUSH. Along with theoretical guidance, a practical demonstration of yoga asanas was conducted during the session.

Chanchal Mali, Yoga Sports Guide at the District Sports Officer's Office, led the training. She highlighted the importance of yoga in daily life and guided participants through effective techniques for classroom instruction. During interactive discussions, teachers emphasised the positive impact of regular yoga practice on students' physical and mental well-being.

Following the session, participating teachers will now train students in their respective schools in preparation for a mass demonstration scheduled for June 21, as part of the International Yoga Day celebration.

Free Press Journal • 18 Jun • Ministry of Ayush

Visakhapatnam gears up for International Yoga Day

20 • PG | 184 • Sqcm | 146272 • AVE | 251.68K • Cir | Top Right

Mumbai

Visakhapatnam gears up for International Yoga Day

METRO INDIA NEWS | AMARAVATI

In an effort to set a new world record, the Andhra Pradesh government is preparing to host International Yoga Day celebrations on June 21 at Visakhapatnam's iconic RK Beach, with Prime Minister Narendra Modi expected to take part in the grand event.

Chief Minister N. Chandrababu Naidu, who conducted a high-level review meeting in Visakhapatnam on Monday, laid out a detailed blueprint for the Yoga Day arrangements, aiming to make it a global spectacle. He directed officials to ensure flawless execution, emphasizing that the state must showcase its ability to deliver a record-setting event in line with the Prime Minister's vision. The state aims to bring together five lakh participants along the beach stretch and surrounding areas in Visakhapatnam to perform yoga simultaneously. In total, the government estimates that up to two crore people across Andhra Pradesh will participate in International Yoga Day, making it one of the largest coordinated events in the state's history. To manage the logistics, the government is establishing 326 designated compartments where participants will perform yogasanas in a synchronized manner. Each compartment will be assigned specific individuals, with coordination planned through 607 Urban Secretariats, along with additional personnel from rural secretariats.

> "We gave our word to the Prime Minister that we would make it a grand success — now we must deliver."
>
> **N. Chandrababu Naidu**
> AP CM

Despite no immediate threat of rain, the Chief Minister emphasized the need for weatherproof alternatives and robust contingency measures. "There must be no lapses, no oversights," he stressed. CM Naidu instructed officials to ensure hassle-free arrangements for parking, sanitation, and toilet facilities, and to provide clear pre-event guidance to all participants, including those traveling from outside the city.

Transport logistics will also be carefully managed — each bus bringing participants will be required to have two drivers, and arrival timings must be precisely coordinated to ensure all attendees are in place by 6:00 to 6:30 AM.

CM Naidu also proposed a Yoga Day Declaration, emphasizing that yoga should become a part of routine lifestyle and not remain confined to a ceremonial practice. "Let's make this event not just a celebration, but a declaration of Andhra Pradesh's commitment to holistic wellness," he said.

Free Press Journal • 17 Jun • Ministry of Ayush

Seers from Patanjali prep for Int'l Yoga Day

16 • PG | 153 • Sqcm | 121560 • AVE | 251.68K • Cir | Middle Center

Mumbai

Seers from Patanjali prep for Int'l Yoga Day

FPJ News Service

KURUKSHETRA

Preparing for the 11th International Yoga Day, Women Wing of Yoga Committee of Patanjali in Kurukshetra organised a meeting chaired by its national in-charge Sadhvi Devpriya.

She said it was not only Yoga but a revolution for good health, morals and devotion.

Devpriya stressed on involving more people for June 21, International Yoga Day celebrations at Brahma Sarowar in Kurukshetra. Committee central in-charge Rakesh Kumar, Swami Parmarthdev and Yoga president Dr Jaydeep Arya were present.

The meeting resolved on June 21 about 100 seers from Patanjali will attend Brahma Sarowar function and move to different places to motivate people for Yoga, Ayurveda, nationalism and to lead a healthy life.

It was decided that different units will be formed to spread the message of Yoga.

Radhey Shyam Gupta, Rajesh Bhati, Surajbhan, tehsil in-charge, Ajay Poply, Vinay Malhotra, Seema Malhotra, Omprakash Malhotra, Ashok Sen, Tilak Raj Kakkad, Swami Vishavdev, Jaipal Shastri and others visited held a door-to-door drive in Kurukshetra and motivated people to take part in International Yoga Day to adopt Yoga in life for leading a healthy life.

District Patanjali Kisan Seva Samiti president Radhe Shyam Gupta, under the leadership of state in-charge Rajesh Bhati, conducted a door-to-door campaign, along with Yoga Arogya Sabha in Mohanpur Bakri and Isaac villages of Pihowa.

Meanwhile, in block Ladwa, workers of Women Wing of Patanjali Yoga Committee held a review meet in Ram Kundi Dharmashala. Sadhvi Devvani, Sadhvi Devgarima, Women Patanjali Yoga Committee Haryana in-charge Amar Ravish were present.

Free Press Journal • 16 Jun • Ministry of Ayush

Hundreds take part in yoga rehearsal

15 • PG | 125 • Sqcm | 99400 • AVE | 251.68K • Cir | Top Right

Mumbai

Hundreds take part in yoga rehearsal

NT Correspondent

MYSURU

Ahead of the 11th International Day of Yoga celebrations, hundreds of yoga enthusiasts from across the city took part in a yoga rehearsal organized at Mysuru Palace premises on Sunday.

The participants performed various kinds of asanas, pranayama and surya namaskar as part of the event. Addressing the gathering, District Ayush Officer Dr Renukadevi said the administration and Yoga Federation of Mysuru have made all preparations for the success of this year's 11th edition on June 21.

Mysuru city being a popular Yoga destination, it is pivotal to attract more yoga enthusiasts for the final event on June 21.

Around 15,000 yoga enthusiasts are expected to participate in the event that begins at 6 am. Those performing Yogasana have been instructed to wear T-shirts and track pants and should bring a yoga mat on their own..

Yoga enthusiasts from JSS Institutions, CBSE, ICSE and State Board schools, Yoga Federation of Mysore, Yoga Schools, NCC cadets, NSS volunteers, school and college students will also be participating.

The district administration gave instructions to authorities concerned to be ready with ambulances and fire tenders at the venue, and ensure basic facilities like drinking water and others besides maintaining cleanliness for International Day of Yoga.

Free Press Journal • 12 Jun • Ministry of Ayush

CM Patel leads 15,000 at Ahm Int'l Yoga Day camp

18 • PG | 297 • Sqcm | 236468 • AVE | 251.68K • Cir | Top Left

Mumbai

BODY AND MIND | **The event was organised by Gujarat State Yoga Board, AMC, and the district administration**

CM Patel leads 15,000 at Ahm Int'l Yoga Day camp

FPJ News Service
AHMEDABAD

Chief Minister Bhupendra Patel graced the yoga camp held at the Event Centre on the Sabarmati Riverfront in Ahmedabad.

As part of the celebration of International Yoga Day - 2025, a free Yoga Camp - Common Yoga Protocol Training was organized under the joint initiative of the Gujarat State Yoga Board, Ahmedabad Municipal Corporation, and the District Administration under the campaign 'Swasth Gujarat, Obesity-Free Gujarat'.

Early in the morning, amid a refreshing atmosphere, over 15,000 citizens enthusiastically participated in the yoga camp. Chief Minister Shri Bhupendra Patel, along with other dignitaries, also performed yoga during the camp.

On this occasion, Minister of State for Youth, Cultural Activities, and Home Department, Harsh Sanghavi, stated that the yoga camp was held under the leadership of Chief Minister Bhupendra Patel as part of the 'Swasth Gujarat, Obesity-Free Gujarat' campaign. He noted that, through this campaign, all districts of Gujarat are advancing together to create a new milestone on this year's International Yoga Day.

He further emphasized that yoga is a profound symbol of Indian culture. Yoga and pranayama, he said, are not merely physical or mental exercises, but holistic practices that establish a deep connection between the mind, body, and soul. On this occasion, the Minister also appealed to the citizens of all districts of Gujarat to take inspiration from yoga and join the 'Swasth Gujarat, Obesity-Free Gujarat' campaign.

At this camp, Shishpal Rajput, Chairman of the Gujarat State Yoga Board and a Yogsevak, along with experienced yoga experts, provided insightful guidance on various practices such as yogasan, pranayam, and meditation.

Shishpalji emphasised the need to prioritise health in today's fast-paced lifestyle by adopting yoga as a regular practice. He addressed issues like hypertension, obesity prevention, and the nutritional value of different foods, encouraging people to embrace a more energetic and balanced way of life. Along with members of the State Yoga Board, he conducted training on standard yoga and pranayam protocols and provided guidance on regular exercise, stress relief through meditation, and incorporating yoga into daily routines.

The yoga camp was organized with the aim of inspiring society to embrace physical, mental, and spiritual well-being through yoga. It sought to promote yoga as a way of life, fostering healthier individuals and a happier, more harmonious society.

Free Press Journal • 11 Jun • Ministry of Ayush

Yoga Sangam

2 • PG | 281 • Sqcm | 223283 • AVE | 251.68K • Cir | Middle Center | FP School

Mumbai

Yoga Sangam

More than 50,000 organisations from across the nation have registered to host Yoga Sangam setting a new benchmark for collective participation on International Yoga Day

reating a historic milestone in promoting holistic health and well-being, Yoga Sangam will be hosted on June 21 from 6:30 am to 7:45 am. This year's theme 'Yoga for One Earth, One Health' echoes a universal call for unity and wellness. Premier institutions like IITs, IIMs, and Central Universities, along with many corporate and private players, are among the participants. Rajasthan has emerged as the frontrunner with an impressive 11,000+ organisations registered for Yoga Sangam 2025 the highest among all states. It is followed by Telangana with over 7,000+ registrations, and Madhya Pradesh with close to 5,000 registrations, said the ministry. "With over one lakh locations expected to host the IDY event, Yoga Sangam 2025 the Ministry of Ayush invites citizens, institutions, and communities to come together in this global celebration of India's timeless wisdom. Let us move together, breathe together, and thrive together -- for a healthier, more harmonious world," the ministry said.

Free Press Journal • 04 Jun • Ministry of Ayush

Over 3,000 join 'YogAndhra 2025' at Antarvedi Beach

21 • PG | 147 • Sqcm | 117015 • AVE | 251.68K • Cir | Middle Center

Mumbai

Over 3,000 join 'YogAndhra 2025' at Antarvedi Beach

METRO INDIA NEWS | AMARAVATI

In a breathtaking blend of nature and inner peace, over 3,000 yoga enthusiasts gathered at the scenic Antarvedi beach as part of the state-wide 'YogAndhra 2025' initiative. The early morning event unfolded amidst the rhythmic sea waves and golden hues of sunrise, creating a serene setting for mass yoga practice.

Organised under the supervision of the Dr. B.R. Ambedkar Konaseema district administration, the event aimed to promote awareness about yoga and its holistic benefits. Participants performed Surya Namaskars, pranayama, and meditation under the guidance of renowned yoga guru Dr. P. Ramachandra. The highlight of the session was a coordinated Vrksasana (tree pose) by 200 participants, symbolizing strength and unity.

Speaking on the occasion, Joint Collector Nishanthi noted, "This is part of a larger effort to raise awareness about yoga at key tourist sites. From May 26 to June 2, we conducted yoga competitions and cultural events like rangoli contests at the village level, increasing public interest."

MLA Dev Varaprasad highlighted yoga's role in addressing modern lifestyle diseases "People leading sedentary lives are increasingly vulnerable to ailments like diabetes. Daily yoga, even for just ten minutes, can make a huge difference." He added that the International Yoga Day on June 21 in Visakhapatnam will be attended by Prime Minister Narendra Modi and Chief Minister Chandrababu Naidu, reinforcing the government's commitment to promoting public health.

The New Indian Express • 21 Jun • Ministry of Ayush

YOGA WITHOUT HYPE OR HASHTAGS

3 • PG | 1195 • Sqcm | 1577438 • AVE | 246.4K • Cir | Top Right

Chennai

YOGA WITHOUT HYPE OR HASHTAGS

DIYA MARIA GEORGE

There are many in the city who began yoga practice much later in life. On the 11th International Day of Yoga, some practitioners in their silver years, share their journey

AT 5.30 every morning, as temple bells ring and newspapers land on doorsteps, a quiet community comes into view. No playlists, no mats, no matching leggings, just elders over 60, gathering to stretch and breathe. On International Day of Yoga, as social media fills with 'that-girl' routines and endorsements, their practice offers something quieter, steadier and shared.

R Padma, 61, has been a regular at the local volunteer-led class held under the gaze of a temple *gopuram*. "*Kandippa yogavudan thodanguvom.*" ("Of course, we begin with yoga"), she says. It wasn't always that way. For most of her life, yoga was just a word she heard in passing. "I only came to know what yoga is after 55," she admits.

Now it's part of her daily rhythm and part of a growing movement of older adults for whom yoga came late, but stayed for good.

One of them is A Gnanamani, a retired professional, who joined the class seven months ago. "After I retired, I heard about it. I joined it," he says. "They start exactly at 5.30 in the morning. Very sincere people." Yoga, he says, has brought a lot of improvements. "I'm more relaxed. Even my breathing feels better." But it's not a quick fix. "If we don't keep doing it, the body won't cooperate."

He's become an advocate for the practice in his neighbourhood. "I've already helped four people join. I'm not a teacher, but I can offer some guidance. It's a good programme."

Unlike younger enthusiasts scrolling through yoga tutorials online, Gnanamani prefers the old-school approach. "I have a yoga guidebook from my teacher. I don't know much online, but I follow what he says."

If Padma and Gnanamani embody quiet dedication, N Elumalai — once a government employee — represents transformation through yoga.

Years ago, chikungunya left him with difficulty typing or opening his fingers. "Allopathy didn't help," he says. Then, on a visit to Ashok Nagar's Anjaneyar Temple, he saw a modest sign: Free yoga classes, 6 to 7 am. The teacher, S Kalachelvi, gave him no guarantees. "She said, 'Try for three-four days. You'll feel better.' I did. And I recovered."

That encounter changed the course of his life. Today, Elumalai teaches three free classes a day, is pursuing a PhD in Yoga Sciences, and has been recognised with the Gnana Aasiriyar award. His students range from housewives to retirees — people navigating pain, illness or emotional strain. "Yoga heals all of that," he says.

He's sceptical of online instruction. "It helps a little. But blindly following it can be harmful. The body doesn't behave like in the video. Especially for seniors." Instead, he turns to the classics: Light on Yoga by BKS Iyengar and Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati.

He shares the story of a woman in her sixties who couldn't stand up without help. "After three months of regular practice, she became one of the most flexible ones in the group." Another student, worn down by a troubled marriage, found emotional relief. "Now her husband and she live more peacefully."

For this group, yoga isn't a trend, just part of the day. "Back then, there were no yoga pants. We came in what we wore at home," Elumalai says.

As yoga takes centre stage across India today, the seniors in the city will return to their quiet routine.

The New Indian Express • 21 Jun • Ministry of Ayush

Guv, CM to participate in Int'l Yoga Day fete

2 • PG | 338 • Sqcm | 114752 • AVE | 91.08K • Cir | Middle Left

Hyderabad

Union Minister G Kishan Reddy, along with Governor Jishnu Dev Varma, participates in a yoga programme ahead of the International Yoga Day in Hyderabad on Friday

Guv, CM to participate in Int'l Yoga Day fete

ENS @ Hyderabad

THE state government will celebrate International Yoga Day in a grand manner on Saturday at GMC Balayogi Stadium, Gachibowli. The event will see the participation of Governor Jishnu Dev Verma, Chief Minister A Revanth Reddy, Health Minister Damodar Rajanarsimha and other ministers and celebrities.

The yoga session, scheduled from 6 am to 9 am, will include around 5,000 participants. The Ayush and health departments have completed all arrangements for the event.

As part of its ongoing efforts to promote yoga at the grassroots level, the state government appointed 628 yoga teachers last year and recently issued a notification for the appointment of over 250 more.

The New Indian Express • 21 Jun • Ministry of Ayush

YOGA IN SEA

7 • PG | 295 • Sqcm | 251151 • AVE | 177.8K • Cir | Middle Center

Bengaluru

YOGA IN SEA

Ahead of International Yoga Day, naval personnel from Eastern Naval Command participate in a practice yoga session in Visakhapatnam, on Friday | EXPRESS

The New Indian Express • 18 Jun • Ministry of Ayush

Fitness centre to host Intl Yoga Day

1 • PG | 223 • Sqcm | 223083 • AVE | 177.8K • Cir | Middle Left | City Express

Bengaluru

Fitness centre to host Intl Yoga Day

Tagda Raho is set to host International Yoga Day on June 21 with a workshop at their training centre in Ulsoor from 8am onwards. The session focuses on yoga and traditional Indian strengthening practices that explore unique shared roots. The event will begin with a grounding yoga session focused on breath, mobility, and mindfulness followed by strength training using ancient tools like the Gada, Mudgar, Vajra, and Samtola. All participants will receive expert-led training, exclusive giveaways, and a chance to engage with the community. The workshop offers an opportunity to explore two rich disciplines in one integrated experience. For more information, visit: @tagdaraho on Instagram.

The New Indian Express • 12 Jun • Ministry of Ayush

Nimhans takes yoga to rural regions for patients with mental disorders

7 • PG | 357 • Sqcm | 303435 • AVE | 177.8K • Cir | Middle Center

Bengaluru

Nimhans takes yoga to rural regions for patients with mental disorders

BOSKY KHANNA @Bengaluru

WHILE the government is working on improving the health of people in rural areas, the National Institute of Mental Health and Neurosciences (NIMHANS) is working on strengthening their mental health through community-based yoga programmes.

Under the Yoga-based Extension Services (YES) programme, experts from Nimhans will help patients with severe mental health disorders. The three-year YES programme was launched on Tuesday in two taluks -- Thirthahalli in Shivamogga and Turuvekere in Tumakuru.

Dr Aarti Jagannathan, principal investigator, YES project, and Additional Professor of Psychiatric Social Work, Nimhans, said that based on the outcome after three years, it will be implemented across the state. Parallel to the YES programme, workshops will also be held with stakeholders to understand if any changes need to be made in the models and how it is being implemented in the community.

"For patients with severe mental disorders living in low-resource settings, there is a large absence of psychosocial and mind-body interventions. Yoga as a culturally appropriate intervention is found to be effective in improving physical and mental health, and well-being of persons with mental disorders," she said. Under this, six sessions, each once a month, will be held for regular visitors to primary health centres (PHCs) or hospitals. Each session will be 30-45 minutes long and will be undertaken by trained professionals in their local language. During the sessions, simple accessible yoga routines will be taught and videos shared for practice on daily basis at home.

It is being implemented with the help of ICMR, state health department, ASHA workers and experts.

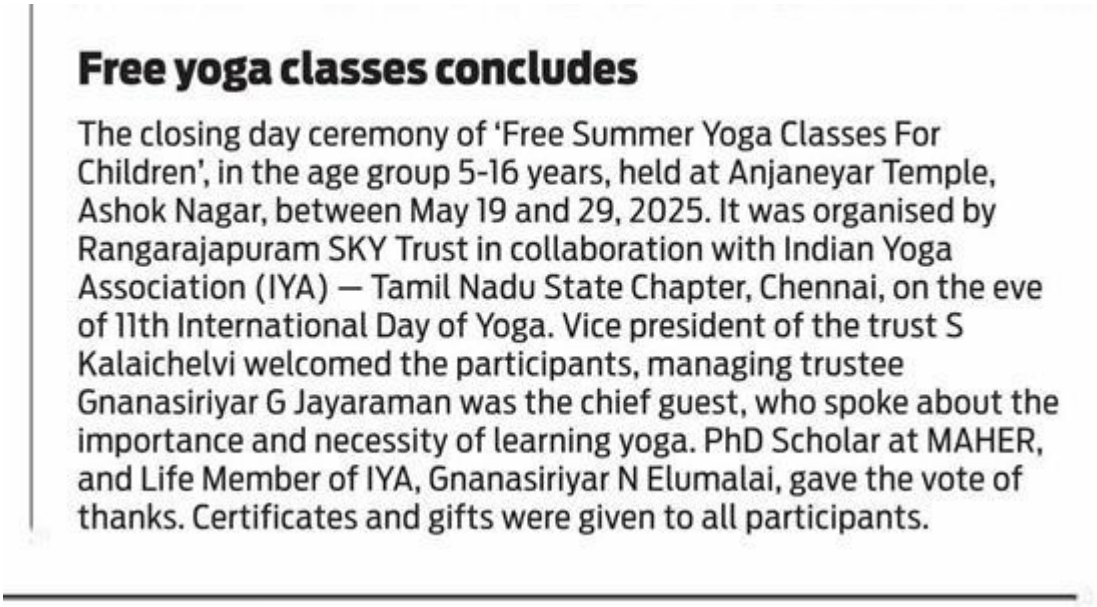
Dr Aarti said that medical treatment it is being extended as a community service. So far, 485 patients in both the taluks have been treated and have joined mainstream professions.

The New Indian Express • 04 Jun • Ministry of Ayush

Free yoga classes concludes

3 • PG | 117 • Sqcm | 154293 • AVE | 246.4K • Cir | Bottom Right

Chennai



Free yoga classes concludes

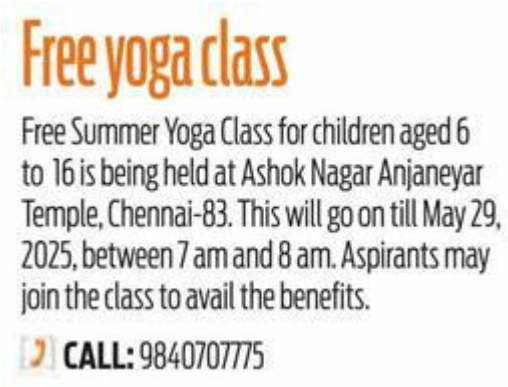
The closing day ceremony of 'Free Summer Yoga Classes For Children', in the age group 5-16 years, held at Anjaneyar Temple, Ashok Nagar, between May 19 and 29, 2025. It was organised by Rangarajapuram SKY Trust in collaboration with Indian Yoga Association (IYA) — Tamil Nadu State Chapter, Chennai, on the eve of 11th International Day of Yoga. Vice president of the trust S Kalaichelvi welcomed the participants, managing trustee Gnanasiriyar G Jayaraman was the chief guest, who spoke about the importance and necessity of learning yoga. PhD Scholar at MAHER, and Life Member of IYA, Gnanasiriyar N Elumalai, gave the vote of thanks. Certificates and gifts were given to all participants.

The New Indian Express • 27 May • Ministry of Ayush

Free yoga class

2 • PG | 36 • Sqcm | 47073 • AVE | 246.4K • Cir | Middle Left

Chennai



Free yoga class

Free Summer Yoga Class for children aged 6 to 16 is being held at Ashok Nagar Anjaneyar Temple, Chennai-83. This will go on till May 29, 2025, between 7 am and 8 am. Aspirants may join the class to avail the benefits.

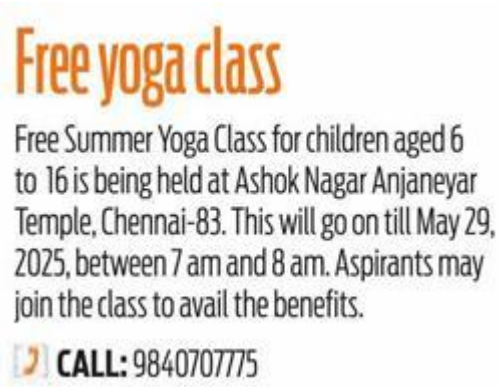
CALL: 9840707775

The New Indian Express • 26 May • Ministry of Ayush

Free yoga class

2 • PG | 36 • Sqcm | 47922 • AVE | 246.4K • Cir | Middle Left

Chennai



Free yoga class

Free Summer Yoga Class for children aged 6 to 16 is being held at Ashok Nagar Anjaneyar Temple, Chennai-83. This will go on till May 29, 2025, between 7 am and 8 am. Aspirants may join the class to avail the benefits.

CALL: 9840707775

The New Indian Express • 19 May • Ministry of Ayush

Event promotes wellness & sustainability with yoga

1 • PG | 209 • Sqcm | 209096 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

Event promotes wellness & sustainability with yoga

The Federation of Hotel & Restaurant Associations of India (FHRAI), in collaboration with Prestige Group and supported by the Ministry of AYUSH, hosted a 'Harit Yoga' event on May 17 at JW Marriott Prestige Golfshire Resort, Devanahalli, integrating environmental sustainability with personal well-being. 'Harit Yoga' is one of the ten signature programmes envisioned by Prime Minister Narendra Modi and launched by the Ministry of AYUSH that serve this cause. The event witnessed participation from over 150 individuals, including 85 students from REVA University, 55 from Lakshmi Group of Institutions, and additional attendees. The yoga session was followed by a plantation drive, during which 250 medicinal plants were planted by dignitaries, participants, and volunteers.

Yugmarg • 21 Jun • Ministry of Ayush

Baba Ramdev to perform Yoga with CM Saini In Kurukshetra today

1 • PG | 187 • Sqcm | 38810 • AVE | 185K • Cir | Middle Center

Chandigarh

Baba Ramdev to perform Yoga with CM Saini In Kurukshetra today

KURUKSHETRA: Swami Ramdev will lead the Haryana State-level celebrations for the 11th International Day of Yoga (IDY) on Saturday, 21st June 2025. The session will take place from 5:00 am to 7:30 am at Brahma Sarovar in Kurukshetra, Haryana.

The event is being organised with the theme "Yog Yukt, Nasha Mukt Haryana" by the Haryana Yoga Aayog and the Ayush Department of the Government of Haryana. It is being held in association with Patanjali Yogpeeth, Haridwar, and the District Administration of Kurukshetra. The Chief Minister of Haryana, Shri Nayab Singh Saini, will attend as Chief Guest. while the

state Health Minister, Ms. Aarti Singh Rao, will preside over the event. Acharya Balkrishan Ji Maharaj will also be present.

Yugmarg • 21 Jun • Ministry of Ayush

Divisional level yoga program organised in Amb on International Yoga Day

5 • PG | 102 • Sqcm | 21078 • AVE | 185K • Cir | Top Left

Chandigarh

Divisional level yoga program organised in Amb on International Yoga Day

AVINASH CHAUHAN

AMB: On the occasion of International Yoga Day, a divisional level yoga program is being organized in Amb on Saturday, 21 June 2025. This program will be held from 8:00 am to 9:00 am at Ananda Hall, Near Ganpati Temple, Railway Road, Amb. On this occasion, former MLA Balbir Chaudhary will be present in the program along with his team and trained yoga teachers. The purpose of the program is to make the general public aware of yoga and promote a healthy lifestyle. The organisers have requested citizens to reach the venue by 7:40 am with their yoga mats or carpets so that the session can start on time. This event is an important initiative towards empowering the general public physically, mentally and spiritually. The organizers have appealed to all the citizens of the area to participate in maximum numbers and make this mass yoga practice a success.

Yugmarg • 21 Jun • Ministry of Ayush

International Yoga Day to be celebrated with enthusiasm today under 'CM di Yogshala' Initiative

4 • PG | 281 • Sqcm | 58230 • AVE | 185K • Cir | Bottom Right

Chandigarh

International Yoga Day to be celebrated with enthusiasm today under 'CM di Yogshala' Initiative

RAKESH JINDAL
PATIALA, JUNE 20

Under the Punjab Government's flagship health initiative 'CM di Yogshala', International Yoga Day will be celebrated with great enthusiasm across the state on June 21, 2025. In Patiala, the district administration and the Directorate of Ayurveda are actively coordinating the event.

All necessary preparations have been completed, with yoga demonstrations and public awareness events scheduled to be held in parks, schools, and at the block level throughout the district. This was shared by Rajinder Singh, District Coordinator of CM di Yogshala. He informed that hundreds of trained yoga instructors will conduct group yoga sessions at 6:00 AM at various block-level venues. These sessions will involve participation from the general public, students, health workers, Anganwadi workers, and representatives from social organizations.

Thousands of citizens across Punjab, including many from Patiala, have already registered for free yoga classes under CM di Yogshala through the toll-free number 7669400500 or the website cmdiyogshala.punjab.gov.in.

The main district-level event will take place at Thapar University, Patiala, beginning at 6:00 AM. The event will witness enthusiastic participation from yoga practitioners, students, yoga instructors, administrative officials.

Yugmarg • 21 Jun • Ministry of Ayush

Rehearsal held under yoga program in Indri's grain market: SDM

10 • PG	93 • Sqcm	19305 • AVE	185K • Cir	Top Left

Chandigarh

Rehearsal held under yoga program in Indri's grain market: SDM

MAINPAL KASHYAP

INDRI: SDM Ashok Munjal said that on the occasion of the 11th International Yoga Day, a pilot rehearsal was held under the yoga program at the grain market of Indri on Friday in which hundreds of school children, women, citizens and officers and employees of the administration practiced yoga. On this occasion, the instructors of Patanjali Yogapeeth practiced yoga, meditation and other exercises. The SDM was giving information during the pilot rehearsal held at the grain market of Indri on Friday. He said that on Saturday, June 21, in addition to the protocol of yoga practice, yoga related programs will be organized at the block level program from 6 am to 8 am. Indri MLA and Government Chief Whip Ramkumar Kashyap will participate as the chief guest in the program.

Yugmarg • 21 Jun • Ministry of Ayush

Sub-division level Yoga Day programme held in grain Market Vyaspur

12 • PG | 188 • Sqcm | 38934 • AVE | 185K • Cir | Middle Left

Chandigarh

Sub-division level Yoga Day programme held in grain Market Vyaspur

SAVITA

BILASPUR: Yoga protocol was practiced in Grain Market Vyaspur today. SDM Jaspal Singh Gill said that the 11th International Yoga Day will be celebrated with enthusiasm all over the world tomorrow. On this occasion, Yoga Day programme will be organised at sub-division level from 6 to 8 am in Grain Market and block level Yoga Day will be organised in Hindu Senior Secondary School Sadhaura. Yamunanagar Jagadhri Mayor Suman Bahamani will participate as the chief guest in the Yoga programme in Vyaspur and block level programme will be organised in Sadhaura in which Nagar Adhikari Piyush Gupta will be the chief guest. SDM Jaspal Singh Gill appealed to the people of the area to participate in this programme and make yoga a regular part of their life. Yoga is not just exercise, but a scientific and balanced art of living. With yoga practice, man remains mentally and physically healthy, strong and balanced. Block Education Officer Ramesh Pal, Block Nodal Officer AYUSH Dr. Nidhi Pupneja, AYUSH Yoga Assistant Ravi Kumar, Abhishek Kumar, Vikas Kumar, Ranju Rani, AYUSH Department Pharmacist Raghuveer and other officers and employees were present in the programme.

Yugmarg • 21 Jun • Ministry of Ayush

Yoga is a path to personal growth and social harmony:Ashwani Mishra

6 • PG	114 • Sqcm	23670 • AVE	185K • Cir	Top Left

Chandigarh

Yoga is a path to personal growth and social harmony: Ashwani Mishra

VIJAY KAUSHIK

BABAIN: In anticipation of International Yoga Day, a meeting was held in Babain Mandi, led by Haryana State Coordinator of Patanjali Yogpeeth, Ashwani Mishra. He announced that a massive yoga camp will be held at Brahma Sarovar, Kurukshetra, on June 21, with over one lakh participants expected. Haryana Chief Minister Nayab Saini and Yoga Guru Swami Ramdev will be the chief guests. Mishra highlighted that yoga fosters not only physical and mental health but also promotes social unity. "It empowers individuals while simultaneously nurturing a healthier, more harmonious society," he said. He shared that yoga teachers from Patanjali are conducting village-level workshops, raising awareness about the preventive and therapeutic benefits of yoga. He called upon the public to participate in the mega event and adopt yoga as a way of life.

Yugmarg • 21 Jun • Ministry of Ayush

Yoga is India's Priceless Gift to the World :Sunita Khanna

6 • PG | 229 • Sqcm | 47499 • AVE | 185K • Cir | Middle Center

Chandigarh

Yoga is India's Priceless Gift to the World: Sunita Khanna

VIJAY KAUSHIK

BABAIN: International Yoga Day was celebrated with enthusiasm at Bharat Public Senior Secondary School, Babain. School Principal Sunita Khanna addressed students and faculty, describing yoga as a treasure from India's ancient heritage. "Yoga purifies the mind, body, and soul. It is the best way to overcome modern-day physical and mental disorders," she said. Khanna discussed how modern lifestyles and fast food culture are harming health, and how pollution and irregular routines have made people more susceptible to ailments like obesity, diabetes, asthma, and hypertension. She stressed the importance of integrating yoga into daily life to build a healthier and more progressive society. The celebration featured various yoga asanas, with active participation from all faculty members. Slogans like "Jo yog apnaayega, jeevan ko swasth banayega" and "Karo Yog, Raho Nirog" were used to inspire others to embrace yoga.

Yugmarg • 21 Jun • Ministry of Ayush

Yoga is integral part of Indian Ayurveda and Indian culture: Mona Ghai

4 • PG | 106 • Sqcm | 21855 • AVE | 185K • Cir | Top Left

Chandigarh

Yoga is integral part of Indian Ayurveda and Indian culture: Mona Ghai

ARVIND PATHAK

SULTANPUR LODHI: Yoga is an integral part of Indian Ayurveda and Indian culture which has been enjoyed by the Indian people for centuries. These words were expressed by Madam Mona Ghai Principal of Akal Galaxy Convent School Sultanpur Lodhi on the occasion of the 11th International Yoga Day. She said that understanding its benefits and importance the United Nations General Assembly has officially recognized June 21 as the International Yoga Day. Since its inception in 2015 this important day has been celebrated globally and this year the 11th International Yoga Day is being celebrated worldwide on Saturday June 21, 2025. This year's theme is Yoga for One Earth, One Health, which aims to highlight the role of Yoga in promoting physical, mental and environmental well-being in communities across the country. Principal Madam Mona Ghai invited all the students and their parents, teaching and non-teaching staff to join this Yoga Day and said that in this current fast-paced life we should adopt Yoga to keep the stressed mind and body healthy without medicines because a healthy mind resides in a healthy body.

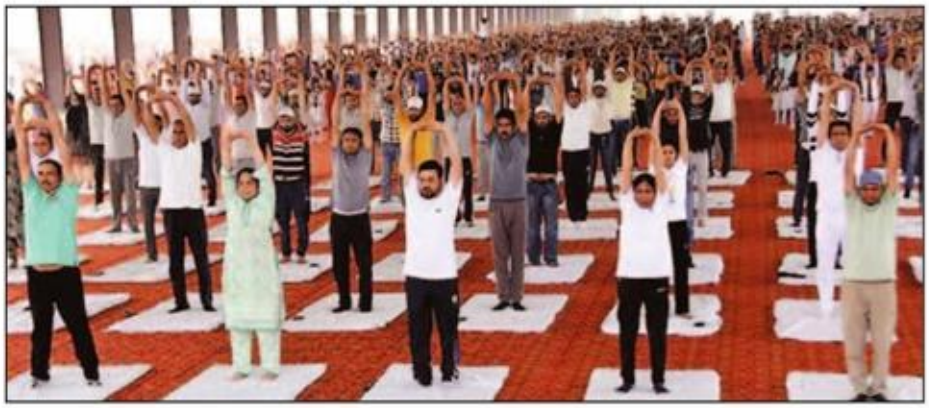
Yugmarg • 21 Jun • Ministry of Ayush

Yoga is priceless gift of India's ancient lifestyle and spiritual tradition: RTA Girish Kumar

6 • PG | 278 • Sqcm | 57602 • AVE | 185K • Cir | Top Right

Chandigarh

Yoga is priceless gift of India's ancient lifestyle and spiritual tradition: RTA Girish Kumar



RANVIR PARASHAR
KAITHAL, JUNE 20

RTA Girish Kumar said that yoga is a priceless gift of India's ancient lifestyle and spiritual tradition. This practice, which started with self-restraint, balance and concentration of mind, has today become a medium of physical, mental and emotional health not only in India but all over world. Yoga not only provides health but also brings new energy to life. RTA Girish Kumar on Friday participated as chief guest in pilot rehearsal of 11th International Yoga Day organized at Additional Grain Market Kaithal. Officers, employees, players, students participated in this program. RTA Girish Kumar said that officers of all departments will ensure that whatever needs were seen during pilot rehearsal are fulfilled. We have to celebrate this yoga program together in a grand manner. In pilot rehearsal of International Yoga Day, general yoga protocol training was conducted by Dr. H.S. Hooda, yoga expert. In yogic practice, Skanda Sanchalan, Tadasana, Padhastasan, Ardha-Chakrasana, Trikonasana, Dandasana, Bhadrasana, Vajrasana, Ardha Ushtrasana, Ardha-Halasana, Pawanmuktasana, Swasana, Kapalabhati Kriya, Nadi Shodhan, Anulom Vilom, Sheetali Pranayama and Bhramari Pranayama were practiced.

Yugmarg • 21 Jun • Ministry of Ayush

Block level yoga day programme to be held today at Vyaspur Grain Mandi

10 • PG | 312 • Sqcm | 64484 • AVE | 185K • Cir | Middle Center

Chandigarh

Block level yoga day programme to be held today at Vyaspur Grain Mandi

NITIN SINGLA
BILASPUR, JUNE 20

On June 21 block level Yoga Day programs will be organized in Vyaspur Grain Mandi and at Hindu Senior Secondary School Sadhaura. In the Vyaspur Yoga program, Yamunanagar Jagadhri Mayor Suman Bahmani and Block Sadhaura will attend the Yoga program as the chief guest. Yoga protocol will be practiced in Grain Mandi Vyaspur. SDM Jaspal Singh Gill said that on June 21, the 11th International Yoga Day will be celebrated enthusiastically all over the world. In this occasion, Yoga Day program at the subdivision level will be organized at Grain Mandi Vyaspur and Block Level Yoga Day program at Hindu Senior Secondary School Sadhaura from 6 am to 8 am. Yoga program Vyaspur will attend Yamunanagar Jagadhri Mayor Suman Bahmani as the chief guest and the block level program will be held at Sadhaura in which Nagaradhish Piyush Gupta will be the chief guest.

SDM Jaspal Singh Gill appealed to the residents to participate in this program and make yoga a regular part of their lives. Yoga is not only exercise, but a scientific and balanced art of living life. A person remains mentally and physically healthy strong and balanced by yoga. The program was attended by Block Education Officer Ramesh Pal, Block Nodal Officer Ayush Dr. Nidhi Pupneja, Ayush Yoga Assistant Ravi Kumar, Abhishek Kumar, Vikas Kumar, Ranju Rani, Pharmacist Raghuveer of AYUSH department and other officers and employees were present.

Yugmarg • 21 Jun • Ministry of Ayush

Pilot rehearsal of yoga protocol completed, district level programme in Grain Mandi today

10 • PG | 416 • Sqcm | 86032 • AVE | 185K • Cir | Middle Right

Chandigarh

Pilot rehearsal of yoga protocol completed, district level programme in Grain Mandi today

SHIV KUMAR SHARMA
KARNAL, JUNE 20

SDM Anubhav Mehta said that on the occasion of International Yoga Day, a pilot rehearsal of the Yoga Protocol was organized under the district level program at the local Grain Mandi. He informed that the pilot rehearsal of the Yoga Protocol held in Grain Mandi was attended by school children, representatives of social organizations. The district level program will be held from 6 am to 8 pm on June 21 on the occasion of International Yoga Day. Karnal MLA Jagmohan Anand will attend the program as the chief guest. He informed that on the occasion of International Yoga Day, the Prime Minister Narendra Modi will join the ceremony through virtual medium and will give his auspicious message to the countrymen. After which Chief Minister Naib Singh Saini will join the state level function held in Kurukshetra through virtual medium. Both these programs will be shown live. After this, yoga trainers will conduct yoga activities to yoga practitioners present in the program. SDM informed that apart from the district level program, programs at sub-division level and at block level would be organized on the occasion of International Yoga Day.

Neelokheri MLA Bhagwandas Kabirpanthi, Indri MLA and Chief Whip Ramkumar Kashyap in Indri program, SDM Rajesh Soni in the program of Gharaunda, SDM Rajesh Soni in Gharaunda program, Assandh MLA Yogendra Singh Rana, Zilla Parishad chairman Pravesh Kumari, Haryana Gau Service Commission Chairman Shravan Garg, Ravindra Singh Baliyala, Chairman of Haryana SC Commission in Moonak, Karnal Municipal Corporation Mayor Renu Bala Gupta will participate as the chief guest at the program of Haryana Gau Service Commission, Shravan Garg at the program of Chidav, Haryana Gau Service Commission Chairman at the program of Chidav. He informed that all preparations for the district level yoga program have been completed and the duty of the concerned officials has been assigned. Tight security arrangements have been made during the program at the venue.

Yugmarg • 21 Jun • Ministry of Ayush

Pilot rehearsal organised before International Yoga Day on June 21

10 • PG	101 • Sqcm	20827 • AVE	185K • Cir	Middle Left

Chandigarh

Pilot rehearsal organised before International Yoga Day on June 21

PREETI SAINI

SADHAURA: A pilot rehearsal was organized for Yoga Day in Hindu Senior Secondary School of Sadhaura town. According to the information received on Friday at 9 am in this rehearsal, yoga teacher Satpal Sharma taught the exercises of yoga to the yoga practitioners through yoga movements. The CDPO said that International Yoga Day will be celebrated on June 21 and to make it successful, employees and officers of all departments have been put on duty. For this, during the pilot rehearsal at Hindu Senior Secondary School in Sadhaura town, everyone was told in detail about the yoga movements and it was explained that by doing yoga they can avoid many types of diseases.

Yugmarg • 20 Jun • Ministry of Ayush

Archaeological Survey of India, Chandigarh Circle to Celebrate 11th International Day of Yoga

3 • PG | 198 • Sqcm | 41033 • AVE | 185K • Cir | Middle Left

Chandigarh

Archaeological Survey of India, Chandigarh Circle to Celebrate 11th International Day of Yoga

CHANDIGARH, JUNE 19

The Archaeological Survey of India (ASI), Chandigarh Circle, under the aegis of the Ministry of Culture, Government of India, will celebrate the 11th International Day of Yoga (IDY) on 21st June 2025 across prominent historical sites in Punjab and Haryana.

The celebration will take place from 6:00 AM to 7:45 AM on Saturday.

It will begin with the live telecast of the Prime Minister's address, followed by the Common Yoga Protocol session conducted for all participants.

The celebration aligns with the global theme of promoting yoga as a holistic approach to health and well-being.On December 11, 2014, the United Nations General Assembly designated June 21 as the International Day of Yoga. Since then, millions of people around the globe, united by the practice of yoga, have celebrated this day each year. International Day of Yoga has successfully completed 10 years.

The International Day of Yoga (IDY) in 2025 will mark a significant milestone-promoting yoga as a global movement that enhances physical, mental, and spiritual well-being and we are celebrating the 11th IDY in a truly global and inclusive manner.

In commemoration of this landmark year, the ASI will organize yoga sessions at five heritage monuments—four in Punjab and one in Haryana, all of which are among the 100 iconic sites identified by the Ministry of Culture for IDY 2025 celebrations.

Yugmarg • 20 Jun • Ministry of Ayush

District-Level Yoga Day event at Thapar University on June 21

4 • PG | 104 • Sqcm | 21598 • AVE | 185K • Cir | Bottom Left

Chandigarh

District-Level Yoga Day event at Thapar University on June 21

RAKESH JINDAL

PATIALA: The district-level celebration of the 11th International Yoga Day will be held on June 21 at Thapar University (in front of the Sports Office, ground) from 5:30 AM to 7:30 AM. Sharing this information, Additional Deputy Commissioner (General) Ms. Isha Singhal said that all necessary arrangements for the event have been completed. Various departments, including the District Ayurvedic and Unani Office, Sports, Education, Police, Red Cross, and Horticulture, have been assigned specific duties to ensure the smooth execution of the program.

Ms. Isha Singhal stated that a large number of students and athletes are expected to participate in the district-level event. Urging the residents of Patiala to take part in large numbers, she emphasized the importance of adopting yoga in daily life to maintain physical and mental well-being without relying on medication. "In today's fast-paced and stressful world, yoga is essential for a healthy mind and body," she added. Highlighting the ongoing efforts under the "CM di Yogshala" initiative, she mentioned that 222 free yoga sessions are being conducted daily across urban areas of Patiala by 39 trained instructors. In rural areas, 110 sessions are being conducted by students who have received yoga training. She encouraged residents to make the most of these opportunities to enhance their overall health and wellness.

Yugmarg • 20 Jun • Ministry of Ayush

Invitations for Yoga Day given in villages

9 • PG | 109 • Sqcm | 22642 • AVE | 185K • Cir | Top Left

Chandigarh

Invitations for Yoga Day given in villages

YAGYA DUTT SHASTRI PEHOWA: Youth Blood Donation Society and Devi Ahilyabai Holkar Research Development Center team and President Vinod Pal Holkar Jhaansa are going village to village and inviting people to attend Yoga Day in Kurukshetra. He invited people of village Jhaansa for Yoga Day. Vinod Pal said that Yoga Day will be celebrated in the 172nd country on 21 June. In which Yoga Day is being celebrated on holy land of Kurukshetra in which Swami Ramdev and Honorable Chief Minister Naib Singh Saini will participate in main event. He appealed to everyone to make this program of Yoga Day a success by participating in this program in maximum numbers.

Yugmarg • 20 Jun • Ministry of Ayush

National Institute of Ayurveda, Panchkula organizes common Yoga Protocol Practice Session

3 • PG | 298 • Sqcm | 61692 • AVE | 185K • Cir | Middle Center

Chandigarh

National Institute of Ayurveda, Panchkula organizes common Yoga Protocol Practice Session

PANCHKULA, JUNE 19

In the run-up to the 11th International Day of Yoga to be celebrated on 21st June 2025, the National Institute of Ayurveda, Panchkula (Ministry of AYUSH, Government of India) organized a Common Yoga Protocol practice session on 19th June 2025 from 6:15 AM to 8:00 AM in the institute premises.

This year's theme, "Yoga for Self and Society — One Earth, One Health," was at the heart of the event.

The session was guided by Dr. Pradeep Kumar Agnihotri, General Secretary, Bharatiya Yoga Sangh, Chandigarh.

A live demonstration of the Yoga Protocol was effectively presented by students of the institute — Ms. Tisha Dhal, Ms. Anamika Sharma, Mr. Shyam Shukla & Mr. Dikshansh.The session was conducted under the leadership of Vice Chancellor Prof. Sanjeev Sharma, Dean (Academic & Administration)Prof. Gulab Pamnani, Dean In-charge Prof. Satish Gandharve (Dean I/C).

The Yoga Day Coordinator Dr. Gaurav Garg, Member secretary Dr. Akanksha Rana, along with faculty members, staff, andbstudents actively participated in the session.The session included a series of yoga postures, breathing techniques, and meditation practices, providing participants with a sense of physical and mental balance and well-being.Main Celebration on 21st June: The main celebration of the International Day of Yoga 2025 will be held on 21st June at the National Institute of Ayurveda, Panchkula, featuring extended yoga session inclusive of public participation aimed at promoting holistic health and wellness.

Yugmarg • 20 Jun • Ministry of Ayush

Yoga awareness drive at Gurdaspur Red Cross Centre promotes drug-free, healthy living

9 • PG | 220 • Sqcm | 45530 • AVE | 185K • Cir | Middle Center

Chandigarh

Yoga awareness drive at Gurdaspur Red Cross Centre promotes drug-free, healthy living

VERMA

GURDASPUR: Yoga / accupressure is a holistic healing technique It involves applying gentle pressure to specific points on the body to stimulate the body's natural self-healing abilities. It offers a wide range of benefits, including relief from stress, anxiety, and chronic pain such as headaches, backaches, and joint discomfort.The Red Cross Drug De addiction Centre Gurdaspur under the kind support and guidance of Sh Shiv Dular Singh Dhillon IAS retd. Secretary Indian Red Cross society Gurdasppur is organising yoga awareness camps for the last four days with the assistance of various units of army stationed at Tibri Cantt, social workers and other NGOs at different locations to promote healthy lifestyle. Today in the premises of Red Cross IRCA Gurdaspur a famous dietician and yoga trainer Dr. Milan Mahajan visited this centre and made the youngsters aware about this yoga Smavesh which is entirely focusing on one earth one health. She briefly explained the importance of this day and performed some yoga exercises to learn them and to follow in routine so as to stay them away from drugs and to live a healthy lifestyle.

Yugmarg • 20 Jun • Ministry of Ayush
Yoga organized at Little Millennium School

7 • PG | 243 • Sqcm | 50388 • AVE | 185K • Cir | Top Right

Chandigarh

Yoga organized at Little Millennium School

RANVIR PARASHAR
KURUKSHETRA, JUNE 19

A grand yoga session was organized at Little Millennium, Sector-3 to commemorate International Yoga Day. Captain Gurmel Singh, Kewal Krishan and Arvind Sir attended event as chief guests. School's Managing Director Parminder Singh Bath, Director Chesta Saluja, Principal Sunita Arora, Chief Learning Officer Jyoti Khaneja and all teachers, parents and students were present at event. Teachers Jaya and Daljeet conducted "Story Yoga - Chanda Mama" activity for children, in which yoga was presented in an interesting way through a story. Children enjoyed practicing simple yoga postures.MD Parminder Singh Bath urged everyone to definitely participate in the Yoga Maha Kumbh organized at Brahmasarovar, Kurukshetra on June 21. He especially appealed to make this event historic and successful, being organized under the leadership of the Honorable Chief Minister of Haryana Mr. Nayab Singh Saini and former minister Mr. Subhash Sudha ji.Chief Guests Captain Gurmel Singh, Kewal Krishan and Arvind Sir in their messages said:"Yoga is not just a physical activity but an art of living. When children are involved in yoga from childhood, they become mentally strong and disciplined."Director Chesta Saluja Maam threw light on theme of Yoga Day "Yoga for One Earth, One Health" and said:"This theme reminds us that a healthy body is first step towards a healthy earth. Through yoga, we not only keep ourselves healthy but also fulfill our responsibility towards society and environment.

Yugmarg • 20 Jun • Ministry of Ayush

Yoga session held at Model jail, Chandigarh to mark International Yoga Day 2025

4 • PG | 224 • Sqcm | 46376 • AVE | 185K • Cir | Middle Right

Chandigarh

Yoga session held at Model jail, Chandigarh to mark International Yoga Day 2025

CHANDIGARH, JUNE 19

In celebration of the 11th International Day of Yoga (IDY) 2025, the National Institute of Ayurveda, Panchkula (under the Ministry of AYUSH, Government of India), organized a special outdoor yoga session at Model Jail, Chandigarh.

Held on June 18, 2025 (Wednesday), the event aimed to raise public awareness and promote a healthy lifestyle under the theme "Yoga for Reform, Transformation in Life."Aligned with this year's global theme, "Yoga for One Earth, One Health," the session was conducted under Outdoor Yoga Activities and focused on enhancing both physical and mental wellness among the inmates of the jail.

This inspiring session was organized in collaboration with the Indian Yoga Association and was efficiently coordinated by the NIA Panchkula team including Dr. Gaurav Kumar Garg (IDY Coordinator), Prof. Prahlad Raghu, and Dr. Sunita Yadav.

The vision and guidance for the program were provided under the leadership of the Institute's Vice Chancellor, Prof. (Dr.) Sanjeev Sharma; Dean Prof. Gulab Pamnani (Academics & Administration); and Dean In-Charge Prof. Satish Gandharv.

Yugmarg • 20 Jun • Ministry of Ayush

People are being made healthy by connecting them with Yoga: DC

4 • PG | 178 • Sqcm | 36873 • AVE | 185K • Cir | Middle Right

Chandigarh

People are being made healthy by connecting them with Yoga: DC

KULJIT SINGH DHINGRA
RAMPURA PHUL, JUNE 19

CM's Yogashala started by Punjab Chief Minister Bhagwant Singh Mann under the Healthy Punjab is playing an important role in the movement to make Punjab healthy.

In which the district residents are being made healthy and fit by connecting them with Yoga. This information was shared by Deputy Commissioner Shaukat Ahmed Pare. Giving information, Yoga teacher Kamaljyoti said that for the last one and a half years, Yoga classes have been going on continuously under the CM's Yogashala program. She said that Yoga makes human life pure, healthy and disease-free. With its daily practice, not only the body remains fit, but also the mind and soul get peace. During this, the members of the yoga class said that they are doing yoga continuously, with which many of their physical and mental diseases are being cured. Yoga member Seema Rani said that she had a lot of asthma and used a pump every day, she said that she has stopped using the pump for the last three months. Similarly, Rama Kohli said that before doing yoga, she also had a problem of high BP, she used to take BP pills every day, today it has been a month.

Yugmarg • 19 Jun • Ministry of Ayush

Grand yoga event held for International Yoga Day 2025

4 • PG | 187 • Sqcm | 38803 • AVE | 185K • Cir | Middle Center

Chandigarh

Grand yoga event held for International Yoga Day 2025

VERMA
GURDASPUR, JUNE 18

To commemorate International Yoga Day on June 21, 2025, the 7 Punjab NCC Battalion of Amritsar Group hosted a large-scale yoga event at the Sukhjindra Group of Institutes in Gurdaspur.

The event saw the participation of over 400 cadets from various schools and colleges across the Gurdaspur, Pathankot, and Amritsar districts.The event received strong support from officials of the Gurdaspur Army's Panther Division and a team led by Mr. Parminder Singh Saini from the Youth Development Department of Gurdaspur District. Cadets practiced various yogic kriyas and asanas under the guidance of Army instructors and local yoga experts, Dr. Navneet Singh and Dr. Amita Sharma.Following the successful event, Colonel Ajay Kumar Sharma, VSM, CO 7 Punjab Bn NCC, encouraged all cadets to incorporate yoga into their daily lives and expressed gratitude to everyone who contributed to the event's success.

Yugmarg • 18 Jun • Ministry of Ayush

Celebrate this International Yoga Day with California Almonds, a Natural Source of Protein

10 • PG | 207 • Sqcm | 42746 • AVE | 185K • Cir | Middle Center

Chandigarh

Celebrate this International Yoga Day with California Almonds, a Natural Source of Protein

CHANDIGARH/LUDHIANA: International Yoga Day, observed every year on June 21st, celebrates the holistic benefits of yoga in enhancing physical, mental, and spiritual well-being. While practicing yoga offers immense health advantages, complementing it with a balanced diet is essential for optimal results. A healthy diet should include a variety of nutrients like carbohydrates, proteins, vitamins, minerals and so on. Protein is a vital nutrient and among natural sources of protein, almonds stand out as a convenient and nutritious choice. Whether you're holding long asanas or transitioning through challenging sequences, adequate protein intake helps sustain physical performance and supports muscle recovery post-session. Including almonds in your daily routine can be a simple yet effective way to fuel your yoga journey.

Almonds, the king of nuts, are a powerhouse of nutrition, packed with 15 essential nutrients and offering a wide range of health benefits. A recently published study by Dr. Mark Kern showed that regularly eating almonds may aid faster recovery after exercise by reducing muscle damage. Another study by Dr. Oliver Witard highlighted almonds as an effective pre-workout snack, which helps reduce muscle soreness and improve muscle performance. This makes almonds a perfect companion to your exercise and yoga routine, nourishing your body for improved performance and overall well-being. Incorporating almonds into a daily diet can provide various health benefits, including lowering LDL (bad) cholesterol, supporting blood sugar control, promoting healthier skin, and aiding in effective weight management. Moreover, almonds are incredibly versatile and can be consumed in any form, yet extremely nutritious. The best is, almonds are easy to include in everyday meals, whether as a snack, added to salads.

Yugmarg • 18 Jun • Ministry of Ayush

International Yoga Day Protocol Training camp organised

6 • PG | 297 • Sqcm | 61415 • AVE | 185K • Cir | Bottom Left

Chandigarh

International Yoga Day Protocol Training camp organised

RAHUL KOHLI
YAMUNANAGAR, JUNE 17

Women and Child Development and beneficiaries participated in the International Yoga Day Protocol Training Camp. During this, District Council CEO Virendra Singh Dhul reached the yoga camp by bicycle and participated in the yoga practice as the chief guest. He appealed to the women power to cooperate in making International Yoga Day a success and said that everyone should adopt yoga and bring positive changes in their lives. District Program Officer Women and Child Development Yamunanagar Tarvinder Kaur said that in view of the preparation of International Yoga Day, with the cooperation of the District Administration, Yoga Protocol Rehearsal was conducted by the Department of AYUSH at Anaj Mandi Jagadhari. In which Anganwadi workers, supervisors, Women and Child Development Project Officers and beneficiaries of Women and Child Development participated. Yoga instructors and assistants of the AYUSH department explained the benefits of yoga along with yoga practice to everyone. Yoga instructor Dr. Shiv Kumar Saini from the AYUSH department made everyone do yoga Asanas and also told their benefits. Regular yoga increases immunity.

Yugmarg • 18 Jun • Ministry of Ayush

Yoga practice in structured and systematic manner for healthy body: Kanwaljit Kaur

7 • PG | 271 • Sqcm | 56136 • AVE | 185K • Cir | Middle Left

Chandigarh

Yoga practice in structured and systematic manner for healthy body: Kanwaljit Kaur

DALBIR MALIK
KURUKSHETRA, JUNE 17

Zila Parishad Chairperson Kanwaljit Kaur said that yoga protocol for a healthy body is the process of practicing yoga in a structured and systematic way. It consists of a combination of yoga asanas, pranayama, meditation and relaxation techniques, which are designed to promote physical, mental and spiritual health. Kanwaljit Kaur reached the Yoga Protocol program organised in the meditation hall of Brahma Sarovar on Tuesday as the chief guest. The programme was presided over by District Programme Officer Baljit Kaur. It was attended by the Women and Child Development Project Officer, Supervisor and all Anganwadi workers and helpers. 780 participants participated in this program.

Yoga training was given by the AYUSH Department. All health related yoga asanas are being done in it. Anganwadi workers and Anganwadi assistants were honoured by the District Programme Officer. They were encouraged. District Program Officer Baljeet Kaur was honoured by the Ayush Department by giving her a plant. She was welcomed. She said that a festival is being celebrated in Kurukshetra district on June 21 as International Yoga Day. In this programme, one lakh people will participate in yoga together. She appealed to the people of the city to participate with their families to make this programme a success.

Yugmarg • 18 Jun • Ministry of Ayush

Yoga protocol training camp organised at Hanuman Vatika Kaithal

6 • PG | 269 • Sqcm | 55688 • AVE | 185K • Cir | Top Right

Chandigarh

Yoga protocol training camp organised at Hanuman Vatika Kaithal

RANVIR PARASHAR
KAITHAL, JUNE 17

In the series of preparations for International Yoga Day, a yoga protocol training camp was organized for the officers, employees and Anganwadi workers and helpers of the Women and Child Development Department at Hanuman Vatika Kaithal under the joint aegis of the District Administration and AYUSH Department Kaithal. In this camp, Patanjali Yoga Samiti's Tehsil In charge Birbhan Kaushik and AYUSH Yoga Assistants Sandeep Tanwar, Sanju Arya, Sandeep Chahal and Kanika conducted subtle exercises for neck, shoulder, waist, knee to relieve joint pain in the practice of yoga protocol. Along with this, Tadasana, Padhastasan, Ardha Chakrasana, Trikonasana, Vajrasana, Setubandhasana, Makarasana, Bhujangasana and Anulom Vilom, Bhramari, Shitali, Kapalbhati and meditation were practiced in Pranayama. Birbhan Kaushik said that women should practice Setubandhasana, Gomukhasana, Titli Asana, Kapalbhati Anulom Vilom regularly. This not only increases physical capacity but also provides relief from uterus diseases. District Program Officer of Women and Child Development Department Shashi Bala said that women must adopt yoga in their daily life, because nowadays women are facing problems of diseases like uterine fibroids and breast lumps etc.

Yugmarg • 17 Jun • Ministry of Ayush

International Yoga Day to be held in Anaj Mandi on June 21, SDM asks public to participate

7 • PG | 306 • Sqcm | 63301 • AVE | 185K • Cir | Bottom Center

Chandigarh

International Yoga Day to be held in Anaj Mandi on June 21, SDM asks public to participate

MAINPAL KASHYAP

INDRI: SDM Ashok Kumar Mujal said that on June 21, 11th International Yoga Day will be celebrated with enthusiasm all over world. International Yoga Day program will be organized at Anaj Mandi, Indri at sub-division level. He appealed to people of area to definitely participate in this program and move towards a healthy and positive life by making yoga a regular part of their life. He said that do not consider yoga as a one-day activity, but make it an integral part of your daily routine.SDM said that yoga is not just an exercise, but a scientific and balanced art of living. With yoga practice, man remains mentally and physically healthy, strong and balanced. Yoga not only establishes harmony between body and mind, but also creates a deep connection between the person and nature. It not only strengthens physical health, but is also a source of mental peace and inner energy.He said that yoga is extremely helpful in reducing stress and a stress-free person can better discharge his responsibilities towards society and country. He said that yoga should not be limited to a few day camps, but make it a continuous process of life. Regular yoga practice not only keeps a person healthy, but also helps in developing positive thinking. SDM said that today yoga has tied whole world in one thread. Just as yoga connects body, mind, intellect and soul, similarly it is also working to connect different cultures and societies. Yoga also provides power to endure effects of natural changes in body.

Yugmarg • 17 Jun • Ministry of Ayush

Training of International Yoga Day protocol will be organized on June 18 and 19

6 • PG | 319 • Sqcm | 66129 • AVE | 185K • Cir | Middle Center

Chandigarh

Training of International Yoga Day protocol will be organized on June 18 and 19

VIJAY KAUSHIK
LADWA, JUNE 16

On the occasion of International Yoga Day, training of International Yoga Day Protocol will be given and a huge yoga camp will be organized at Shivala Ramkundi in Ladwa on June 18 and 19 from 5 am to 7 am in which all the religious and social institutions of Ladwa and all the yoga lovers, yoga practitioners around Ladwa will participate in this training camp and the entire Ladwa city will be filled with yoga. This information was given by Patanjali's Yoga Acharya Kamal Kishore . In this yoga camp, the blessings of Patanjali Yogapeeth's Chief Central Incharge Rakesh Mittal, sages and saints from Haridwar, Swami Prajnyan Dev, Swami Vishwa Devi, Swami Adi Dev, Swami Sukhdev, Swami Van Dev, Swami Parsan Dev and Swami Bhav Dev will be received and the people of Ladwa will get a chance to learn the deep knowledge of yoga, Ayurveda, acupressure in which everyone will be able to practice special asanas, Pranayam and meditation. Along with this they also told that to promote this Yoga Day, the invitation for Yoga Day was given to everyone by going door to door in all the 55 villages of Ladwa and along with this, now in Ladwa city which is the assembly constituency of the Chief Minister. Doctor Mukesh from Patanjali Yoga Samiti told that everyone should be witness to this world record on Yoga Day and all of you must attend this huge camp along with your families. He told that Acharya Vikas, Balakrishnan Malhotrai, Om Prakash Malhotrai, Uttar Pradesh in-charge Vipin , workers from Jind, Sirsa, Hisar and Yamuna Nagar were visiting house to house giving the message of yoga to everyone.

Yugmarg • 16 Jun • Ministry of Ayush

Haryana CM flags off state-level yoga marathon in Kurukshetra

1 • PG | 153 • Sqcm | 31744 • AVE | 185K • Cir | Middle Center

Chandigarh

Haryana CM flags off state-level yoga marathon in Kurukshetra

BUREAU
CHANDIGARH, JUNE 15

Haryana Chief Minister Mr. Nayab Singh Saini said to make the state 'Yoga-yukt, Nasha-mukt', the yoga marathon has become a Sankalp Yatra on the holy land of Kurukshetra. In this Sankalp Yatra, thousands of youth, elderly and women have established a new dimension by running with enthusiasm and passion. The government has also taken a pledge to make Haryana 'Yoga-yukt, Nasha-mukt' to save the youth from drug addiction. More than 19.27 lakh people from the state have joined the campaign launched ahead of the International Yoga Day programme to be held on

June 21 in Kurukshetra, which is a matter of pride for us. The Chief Minister was addressing a state-level yoga marathon organized under the aegis of Haryana Sports Department, AYUSH Department, Haryana Yog Aayog.

Yugmarg • 16 Jun • Ministry of Ayush

NIA Panchkula organizes successful walkathon as part of International Yoga Day celebrations

3 • PG | 275 • Sqcm | 56902 • AVE | 185K • Cir | Middle Right

Chandigarh

NIA Panchkula organizes successful walkathon as part of International Yoga Day celebrations

SHASHI PAL JAIN
PANCHKULA, JUNE 15

On the occasion of International Yoga Day 2025, the National Institute of Ayurveda (NIA), Panchkula organized a walkathon today at Yavanika Park, Sector-5, Panchkula. The event was held under the guidance of the Hon'ble Vice Chancellor, Professor Sanjeev Sharma.

The walkathon took place from 6:00 AM to 8:00 AM and witnessed enthusiastic participation from local residents, students, officials, and staff members. The event was flagged off by the Chief Guest, SDM Shri Chandrakant Kataria. Distinguished guests included Prof. Sanjeev Sharma (Vice Chancellor), Dr. Shailja Chhabra (Principal, P.G. Government College, Sector 1, Panchkula), and Chief Executive Engineer Shri Virendra Singh. The Dean In-charge of the institute, Professor Satish Gandharve, Dr. Gaurav Garg (DMS Coordinator), officials, and staff members actively participated in the event. Assistant Professor Dr. Ritesh efficiently handled the stage proceedings and the programme was led by Walkathon committee. In their addresses, the Chief Guest and the Vice Chancellor emphasized the importance of incorporating yoga into daily life. They highlighted that regular yoga practice leads to a stress-free life and is essential for both mental and physical well-being. Around 350 participants from the institute took part in the walkathon. Refreshments were provided by JRK Pharmaceuticals and caps were distributed by kottekal Pharmaceuticals. The event aimed to raise awareness about yoga and Ayurveda in society and to encourage citizens to adopt a healthy and balanced lifestyle.

Yugmarg • 15 Jun • Ministry of Ayush

CM's Yogashala' is proving beneficial for the people: Deputy Commissioner

6 • PG | 268 • Sqcm | 55413 • AVE | 185K • Cir | Bottom Right

Chandigarh

'CM's Yogashala' is proving beneficial for the people: Deputy Commissioner

SURINDER DAMDAMI
KOTKAPURA, JUNE 14

Under the CM's Yogashala launched by the Punjab government led by Chief Minister Bhagwant Singh Mann, yogashalas are being set up at various places in the district and the residents of the district are getting the benefit of free yoga classes. This information was given by Deputy Commissioner Poonamdeep Kaur.

Giving more information in this regard, the Deputy Commissioner said that expert yoga trainers have been deployed under the CM's Yogashala who make people aware of the importance of yoga and teach them the correct methods of doing yoga. Yoga trainer Rahul Verma said that under the CM's Yogashala, people were made to practice yoga at Guru Nanak Colony Faridkot, which is proving to be effective for people in maintaining their health. The Deputy Commissioner said that for those who are interested in learning yoga, the Punjab government has set up a helpline number 76694-00500, on which people can give a missed call to arrange free yoga classes in their locality. Apart from this, registration can also be done on cmdiyogsala.punjab.gov.in.

Yugmarg • 14 Jun • Ministry of Ayush

11th International Yoga Day; More than 11 lakh practitioners to perform yoga together

5 • PG | 403 • Sqcm | 83490 • AVE | 185K • Cir | Top Center

Chandigarh

11th International Yoga Day; More than 11 lakh practitioners to perform yoga together

BUREAU
CHANDIGARH, JUNE 13

Haryana Chief Minister, Sh. Nayab Singh Saini said that preparations are underway to make the upcoming 11th International Yoga Day, to be celebrated on June 21, a historic event. On this day, yoga programmes will be organized simultaneously across all 22 districts and 121 blocks of the state, with participation of over 11 lakh people. This year's state-level programme will be held at the sacred Brahma Sarovar in Kurukshetra, the very site from where Lord Krishna delivered the message of karma to the world. Renowned yoga guru Swami Ramdev will personally lead the yoga session at this iconic venue, he said.

The Chief Minister further shared that the aim is to ensure participation of over one lakh people, not only to popularize yoga but also to set a new world record.

The Chief Minister was addressing a Yoga Protocol Training Camp organized jointly by the AYUSH Department, Haryana Yog Aayog, and the Indo-Tibetan Border Police (ITBP) at the ITBP BTC, Bhanu, in Panchkula on Friday.

During the event, the Chief Minister, along with other dignitaries and ITBP personnel, observed two minutes of silence to pay homage to those who lost their lives in the Ahmedabad plane crash and prayed for their souls' peace.

Paying tribute to the incredible contribution of ITBP personnel, Sh. Nayab Singh Saini said that this institution is a living embodiment of discipline, service, dedication, and patriotism. He said that ITBP soldiers guard our northeastern borders in harsh conditions day and night. Be it disaster relief, internal security, or international sports, ITBP has always taken a lead role.

Praising the Haryana Yog Aayog, he said that the Aayog is promoting yoga to ensure the well-being of our central security forces. Today's Yoga Protocol Training Camp holds special significance as it is being held just a week before the 11th International Yoga Day in 2025.

The Chief Minister said that the camp is especially important because it is dedicated to those protecting our borders. Yoga not only promotes health but also instills team spirit, cooperation, and discipline – making it deeply connected with our armed forces, he said.

The Chief Minister said that the celebrations of the 11th International Yoga Day in Haryana had already commenced on May 27, with yoga programmes being organized across the state.

Yugmarg • 13 Jun • Ministry of Ayush

Indira Gandhi National College begins Yoga Day rehearsals with enthusiasm

9 • PG | 172 • Sqcm | 35518 • AVE | 185K • Cir | Middle Right

Chandigarh

Indira Gandhi National College begins Yoga Day rehearsals with enthusiasm

VIJAY KAUSHIK

LADWA: In anticipation of International Yoga Day on June 21, Indira Gandhi National College, Ladwa, has begun practice sessions under the guidance of Principal Prof. Dr. Kushal Pal. He stated that preparations are being made in line with the directives of the Haryana Higher Education Department, Panchkula. As part of the pre-Yoga Day activities, a yoga session and a tree plantation drive were held on June 6 in the college campus. Dr. Pal added that the celebrations are being coordinated under the supervision of Sanjeev Verma, IAS, Director of Sports and AYUSH Department, Haryana, and Neha Singh, Deputy Commissioner, Kurukshetra. Special events including a marathon on June 15 and a mass yoga session on June 21 are scheduled in Kurukshetra, where college staff, students, and citizens will participate. College Management Committee Chairman Pawan Garg urged residents to join the events, highlighting yoga as a means to achieve balance, discipline, and positive energy.

Yugmarg • 13 Jun • Ministry of Ayush

Yoga priceless heritage of Indian culture: Dr. Rampal Saini

7 • PG | 484 • Sqcm | 100280 • AVE | 185K • Cir | Top Right

Chandigarh

Yoga priceless heritage of Indian culture: Dr. Rampal Saini

CHAMAN LAL
KARNAL, JUNE 12

Yoga practice day was organised in DAV PG College under the joint aegis of NCC and NSS units under the instructions of Haryana Government. While planting saplings after yoga practice, Vice Chancellor of Chaudhary Ranbir Singh University, Jind, College Principal Professor Dr. Rampal Saini, while highlighting the importance of yoga, said that yoga is a priceless heritage of Indian culture. It not only provides physical strength and flexibility, but also increases mental peace and concentration. Yoga has become an essential tool in today's hectic and stressful lifestyle. Students should make yoga a part of their life every day so that they can remain physically and mentally strong. College Principal Dr. RP Saini said that along with education, students should also move towards moral and social values, and yoga is a medium that develops discipline, restraint and self-confidence within a person. In his impressive speech, Dr. Rampal Saini said, Yoga is not just a group of physical activities, but it is a complete lifestyle, which brings body, mind and soul in balance. He said that increasing stress, anxiety, depression and mental instability in today's modern lifestyle is a serious challenge, the simplest and most effective solution to which is possible through yoga.

He said that yoga increases the immunity of the body, increases concentration, and provides mental peace to the person. He gave a message to the students that they should not limit themselves to doing yoga only for one day, but make it a part of their daily routine. He appealed to the youth to come out of the world of their mobile, social media and artificial pleasures and adopt yoga and move towards a healthy, balanced and disciplined life. While planting the sapling, Principal Professor Dr. Rampal Saini said that it is our duty to keep this earth green and alive.

Just as yoga makes our life healthy, similarly plants make the earth life-giving. He made the students pledge to adopt one plant each and take care of it. Students were made to practice various yogasanas and pranayama like Tadasana, Vajrasana, Bhramari, Anulom-Vilom, Kapalbhati. NSS Incharge Dr. Balram Sharma said in his statement that the aim of NSS is not only to spread the spirit of service but also to make people aware of their responsibility towards the society. Both yoga and tree plantation are social duties. On this occasion Dr. Vipin Nevat, Puneet, Keshav, Tannu, Mahi and Pradeep volunteer NCC cadets and others were present.

Yugmarg • 11 Jun • Ministry of Ayush

Students of NIILM University perform commendably in district level yogasana competition

7 • PG | 207 • Sqcm | 42911 • AVE | 185K • Cir | Middle Right

Chandigarh

Students of NIILM University perform commendably in district level yogasana competition

SANJAY SHARMA

KAITHAL: District level yogasana competition was organized on occasion of 11th International Yoga Day. This event started at 8:00 am in Government Girls Senior Secondary School, Jakholi Adda, Kaithal. Competition was organized under joint aegis of District Administration, AYUSH Department, Education Department and Sports Department, Kaithal.In this prestigious competition, B.Sc. Yogic Science students of Yoga Science Department of NIILM University, Kaithal participated and performed excellently. Abhishek secured first position in his age group and Ritesh secured third position and made name of University proud. All students participating in competition showed their commitment and discipline towards yoga and gave message of healthy lifestyle. Dr. Pavitra, Head of Yoga Science Department, said that this success of students of NIILM University Kaithal reflects quality of yoga education and success of training.

Yugmarg • 10 Jun • Ministry of Ayush

Yoga Marathon on international Yoga Day will create new record for haryana:Sanjeev Verma

9 • PG | 369 • Sqcm | 76284 • AVE | 185K • Cir | Top Right

Chandigarh

Yoga Marathon on International Yoga Day will create new record for Haryana: Sanjeev Verma

DALBIR MALIK
KURUKSHETRA, JUNE 9

Haryana Sports Department and Ayush Department Director General Sanjeev Verma said that the yoga marathon to be held on International Yoga Day at Kurukshetra Brahma Sarovar will create a new record for Haryana. The state level event of this yoga marathon is going to be held in Kurukshetra on June 15. More than 25 thousand people will run in this yoga marathon for a yoga-oriented, drug-free Haryana. Different departments have been assigned responsibilities to make this marathon historic and memorable. Ayush Department Director General Sanjeev Verma was addressing a meeting of administrative officers, councillors and college principals in the auditorium of the Mini Secretariat on Monday. Earlier, Director General Sanjeev Verma shared the discussion with former Minister of State Subhash Sudha, Deputy Commissioner Neha Singh, Superintendent of Police Nitish Agarwal, Patanjali Yogpeeth Haridwar Central Incharge Rakesh to make the yoga marathon historic and memorable.

He said that a Google form is being prepared to participate in the marathon. The youth who will participate in this program will also be issued a certificate. For which they will have to take a selfie and update it. Apart from this, gifts will also be given by the district administration.

He said that on International Yoga Day, a yoga marathon will be organized in Kurukshetra on June 15. This yoga marathon will break the record of all the marathons held so far and set a new record. About 25 thousand youth from Kurukshetra and surrounding districts will participate in this marathon, these will include players, students, NCC and NSS cadets, youth and people from every section. He said that the yoga marathon will play an important role in making the International Yoga Day program of June 21 a success.

Yugmarg • 10 Jun • Ministry of Ayush

Yoga protocol training camps organised in Kaithal sectors, Cheeka and Pundri

7 • PG | 273 • Sqcm | 56534 • AVE | 185K • Cir | Middle Center

Chandigarh

Yoga protocol training camps organised in Kaithal sectors, Cheeka and Pundri

RANVIR PARASHAR
KAITHAL, JUNE 9

District Ayurvedic Officer Dr. Shakuntala Dahiya said that under the joint aegis of the District Administration and AYUSH Department, yoga protocol training camps were organized on Monday in collaboration with yoga institutions Mahila Patanjali Yoga Samiti and Bharatiya Yoga Sansthan in sectors 18,19,20,21 of HSVP and HSVP R3 in Cheeka and Pundri. She said that with the aim of protecting the health of the citizens of the urban area and to make their body meditative and yoga-oriented in the modern hectic life, yoga protocol training camps were organized in HSVP sectors and yoga camp participants were invited for the Yoga Day program on June 21, 2025. Yoga Protocol Training Camp was organised by Vinod Mittal from Bharatiya Yoga Sansthan in Sector 20, Rameshwar Dhiman in Sector 21, Sunita and Kiran Yoga Teacher in Sector 19 with the support of Mahila Patanjali Yoga Samiti, Sudesh Arya in Sector 18. Yoga Protocol Training Camp was organized by Dr. Vinod Gupta, Head of Bharatiya Yoga Sansthan in Sector R3 Cheeka in Guhla Block. Apart from this, free health checkup camps were organized by AYUSH Department in Hanuman Vatika, Jat College Kaithal, in which health checkup of BP, Sugar etc. was done. The camp was organized with the support of Ayurvedic Medical Officer Dr. Anjali Shyokand, Homeopathic Specialist Dr. Sunil Arora and AYUSH Yoga Assistant Sandeep Tanwar for BP, Sugar, HB etc. of the participants of the free yoga class being run daily by Mahila Patanjali Yoga Samiti Kaithal's District Incharge Shanti Chaudhary in Hanuman Vatika Kaithal and Sube Singh Ravish in Jat College.

Yugmarg • 09 Jun • Ministry of Ayush

International Yoga Day programme in Kurukshetra will be historic: CM

1 • PG | 341 • Sqcm | 70505 • AVE | 185K • Cir | Middle Center

Chandigarh

International Yoga Day programme in Kurukshetra will be historic: CM

BUREAU
CHANDIGARH, JUNE 8

Haryana Chief Minister Sh. Nayab Singh Saini said with swachhata and yoga, the country will move towards realizing the dream of 'Viksit Bharat' at a fast pace. Preparations for International Yoga Day 2025 have begun with the launch of a cleanliness campaign on May 27, and daily yoga classes are underway for the grand event on June 21.

When Prime Minister Sh. Narendra Modi proposed the idea of yoga at the United Nations, 177 countries agreed to it and today, yoga derived from our land has reached every person in the world. The Prime Minister has worked to spread the message of yoga all over the world.

Sh. Nayab Singh Saini said the programme of International Yoga Day in Kurukshetra will be historic and grand. Our ancient ideology is included in yoga. Rishis have given us yoga and meditation as a gift. By doing yoga, a man remains healthy.

The Chief Minister was addressing a meeting organized with various institutions regarding International Yoga Day in the auditorium of Multi Art Cultural Centre, Kurukshetra today.

The Chief Minister urged the officials of institutions, NGOs, business organizations and other organizations present in the meeting to play their role in making the programme successful. He also asked Patanjali

Yog Peeth to spread the message of yoga in every house of the city.

The Chief Minister said Swami Ramdev has done the work of spreading yoga in the country and the world. The arrival of Baba Ramdev on June 21 in Kurukshetra, the land of Lord Krishna, is a matter of great pride for the people of Kurukshetra.

He said the theme of International Yoga Day this year is 'One Earth, One Health', while the Haryana Government has also added 'Yoga Yukt, Nasha Mukt' slogan with it.

The Chief Minister said people have started taking medicines to cure minor diseases, whereas those diseases can be easily controlled with yoga. Therefore, we all should adopt yoga. He said if we want to save our youth from addiction, they will have to adopt yoga. The Chief Minister urged the people of Kurukshetra to reach Brahma Sarovar and Mela Ground at 4 am.

Yugmarg • 09 Jun • Ministry of Ayush

Yoga camp organized on International Yoga Protocol

7 • PG	257 • Sqcm	53214 • AVE	185K • Cir	Middle Center

Chandigarh

Yoga camp organized on International Yoga Protocol

MAINPAL KASHYAP

INDRI : An International Yoga Protocol Camp was organized at Haryana Police Commando Force Headquarters, Naval by the team of Ayush Department District Karnal and the team of Art of Living under the leadership of Rajendra Kumar Meena, IPS, Senior Superintendent of Police, Commando, officers, employees of Commando Headquarters Naval and all soldiers undergoing training at Recruitment Training Center Naval and their training staff participated enthusiastically. During this, Ramesh Chandra (DSP Training), Welfare Inspector Ranbir Singh, Inspector Pawan Kumar, Sub Inspector Ganga Ram (Line Manager), Sub Inspector Raghbir Singh (CDI), Lady Sub Inspector Sudesh Kumari (Chief Legal Instructor) along with Commando soldiers, all the training staff members and all the trainees participated in this yoga camp. After welcome of AYUSH team and Art of Living team by senior officials, yoga camp started in which soldiers were given good information about importance of yoga and pranayama in life by practicing yoga and pranayama. Yoga expert Dr. Amit Punj from AYUSH Department Karnal conducted the practice of international yoga protocol and yoga assistants Kusum Lata and Anurag demonstrated yoga practice.On behalf of Art of Living, Mrs. Suchika Batra, Amandeep Singh, Mukesh Batra and Mrs. Neelam Arora demonstrated yoga practice. After yoga practice, the officers, employees, training staff and trainees of Commando Force along with AYUSH team and Art of Living team took the oath of "Yoga Yukt - Nasha Mukt Haryana".

Yugmarg • 09 Jun • Ministry of Ayush

Yoga protocol practice program organised at NIILM University Kaithal

6 • PG | 322 • Sqcm | 66743 • AVE | 185K • Cir | Middle Center

Chandigarh

Yoga protocol practice program organised at NIILM University Kaithal

SANJAY SHARMA
KAITHAL, JUNE 8

A yoga protocol practice program was organized at NIILM University Kaithal on the occasion of the 11th International Yoga Day 2025. As part of the preparations for the successful organization of Yoga Day to be held on June 21, a yoga protocol practice program was organized at NIILM University, Kaithal. It was organized under the joint aegis of the District Administration and AYUSH Department, as per the instructions of Dr. Shakuntala Dahiya, District Ayurvedic Officer, yoga trainers from the AYUSH Department, Mr. Sandeep Tanwar, Mr. Sukhdev Myoli, Mr. Ravi Kumar Kathwad conducted yoga practice at NIILM University Kaithal.

On this occasion, the staff members and students of the university and the head of the Yoga Science Department, Dr. Pavitra Devi also played an active role. During the program, it was told that yoga was very beneficial for our life. It also inspires mental peace, physical balance and spiritual development. The message was also given that yoga was a powerful medium to improve the quality of our life. In this program, senior officials of the university, Registrar Dr. Rajiv Dahiya, Assistant Registrar Sarabjit Dr. Ekta Chahal, Dr. Rajiv Pal, Dr. Rekha Gupta, University Public Relations Officer Dr. Manoj Kumar, Dr. Anil Kumar Fine Art, Ashok Kumar Hotel Management also actively participated.

Yugmarg • 08 Jun • Ministry of Ayush

KU aims for full participation in International Yoga Day: VC

2 • PG | 325 • Sqcm | 67349 • AVE | 185K • Cir | Middle Center

Chandigarh

KU aims for full participation in International Yoga Day: VC

DALBIR MALIK
KURUKSHETRA, JUNE 7

Yoga Protocol Training Programme was organised by the Directorate of Sports, Kurukshetra University at the New Multipurpose Hall on Saturday. This event was held in preparation for the International Yoga Day celebrations scheduled to take place on June 21 at the banks of Brahma Sarovar, Kurukshetra. Addressing the participants at the programme, Kurukshetra University Vice-Chancellor Prof. Som Nath Sachdeva emphasized that yoga is a vital pathway to achieving a disease-free and healthy life. Prof Sachdeva highlighted that the central objective of the 11th International Yoga Day, to be celebrated on June 21, is to raise global awareness about the physical and mental health benefits of yoga and to promote its widespread adoption.

Prof. Sachdeva underscored the importance of integrating yoga into daily life for holistic well-being and called upon all Deans, Directors, Heads of Departments, university officials, faculty members, non-teaching staff, students, and researchers to actively participate in the International Yoga Day celebrations at Brahma Sarovar. Prof Sachdeva encouraged the university community to contribute to the success of this global initiative and reaffirm Kurukshetra University's commitment to health, wellness, and sustainable living. The yoga training was conducted by Yoga Assistant Manjeet Singh and Prof. Nirupama Bhatti of Kurukshetra University. Meditation training was provided by Dr. Jaideep Arya, Chairman of the Haryana Yoga Commission.

Yugmarg • 07 Jun • Ministry of Ayush

One day yoga camp organised

9 • PG | 158 • Sqcm | 32696 • AVE | 185K • Cir | Middle Right

Chandigarh

One day yoga camp organised

JAIBEER RANA THAMBER

BARARA: Following the instructions of the Haryana Government, under the supervision of Acting Principal Dr. Daljit Kaur Virk, a one-day yoga camp was organised on June 6 to commemorate International Yoga Day at Sant Mohan Singh Khalsa Labana Girls College. The college staff was present in this Yoga Day programme and practiced yoga along with the college students. College Principal Dr. Daljit Kaur Virk, while explaining the importance of celebrating International Yoga Day on this occasion, said that the benefits of yoga are manifold. Physically, it increases flexibility, strength and posture. Mentally, it helps reduce stress, anxiety and depression, thereby promoting a state of focus and concentration. Spiritually, yoga creates a deep connection with oneself and the world, thereby promoting a sense of peace and satisfaction. We should also include yoga practice in our daily routine. On this occasion Librarian Seema Saini, Deputy Superintendent Madam Karanjit Kaur, Dr. Suman Devi, Minnie, Deepika, Manpreet Kaur, Suman were present.

Yugmarg • 07 Jun • Ministry of Ayush

Yoga practice and tree plantation completed in preparation for International Yoga Day

9 • PG | 170 • Sqcm | 35281 • AVE | 185K • Cir | Middle Left

Chandigarh

Yoga practice and tree plantation completed in preparation for International Yoga Day

INDRI (MANPAL KASHYAP) : A special yoga practice session and tree plantation program was organized in Shaheed Udham Singh Government College, Matak Majri, Indri as part of preparation for 11th International Yoga Day. This program was conducted under guidance of the Principal of college, Dr. Mahendra Singh Bagi, as per instructions of Higher Education Department, Panchkula, Haryana, in which NSS, NCC, teaching and non-teaching staff participated enthusiastically. It was conducted by Professor of Geography Department, Pradeep Bharti, who made all participants present practice yoga and highlighted physical, mental and spiritual benefits of yoga. After yoga practice, medicinal plants like Maulsari, Neem, Banyan and Peepal were planted in college campus. One student was given to each plant, which they will protect during their three-year college life. Principal of the college, NCC Officer Captain Ranbir Singh, Professor Bal Rishi, Prof. Kuldeep, and other staff members also planted trees and gave the message of environmental conservation. Principal Dr. Mahendra Singh Bagi said in his message that "Yoga is not just exercise, but a balance of life.

The Hindu • 21 Jun • Ministry of Ayush

Andhra Pradesh's 'City of Destiny' decked up to host International Yoga Day today

9 • PG | 437 • Sqcm | 2377773 • AVE | 1.99M • Cir | Bottom Center

Chennai • Mumbai • Kolkata • Delhi

Over 22,000 tribal students participating in Yogandhra, a mass yoga session aimed at setting a Guinness record, at Andhra University Engineering College Grounds in Visakhapatnam on Friday as a prelude to the International Yoga Day celebrations. K.R. DEEPAK

Andhra Pradesh's 'City of Destiny' decked up to host International Yoga Day today

Sumit Bhattacharjee
VISAKHAPATNAM

Visakhapatnam – the City of Destiny – is all geared up and decked up to host the biggest public event ever held so far on Saturday. All arrangements appear to be in place to host the International Yoga Day, which will be attended by Prime Minister Narendra Modi and Chief Minister Nara Chandrababu Naidu, on the Beach Road. The event is being held over a road stretch of about 28 km, from the Kali Matha temple at RK Beach to Bheemunipatnam.

The entire coastal stretch, abutting the golden sands and the blue waters has been beautified to make the event memorable. Over 3.5 lakh people are expected to participate in the event, with the PM and the CM leading the yoga asanas from a stage erected at the starting point.

Collector said arrangements are in place to ensure that the event is conducted without any hassles

Collector Harendhira Prasad told *The Hindu* that arrangements are in place to make sure the event is conducted without any hassles.

According to him, some 9 lakh people from Visakhapatnam have registered to participate in the event. "Finally we have got confirmation from about 2.5 lakh people from the city," he said.

"We are allocating slots to each individual and finally we have created about 3.19 lakh slots. The slots are divided into 326 compartments, which are numbered, and each compartment will cater to about 675 individuals, who will perform the Yoga asanas on the mats on the carpeted green area. Apart from the Beach Road, the event will be held simultaneously at 30 adjoining locations such as in GITAM University and Andhra University, " he added.

Huge manpower

The district administration has sanctioned about 7000 buses for Visakhapatnam and over 1,200 for other four districts. "The only hassle that one may face is the timing. The buses will be ready by midnight at the Sachivalayams and the participants will board them by 3 a.m. They will be brought to the venue by 5.30 a.m." he said.

Ever since Mr. Naidu had announced the event, the entire administration has been on the job. The CM wants the event documented in the Guinness Book of World Record.

It learnt that about 80 IPS officers, 20 IAS officers, a police force of about 12,000 and from the administration side about 10,000 personnel have been deputed to see that event is conducted without any hassles.

The yoga event will be held from 6.30 a.m. to 7.50 a.m. on Saturday. Eastern Naval Command will also conduct a fanfare flypast to herald the beginning of the event and a few warships be anchored at anchorage, off the coast, where the naval personnel will perform Yoga at the same time.

The Hindu • 21 Jun • Ministry of Ayush

Ahead of Yoga day

3 • PG | 612 • Sqcm | 232625 • AVE | 421.85K • Cir | Middle Center

Kochi

Ahead of Yoga day

In perfect balance: A Yoga demonstration organised under the aegis of Team Yoga on the Kozhikode beach on Friday, the eve of International Day of Yoga. K. RAGESH

The Hindu • 21 Jun • Ministry of Ayush

Hyderabadis all set to stretch on International Yoga Day

2 • PG | 231 • Sqcm | 251878 • AVE | 956.08K • Cir | Bottom Left

Hyderabad

Hyderabadis all set to stretch on International Yoga Day

Former Vice-President M. Venkaiah Naidu, Governor Jishnu Dev Varma, Union Minister G. Kishan Reddy, actors Teja Sajja, Meenakshi Chowdary and others on the eve of International Yoga Day, in Hyderabad, on Friday. G. RAMAKRISHNA

The Hindu Bureau
HYDERABAD

With preparations in full swing across universities, corporate hubs, government offices, and spiritual retreats, the capital city is all set for its stretch on the 11th International Day of Yoga on Saturday.

As per the Ministry of Ayush, Telangana ranks among the top States in registrations for the grand Yoga Sangam. And Hyderabad, with over 7,000 organisations, is the top contributor. The countdown to the event began on Friday at Lal Bahadur Stadium here with the participation of Governor Jishnu Dev Varma, Union Ministers G. Kishan Reddy and Bhupathi Raju Srinivasa Varma along with former Vice-President M. Venkaiah Naidu. At the University of Hyderabad, officials made arrangements for the mega synchronised session at Gurbaksh Singh Maidan set to begin at 6 a.m. In West Hyderabad, the corporates will join the Mindspace Social Hub in HITEC City for the 7 a.m. yoga session in collaboration with Cult Fit fitness centres.

In Secunderabad, Pyramid Spiritual Societies Movement (PSSM) Dhyan Bhagyanagar Trust said it was expecting over 1,000 participants at Arya Vaishya Abhyudaya Sangam at Ramgopalpet.The Hyderabad Runners Society will also host an early morning yoga session at Taramati Baradari starting at 5.30 a.m. With about 3,000 persons with disabilities, Kanha wellness centre in Chegur along with National Institute for the Empowerment of Persons with Intellectual Disabilities (NIEPID), the day-long programme will feature yoga, cultural performances, art gallery, and distribution of assistive devices.

The Statue of Equality at Muchintal will also host a large yoga session for spiritual practitioners and general visitors.

The Hindu • 20 Jun • Ministry of Ayush

Yoga Day: Akshar Yoga Kendraa aim to set 12 Guinness records

6 • PG | 64 • Sqcm | 84604 • AVE | 1.4M • Cir | Top Right

Bengaluru

Yoga Day: Akshar Yoga Kendraa aim to set 12 Guinness records

The Hindu Bureau
BENGALURU

Akshar Yoga Kendraa will celebrate this year's International Yoga Day by attempting 12 Guinness World Records in yogasanas at the Palace Grounds, with 2,500 participants from over 30 countries. Recognised by India's AYUSH Ministry, the kendra has already achieved nine records. Participants include defence personnel, students, professionals, and specially-abled individuals.

The Hindu • 20 Jun • Ministry of Ayush

Celebrate International Yoga Day with almonds - A natural source of protein

9 • PG | 538 • Sqcm | 586524 • AVE | 956.08K • Cir | Top Center

Hyderabad

Celebrate International Yoga Day with almonds — A natural source of protein

International Yoga Day, celebrated every year on June 21, is a global tribute to the power of yoga for mind, body, and spirit. This year, celebrate by pairing your yoga practice with almonds—a natural source of protein and essential nutrients. Support muscle recovery, boost energy, and enhance well-being from the inside out with this wholesome addition to your diet

INTERNATIONAL Yoga Day, celebrated on June 21st, is a tribute to the ancient practice that nurtures physical, mental, and spiritual well-being. As yoga continues to inspire millions across the globe, pairing it with a nutrient-rich diet enhances its transformative impact. Among the essential nutrients, protein plays a crucial role in supporting muscle strength and recovery—especially for yoga enthusiasts holding challenging asanas or flowing through dynamic sequences. One of the best natural sources of protein? California almonds.

Almonds, often referred to as the "king of nuts," are rich in 15 essential nutrients including protein, healthy fats, vitamin E, magnesium, and dietary fiber. They are not only a convenient and wholesome snack but also contribute significantly to overall wellness. Two recent studies reinforce this: Dr. Mark Kern's research highlighted that regular almond consumption can accelerate post-exercise recovery by reducing muscle damage, while Dr. Oliver Witard's study positioned almonds as an ideal pre-workout snack that helps reduce soreness and supports performance.

From improving cholesterol levels to aiding in blood sugar control, promoting skin health, and assisting in weight management, almonds are truly versatile. Whether eaten raw, roasted, blended into smoothies, added to salads, or used as a topping on dishes, they offer flexibility in daily diets without compromising nutrition.

Bollywood actress Soha Ali Khan shared her wellness routine this Yoga Day, saying, "As a mother and a working woman, yoga keeps me centered. It has improved my digestion, immunity, skin, and overall calmness. I pair yoga with a clean, balanced diet that includes seasonal produce and almonds. Almonds are my go-to snack—they help sustain my energy and support my active lifestyle."

Nutrition and Wellness Consultant Sheela Krishnaswamy emphasized, "I recommend coupling yoga with a balanced diet rich in protein sources like almonds. With their combination of protein, fiber, and heart-healthy fats, almonds aid in managing weight and meeting daily nutritional needs. Their health benefits are backed by both traditional wisdom and over 200 scientific studies."

Ritika Samaddar, Regional Head of Dietetics at Max Healthcare, added, "To gain the full benefits of yoga, nutrition is key. Almonds are particularly beneficial for yogis—they help support muscle recovery, manage cholesterol, and stabilize blood sugar levels, making them an excellent dietary addition."

Celebrity fitness trainer Yasmin Karachiwala also includes yoga in her weekly schedule. "Yoga helps me stay calm and centered, while almonds keep my nutrition clean and balanced. I love their versatility—you can enjoy them in so many ways while getting essential nutrients."

South Indian actress Shriya Saran shared, "Yoga keeps me grounded and focused. I choose almonds to fuel and recover after each session. A handful post-yoga makes a noticeable difference."

Ayurveda expert Madhumitha Krishnan noted, "In Ayurveda and Siddha, almonds are seen as body toners that nourish the nervous system and promote strength, muscle mass, and glowing skin."

This International Yoga Day, celebrate the synergy of mindful movement and wholesome nutrition. By incorporating almonds into your daily routine, you support muscle recovery, manage weight effectively, and nurture your health from within. Let every pose and every bite lead you toward holistic harmony.

The Hindu • 20 Jun • Ministry of Ayush

Countdown festival of Yoga Day to be a grand affair in Hyd today

2 • PG | 281 • Sqcm | 305987 • AVE | 956.08K • Cir | Bottom Center

Hyderabad

Countdown festival of Yoga Day to be a grand affair in Hyd today

- **Yoga contributes to both physical and mental well-being, says Union Minister Kishan Reddy**
- **Telangana Governor Jishnu Dev Verma and former Vice President Venkaiah Naidu to attend the event**

HANS NEWS SERVICE
HYDERABAD

Photos: Srinivas Setty

UNION Minister Kishan Reddy announced that International Yoga Day on June 21 will be celebrated grandly. To celebrate Yoga Day, a countdown festival will be held at LB Stadium in Hyderabad 24 hours before the IYD-2025, on June 20.

Speaking to the media after inspecting the preparations at the LB Stadium on Thursday, he mentioned that prominent yoga organizations, educational institutions, and social organizations will participate in these celebrations. The chief guests for the event include Telangana Governor Jishnu Dev Verma, former Vice President Venkaiah Naidu, Union Minister of State for Steel and Heavy Industries Srinivasa Verma, and several Members of Parliament such as Dr. K. Lakshman, Krishnaiah, Etala Rajender, DK Aruna, Raghunandan Rao, as well as other legislators and members of the Legislative Council.

"Yoga contributes to both physical and mental well-being. Healthy individuals can better serve society and the country. For India to evolve into a developed nation by 2047, every person must be healthy. This way, we can achieve our goal of a developed India," he said.

Prime Minister Narendra Modi will participate in the yoga celebrations in Visakhapatnam, Andhra Pradesh, with lakhs of people expected to join.

The Hindu • 18 Jun • Ministry of Ayush

Yoga Sangamam in all schools on June 21

6 • PG | 79 • Sqcm | 85795 • AVE | 956.08K • Cir | Middle Left

Hyderabad

Yoga Sangamam in all schools on June 21

All schools in Telangana have been asked to join the Yoga Sangamam, a nationwide mass yoga demonstration, from 6.30 a.m. to 7.45 a.m. on June 21, to celebrate the 11th International Yoga Day, the School Education Department informed on Tuesday. The programme is being held as per the Ministry of Education's guidelines. All District Educational Officers have been instructed to ensure active participation, and all schools are directed to follow the 'common yoga protocol', the department said in a release. The protocol is prescribed by the Ministry of AYUSH and is available in 22 languages, and the organisers are required to register on the official website.

The Hindu • 18 Jun • Ministry of Ayush

3,000 people expected to participate in mass yoga session at Vidhana Soudha

5 • PG | 180 • Sqcm | 239844 • AVE | 1.4M • Cir | Middle Right

Bengaluru

3,000 people expected to participate in mass yoga session at Vidhana Soudha

The Hindu Bureau
BENGALURU

To mark International Yoga Day, celebrated on June 21, over 3,000 people, including yoga experts, are expected to participate in a synchronised mass yoga demonstration session in front of the Vidhana Soudha from 6 a.m. to 8 a.m. on Saturday.

This session will be in line with the Union AYUSH Ministry's 'Yoga Sangama' initiative, under which synchronised mass yoga sessions are planned at over one lakh locations across India on June 21.

Chief Minister Siddaramaiah, Governor Thaawarchand Gehlot, Deputy Chief Minister D.K. Shivakumar, apart from several film actors, will participate in the Vidhana Soudha event.

Addressing pressperson after releasing Yoga Day posters on Tuesday, Health Minister Dinesh Gundu Rao said all participants would follow the Common Yoga Protocol (CYP). "This year's theme 'Yoga for one earth, one health' highlights yoga's role in promoting physical, mental, and environmental well-being, aligning with global calls for sustainability and unity," he said. The promotional programmes include 'Yoga Dhanush', 'Yoga Unplugged', 'Green Yoga', 'Yogadhyana', and 'Yoga Sangama'. While 'Yoga Dhanush' and 'Yoga Unplugged' are being conducted across the State, the remaining programmes will be rolled out in due course at the district level, Mr. Gundu Rao said.

About 5,000 people are expected to participate in separate yoga demonstration sessions to be held in every district as part of the Yoga Day events. Seminars on yoga and its benefits on health will be held in the University of Mysore, NIMHANS, Kidwai Memorial Institute of Oncology, and Sri Jayadeva Institute of Cardiovascular Sciences in the last week of June. That apart, awareness jathas and human chains will also be organised as part of the Yoga Day events, the Minister said.

Declare 'Yoga district'

The State has sent a proposal to the Centre urging that Mysuru district be declared as 'Yoga district'. Under this, at least one member of each household in this district will learn and practice yoga.

The Hindu • 15 Jun • Ministry of Ayush

Visakhapatnam gears up for International Yoga Day event

8 • PG | 76 • Sqcm | 412785 • AVE | 1.99M • Cir | Top Right

Chennai

Visakhapatnam gears up for International Yoga Day event

The City of Destiny is undergoing a major facelift ahead of the International Yoga Day celebrations, scheduled for June 21. The Beach Road stretch between the Naval Coastal Battery and Park Hotel Junction, the main venue for the event, is being beautified extensively. Prime Minister Narendra Modi, Union Ministers, Chief Minister N. Chandrababu Naidu, and Deputy Chief Minister K. Pawan Kalyan and other dignitaries are scheduled to participate in the grand event.

The Hindu • 12 Jun • Ministry of Ayush

Floating yoga

1 • PG | 175 • Sqcm | 131318 • AVE | 682.81K • Cir | Middle Left

Delhi

Floating yoga

In unison: People taking part in a 'floating yoga' event in the Krishna river in Vijayawada, Andhra Pradesh, on Wednesday. Nearly 2,000 people did yoga on boats, jet skis, and kayaks as part of the Yogandhra campaign launched in the run-up to International Yoga Day on June 21. G.N. RAO

The Hindu • 10 May • Ministry of Ayush

Yoga conclave in Delhi

2 • PG | 47 • Sqcm | 35088 • AVE | 682.81K • Cir | Middle Right

Delhi

Yoga conclave in Delhi

The Hindu Bureau
NEW DELHI

A yoga conclave under the guidance of Swami Niranjanananda Saraswati, the spiritual heir of Bihar School of Yoga, started in the national capital on Friday. He is currently on a country-wide 'Bharat Yoga Yatra' to promote the idea of yoga as a spiritual way of life, beyond the practice of asanas.

On Saturday and Sunday, two-hour sessions of the yoga conclave will be held at Thyagaraj Stadium from 6.30 a.m. to 4 p.m.

The Asian Age • 21 Jun • Ministry of Ayush

India to host Yoga Day events in 191 countries today: ICCR

1,4 • PG | 252 • Sqcm | 176110 • AVE | 389.96K • Cir | Bottom Center

Delhi

India to host Yoga Day events in 191 countries today: ICCR

Yoga bandhan events across India ■ *PM to join from Andhra*

AGE CORRESPONDENT
NEW DELHI, JUNE 20

The Indian Council for Cultural Relations (ICCR) on Saturday will organise various yoga events and programmes in 191 countries on the International Day of Yoga (IDY). On the 10th anniversary of the IYD, events will be organising more than 2,000 events in 1,300 locations, covering multiple cities in various nations.

On the occasion, Prime Minister Narendra Modi will lead the national celebration from Visakhapatnam. He will participate in the common yoga protocol (CYP) session at the beachfront of Visakhapatnam, alongside nearly 5-lakh participants, while leading the nation in a harmonious yoga demonstration.

THE PM will participate in the common yoga protocol session at the beachfront of Visakhapatnam, alongside nearly 5-lakh participants

The ICCR director-general K. Nandini Singla said: "On the 10th anniversary of IDY, we will practically cover every country in the world where yoga events are being organised. In some countries like the US, we are hosting multiple events across various cities. Our embassy in Pakistan is also organising a yoga event in Islamabad."

"The ICCR, the cultural arm of the ministry of external affairs, is also

■ Turn to Page 4

'India to host Yoga Day in 191 countries today'

■ Continued from Page 1

hosting "yoga bandhan" — a signature event of IDY 2025 — where 17 yoga gurus and practitioners from 15 countries, including Brazil, Argentina, Russia, China, South Africa, Malaysia, Sri Lanka, Indonesia, Singapore and South Korea, will lead the IDY events across India," Ms Singla said.

The ICCR D-G noted that preparations for IDY-2025 started several months ago. She mentioned that in Delhi, the yoga events will be led by these foreign yoga gurus at Jantar Mantar, Qutub Minar, Purana Kila and Humayun's Tomb, while similar "yoga bandhan" will be organised in iconic locations in Lucknow, Ayodhya, Varanasi, Jaipur, Jodhpur, Bhopal, Gwalior and other cities.

Underlining the ICCR's role in promoting yoga globally, Ms Singla said, "Every year, we depute yoga teachers from India to teach yoga in our 37 cultural centres abroad. We also send yoga teachers to our embassies and consulates."

"Our teachers not only teach yoga to people that come to our centres, but also in universities and schools, to young people who need it the most. Even prominent personalities like MPs, legislators, police officers and judges are also learning yoga abroad. People in foreign countries are adopting yoga in their daily lives to stay healthy and beat stress. Yoga has truly become a global movement," Ms Singla added.

The Asian Age • 21 Jun • Ministry of Ayush
How Indian cricketers channel Yoga spirit

9 • PG | 737 • Sqcm | 313178 • AVE | 389.96K • Cir | Top Left | Delhi Age

Delhi

How Indian cricketers channel Yoga spirit

THIS YEAR'S THEME:
"Yoga for One Earth, One Health"

As the world marks International Yoga Day this Saturday, millions across the globe will stretch into asanas, breathe deeply, and reconnect with their inner calm. But beyond yoga mats and morning chants, there's another field where breath control, balance, and focus are key—the cricket pitch, writes **Bipin Dani**

Suresh Raina
"Unite mind & body"

On June 21, 2021, Raina tweeted: "On this International Day of Yoga, let's indulge in the harmony of nature—uniting mind and body, thoughts and actions... Involve the younger generations too for a holistic approach to health & well-being."
His message reflects a growing understanding of yoga as a tool for discipline and mental clarity.

Virender Sehwag:
"The poses are my prayers"

Known for his fearless batting, Sehwag revealed his reflective side with this post: "Standing on my own altar. The poses are my prayers. Yoga and meditation are among India's greatest gifts to the world."
His words capture the spiritual grace that connects the stillness of yoga to the intensity of sport.

VVS Laxman:
"Adds years to life"

The ever-elegant Laxman shared this timeless thought: "Yoga adds years to your life, and life to your years."
Fans who watched him bat with calm under pressure may now see where that composure stems from.

Pragyan Ojha:
"Still trying to get it right"

Ojha's honest post struck a relatable note:
"We must add a little bit of yoga in our daily routine. Still trying hard to get it right."
Even seasoned athletes remain humble students of the practice—reminding us that progress matters more than perfection.

Millenniumpost • 21 Jun • Ministry of Ayush

India to organise Yoga Day events in 191 countries on June 21: ICCR

8 • PG | 178 • Sqcm | 319679 • AVE | 750K • Cir | Top Right

Delhi

India to organise Yoga Day events in 191 countries on June 21: ICCR

More than 2,000 events to be hosted at 1,300 locations'

NEW DELHI: India will organise thematic events and programmes in 1,300 cities across the globe to mark the International Day of Yoga on Saturday, showcasing the nation's ancient tradition and soft power.

The Indian High Commission in Pakistan is also organising a yoga event in Islamabad on the occasion, according to a statement issued on Friday by the Indian Council for Cultural Relations (ICCR), the cultural arm of the Ministry of External Affairs.

"On the 10th anniversary of International Day of Yoga, we will practically cover every country in the world where yoga events are being organised. In some countries like the US, we are hosting multiple events across various cities," ICCR's Director General, K Nandini Singla, was quoted as saying in a statement.

The ICCR will organise various yoga events and programmes in 191 countries on June 21 to mark the IDY, with more than 2,000 events to be hosted at 1,300 locations, covering multiple cities in various nations, it said.

REPRESENTATIVE PIC

Additionally, the ICCR is also hosting 'Yoga Bandhan', a signature event of IDY 2025, where 17 yoga gurus and practitioners from 15 countries, including Brazil, Argentina, Russia, China, South Africa, Malaysia, Sri Lanka, Indonesia, Singapore and South Korea, will lead the Yoga Day events across India, Singla said.

In Delhi, yoga events will be led by these foreign yoga gurus at Jantar Mantar, Qutub Minar, Purana Quila and Humayun's Tomb, while similar 'Yoga Bandhan' programmes will be organised at iconic locations in Lucknow, Ayodhya, Varanasi, Jaipur, Jodhpur, Bhopal, Gwalior and other cities, she added.

Just as yoga is a 'union' between ' Atma' and 'Paramatma', 'Yoga Bandhan' seeks to "unite India and the world', the ICCR's DG said.

"It is a matter of great satisfaction that yoga has come full circle. Yoga went from India to these countries. People abroad learnt yoga, and today they have come back to India to lead yoga demonstrations by Indian people in India," Singla added. MPOST

Millenniumpost • 21 Jun • Ministry of Ayush
From river banks to parks, UP gears up for grand Int'l Yoga Day events

6 • PG | 322 • Sqcm | 578910 • AVE | 750K • Cir | Top Left

Delhi • Kolkata

MASS PARTICIPATION EXPECTED

From river banks to parks, UP gears up for grand Int'l Yoga Day events

MPOST BUREAU

LUCKNOW/VARANASI: On the eve of the 11th International Yoga Day, Uttar Pradesh has made elaborate preparations for mass participation across cities, from the ghats of Varanasi and Prayagraj to Ayodhya, and parks across Lucknow, Kanpur, Mathura and Ghaziabad.

The state government has developed over 100 yoga parks in the urban local bodies to provide permanent space for yoga practice, where special events involving children, senior citizens, and foreign delegates are lined up for Saturday.

Developed by the Urban Development Department, these parks, are equipped with clean drinking water, seating arrangements, and dedicated yoga spaces.

The initiative aligns with this year's theme -- "Yoga for One Earth, One Health" -- and is designed to promote a year-round culture of health and wellness.

REPRESENTATIVE PIC

Lucknow now has nine yoga parks, including at Gulab Park, Swarn Jayanti Park, and ED Park.

Kanpur features spaces like Nana Rao Park and Buddha Park, while Jhansi leads with 12 parks, followed by Mathura-Vrindavan with eight.

Ayodhya and Firozabad have three each, while Ghaziabad has developed 10.

In Varanasi, yoga will be practised at locations like Namo Ghat, Assi Ghat, Ravidas Ghat, and Shaheed Udyan.

On Friday, specially-abled children, slum dwellers and senior citizens gathered for a special yoga programme at Mahanagar in the state capital under the aegis of Lucknow University, organised by yoga practitioner Roma Hemvani.

Saurabh, a specially-abled child, performed aasanas while another performer, Srishti Kashyap, enthralled the audience with a yoga dance involving young kids, while Kartik Hemvani performed 'jal yoga'.

Varanasi, the parliamentary constituency of Prime Minister Narendra Modi, has been selected as an "iconic spot" for Yoga Day, where events have been scheduled across the city, with the main programme to be held at the Kashi Vishwanath Temple.

Cabinet minister Suresh Khanna will attend the event as the chief guest, while Union minister Anupriya Patel will be present at Assi Ghat.

In Prayagraj, 'water yoga' will be performed at the Sangam, for which instructors are teaching children to perform asanas in the water.

Ayodhya is expecting a big turnout at Ram ki Paidi, where around 4,000 people, including seers and public representatives, will perform yoga on Saturday morning.

District Magistrate Nikhil Tikaram Funde and IG Praveen Kumar confirmed that all preparations have been made for the event, which will also feature a live broadcast of Prime Minister Modi's address.

A delegation from South Africa is slated to attend the event.

Yoga Day will also be celebrated at Ayodhya's Gulab Bari, all tehsil and block headquarters, and gram panchayat offices.

Assembly Speaker Satish Mahana, who led a pre-Yoga Day event at Gandhi Park in Maharajpur, appealed to the people to make yoga a daily habit.

In a message shared on social media, Mahana said, "Yoga not only strengthens physical and mental health, but also instills discipline, balance, and positive energy in life."

Highlights

- The state government has developed over 100 yoga parks in the urban local bodies to provide permanent space for yoga practice
- Developed by the Urban Development Department, these parks, are equipped with clean drinking water, seating arrangements, and dedicated yoga spaces

Millenniumpost • 21 Jun • Ministry of Ayush

Gupta unveils Yoga Day song

3 • PG | 125 • Sqcm | 224352 • AVE | 750K • Cir | Top Left

Delhi

Gupta unveils Yoga Day song

OUR CORRESPONDENT

NEW DELHI: On the eve of International Yoga Day, Chief Minister Rekha Gupta unveiled a specially curated yoga anthem for Delhi, aiming to blend the city's cultural legacy with the spiritual essence of yoga. Sung by celebrated composer Amit Trivedi, the song serves as a tribute to Delhi's iconic and emerging landmarks while promoting wellness and unity through yoga.

At a press briefing, the Chief Minister announced the government's ambitious plans to celebrate International Yoga Day across 11 prominent venues in the capital. These include Thyagraj Stadium, Chhatrasal Stadium, Rajiv Gandhi Stadium, Dwarka Sector 6 Cricket Ground, and Sonia Vihar, where Gupta herself will lead a session by the Yamuna banks.

Describing yoga as a "way of life," Gupta stressed the importance of integrating it into the everyday routine of citizens. She emphasized that the new anthem symbolizes a vision of a "Yogmay Dilli", a spiritually enriched and health-conscious Delhi, and showcases tourist attractions such as Bharat Mandapam, Yashobhoomi, Kartavya Path, and Vasudev Ghat to blend tradition with modern identity. Gupta also took a swipe at the former Aam Aadmi Party-led administration for ignoring past Yoga Day observances. "They never recognized the significance of the day, just because of their political opposition to Prime Minister Narendra Modi," she said.

She praised the Prime Minister's global advocacy for yoga, calling his 2014 UN resolution a landmark moment that turned Yoga Day into a worldwide celebration.

At a yoga camp in Shalimar Bagh, CM Gupta credited PM Modi for globalising yoga. With the theme "One Earth, One Health," Delhi expects 20,000 participants for Friday's celebrations across multiple venues.

Millenniumpost • 19 Jun • Ministry of Ayush

NBCC organises Yoga Maha Kumbh 2025

10 • PG | 147 • Sqcm | 265042 • AVE | 750K • Cir | Middle Right

Delhi

NBCC organises 'Yoga Maha Kumbh 2025'

NEW DELHI: NBCC (India) Limited, a Navratna CPSE under the Ministry of Housing and Urban Affairs, is organising "Yoga Maha Kumbh 2025", a signature event as a part of celebrations under the 11th International Day of Yoga (IDY).

Organised under the guidance of Ministry of Ayush and coordinated by Morarji Desai National Institute of Yoga (MDNIY), the Yoga Maha Kumbh is being organised at Kidwai Nagar, New Delhi. The event was inaugurated by K.P. Mahadevaswamy, CMD, NBCC, in the presence of Ritu Pande, CVO, NBCC, Indu Sharma, Assistant Professor,

MDNIY and representatives of Brahmakumaris, along with senior officers of NBCC and the general public.

The event will culminate with the International Day of Yoga on June 21.

This year's IDY theme, "Yoga for One Earth, One Health," resonates deeply with NBCC's commitment to holistic wellness, sustainability and inclusive growth, the company said in a statement.

NBCC has actively engaged its employees and common public and other stakeholders in this celebration.

Six participating organisations are partnering NBCC and MDNIY for organising various programmes and sessions including Common Yoga Protocol, meditation, Thematic Exhibition, Raj Yoga, Yog Nidra, musical presentation, Quiz activities, Naadi Pariksha, Informative talks on health management, Anand Yoga, transcendental meditation, lifestyle disorder therapy etc, it said.

This event embarks NBCC's alignment with the national movement that celebrates India's cultural heritage and its leadership in promoting yoga as a global wellness practice, the statement added. MPOST

Millenniumpost • 19 Jun • Ministry of Ayush

NDMC TO CELEBRATE INTERNATIONAL YOGA DAY 2025 AT ICONIC CITY VENUES

3 • PG | 67 • Sqcm | 121176 • AVE | 750K • Cir | Bottom Right

Delhi

NDMC TO CELEBRATE INTERNATIONAL YOGA DAY 2025 AT ICONIC CITY VENUES

NEW DELHI: The New Delhi Municipal Council (NDMC) will mark the International Day of Yoga (IDY) 2025 with large-scale celebrations across eight iconic venues in the Capital on June 21. Vice Chairman Kuljeet Singh Chahal announced that the events, aligned with Prime Minister Narendra Modi's vision of "Yoga for Global Wellness," aim to promote a healthier citizenry under the Viksit Bharat @2047 initiative. Chahal informed that yoga sessions will be held at Kartavya Path, Lodhi Garden, Talkatora Garden, Shanti Path, Central Park (CP), Pandara Park, New Moti Bagh, and Sanjay Jheel. Leading yoga organizations including Morarji Desai Institute, Art of Living, Patanjali, and Gayatri Parivar will conduct the sessions, with 300 to 2,000 participants expected at each location. In the run-up to IDY, build-up yoga camps will be held from June 18 to 20 at Lodhi Garden and Talkatora Garden. Participants will receive yoga kits, and Prime Minister Modi's message will be livestreamed.

Millenniumpost • 28 May • Ministry of Ayush

Hry CM announces Rs 3L aid for families of Ayush Yoga Sahayaks who die in accidents

6 • PG | 133 • Sqcm | 240021 • AVE | 750K • Cir | Middle Center

Delhi

Hry CM announces Rs 3L aid for families of Ayush Yoga Sahayaks who die in accidents

MPOST BUREAU

CHANDIGARH: Haryana Chief Minister Nayab Singh Saini announced a financial assistance of Rs 3 lakh each from his discretionary fund to the families of Ayush Yoga Sahayak who died in accidents during service. He also announced that the registration of Yoga and Naturopathy practitioners will begin this year.

The Chief Minister said that Yoga has already been included in the curriculum from Classes 1 to 10 in Haryana schools. Taking a step further, exams will now be held for Yoga, Sports, and other such subjects, which will also become part of the formal curriculum. This initiative will inspire children to understand and adopt Yoga from a young age, he said.

The Chief Minister made these announcements during a "grand" 'Yoga Mahotsav' held in Panchkula, where he also felicitated 264 outstanding performers of the 'Surya Namaskar 2025' campaign. Health, Family Welfare, and Ayush Minister Kumari Arti Singh Rao was also present on the occasion.

Further, to enhance transparency in the Ayush department, the Chief Minister launched three portals – E-Marketplace Portal, Ayush Medicine Inventory Portal, and E-Medicine Licensing Portal.

Eastern Chronicle • 21 Jun • Ministry of Ayush

State school shines at NCERT National Yoga Olympiad

3 • PG | 190 • Sqcm | 475728 • AVE | 182.88K • Cir | Middle Center

Kolkata

State school shines at NCERT National Yoga Olympiad

CHRONICLE NEWS SERVICE

KOLKATA: In a resounding victory that blends discipline, tradition, and wellness, Ananya Sengupta and Aditri De, students of The Heritage School, emerged as first runner-up in the under-14 girls' category at the NCERT National Yoga Olympiad 2025 held at Vivekananda Kendra, Kanyakumari.

The competition, conducted from June 15 to 18, drew over 500 students in 33 teams, from across India—representing national boards, state boards, and regional councils. The Olympiad was themed "Yoga for One Earth, One Health", echoing India's global commitment to health, harmony , and holistic education through yoga.

Having previously won the CISCE National Yoga Pre-Olympiad held at Dehradun, Ananya and Aditri represented CISCE at the grand finale, displaying exceptional mastery of the Common Yoga

Protocol, grace in performance, and composure under pressure.

This is more than just a win—it is a testimony to the power of discipline, dedication, and the values we nurture at The Heritage School," said Ms. Seema Sapru, Principal of the school.

Pradip Agarwal, CEO of the Group, added, "This recognition at a national level reflects our commitment to holistic education. Ananya and Aditri have made the Heritage family proud by becoming youth ambassadors of yoga on a national platform."

Their mentor, Ms. Ila Khandelia, Yoga & Value Education teacher at The Heritage School, shared, "Watching them perform with such poise and focus was a moment of immense pride. Their journey has been full of dedication—from early morning practices to deep-rooted understanding of yogic philosophy." The closing ceremony at Kanyakumari was addressed by Prof. Dinesh Prasad Saklani, Director, NCERT, Shri Iswar V. Basavaraddi, Former Director, Morarji Desai Institute of Yoga, Mananeeya Shri Hanumant Rao, All India Vice President, Vivekananda Kendra, Shri Mukesh Verma, Programme Director, Shri Atul Dubey, Co-Programme Director and other senior officials from NCERT who emphasized the timeless relevance of yoga in modern life.

The event marked a significant step in promoting Yoga for One Earth, One Health—a theme aligned with India's vision for global well-being and spiritual ecology. The initiative aimed to deepen the role of yoga in shaping young minds towards sustainability, inner peace, and national pride.

As India prepares to celebrate International Yoga Day, Ananya and Aditri's success stands as a symbol of youth power grounded in ancient wisdom. Their journey has already inspired many of their peers to explore yoga as a source of inner strength and national identity.

Eastern Chronicle • 21 Jun • Ministry of Ayush

Yoga can secure a sustainable future

4 • PG | 380 • Sqcm | 949280 • AVE | 182.88K • Cir | Top Center

Kolkata

Yoga can secure a sustainable future

AMAR KRISHNA PAUL

In the wake of rising global warming, the importance of regular Yoga practices has gained momentum. Yoga can secure a sustainable future for the new generations to lead a healthy life.

Long back, Charlse Darwin predicted that the world's habitations would prove the bare truth of life — 'survival of the fittest'. That is, only physically fit people will survive in the near future, according to Darwin.

Experts and Yoga Teachers say that this ancient practice of India can boost the 'immunity power' of the mind, body and soul of an individual. With regular practice of Yogic Science, a person can acquire extra energy from Mother nature. Even he or she can check common diseases in daily life. Yoga is, indeed, the best gift of India to the world, in general. Considering its unlimited potentiality the UNO has declared June 21 as the International Day of Yoga (IDY) and December 21 as the World Meditation Day. The world is currently celebrating the 11th IDY this year. The main theme of this year's IDY is "One Earth, One Health".

Meanwhile, the Central Bureau of Communication (CBC) and the Press Information Bureau (PIB), Northeast Zone, Guwahati in truck with the Indian Yoga Culture and Yoga Therapy Centre (IYC&YTC), Maligaon, organised a mega awareness event at the Vivekananda Kendra Institute of Art and Culture, Uzanbazar, Guwahati. Addressing the meet, Kripa Shankar Yadav, ADG, Ministry of Information and Broadcasting, Government of India, shed light on the urgent need and relevance of regular Yoga practices in the entire globe.

According to Yadav, the ever growing medical burden in different hospitals of the country can better be cut to a great extent by practising Yogic Science regularly.

"General masses may not come forward to participate in Yoga practice sessions. But they should be inspired and motivated to join Yoga awareness camps in a big way," he continued.

Yogacharya Subhasish Kar, Founder-President, IYC&YTC, unveiled an interesting and the most amazing fact on the evolution, devolution and development on the systematic Yoga practices in Assam.

Kar claimed that Umachal Yoga Hospital, one of the world's oldest hospitals, was set up on the Nilachal Hills near the Kamakhya temple in Guwahati, in 1932. From here thousands of patients hav been cured since its inception. The patients were suffering from a slew of chronic diseases."

We are currently passing through the newest geopolitical crisis in the entire globe. High life risk and soaring uncertainties have created an unfavourable environment for mental peace and progress. Despite these hardships, we find a ray of hope from the young Yoga Teachers of Assam. The new generation Yoga Teachers are widely using the New Media platforms to practise and polarise 'YOGIC SCIENCE' in this part of Asia.

Sad to say, a large number of people across India are now falling sick more often with coughs, fevers, and other seasonal illnesses. While some believe this could be due to long Covid, others are talking about something called 'immunity debt'. The term was first used in 2021 when New Zealand saw a sudden rise in babies being hospitalised with RSV (a virus that causes cold-like symptoms). Experts say 'immunity debt' means that when people don't come into contact with common germs for a long time, their immunity weakens.

A recent study by the University of Oxford and Peking University states that the Covid safety rules, like staying home, wearing masks, washing hands, protected us from Covid but also stopped us from getting exposed to other viruses. Once the restrictions ended, people started falling sick more easily. Another study by analytics firm Airfinity and Bloomberg showed that over 40 countries have seen disease outbreaks since 2020 that were 10 times worse than pre-Covid levels. Measles, once eliminated in the US, has returned. Whooping cough is rising too. Experts say this might be linked to people skipping vaccinations during the pandemic.

In a separate research paper, Dr. Prabhakar Tiwari and Dr. Rima Dada, (Department of Anatomy, AIIMS, Delhi) write, "Visual health encompasses the well-being of the eyes and the optimal functioning of the visual system. While various interventions exist for managing visual health, the therapeutic role of yoga remains an area that has received limited exploration. Yoga, a mind–body practice that combines asanas, pranayama, and dhyaan (meditation), has been widely recognized for its potential benefits in promoting overall well-being and improving physical and mental health."

Thus, Yoga is now considered as a Health Science. Of late, the Government of India made Yoga compulsory for medical students to address mental health. This was stated in a media report on March 26, 2025.

Glad to say, we can prevent common diseases by performing relevant Yoga Asanas, Pranayamas, etc. We can better apply New Media outlets for the same to save time, money and energy. We know the positive role of Yoga Teachers in Assam who have adopted the tools of 'Dotcom Rush' i.e., New Media platforms like Youtube Channels, FB, Instagram, X and so on. The reason is not far to seek. The young Yoga Teachers are IT savvy. They can tactfully apply the smartphones, laptops, tablets, etc. for teaching and training in the field of Yoga. Sometimes, they take Yoga classes for students and patients. Most of them use their Youtube channels to reach the unreached students and patients of this landlocked region of India.

Only healthy and wealthy masses are the assets of an advanced nation. Perfect preparation and continuous practice of Yoga can protect the body, mind and soul of the common people. Mass employment generation of Yoga teachers in all academic and non-academic institutions both by the government and private agencies may usher in a new era of hope, peace, prosperity, tranquility and, virtually, a congenial air in the NE region soon.

(The author is a Guwahati-based writer and an analyst on current affairs)

Eastern Chronicle • 17 Jun • Ministry of Ayush

Upgraded yoga park inaugurated in Chirang; district-level competition held ahead of yoga day

2 • PG | 115 • Sqcm | 287090 • AVE | 182.88K • Cir | Middle Right

Kolkata

Upgraded yoga park inaugurated in Chirang; district-level competition held ahead of yoga day

CHRONICLE NEWS SERVICE

CHIRANG : In the run-up to International Yoga Day, the District Administration of Chirang, in collaboration with the National AYUSH Mission, Assam, inaugurated the newly upgraded Yoga Park on Monday.

The inauguration ceremony was led by District Commissioner Jatin Bora, who formally unveiled the enhanced facility in the presence of Silpika Kalita, ADC (Health);Dr. Sashi Sonowal, Joint Director of the National AYUSH Mission (NAM); Dr Raju Kumar Das, AYUSH Nodal Officer; Dr. Rejaul Karim, Joint Director of Health Services andArabinda Rabha i/ cProject Director,DRDA. The event was also attended by teachers, media representatives, officials fromvarious departments, students, and local people. To mark the occasion and build momentum ahead of International Yoga Day, a district-level Yoga Asana Competition was organized atthe newly upgraded Yoga Park and the District Parade Ground, Kajalgaon. The competition featured participants across four individual age-group categories, fostering community involvement and highlighting the significance of yoga for physical and mental well-being.The event reflects the commitment of the District Administration and the National AYUSH Mission to promoting a healthier, more active lifestyle through the integration of traditional practices.

The Daily Guardian • 21 Jun • Ministry of Ayush

BSF troops perform Yoga on Pontoon Bridge over Ravi River in Kathua

6 • PG | 186 • Sqcm | 18569 • AVE | N/A • Cir | Bottom Right

Chandigarh

BSF troops perform Yoga on Pontoon Bridge over Ravi River in Kathua

AJAY JANDYAL
JAMMU

Scores of BSF troops from Madhopur took part in the early morning session, which aimed to promote physical fitness, mental clarity, and a balanced lifestyle through structured yoga

In a striking display of discipline and wellness, Border Security Force (BSF) personnel on Friday performed yoga atop a pontoon bridge constructed over the Ravi River in Kathua district of Jammu and Kashmir, ahead of International Yoga Day 2025.

Scores of BSF troops from Madhopur took part in the early morning session, which aimed to promote physical fitness, mental clarity, and a balanced lifestyle through structured yoga postures and breathing techniques.

In a parallel celebration, jawans also practiced yoga near the scenic Basantar River in the Ramgarh sector of Samba district, further reinforcing the force's commitment to integrating holistic wellness practices into their demanding routines.

Officials said regular yoga helps BSF troops improve endurance, mental resilience, and operational efficiency while keeping stress levels in check.

A mega yoga event is scheduled to be held on Saturday at the Octroi Border Out Post (BoP) in the R.S. Pura sector of Jammu district to mark International Yoga Day.

The Daily Guardian • 21 Jun • Ministry of Ayush

International Yoga Day: CM Rekha to lead Yoga session on banks of Yamuna today

5 • PG | 213 • Sqcm | 21270 • AVE | N/A • Cir | Middle Center

Delhi

International Yoga Day: CM Rekha to lead Yoga session on banks of Yamuna today

TDG NETWORK
NEW DELHI

Delhi Chief Minister Rekha Gupta on Friday asserted that she will practice Yoga on the banks of the Yamuna on the occasion of the International Day of Yoga.

Speaking to persons ahead of International Yoga Day tomorrow, she said, "Tomorrow I will practice Yoga on the banks of Yamuna... Tomorrow will be celebrated like a festival in many places in Delhi... The Delhi government will celebrate this International Yoga Day with great enthusiasm."

Earlier in the day, she said that Prime Minister Narendra Modi made Yoga Day recognised on the world stage in such a way that every country in the world is adopting Yoga with great affection today. Addressing an event at a Yoga, Meditation, and Medical Camp in Delhi's Shalimar Bagh ahead of International Yoga Day tomorrow, Chief Minister Rekha Gupta said, "PM Modi got Yoga recognised on the world stage in such a way that every country in the world is adopting Yoga with great affection today... India will be able to prosper only if it remains healthy."

As India is gearing up to celebrate the 11th International Day of Yoga on June 21, the government is organising a multitude of events nationwide to mark the occasion with "Yoga for One Earth, One Health" as this year's theme. Yoga Sangam, the main event, will orchestrate a synchronised mass yoga demonstration based on the Common Yoga Protocol (CYP) at over 1 lakh locations across India on June 21, 2025, from 6:30 AM to 7:45 AM. Prime Minister Narendra Modi will lead the national event at Visakhapatnam, Andhra Pradesh. This collective celebration aims to reaffirm our shared commitment to the timeless practice of yoga and its enduring relevance in today's world.

This year marks the 11th International Day of Yoga, with the theme "Yoga for One Earth, One Health". This theme echoes a vital truth about the interconnectedness of health, sustainability, and the environment, aligning with India's "One Earth, One Family, One Future" vision highlighted during its G20 presidency.

The Daily Guardian • 20 Jun • Ministry of Ayush

City flags off Yoga Marathon; daily yoga is key to health: Vishwanath

14 • PG | 119 • Sqcm | 11948 • AVE | N/A • Cir | Middle Right

Chandigarh

City flags off Yoga Marathon; daily yoga is key to health: Vishwanath

TDG NETWORK
PANCHKULA

City Magistrate Shri Vishwanath said that including yoga in one's daily routine is the key to staying healthy. He also appealed to the people of the district to participate enthusiastically in the International Yoga Day.

Shri Vishwanath was addressing the Yoga Marathon organised at Tau Devi Lal Stadium, Sector-3 on the occasion of International Yoga Day today as the chief guest.

He said that "Yoga Mitaye Rog"- Doing yoga keeps the mind happy and the body healthy. Everyone should take out time for yoga every day so that they can keep themselves healthy. Doing yoga also increases the lifespan of a person and leads to a healthy life. He said that doing yoga keeps the body healthy. By doing yoga regularly, many diseases are eliminated from the body. Today, yoga is practiced by crores of people not only in Haryana but in the entire country and the world.

In the Yoga Marathon today, school children, sportspersons and employees of the Yoga Commission and AYUSH Department, carrying banners and flags of 'Yoga Bhagaye Rog' in their hands, gave the message of practicing yoga to the citizens of the district and encouraged them to participate in large numbers on Yoga Day. The Nagaradhis said that on 21st June, the district level International Yoga Day will be celebrated at Parade Ground Sector-5. He said that all preparations have been completed by the administration for the grand celebration of International Yoga Day.

The Daily Guardian • 20 Jun • Ministry of Ayush

DLSA Panchkula holds Yoga camps ahead of International Yoga Day

13 • PG | 250 • Sqcm | 24991 • AVE | N/A • Cir | Middle Left

Chandigarh

DLSA Panchkula holds Yoga camps ahead of International Yoga Day

TDG NETWORK
PANCHKULA

Ms. Aparna Bhardwaj, Chief Judicial Magistrate-cum-Secretary, District Legal Services Authority (DLSA), Panchkula, informed that as per the Action Plan-2025, and under the directions of Sh. Surya Partap Singh, Member Secretary, Haryana State Legal Services Authority (HALSA), and the able guidance of Sh. Ved Parkash Sirohi ,District & Sessions Judge-cum-Chairman, DLSA Panchkula, a series of yoga camps were organized across the district to mark the occasion of International Day of Yoga.

The camps were conducted with the objective of spreading awareness about the importance of yoga in daily life, especially among students, inmates, and children in care institutions. Yoga is a timeless Indian tradition that promotes physical, mental, and spiritual well-being. Recognizing its significance, DLSA Panchkula undertook this special initiative across different sectors and institutions in the district.

The yoga camps were organized as under:

* On 13.06.2025, a yoga camp was held at Central Jail, Ambala, where over 500 inmates participated. The session aimed at promoting emotional balance and stress relief through guided yoga asanas and breathing exercises.

* On 17.06.2025, a camp was conducted at Industrial Training Institute (ITI), Raipur Rani, which saw the enthusiastic participation of around 200 students and staff. The session focused on basic postures, stretching, and mindfulness.

* On 18.06.2025, a yoga camp was organized at CCI Bal Niketan, attended by 40 children. The children participated actively in the session, which emphasized relaxation, focus, and physical development.

* On 19.06.2025,ITI Sector-14, Panchkula, where 180 students and staff members took part in the yoga training program.

All the camps were conducted under the supervision of Sh. satyavir singh, the Chief Yoga Instructor deputed by Ms. Bharadwaj. He led each session along with his team, ensuring active engagement, discipline, and proper instruction at every venue.

Ms. Aparna Bharadwaj further informed that during ongoing legal literacy and awareness camps, Panel Advocates and Para Legal Volunteers (PLVs) were also orally directed to educate people about the various health benefits of yoga, its contribution to emotional well-being, and its role in leading a stress-free life. She emphasized that yoga is not just a physical exercise but a holistic approach to life that connects body, mind, and spirit.

Ms. Bhardwaj stated the DLSA Panchkula remains committed to the holistic development of society and continues to organize such meaningful events for the benefit of various vulnerable sections of society, including prisoners, children in shelter homes, and students. Ms.Bhardwaj said the grand culmination of the campaign will be held on 21st June 2025, on the International Day of Yoga, with additional camps and participation drives.

The Daily Guardian • 19 Jun • Ministry of Ayush

Indian Coast Guard personnel take part in a special yoga session.....

1 • PG | 117 • Sqcm | 11669 • AVE | N/A • Cir | Bottom Right

Chandigarh

Indian Coast Guard personnel take part in a special yoga session ahead of International Yoga Day in the ICG ship, Ameya, on Tuesday. ANI

The Daily Guardian • 19 Jun • Ministry of Ayush

Over 20 lakh people to join for mass yoga practice on 11th International Yoga Day

4 • PG | 272 • Sqcm | 27217 • AVE | N/A • Cir | Top Right

Chandigarh

Over 20 lakh people to join for mass yoga practice on 11th International Yoga Day

TDG NETWORK
CHANDIGARH

Sharing information in this regard an official spokesperson said that yoga programmes will be organised in all 22 districts and 121 blocks of the state on June 21.

Haryana Chief Minister, Nayab Singh Saini has taken a historic step towards building a "Yoga Yukt, Nasha Mukt Haryana" by embracing Prime Minister, Sh. Narendra Modi's message of "Yoga for One Earth, One Health" on the occasion of the 11th International Yoga Day. As a result of this initiative, more than 20 lakh people across the state will participate in yoga sessions on June 21.

Sharing information in this regard an official spokesperson said that yoga programmes will be organised in all 22 districts and 121 blocks of the state on June 21. More than 20 lakh citizens will come together to practice yoga. So far, over 12.10 lakh people have registered themselves through the portal to participate. As part of the "Harit Yoga" campaign to promote environmental awareness, more than 70,000 saplings have already been planted. The state-level main event will be held at the Brahma Sarovar in Kurukshetra, where Chief Minister, Sh. Nayab Singh Saini and other dignitaries will participate in yoga exercises along with thousands of practitioners, in the presence of yoga guru Swami Ramdev.

Notably, in 2014, Prime Minister, Narendra Modi introduced yoga on the global stage at the United Nations General Assembly. With support from 177 countries, June 21 was declared as International Yoga Day, through which India offered the world a path of peace, health, and harmony.

This year's Yoga Day theme highlights yoga's role in promoting physical, mental, and environmental well-being. It aligns with the global call for unity and sustainability, the spokesperson added.

The spokesperson further said that to promote yoga at the grassroots level, the Haryana Government has set a target of building 1,000 Vyayamshalas (gymnasiums) in rural areas. So far, 714 have been completed and 877 AYUSH yoga assistants have been appointed.

Special yoga programmes will also be held in these Vyayamshalas on June 21, 2025.

The Daily Guardian • 19 Jun • Ministry of Ayush

Yoga Marathon at Tau Devi Lal Stadium to be held today, DC urges public to join

14 • PG | 257 • Sqcm | 25688 • AVE | N/A • Cir | Middle Center

Chandigarh

Yoga Marathon at Tau Devi Lal Stadium to be held today, DC urges public to join

TDG NETWORK
PANCHKULA

On the occasion of International Yoga Day on June 19, 2025, the district administration of Panchkula is set to organize a grand Yoga Marathon at 6 a.m. in Sector-3 Tau Devi Lal Stadium. This event is being coordinated under the leadership of Deputy Commissioner Mrs. Monika Gupta, who has appealed to all district residents to participate with full enthusiasm. Representatives from schools, colleges, government institutions, and children from various organizations are expected to take part in large numbers.

The Deputy Commissioner emphasized that elaborate preparations are being made to ensure the successful organization of the 11th International Yoga Day. As part of these efforts, a three-day yoga training camp was organized in advance to prepare participants and promote awareness about the importance of yoga in daily life.

The training camp witnessed the participation of ministers, Members of Parliament, MLAs, administrative officers, students, and citizens. Officials and employees from various government departments, including the District Administration, Sports Department, and AYUSH Department, were actively involved in the sessions.

Yoga experts from the AYUSH Department and instructors from Patanjali Yoga Peeth conducted yoga protocol training sessions during the camp. Participants were trained in standard yoga practices in accordance with the guidelines of the Ministry of AYUSH. The initiative received enthusiastic response from the local population, demonstrating growing public interest in health and wellness activities.The Deputy Commissioner highlighted that Yoga Day celebrations aim not only to mark a global event but also to promote a healthy lifestyle and mental well-being among citizens. The Yoga Marathon and related activities reflect the district's commitment to the broader national campaign of making yoga a part of everyday life.

Residents have been urged to join the event in large numbers to make it a memorable and impactful celebration.

The Daily Guardian • 19 Jun • Ministry of Ayush

Ministry of Ayush organises Yoga Maha Kumbh

5 • PG | 176 • Sqcm | 17626 • AVE | N/A • Cir | Bottom Left

Delhi

Ministry of Ayush organises Yoga Maha Kumbh

TDG NETWORK
NEW DELHI

Ahead of the grand three-day yoga, wellness, and holistic living festival, the Ministry of Ayush organised a 'Yoga Maha Kumbh 2025' event in New Delhi on Wednesday.

Meanwhile, on the occasion of International Yoga Day this year, Visakhapatnam is set to host a grand event which will also mark the participation of Prime Minister Narendra Modi.

The city will be hosting a record-breaking yoga event which will feature over 2.5 lakh people performing yoga together at a single location -- an attempt to set a new world record.

The grand event will take place along the 27-kilometer-long coastal road of Visakhapatnam, which will serve as the venue for this massive yoga session. Andhra Pradesh Chief Minister Chandrababu Naidu is also expected to join PM Modi for the yoga performance.

On Tuesday, the Andhra Pradesh government conducted a high-level review meeting at the VMRDA office in Visakhapatnam to finalise preparations for the 11th International Yoga Day celebrations on June 21.

The event, which is expected to attract a record turnout of five lakh people, will be held with massive arrangements in place to ensure smooth execution.

The meeting was attended by Ministers Vangalapudi Anitha, Achennaidu, DBV Swamy, BC Janardhan Reddy, and Angani Satya Prasad, along with MP Bharat, coalition MLAs from Uttarandhra, and several other public representatives.

The Daily Guardian • 18 Jun • Ministry of Ayush

1145 join Day 2 of Yoga camp led by Patanjali experts

14 • PG | 105 • Sqcm | 10513 • AVE | N/A • Cir | Middle Center

Chandigarh

1145 join Day 2 of Yoga camp led by Patanjali experts

TDG NETWORK
PANCHKULA

A three-day training camp is being organised at Parade Ground, Sector 5 from June 14 to June 18 under the guidance of Deputy Commissioner Monika Gupta.

District Ayurvedic Officer, Dr. Dilip Kumar Mishra, said that in this camp, ministers, MPs, MLAs, administrative officers, officers/employees of all other departments, school students and interested general public are being trained at the district level in preparation for the 11th International Yoga Day-2025.

He informed that on the second day of the training camp, at the district level at Parade Ground, Sector-5, Panchkula, the officers/employees of the district administration, coaches of the sports department and children of the sports department, officers/employees of the AYUSH department were given training on yoga protocol by AYUSH yoga experts and Patanjali yoga teachers. He informed that about 145 participants took part in the training camp.

He told that the training camp was started with the chanting of prayer mantra. After this, yoga activities like Tadasana, Vrikshasana, Padahasta, Ardhachakrasana, Vajrasana, Uttanamanduka, Ushtrasana, Vakrasana, Makrasana, Shalabhasana, Setubandha, Uttanapadasana, Pawanmukt, Ardhahalasana, Anulom Vilom, Kapalbhati, Bhramari were practiced and information was also given about the benefits of these yoga activities.

The Daily Guardian • 18 Jun • Ministry of Ayush

ADC reviews Yoga Day plans;Marathon set for June 19

14 • PG | 242 • Sqcm | 24169 • AVE | N/A • Cir | Top Right

Chandigarh

ADC reviews Yoga Day plans; Marathon set for June 19

TDG NETWORK
PANCHKULA

Additional Deputy Commissioner Nisha Yadav today chaired a meeting regarding the preparations for Yoga Day in the Mini Secretariat Auditorium. The ADC appealed to all the officers to work as a team and organize Yoga Day in a grand manner.

Additional Deputy Commissioner said that International Yoga Day will be celebrated on June 21 at Parade Ground Sector 5.

He instructed the District Education Officer to include students from 9th to 12th in yoga. He told the concerned officer that in the summer season, apart from ambulance and doctor, adequate arrangements should be made for ORS and drinking water.

For this, the concerned officer should take all necessary action and the nodal officer should ensure that all necessary arrangements are made on time. He said that sports, police and education department have an important role in yoga programs. Therefore, the concerned officer should work with full responsibility.

Additional Deputy Commissioner said that campers and glasses should be arranged for those participating in yoga practice and necessary arrangements should also be made by the corporation for disposing of the glasses. Apart from this, cleanliness should also be ensured. He directed the police department to deploy adequate police force.

He instructed all the department heads to ensure that all their employees and officers participate in the International Yoga Day. Apart from this, buses should be arranged to bring and take the students.

Officers of the Horticulture Department should do the decoration work for the function.

He said that on June 19, a marathon will be organized from gate number one to gate number two of Tau Devi Lal Sports Stadium at 6 am. In this, school children will spread the message of yoga by carrying banners and flags in their hands. After this, yoga practice will be conducted in the parade ground.

To ensure maximum participation of people in International Yoga Day, the cooperation of RWA and Resident Welfare should be taken. The final rehearsal for International Yoga Day will be organised on 20 June.

SDM Chandrakant Kataria, SDM Kalka Sanyam Garg, City Magistrate Vishwanath, District Development and Panchayat Officer Vishal Parashar, DEEO Sandhya Malik, District Forest Officer Vishal Kaushik, Excise and Taxation Officer Sales Arun Kumar, Tehsildar Vikram Singla, District Sports Officer Neel Kamal and officers from many departments were present in the meeting.

The Daily Guardian • 17 Jun • Ministry of Ayush

DEPRESSION AND YOGA: A SIMPLE AND NATURAL WAY TO OVERCOME STRESS

15 • PG | 781 • Sqcm | 78090 • AVE | N/A • Cir | Top Left

Chandigarh • Delhi

DEPRESSION AND YOGA: A SIMPLE AND NATURAL WAY TO OVERCOME STRESS

JYOTSNAA G BANSAL

21st June - International Yoga Day

The initiative for ***Yoga Day*** was taken by India's PM **Sh. Narendra Modi** in his 2014 UN address and the ***first International Yoga Day*** was celebrated successfully on **21 June 2015** around the world including New York, Paris, Beijing, Bangkok, Kuala Lumpur, Seoul and New Delhi.

In today's fast-paced world, our lifestyles have become extremely busy and stressful. Pressures from work, family responsibilities, social expectations and constant competition weigh heavily on our minds. While modern technology has made life more convenient, it has also contributed to increased stress and mental health challenges. Among these challenges, depression is one of the most serious and common mental health issues.

What Is Depression?

Depression is not just feeling sad or low temporarily; it is a serious mental illness. It affects a person's ability to think clearly, feel emotions and function in daily life.

Untreated depression can severely impact social relationships, family life and work.

Signs and Symptoms of Depression

If you notice several of the following symptoms persisting over time, it's important to seek help:

- Persistent sadness, emptiness or anxiety
- Sleeping too little or too much
- Loss of interest in activities once enjoyed
- Feeling lonely, hopeless or helpless
- Difficulty concentrating or making decisions
- Constant fatigue or lack of energy
- Thoughts of self-harm or suicide
- Withdrawal from friends and family

Causes of Depression

Depression usually arises due to a combination of factors:

YOGA AND ITS ROLE IN COMBATING DEPRESSION

Yoga is an ancient holistic system that unites body, mind and soul. The Sanskrit word "Yoga" means "to unite" or "to join." Yoga includes physical postures (asanas), breath control (pranayama) and meditation. It helps reduce stress by balancing bodily energy and calming the mind. Scientific research shows yoga lowers stress hormones, strengthens immunity and fosters positivity.

BENEFITS OF YOGA FOR MENTAL HEALTH

Reduces stress and increases mental resilience.

Improves decision-making and focus.

Builds self-confidence.

Encourages a positive mindset.

Enhances mindfulness and self-awareness.

HELPFUL YOGA POSTURES FOR DEPRESSION

Sukhasana (Easy Pose): A comfortable seated position that reduces anxiety and promotes inner calm and security.

Balasana (Child's Pose): A restful pose mimicking the fetal position, which provides mental relaxation, reduces anxiety and improves sleep.

Bhujangasana (Cobra Pose): Strengthens the spine and boosts self-confidence while energizing the body.

Paschimottanasana (Forward Bend): Releases tension, relaxes the nervous system, steadies the mind and supports emotional stability.

Sarvangasana (Shoulder Stand): A full-body posture that improves blood circulation and enhances mental clarity and vitality.

Lifestyle Factors:	Personal Factors:
○ Irregular or insufficient sleep ○ Poor diet and lack of exercise ○ Alcohol, smoking, or substance use	○ Family conflicts or broken relationships ○ Childhood trauma or abuse ○ Genetic predisposition (family history of depression)
Situational Factors:	**Professional Factors:**
○ Loss of a loved one or serious illness ○ Financial crisis or unemployment ○ Natural disasters or accidents	○ Work overload or job insecurity ○ Difficulty balancing personal and professional life

Depression: The Indian and Global Scenario

The World Health Organization reports a 25% rise in depression and anxiety during the COVID-19 pandemic.

In India, around 5% of adults suffer from depression. Women are approximately 50% more affected than men.

PRECAUTIONS FOR YOGA PRACTICE

Never force your body into a posture.

Consult a doctor or experienced instructor if you have health issues or injuries.

Start yoga under the guidance of a qualified teacher.

Warm up gently before practice and relax fully at the end (Shavasana).

Stop immediately if you experience sharp pain.

Practice regularly and patiently to gain maximum benefits.

CONCLUSION

Treating depression effectively requires a combination of medical care, psychotherapy and social support. Combining yoga with modern medical treatments offers a balanced approach to mental wellness.

Yoga, pranayama and meditation are valuable complementary therapies. Even 15-20 minutes of daily yoga can improve mental clarity, emotional balance and confidence. Yoga nurtures self-acceptance, patience and compassion, which aid recovery. However, yoga should complement—not replace—professional medical and psychological care.

Remember: Mental health issues are not a sign of weakness. Seek expert help promptly and include yoga in your lifestyle to live a happier, healthier and stress-free life. If you or someone you know shows symptoms of depression, don't hesitate to consult a specialist.

Jyotsnaa G Bansal is a Reiki Grandmaster, practicing Numerologist (with published Numerology Research Papers in International Journals), IKS & Vedic Learner & Seeker, Author, Columnist, Researcher, Counselor and Crystals & Spiritual Guide. She has presented Research papers at various Colleges & Universities including DU, CSU, SLBSNSU

The Daily Guardian • 17 Jun • Ministry of Ayush

3,000 PGI doctors,staff to join yoga on International Yoga Day

14 • PG | 166 • Sqcm | 16573 • AVE | N/A • Cir | Middle Center

Chandigarh

3,000 PGI doctors, staff to join yoga on International Yoga Day

TDG NETWORK
CHANDIGARH

3000 doctors and health care workers of PGI are preparing to break their old record and make a new record. Last year on 21st June International Yoga Day, 1924 doctors and health care workers of PGI had registered their name in Asia Book of Dr. Balraj World Record by doing yoga together. This time 3000 people will do yoga together at one place. Preparations for this are in full swing. CCRYN in-charge and neurologist Dr. Akshay Anand said - This time on Yoga Day, efforts are being made to connect health workers of government and private hospitals of Chandigarh, Mohali and Panchkula (Tricity). A committee has been formed for this. Yoga protocols have been prepared. PGI had released Wellness Yoga Module for students last year. In these, students were taught yoga asanas that help in relieving stress, anxiety, fear, increasing self-confidence and self-esteem. Two doctors of PGI have done MD in Yoga, four are doing it. One has done DM. Talking about the benefits of yoga, Dr. Ishita Sood, who has an MD in Anesthesia and has done research on yoga, said, "When we made back pain patients do yoga, their body flexibility increased. A special integrated yoga therapy module of 21 asanas was created. 30 back pain patients were given physiotherapy for three months and 30 patients were made to do yoga asanas. In the end, the patients who did yoga had more flexibility in their bodies. Along with this, there was an improvement in the quality of life as well."

Dr. Balraj, who is doing DM in the Department of Hepatology, has done research on fatty liver. He studied 110 patients of fatty liver. He put 51 patients on exercise and diet under Ayush's Obesity Yoga Protocol. The same number of patients were put on yoga and diet.

After 6 months, the weight and grade of fatty liver of the patients on yoga and control diet also reduced. Not only this, improvement was also seen in the liver function test of these patients. That is, the protein called alanine aminotransferase which keeps the digestion system healthy. This also got cured.

There are many examples of improving health and staying healthy through yoga. Recently, research done by doctors in PGI on back pain and fatty liver has proved that these problems can be reduced through special yoga protocols. Along with this, quality of life can also be improved.

The Daily Guardian • 17 Jun • Ministry of Ayush

Karma Yoga: Finding divinity through work and duty

15 • PG | 370 • Sqcm | 37047 • AVE | N/A • Cir | Bottom Left

Delhi

Karma Yoga: Finding divinity through work and duty

TDG NETWORK

In a world driven by ambition, deadlines, and material pursuits, the ancient wisdom of Karma Yoga offers a powerful reminder: that work, when done selflessly and with full awareness, can become a path to spiritual liberation. Derived from the Bhagavad Gita, Karma Yoga—literally translated as the "yoga of action"—teaches that every task, no matter how mundane, can become a sacred offering when performed without attachment to results.

At its core, Karma Yoga is about doing one's duty with sincerity, integrity, and dedication, while surrendering the outcome to a higher power. It emphasizes action without ego, service without selfishness, and work as worship. Whether you're a teacher shaping young minds, a homemaker nurturing a family, or a professional chasing targets, Karma Yoga urges you to act not for applause or reward, but because it is your dharma—your righteous path.

Lord Krishna's message to Arjuna in the Gita is timeless: "You have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions." This detachment from results frees us from stress, disappointment, and pride. It teaches resilience in failure and humility in success.

Karma Yoga is not about renouncing the world but about transforming ordinary work into a spiritual practice. The key lies in intention. When we offer our actions to the divine or to the greater good, the action itself becomes purifying. We begin to see every interaction as an opportunity to serve, grow, and evolve.

Karma Yoga is not about renouncing the world but about transforming ordinary work into a spiritual practice. The key lies in intention. When we offer our actions to the divine or to the greater good, the action itself becomes purifying. We begin to see every interaction as an opportunity to serve, grow, and evolve.

In modern times, where burnout and self-centred ambition are common, Karma Yoga brings balance. It doesn't ask us to give up goals but to approach them mindfully, with a spirit of service. It helps us align personal ambition with collective well-being.

Ultimately, Karma Yoga reminds us that life is not only about achieving, but about how we achieve. Every moment, every act—be it sweeping the floor, closing a business deal, or helping a stranger—can be infused with awareness and offered as a step on the path to self-realization.

By walking the path of Karma Yoga, we learn to find the divine not in distant heavens, but in the duties we perform every day, with a pure heart and a quiet mind.

The Daily Guardian • 17 Jun • Ministry of Ayush

The eternal wisdom of Yoga: A self-purification journey

10 • PG | 793 • Sqcm | 79272 • AVE | N/A • Cir | Middle Left

Delhi

The eternal wisdom of Yoga: A self-purification journey

SHARDA BHATI

Yoga, a profound legacy of India's ancient Rishi-Munis, continues to be a guiding light for seekers of health, peace, and inner transformation. Rooted in spiritual insight and natural discipline, yoga was developed as a sacred practice to unite the body, mind, and soul. Alongside yoga, naturopathy, a system that heals through nature, offers a powerful complement. Together, these time-honored traditions provide holistic well-being in an increasingly stressful and fragmented world.

June 21st marks International Yoga Day, a global celebration of this ancient science. Recognized by the United Nations in 2014, the day is a reminder of yoga's universal relevance and its power to heal, uplift, and transform.

THE INNER CHURNING OF YOGA

In yogic tradition, the practice of yoga is seen as a continuous inner churning—a symbolic journey of self-purification. Just as the mythical ocean was churned to reveal divine treasures, yoga churns the inner self, revealing physical health, mental clarity, and spiritual insight.

In the ancient story of Samudra Manthan, Mount Mandara served as the churning rod and the serpent Vasuki as the rope, held by both gods and demons—representing dualities such as positive and negative energies. Similarly, in yoga practice, the navel becomes the center of this churning, and our breath acts as the tool. Each controlled breath in pranayama helps balance these energies and leads to a deeper sense of awareness and strength.

For instance, the first item from the churning was Halahal (poison), symbolic of life's challenges. Through Kapot Ujjayi Pranayama, which activates the Vishuddhi Chakra, we learn to endure and transform adversity into resilience, just as Lord Shiva held the poison in his throat, unaffected.

This journey through yoga reveals many symbolic gems:

• Kamdhenu: A symbol of physical and mental balance
• Uchchaishrava: Readiness and adaptability
• Airavat: Steady willpower and persistence
• Kaustubh Mani: Inner glow and vitality
• Kalpavriksha: Manifestation through imagination and focused intention
• Rambha: Harmony of the five elements and seven chakras
• Lakshmi: Health and grace
• Varuni: Caution against ego and overindulgence
• Chandra (Moon): Mental calm and emotional clarity
• Parijat Tree: Healing properties of nature
• Panchjanya: The universal sound of existence
• Dhanvantari: Divine healing and knowledge of longevity
• Amrit: Immortality through spiritual realization
• Naturopathy: Healing in Tune with Nature

THE SIGNIFICANCE OF INTERNATIONAL YOGA DAY

International Yoga Day is not only a celebration but also a global call to return to balance. Observed on the summer solstice, the longest day of the year, it symbolizes light, energy, and awakening.

YOGA FOR MODERN LIFE

Yoga is especially vital in today's world, where people face increasing health issues like anxiety, hypertension, sleep disorders, and lifestyle diseases. Unlike quick fixes, yoga offers sustainable healing.

Key practices include:

• Asanas (like Tadasana, Balasana, Shavasana) that enhance flexibility, muscle tone, and posture
• Pranayama (like Anulom Vilom, Bhramari) that calm the mind and regulate breathing
• Dhyana (meditation), which centers the mind and enhances focus
• Finding the Right Time and Inner Balance

Yoga is not just a physical exercise but a profound journey toward self-awareness and inner harmony. Rooted in ancient Indian wisdom, it offers a path to connect the body, mind, and soul. The true essence of yoga lies in its ability to make us more conscious of our thoughts, emotions, and actions. Through consistent practice, yoga cultivates mindfulness, emotional balance, and a deeper understanding of the self.

The timing of yoga plays an important role in maximizing its benefits. The most ideal time to practice yoga is during Brahma Muhurta, which is approximately 1.5 hours before sunrise. At this peaceful hour, the environment is calm, the mind is quiet, and the body is naturally aligned with the rhythms of nature. Practicing yoga at this time enhances clarity, focus, and spiritual growth. However, if early morning isn't possible, yoga can also be practiced in the early evening or even at night, as long as the stomach is empty and the body is relaxed.

Yoga encourages self-awareness by inviting practitioners to observe their breath, thoughts, and bodily sensations. Asanas (postures) stretch and strengthen the body, but more importantly, they bring attention to areas of tension and imbalance. Pranayama (breathing exercises) teaches control over the breath, which in turn calms the nervous system and the mind. Meditation deepens this connection, allowing one to witness the fluctuations of the mind without judgment.

By practicing yoga regularly, individuals begin to live more consciously—responding rather than reacting, choosing peace over chaos, and understanding their true nature. It is a lifelong journey, not toward perfection, but toward presence. In this awareness lies the true freedom and joy that yoga promises.

The Daily Guardian • 17 Jun • Ministry of Ayush

YOGA AND NATUROPATHY: A NATURAL PATH TO WELLNESS & HOLISTIC LIVING

10 • PG | 823 • Sqcm | 82288 • AVE | N/A • Cir | Top Left

Delhi

YOGA AND NATUROPATHY: A NATURAL PATH TO WELLNESS & HOLISTIC LIVING

PROF. SANJEEV SHARMA

In today's fast-paced world, stress and inactive lifestyles have become common. This makes it more important than ever to focus on holistic wellness. Yoga and naturopathy—ancient systems of natural healing—offer powerful ways to connect with our body, calm the mind, and lead a healthier life. These practices help restore balance, boost energy, and improve overall well-being. International Yoga Day, celebrated on June 21st each year, reminds us of the timeless value of these practices and encourages people worldwide to make them a part of daily living.

THE 2025 INTERNATIONAL YOGA DAY THEME

" The International Day of Yoga (IDY) 2025 marks a significant milestone of this global celebration. Under the theme "Yoga for One Earth, One Health," this year's observance highlights yoga's vital role in promoting holistic well-being and environmental harmony. We all should join a local yoga group or community wellness initiative.

Yoga and naturopathy are ancient, trusted ways to achieve health, balance, and inner peace. They help people take charge of their well-being through natural living and self-awareness. On International Yoga Day 2025, let's embrace their power to not only heal ourselves but also create a kinder, healthier world.

The word "Yoga" is derived from the Sanskrit root 'Yuj', meaning to join or to unite. This union signifies the coming together of the individual consciousness with the universal consciousness. Though popularly known for its physical postures or "asanas", yoga is a comprehensive system that includes:

• Asanas (Postures): To strengthen and stretch the body.
• Pranayama (Breathing Techniques): To regulate life energy through the breath.
• Dhyana (Meditation): To calm and focus the mind.
• Yamas and Niyamas (Ethical Disciplines): Guidelines for social and personal conduct.
• Dharana and Samadhi (Concentration and Enlightenment): Advanced states of mental focus and inner realization.

Yoga offers a path to self-discovery and inner peace. It is not a religion, but a philosophy and science of well-being, suitable for people of all ages, faiths, and backgrounds.

THE RISE OF NATUROPATHY: HEALING THE NATURAL WAY

Naturopathy is a natural, drug-free way of healing that doesn't involve surgery. It is based on the idea that the body can heal itself when given the right care, environment, and a healthy lifestyle.

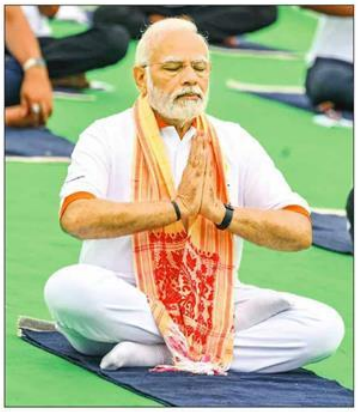
The core principles of naturopathy include:
• The healing power of nature
• Identifying and treating the root cause
• Using natural therapies such as diet, hydrotherapy, fasting, massage, and mud therapy
• Avoiding suppressive treatments that may harm the body's natural functions

Naturopathy works on prevention and wellness rather than mere cure. It views disease as the body's effort to eliminate toxins and restore balance. When practiced with yoga, naturopathy enhances the body's vitality and resilience, making it easier to prevent chronic illnesses and recover from ailments.

SYNERGY BETWEEN YOGA AND NATUROPATHY

Yoga and naturopathy complement each other beautifully. While yoga harmonizes the body-mind system through asanas, breathwork, and meditation, naturopathy supports the body with nature-based healing, pure food, and detoxification techniques.

When practiced together, they bring about the following positive changes:
• Enhance digestion, immunity, and energy levels
• Reduce anxiety, depression, and emotional stress
• Improve sleep quality and hormonal balance
• Encourage mindful eating and self-awareness
• Prevent lifestyle diseases like diabetes, hypertension, and obesity



In India, both systems are often taught together in AYUSH institutions (Ayurveda, Yoga, Unani, Siddha, and Homeopathy), as part of integrative health models that support long-term wellness.

ELEMENTS OF A HEALTHY LIFESTYLE: THE NATURAL WAY

A healthy lifestyle doesn't require expensive equipment or complex diets. Simplicity, consistency, and awareness are key. Here are the core principles for cultivating a yogic and natural lifestyle:

1. Balanced Diet

Eat seasonal, local, and plant-based foods.

Emphasize raw vegetables, fruits, sprouts, whole grains, and nuts.

Avoid processed foods, refined sugar, and artificial additives.

Practice mindful eating—eat slowly, without distraction.

2. Regular Physical Activity

Practice yoga asanas, stretching, or brisk walking for at least 30 minutes a day.

Include surya namaskar (sun salutation)—a complete body workout and energizer.

Choose natural movements like cycling, gardening, or swimming.

3. Mental Hygiene

Begin your day with meditation or prayer to anchor your thoughts.

Practice gratitude, positive affirmations, and deep breathing.

Avoid information overload—limit screen time and social media.

4. Hydration and Natural Detox

Drink plenty of water, preferably warm and infused with herbs like tulsi or lemon.

Use mud packs, steam therapy, or hydrotherapy occasionally to cleanse.

Fast once a week or adopt intermittent fasting for digestive rest.

5. Rest and Rejuvenation

Maintain a regular sleep routine—7-8 hours of uninterrupted sleep.

Disconnect from digital devices at least one hour before bedtime.

Use self-care rituals like oil massage (abhyanga), herbal baths, or yoga nidra.

The idea is to move from individual transformation to collective awakening. When citizens are mindful, calm, and compassionate, societies naturally become more inclusive, empathetic, and progressive.

A CALL TO ACTION

In a world battling with physical diseases, mental fatigue, and environmental crises, adopting a yogic and natural lifestyle is not just a choice—it is a responsibility. It is a path to sustainable living that honors the body, respects the planet, and nurtures the soul. so this yoga day let us all commit to ourselves that with help of yoga, balanced diet and some minor lifestyle modifications we will consciously change ourselves and do our bit to bring positive transformation in this world also.

The author of the article is Prof Sanjeev Sharma who is Vice Chancellor of National Institute of Ayurveda Jaipur.

The Daily Guardian • 14 Jun • Ministry of Ayush

Grand event will be organised on International Yoga Day in Kurukshetra

4 • PG | 195 • Sqcm | 19452 • AVE | N/A • Cir | Bottom Right

Chandigarh

'Grand event will be organised on International Yoga Day in Kurukshetra'

TDG NETWORK
CHANDIGARH

Haryana Health and Family Welfare Minister Arti Singh Rao on Friday said the state has witnessed an overwhelming response to the ongoing yoga camps organized in the lead-up to International Yoga Day on June 21. She said Chief Minister Nayab Singh Saini had announced the launch of yoga sessions 25 days before the International Yoga Day, and so far, more than 15 lakh people have actively participated in these sessions across the state.

The minister highlighted that lakhs of participants have taken a pledge to incorporate yoga into their daily routines, promoting both physical and mental well-being.

She said a grand event will be organized on International Yoga Day on June 21 in Kurukshetra where Yoga Guru Baba Ramdev will also be present. Since it is the 11th International Yoga Day, we are aiming to ensure that 11 lakh people across the state will do yoga together. She said the government is also actively engaged in distributing saplings among people and along with doing yoga, we also want to spread awareness on protecting the environment.

The minister also paid condolences to people who lost their family members in the Air India flight crash. "It is heart wrenching and sad to hear about this incident. When the plane came down, some of its parts fell on the medical hostel, resulting in the death of more than 50 doctors. May God give peace to their souls and strength to the families of all the victims to bear this loss."

In response to a question on the Covid situation, the minister said there was no need to worry as most cases are mild, yet the public are advised to follow Covid-appropriate behaviour to ensure the safety of all.

The Daily Guardian • 14 Jun • Ministry of Ayush

OVER 11 LAKH PEOPLE IN HARYANA TO PARTICIPATE IN 11TH INTERNATIONAL YOGA DAY

4 • PG | 425 • Sqcm | 42536 • AVE | N/A • Cir | Top Left

Chandigarh

OVER 11 LAKH PEOPLE IN HARYANA TO PARTICIPATE IN 11TH INTERNATIONAL YOGA DAY

Kurukshetra's Brahma Sarovar to host state-level event; participation of over one lakh people expected

TDG NETWORK
PANCHKULA

Haryana Chief Minister Nayab Singh Saini said that preparations are underway to make the 11th International Yoga Day on June 21 a major event in the state. More than 11 lakh people are expected to participate in yoga sessions across all 22 districts and 121 blocks.

The state-level function will be held at Brahma Sarovar in Kurukshetra, where yoga guru Ramdev will lead the yoga session. The government has set a target of over one lakh participants at the site to attempt a world record.

The Chief Minister was speaking at a Yoga Protocol Training Camp held at the Indo-Tibetan Border Police (ITBP) Basic Training Centre in Bhanu, Panchkula. The camp was jointly organized by the AYUSH Department, Haryana Yoga Commission, and ITBP. A two-minute silence was observed for those who died in a recent plane crash in Ahmedabad.

Saini said that yoga has been practiced in the state since May 27 as part of the lead-up to International Yoga Day. So far, around 15.6 lakh people have participated in various yoga events across Haryana. He added that over 61,000 medicinal plants have been planted and a "Yoga Awareness Yatra" is covering 5,000 villages.

The government is distributing 10 lakh medicinal plants under the "Green Yoga" campaign. A dedicated portal for the June 21 event has received over 7.65 lakh registrations. Yoga camps are also being conducted by organizations including Patanjali Yogpeeth, Bharat Yoga Sansthan, Brahma Kumaris, and Art of Living at more than 2,500 locations.

The Chief Minister said that 714 exercise halls have been built across the state, and 877 AYUSH yoga assistants have been appointed. He urged citizens to adopt yoga as a part of their daily routine.

AYUSH Minister Arti Singh Rao said that this year's theme is "Yoga for One Earth, One Health," which links human health with environmental and animal health. She added that plantation and cleanliness drives are being carried out at yoga venues across the state.

Haryana Yoga Commission Chairman Dr. Jaideep Arya said that yoga is not just exercise, but a way of maintaining balance in life. He said that yoga helps armed forces personnel working in difficult conditions and improves physical and mental resilience.

Senior officers from the ITBP and state administration were present at the event.

A tree plantation was also carried out at the ITBP Bhanu campus under the "One Tree in Mother's Name" initiative.

Nayab Singh Saini along with Aarti Singh Rao and other dignitaries performing yoga at ITBP, Bhanu on Friday.

Haryana Yoga Commission Chairman Dr. Jaideep Arya said that yoga is not just exercise, but a way of maintaining balance in life.

TO SUM UP

- State-level event at Brahma Sarovar, Kurukshetra, led by yoga guru Ramdev.
- Target set to break world record with 1 lakh participants at the main venue.
- Yoga practice started from May 27; 15.6 lakh participants so far.
- "Green Yoga" campaign distributing 10 lakh medicinal plants.
- 714 exercise halls built; 877 AYUSH yoga assistants appointed.

The Daily Guardian • 11 Jun • Ministry of Ayush

NIA celebrates International Yoga Day with 'Green Yoga' initiative

15 • PG | 88 • Sqcm | 8758 • AVE | N/A • Cir | Middle Center

Chandigarh

NIA celebrates International Yoga Day with 'Green Yoga' initiative

TDG NETWORK
PANCHKULA

National Institute of Ayurveda Panchkula Haryana organized Green Yoga on 9 June 2025 on the occasion of 11th International Yoga Day under the direction of Vice Chancellor Professor Sanjeev Sharma and Dean Professor Gulab Chand Pamnani and Dean Incharge Professor Satish Gandharva. The chief guest of this program was District Information and Public Relations Officer Mr. Kuldeep Bangad.

During the program, the institute's DMS Dr. Gaurav Kumar Garg, all the officers and students were also present.

The chief guest of the program, Mr. Kuldeep Bangad said that the aim of Green Yoga is to protect the environment around us and to improve health through yoga and along with this, he also planted trees in the premises of the institute.

The main program of International Yoga Day will be organized on 21 June 2025.

The Daily Guardian • 11 Jun • Ministry of Ayush

Yoga protocol training camp organised at Haryana Assembly

4 • PG | 237 • Sqcm | 23694 • AVE | N/A • Cir | Top Right

Chandigarh

Yoga protocol training camp organised at Haryana Assembly

TDG NETWORK
CHANDIGARH

Haryana Chief Minister Nayab Singh Saini attended the programme as the chief guest. Cabinet Minister Dr. Arvind Sharma and Deputy Speaker of Haryana Legislative Assembly Krishan Lal Middha were present on the occasion.

A Yoga Protocol Training Camp, jointly organized by the Haryana Yog Aayog, Haryana Legislative Assembly, and AYUSH Department, was successfully held on Tuesday at the Haryana Legislative Assembly premises. The training, in preparation for International Yoga Day 2025, included 15 Haryana MLAs and a number of Assembly officers and employees. Haryana Chief Minister Nayab Singh Saini attended the programme as the chief guest. Cabinet Minister Dr. Arvind Sharma and Deputy Speaker of Haryana Legislative Assembly Krishan Lal Middha were present on the occasion.

The programme started with lighting of lamp and chanting of Vedic mantras. Addressing the programme, Chief Minister Nayab Singh Saini, underlining the importance of yoga, said the objective of the state government is to create a 'yogayukt, nasha-mukt and yogamay Haryana'. The 11th International Yoga Day is being celebrated nationwide as a major festival this year. In Haryana, celebrations commenced 25 days ago with a Yoga Mahotsav inaugurated on May 27. Subsequently, various departments, institutions, and armed and paramilitary forces are being integrated into the events to raise public awareness about health promotion.

He said it is a matter of good fortune for us that on June 21, yoga practice will be done with the participation of more than 1 lakh people at the Brahma Sarovar, Kurukshetra under the guidance of Yoga Rishi Swami Ramdev. Deputy Speaker of the Assembly Krishna Lal Middha said we should adopt yoga in our daily routine. On June 21, lakhs of citizens from all over the state will be a part of this health campaign.

The IDY Yoga Protocol Training Programme was successfully organized under the guidance of Dr. Jaideep Arya, Chairman, Haryana Yog Aayog. The protocol training was conducted by Dr. Rajkumar, Registrar, Haryana Yog Aayog, in which Dr. Jaspreet Kaur and Priyanka were present on the stage as yoga instructors.

The Daily Guardian • 11 Jun • Ministry of Ayush

Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day

6 • PG | 170 • Sqcm | 17018 • AVE | N/A • Cir | Middle Right

Delhi

Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day

TDG NETWORK
VADODARA

A yoga camp was held at Navlakhi Ground in Vadodara ahead of International Yoga Day, drawing participation from over one lakh people on Tuesday, according to officials.

The event was jointly organised by the Gujarat State Yoga Board and Vadodara Municipal Corporation to raise awareness about the benefits of yoga.

The event, which took place as a precursor to the celebrations on June 21, saw enthusiastic participation from people of all age groups who practised various yoga asanas together in the open.

Chairman of the Gujarat State Yoga Board, Shishpal Rajput, addressed the gathering and emphasised the growing importance of yoga in modern life.

"The trend of people towards yoga is increasing across the country. Everyone is becoming healthy. Even after having a reputation for money, a person has stress, depression, sleep issues, diabetes and obesity. They feel that apart from financial health, physical health is very important. Mental health is very important and it will be achieved through yoga. There is no other way but yoga," he said.

He further added, "So today you have seen that there was a Mahakumbh of Yoga in the city of Vadodara, and similar programs are taking place in all our districts of Gujarat."

The River Fund program will be held in Ahmedabad on Wednesday, where the Gujarat Chief Minister, Bhupendra Patel, will participate.Similar yoga camps have been planned in various districts of Gujarat in the coming days.

The Daily Guardian • 10 Jun • Ministry of Ayush

345 participants join Yoga protocol practice session

14 • PG | 46 • Sqcm | 4641 • AVE | N/A • Cir | Middle Center

Chandigarh

345 participants join Yoga protocol practice session

TDG NETWORK
PANCHKULA

On the occasion of International Yoga Day, as per the directions of Director General, AYUSH Department Haryana, Shri Sanjeev Verma, IAS, the District Administration Panchkula and AYUSH Department are celebrating the 11th International Yoga Day on June 21.

On the occasion of 11th International Yoga Day, under the chairmanship of Dr. Dilip Kumar Mishra, District Ayurvedic Officer, Panchkula, 345 participants were made to practice yoga protocol in Huda/RWA Panchkula of the district today.

The Daily Guardian • 09 Jun • Ministry of Ayush

CM Saini to participate in Yoga Day celebrations in Kurukshetra

4 • PG | 174 • Sqcm | 17406 • AVE | N/A • Cir | Middle Left

Chandigarh

CM Saini to participate in Yoga Day celebrations in Kurukshetra

TDG NETWORK
KURUKSHETRA

Haryana Chief Minister Nayab Singh Saini on Sunday said that it was a matter of great pride and fortune for the state to host a yoga event under the guidance of Yoga guru Baba Ramdev.

The CM invited every household in Kurukshetra to actively take part in the programme, which is expected to see participation from lakhs of people.

Speaking to mediapersons about the upcoming event, CM Saini said, "... It is a matter of good fortune for all of us that we will do yoga under the guidance of Yog guru Baba Ramdev in Kurukshetra... Lakhs of people will participate. I request every household in Kurukshetra to participate in this programme..."

Meanwhile, Prime Minister Narendra Modi is expected to mark celebrations for the International Yoga Day, scheduled to be celebrated on June 21 in Andhra Pradesh.

In a post on X, the Prime Minister expressed happiness at witnessing people's enthusiasm ahead of the Yoga Day celebrations and said that "Yogandhra 2025" was a commendable effort to popularise the ancient practice.

"Gladdening to see enthusiasm building up towards Yoga Day 2025. #Yogandhra2025 is a commendable effort by the people of AP to make Yoga popular. I look forward to marking Yoga Day in AP on the 21st," PM Modi said.

"I call upon all of you to mark Yoga Day and also make Yoga a regular part of your lives," he added.

The grand event will take place along the 27-kilometre-long coastal road of Visakhapatnam, which will serve as the venue for this massive yoga session.

Andhra Pradesh Chief Minister Chandrababu Naidu is also expected to join PM Modi for the yoga performance.

Reflecting on the journey of International Yoga Day, Prime Minister Modi remarked that the first International Yoga Day was observed on June 21, 2015, and has since evolved into a global celebration of wellness. He described it as India's precious gift to humanity, beneficial for generations to come.

The Daily Guardian • 29 May • Ministry of Ayush

Kurukshetra to host Haryana's Yoga Day celebrations

4 • PG | 181 • Sqcm | 18082 • AVE | N/A • Cir | Bottom Left

Chandigarh

Kurukshetra to host Haryana's Yoga Day celebrations

TDG NETWORK
CHANDIGARH

Haryana Chief Minister Nayab Singh Saini said that a grand state-level event will be organized in Kurukshetra on June 21 to mark the 11th International Yoga Day. Approximately one lakh participants will participate in the celebrations. Renowned Yoga Guru Baba Ramdev will also grace the occasion with his presence.

The Chief Minister was addressing a press conference shortly after presiding over a meeting held on Wednesday to finalize preparations for the 11th International Yoga Day celebrations, along with officials from the AYUSH Department and other concerned departments.

He said that with the efforts of Prime Minister Narendra Modi, International Yoga Day has been celebrated globally on June 21 each year since 2015. The Prime Minister's proposal at the United Nations was supported by 177 countries and today entire world has embraced yoga. The Chief Minister informed that the final preparations for the 11th International Yoga Day function were reviewed and finalized during the meeting. He emphasized the importance of creating an atmosphere where the entire state is engaged in yoga. "Yoga is an ancient tradition of our country. It is not just a form of physical exercise, but a holistic way of life. It has given us a path to health awareness," he said. He also encouraged everyone to incorporate yoga into their daily routine and contribute to building a 'Healthy India.'

In addition to the state-level function, district-level events will be organized across all districts. Furthermore, block-level programs will be conducted in all 121 blocks of the state. The AYUSH department has prepared a detailed blueprint for these events.

Nayab Singh Saini said that in the lead-up to International Yoga Day, various programmes including Yoga Marathons and the Yoga Jagran Yatra will be conducted alongside dedicated training sessions.

The Daily Guardian • 28 May • Ministry of Ayush

Three-day yoga training camp begins ahead of International Yoga Day

14 • PG | 198 • Sqcm | 19763 • AVE | N/A • Cir | Bottom Right

Chandigarh

Three-day yoga training camp begins ahead of International Yoga Day

TDG NETWORK
PANCHKULA

On the occasion of the 11th International Yoga Day-2025, as per the instructions of Director General, AYUSH Department Haryana, Shri Sanjeev Verma, IAS, the District Administration Panchkula and AYUSH Department are celebrating the 11th International Yoga Day on 21 June 2025.

Under the chairmanship of Dr. Dilip Kumar Mishra, District Ayurvedic Officer, Panchkula, on the occasion of 11th International Yoga Day-2025, under the three-day training camp, till May 28, from 6:00 am to 7:30 am, yoga training will be given to the lecturers of Physical Education, PTI and DPI of the schools by the Yoga Experts of AYUSH Department and Yoga Instructors of Sports Department. In the same sequence, today the Physical Education lecturers, PTI and DPE of more than 245 schools were given training in Yoga protocol at Tau Devi Lal Stadium, Sector-3, Panchkula. The training camp was started with the chanting of the prayer mantra and then the benefits of these yogic exercises were demonstrated by practicing yoga exercises like Tadasana, Vrikshasana, Padahasta, Ardhachakrasana, Vajrasana, Uttanamanduka, Ustrasana, Vakrasana, Makrasana, Shalabhasana, Setubandha, Uttanapadasana, Pawanmukta, Ardhahalasana, Anulom Vilom, Kapalbhati, Bhramari. Information was also given. Yoga expert of AYUSH department, Ritu Mittal was present in this yoga camp.

Panchkula prepares for International Yoga Day.

In the same sequence, today the Physical Education lecturers, PTI and DPE of more than 245 schools were given training in Yoga protocol at Tau Devi Lal Stadium, Sector-3, Panchkula.

The Daily Guardian • 27 May • Ministry of Ayush

Three-day yoga training camp begins ahead of International Yoga Day 2025

14 • PG | 126 • Sqcm | 12565 • AVE | N/A • Cir | Middle Right

Chandigarh

Three-day yoga training camp begins ahead of International Yoga Day 2025

TDG NETWORK
PANCHKULA

On the occasion of the 11th International Yoga Day-2025, as per the instructions of Director General, AYUSH Department Haryana, Shri Sanjeev Verma, IAS, the 11th International Yoga Day is being celebrated on 21 June 2025 by the District Administration Panchkula and AYUSH Department.

On this occasion, the Yoga Protocol was practiced by Physical Education Lecturers, PTI and DPE from more than 250 schools at Tau Devi Lal Stadium, Sector-3 today.

Under the chairmanship of Dr. Dilip Kumar Mishra, District Ayurvedic Officer, Panchkula, under the three-day training camp on the occasion of 11th International Yoga Day-2025, yoga training will be given to the spokespersons of Physical Education, PTI and DPI of the schools by the yoga experts of the AYUSH Department and Yoga instructors of the Sports Department from 6 am to 7:30 am till May 28.

The training camp was started with the chanting of prayer mantra, after which the benefits of these yogic exercises were practiced by practicing Yoga Kriyas like Tadasana, Vrikshasana, Padahasta, Ardhachakrasana, Vajrasana, Uttanamanduka, Ustrasana, Vakrasana, Makrasana, Shalabhasana, Setubandha, Uttanapadasana, Pawanmukt, Ardhahalasana, Anulom Vilom, Kapalbhati, Bhramari. Information was also given. Yoga expert of Ayush department Ritu Mittal was present in this yoga camp.

The Daily Guardian • 18 Mar • Ministry of Ayush

ENERGIZE YOUR WORKDAY - HARNESSING YOGA AND PRANAYAMA FOR PROFESSIONALS

14 • PG | 845 • Sqcm | 84470 • AVE | N/A • Cir | Top Left

Delhi

ENERGIZE YOUR WORKDAY - HARNESSING YOGA AND PRANAYAMA FOR PROFESSIONALS

TDG NETWORK
NEW DELHI

In today's fast-paced world, work has become an essential part of our daily routine. With most of us spending long hours at desks in front of computers, office life often takes a toll on our physical and mental health. From back pain and eye strain to stress and anxiety, the consequences of a sedentary lifestyle are well documented. However, amidst the demanding schedules and constant pressure to perform, yoga and pranayama have emerged as powerful tools to combat the negative impacts of office life.

Yoga, a physical, mental, and spiritual practice that originated in India thousands of years ago, is now widely recognized as a holistic approach to improving well-being. Pranayama, the practice of controlling breath, is a core aspect of yoga and is especially beneficial in helping manage stress and maintain mental clarity. Together, yoga and pranayama offer an array of health benefits that can improve both physical and mental aspects of office work.

THE NEED FOR YOGA AND PRANAYAMA IN OFFICE LIFE

Modern office life often leads to an imbalance in our physical and mental health. Prolonged sitting, repetitive tasks, and high-pressure work environments can result in various health issues, including:

Physical Strain: Sitting for extended periods can lead to poor posture, back pain, neck stiffness, and headaches. The lack of movement can also contribute to weight gain and poor circulation.

Mental Stress: Tight deadlines, constant multitasking, and long working hours can cause high levels of stress and anxiety. The continuous pressure to meet expectations often leads to burnout, affecting both work and personal life.

Decreased Productivity: Stress and physical discomfort can significantly impact focus, concentration, and overall productivity. Employees may struggle to stay motivated or engaged, leading to a decline in performance.

Lack of Relaxation: A lack of mental relaxation and downtime leads to fatigue, which diminishes creativity and problem-solving abilities.

Incorporating yoga and pranayama into office life addresses these issues by promoting relaxation, improving focus, and enhancing physical well-being.

THE BENEFITS OF YOGA IN THE OFFICE

Improved Posture and Flexibility: Yoga helps in stretching and strengthening muscles that may become stiff from sitting in one position for too long. Regular practice of yoga poses such as the cat-cow stretch, shoulder shrugs, and seated forward bends helps in improving posture, reducing the risk of back pain, and alleviating discomfort caused by sitting.

Incorporating simple yoga stretches throughout the day, even at your desk, can increase mobility, prevent muscle strain, and reduce stiffness, especially in the neck, shoulders, and lower back areas.

Enhanced Breathing and Reduced Stress: Deep breathing exercises are at the core of yoga. In an office setting, this becomes essential as shallow breathing often accompanies stress and tension. Yoga encourages slow, deep, and mindful breathing, which triggers the body's relaxation response. By practicing yoga poses combined with deep breathing, individuals can activate the parasympathetic nervous system, which reduces stress and promotes mental clarity.

Increased Energy and Focus: One of the most immediate benefits of yoga is its ability to enhance energy levels. A few minutes of yoga poses or breathing exercises can boost circulation and oxygen flow to the brain, which helps improve concentration, alertness, and overall mental clarity. This makes it easier to focus on tasks and improve productivity during the workday.

Mental Clarity and Emotional Balance: Yoga has a profound impact on mental health. It encourages mindfulness, which involves staying present in the moment and focusing on the breath or the movement. By practicing mindfulness, employees can manage distractions more effectively and develop emotional resilience, which helps in dealing with the daily stresses of office life.

Regular yoga practice also helps in cultivating a positive mindset by releasing negative emotions such as anger, frustration, and anxiety. This emotional balance can improve interpersonal relationships in the workplace, leading to better collaboration and communication.

THE ROLE OF PRANAYAMA IN OFFICE LIFE

Pranayama, often referred to as the "art of controlled breathing," involves various techniques designed to regulate and control the breath. It is one of the most important aspects of yoga and is known for its positive impact on both physical and mental health. The practice of pranayama can be easily incorporated into office life, offering a quick and effective way to manage stress, improve concentration, and enhance overall well-being.

Stress Reduction: Pranayama helps in activating the body's relaxation response by slowing down the breath and reducing the production of stress hormones. Techniques like Nadi Shodhana (alternate nostril breathing) and Ujjayi (victorious breath) help calm the nervous system, reduce anxiety, and create a sense of inner peace. When practiced during stressful moments, pranayama can bring immediate relief and restore a sense of calm.

Improved Focus and Concentration: Breathing exercises like Kapalbhati (skull shining breath) and Bhastrika (bellows breath) help increase oxygen levels in the body, leading to better brain function. These pranayama techniques stimulate the mind, increase mental clarity, and improve focus. By practicing pranayama in the office, employees can sharpen their concentration and enhance productivity, especially during tasks that require sustained focus.

Increased Vitality: Pranayama helps to increase the flow of oxygen throughout the body, which enhances energy levels and combats fatigue. By consciously controlling the breath, individuals can improve circulation, increase lung capacity, and boost overall vitality. This results in a reduction in fatigue and an overall sense of rejuvenation, making it easier to maintain energy throughout the workday.

Emotional Stability: Pranayama techniques promote emotional balance by regulating the autonomic nervous system. This helps in reducing mood swings, irritability, and emotional stress. In a work environment, where conflicts and pressures can create emotional upheavals, pranayama can help individuals maintain a calm and composed state of mind.

INTEGRATING YOGA AND PRANAYAMA INTO OFFICE LIFE

Despite the numerous benefits of yoga and pranayama, it is essential to create an environment that supports their integration into office life. Here are some practical ways employees and organizations can incorporate yoga and pranayama into daily office routines:

Short Yoga Breaks: Setting aside 5-10 minutes every few hours for a quick yoga session can go a long way in improving physical well-being. Simple stretches like neck rolls, shoulder shrugs, wrist stretches, and seated spinal twists can alleviate stiffness and tension. Employees can also take a break to practice deep breathing exercises to help calm the mind and refocus.

Mindful Breathing Sessions: Organizing short breathing sessions during work breaks can help employees release stress and improve concentration. Practices like Nadi Shodhana (alternate nostril breathing) or Ujjayi (victorious breath) can be done in a quiet space or even at one's desk to restore calm and mental clarity.

Yoga and Pranayama Workshops: Organizations can invite certified yoga instructors to conduct workshops or sessions for employees. These workshops can focus on teaching simple yoga poses, stretches, and pranayama techniques that can be practiced in the office to relieve stress, improve posture, and increase energy levels.

Creating a Wellness Space: If possible, organizations can set up a small wellness area in the office where employees can practice yoga or meditation during their breaks. This space can include yoga mats, cushions, and a calming atmosphere conducive to relaxation and mindful breathing.

Encouraging a Holistic Approach to Well-being: Employers can promote the importance of work-life balance and holistic well-being by encouraging employees to engage in yoga and pranayama outside of work hours as well. Corporate wellness programs can include yoga classes or mindfulness meditation sessions that employees can attend after work or during lunch breaks.

Incorporating yoga and pranayama into office life offers numerous benefits, from improving physical health to enhancing mental clarity and emotional well-being. By providing employees with the tools to manage stress, improve focus, and stay physically active, organizations can create a healthier and more productive work environment.

Yoga and pranayama are simple, effective, and easily adaptable practices that can be done with minimal space and time commitment. With consistent practice, employees can experience increased energy, reduced stress, and improved overall health, ultimately leading to enhanced productivity and satisfaction in both their personal and professional lives. In the modern workplace, integrating yoga and pranayama is not just a trend—it is a powerful solution for maintaining a balanced, healthy, and thriving work environment.

Telangana Today • 21 Jun • Ministry of Ayush

JOIN THE YOGA DAY

2 • PG | 212 • Sqcm | 275939 • AVE | 440K • Cir | Middle Left

Hyderabad

Actor Meenakshi Chaudhary was among several who took part in World Yoga Day celebrations at LB Stadium.— Photo: Surya Sridhar

The Echo of India • 21 Jun • Ministry of Ayush

Malda Division gears up for International Day of Yoga 2025

10 • PG | 125 • Sqcm | 15003 • AVE | 120.06K • Cir | Top Left

Kolkata

Malda Division gears up for International Day of Yoga 2025

EOI CORRESPONDENT

MALDA, JUNE 20/--/In alignment with the nationwide celebration of International Day of Yoga (IDY) 2025, Malda Division of Eastern Railway is taking significant steps to promote the spirit of yoga among railway employees and their families. The theme of this year's observance is "Yoga for One Earth, One Health", reflecting the universal benefits of yoga for individual well-being and environmental harmony.

Today, on the eve of IDY 2025, a special pledge ceremony was held across various offices and stations of Malda Division. Railway officers and staff took the "Yoga for Health and Environment" pledge, committing themselves to the practice and promotion of yoga in daily life. Participation certificates were issued to all the pledge takers to recognize their commitment to this initiative.

To mark the occasion, Mass yoga awareness programs and practical sessions are being organized at multiple locations on 21st June, 2025 including major railway stations, coaching depots, divisional offices, and workshops. These programs aim to create awareness about the physical and mental health benefits of yoga among the workforce.

Further, community-level events are planned at Railway Colonies and Railway Institutes, where railway employees along with their family members will actively participate in yoga demonstrations and wellness talks to commemorate the day in a holistic manner.

The Echo of India • 20 Jun • Ministry of Ayush

GSI to celebrate 11th International Day of Yoga with 50 events across the nation

11 • PG | 90 • Sqcm | 10786 • AVE | 120.06K • Cir | Middle Left

Kolkata

GSI to celebrate 11th International Day of Yoga with 50 events across the nation

EOI CORRESPONDENT

KOLKATA, JUNE 19/--/The Geological Survey of India (GSI), under the Ministry of Mines, is set to celebrate the 11th International Day of Yoga (IDY) on 21st June 2025 with nationwide participation. Marking this year's theme, "Yoga for One Earth, One Health," GSI has planned 50 events across 46 locations in the country to promote holistic well-being and a healthy lifestyle among its personnel and the public.

In alignment with the vision of the Prime Minister Modi, GSI will organize guided yoga sessions at its Central Headquarters in Kolkata, regional and state unit offices, 12 geo-heritage sites, 6 drilling field camps, and 3 training centres. More than 3,000 participants, including GSI personnel, school students, and members of local communities, are expected to take part in this initiative.

GSI will also take part in 1-Day Countdown Event for International Day of Yoga 2025, a live yoga session with the Hon'ble Union Minister of Coal and Mines, Shri G. Kishan Reddy, scheduled to take place in Hyderabad on 20th June 2025.

Through this coordinated initiative, GSI reaffirms its commitment to promoting health and well-being, while fostering awareness and participation both within its scientific community and among the broader public, aligning with the vision of advancing the principles and practice of yoga.

The Echo of India • 20 Jun • Ministry of Ayush

Yoga awareness sessions held in CLW schools

10 • PG | 105 • Sqcm | 12599 • AVE | 120.06K • Cir | Middle Right

Kolkata

Yoga awareness sessions held in CLW schools

EOI CORRESPONDENT

CHITTARANJAN, JUNE 19/--/As part of the 11th International Yoga Day celebrations and under the theme "Yoga for One Earth, One Health", Chittaranjan Locomotive Works (CLW) organised yoga awareness lectures in local schools on 19th June 2025.

Students of Deshbandhu Girls' High School,

Deshbandhu Boys' High School, and the English Medium School learned about the benefits of yoga through expert-led sessions. Demonstrations of asanas like Tadasana, Vrikshasana, Vajrasana, Bhujangasana, and Dhanurasana were also conducted.

The students actively participated and asked questions under the theme.

The Echo of India • 20 Jun • Ministry of Ayush

Yoga ahead of the International Day of Yoga

6 • PG | 95 • Sqcm | 11438 • AVE | 120.06K • Cir | Middle Center

Kolkata

Uttarakhand Chief Minister Pushkar Singh Dhami (C) performs Yoga ahead of the International Day of Yoga, in Dehradun

The Echo of India • 20 Jun • Ministry of Ayush

Assam CM to inaugurate Chirang district jail on International Yoga Day

3 • PG | 270 • Sqcm | 32415 • AVE | 120.06K • Cir | Middle Center

Kolkata

Assam CM to inaugurate Chirang district jail on International Yoga Day

STAFF REPORTER

CHIRANG, JUNE 19 / -- / The newly-constructed Chirang District Jail in Kajalgaon is all set for its official inauguration on June 21, coinciding with International Yoga Day.

The facility, built at a cost of Rs 65 crore will be inaugurated by Assam Chief Minister Himanta Biswa Sarma.

Bodoland Territorial Council (BTC) Chief Executive Member Pramod Boro visited the site today to inspect the preparations. "

Ahead of the scheduled visit of Chief Minister Himanta Biswa Sarma on 21st June for the inauguration of the new jail in Chirang district, I visited the site today to take stock of the preparations. Looking forward to welcoming Hon'ble CM on International Yoga Day," Boro posted on the 'X'.

The Chirang District Jail will be one of the most modern correctional facilities in Northeast India. With a capacity to house 636 inmates, the jail is equipped with advanced infrastructure that not only strengthens security but also prioritizes rehabilitation and humane treatment of inmates.

According to Assam Minister for Home (Prisons) Rupesh Gowala, the facility embodies the state's evolving commitment to prison reforms.

Senior government officials, including Inspector General of Prisons Pubali Gohain, DIG Gautam Bora, MLAs Nirmal Kumar Brahma and Ajoy Kumar Ray, Chirang Deputy Commissioner Jatin Bora and Superintendent of Police Akshat Garg conducted a detailed inspection of the premises on May 27 to ensure readiness for the upcoming inauguration.

The jail has addressed a long-standing logistical and humanitarian issue in Chirang, where the absence of a district-level facility previously forced authorities to transfer inmates to distant locations such as Goalpara, Dhubri and Nagaon.

The Echo of India • 16 Jun • Ministry of Ayush

Over 41 pc of respondents have incorporated Yoga into their lifestyle: Ayush survey

5 • PG | 322 • Sqcm | 38632 • AVE | 120.06K • Cir | Top Right

Kolkata

Over 41 pc of respondents have incorporated Yoga into their lifestyle: Ayush survey

NEW DELHI, JUNE 15 /-- / Over 41 per cent of the respondents have incorporated Yoga into their lifestyle to a certain extent after a decade of the UN's declaration of June 21 as the International Day of Yoga, according to a survey report by the Ayush ministry. The survey, which covered 30,084 households across 34 states and UTs including urban and rural areas, noted that 24,6 per cent respondents reported improved fitness due to Yoga, 16.9 per cent experienced reduction in stress levels, while around one-fourth respondents claimed to have gained health knowledge.

Titled 'Impact Assessment of a Decade of International Day of Yoga (IDY): Survey Findings', the survey revealed that 11.2 per cent practice yoga regularly, 13.4 per cent occasionally and 75.5 per cent do not practice yoga. Dr RaghavendraRao, Director of CCRYN explained, "These 11.2 per cent people who practice Yoga regularly have been measured as those who go to yoga classes and attend sessions regularly."

"When we say that over 41 per cent have adopted yoga into their lifestyle it means that they practice yoga in different forms such as bhakti yoga (prayer) or meditation and self practices to calm down the mind," he said. The findings of the survey conducted by Central Council for Research in Yoga and Naturopathy and Surveykshan, a company under YOLO 9 Technologies were released on Saturday. The survey data revealed that 12.6 per cent respondents in urban areas practice yoga regularly while the figure for rural areas is 10.4 per cent. In terms of gender, 11. 6 per cent regular practitioners are male while 10.7 per cent are female. Awareness about yoga was found to be highest among 18-24 age group. However when it comes to practicing Yoga, those aged 65 and above had the highest share at 17 per cent. Also, 36.2 per cent respondents having different health conditions such as diabetes, hypertension, heart disease and gastric issues practice yoga.

The survey also found that 39. 3 per cent respondents have awareness about the common Yoga protocol and that one-third of the respondents (33.4 per cent) have participated in at least one community IDY event over the last decade. (PTI)

The Morning Standard • 21 Jun • Ministry of Ayush

CM launches song ahead of Yoga Day, its video showcases tourist places

4 • PG | 60 • Sqcm | 28739 • AVE | 300K • Cir | Middle Center

Delhi

CM launches song ahead of Yoga Day, its video showcases tourist places

New Delhi: CM Rekha Gupta on Friday, a day before International Yoga Day, launched a song on yoga sung by music composer Amit Trivedi. "Official programmes will be held at 11 places. I will be participating in the Yoga programme in Sonia Vihar on Yamuna bank," she said. Gupta praised the song, saying its lyrics convey the feeling of a "Yogmay Dilli" and its video showcases city's tourist places.

The Morning Standard • 20 Jun • Ministry of Ayush

Metro to start services at 4 am on Yoga Day

4 • PG | 43 • Sqcm | 20805 • AVE | 300K • Cir | Middle Center

Delhi

Metro to start services at 4 am on Yoga Day

New Delhi: Delhi Metro services will start at 4 am from all originating stations on June 21 to facilitate the movement of yoga enthusiasts on International Day of Yoga, a DMRC official said. Services will run at 30-minute intervals until regular passenger operations begin, he added.

The Morning Standard • 19 Jun • Ministry of Ayush

Govt to host int'l yoga day events at 11 venues, CM to lead session from Yamuna

4 • PG | 343 • Sqcm | 164689 • AVE | 300K • Cir | Middle Center

Delhi

Govt to host int'l yoga day events at 11 venues, CM to lead session from Yamuna

EXPRESS NEWS SERVICE @ New Delhi

CM Rekha Gupta on Wednesday announced that, for the first time, the government will organise yoga events at 11 locations across the city on International Yoga Day. She will personally lead a session on the banks of the Yamuna River.

Gupta highlighted the growing global trust in India's Ayurvedic wisdom, saying Delhi has become a key hub for such treatments. She praised institutions like the All India Institute of Ayurveda and other Ayurvedic hospitals—both government and private—for preserving and promoting India's heritage.

She stated that India is fortunate to possess ancient, scientific knowledge of Ayurveda, yoga, and alternative medicine systems alongside allopathy. These practices, passed down through scriptures and traditions, offer holistic healing with minimal side effects. The Chief Minister urged doctors and researchers to advance this legacy, assuring full government support.

Reiterating plans for June 21, Gupta said that large-scale events across the capital will mark the day. At the Yamuna riverbank, she will deliver a message encouraging citizens to embrace traditional practices and a holistic lifestyle.

She also lauded PM Narendra Modi's efforts in promoting yoga worldwide, calling the global celebration of Yoga Day a matter of pride for every Indian. Criticising past administrations, Gupta said yoga was once seen through a political lens, but now, under a people-centric government, it is recognised as a cultural and health movement. "Yoga is not just physical exercise; it embodies Indian philosophy, spirituality, and balanced living. Every Indian should adopt it," she further said.

Speaking on medical systems, she added, "Our saints introduced us to Ayurveda through scriptures. Today, we have both allopathy and Ayurveda. While allopathic medicines may cause side effects, Ayurvedic treatments are generally free from them."

The Morning Standard • 17 Jun • Ministry of Ayush

Naidu reviews June 21 preps in Vizag, eyes 22 world records on Yoga Day

5 • PG | 434 • Sqcm | 208128 • AVE | 300K • Cir | Middle Right

Delhi

Naidu reviews June 21 preps in Vizag, eyes 22 world records on Yoga Day

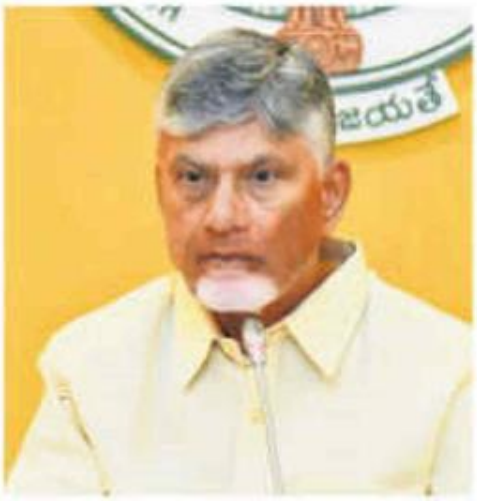
EXPRESS NEWS SERVICE
@ Visakhapatnam

CHIEF Minister N Chandrababu Naidu on Monday reviewed the preparations underway for the 11th edition of International Yoga Day celebrations, scheduled to be held in Visakhapatnam on June 21 . Prime Minister Narendra Modi is set to participate in the grand event, which is being planned on a massive scale with five lakh people performing yoga simultaneously on RK Beach Road.

During his visit, Naidu asserted that arrangements are being made to accomodate five lakh people to perform yoga at RK Beach, in what could potentially set a Guinness World Record in 22 categories.

As part of his visit, the Chief Minister inspected the arrangements at the site, which will serve as the main venue for the International Yoga Day event.

He examined the progress of the main stage's setup for the PM, reviewed logistics, and issued instructions to officials on



various aspects, including security, transportation, sanitation, and crowd management.

He stressed the importance of flawless planning and meticulous execution to enable the smooth conduct of the event, which aims to set a new benchmark in yoga participation. Later, he visited the Andhra University College of Engineering grounds, which has been identified as an alternative venue in case of unforeseen circumstances, such as adverse weather.

Later in the day, Naidu addressed a press conference where he shared his vision, preparations, scale, and significance of the event. The Chief Minister said Visakhapatnam was chosen as the primary venue for this year's International Yoga Day following Prime Minister Modi's suggestion, who believed the city would be an ideal location for a global event of this nature.

The Chief Minister described this as the largest and most significant public event hosted by the state in recent years and called it a matter of both pride and responsibility for the state. "Special compartments are being set up along the stretch from RK Beach to Bhogapuram to manage the crowd. As many as 607 urban secretariats will be involved in coordination, with support from other departments. One toilet is being arranged for every 100 participants, and transportation is being provided... Yoga mats have been arranged for 3.5 lakh people, and 5 lakh T-shirts will be distributed," he listed.

The Morning Standard • 16 Jun • Ministry of Ayush

Yoga seassion

3 • PG	181 • Sqcm	87063 • AVE	300K • Cir	Middle Center

Delhi

YOGA SESSION

Visually impaired people perform yoga at Naturopathy Centre on Sunday | PARVEEN NEGI

The Tribune • 21 Jun • Ministry of Ayush

Capital all set for wand Yoga Day celebrations

1 • PG | 133 • Sqcm | 401062 • AVE | 92.25K • Cir | Bottom Center

Delhi

Capital all set for grand Yoga Day celebrations

Preparations underway for International Yoga Day celebration at Kartavya Path in New Delhi on Friday. PTI

TRIBUNE NEWS SERVICE

NEW DELHI, JUNE 20

Chief Minister Rekha Gupta on Friday disclosed Delhi's large-scale preparations for International Yoga Day on June 21, saying lakhs of people will participate across the city.

She will lead the main event at the Yamuna Vihar Water Sports Club at 6 am, while yoga sessions will also be held at 10 other key venues, including Chhatrasal Stadium, Thyagaraj Stadium and Rajiv Gandhi Stadium, Bawana.

CM Gupta launched a special Yoga Day theme song, sung by award-winning artist Amit Trivedi and penned by Shailendra Singh Shaili. The video showcases major Delhi landmarks, blending the message of wellness and tourism.

CM launches theme song, to lead main event

Joined by ministers Ashish Sood, Manjinder Singh Sirsa and Kapil Mishra, the CM urged residents to embrace yoga as a daily practice, saying it brings physical health, mental peace and spiritual balance.

"This year's theme, 'Yoga for One Earth, One Health', reflects our global commitment to harmony," she said, encouraging citizens to do even 10 minutes of daily yoga.

She also called for a collective pledge to stay healthy and energise the nation through yoga, calling it India's timeless gift to the world and a path to personal and social well-being.

The Tribune • 21 Jun • Ministry of Ayush

CM Rekha launches yoga outreach session

2 • PG | 123 • Sqcm | 372541 • AVE | 92.25K • Cir | Top Center

Delhi

CM Rekha launches yoga outreach session

INT'L YOGA DAY

TRIBUNE NEWS SERVICE

NEW DELHI, JUNE 20

Delhi Chief Minister Rekha Gupta on Friday participated in a yoga and naturopathy session held at the Ram Bagh Meditation and Wellness Camp in Shalimar Bagh. The event, organised by Aatmyog Sansthan, witnessed the enthusiastic participation of locals, senior citizens, women and yoga practitioners from across the area.

Addressing the gathering, CM Rekha Gupta emphasised that yoga was not merely an exercise but a holistic way of life rooted in ancient Indian wisdom. "Yoga harmonises the body, mind and soul. It leads to a stress-free, disciplined and positive lifestyle. If India wants to be prosperous, it must first be healthy," she said, urging citizens to make yoga an integral part of their daily routine.

In a key announcement, the CM revealed that, for the first time, the Delhi Government would organize yoga sessions at 11 prominent locations across the city to mark International Yoga Day on Saturday. She will personally lead the session at Sonia Vihar Water Sports Club on the Yamuna riverfront. The events will start at 6 am and include venues such as Chhatrasal Stadium, Thyagaraj Stadium, East Vinod Nagar Sports Complex, Rajiv Gandhi Stadium (Bawana), and others.

Local organisations and community groups will participate to make the occasion a city-wide celebration.

Reiterating her government's commitment to holistic health, CM Gupta said more public yoga camps, naturopathy clinics and wellness centres would be promoted in Delhi. She praised the efforts of Aatmyog Sansthan and credited such institutions for their role in building a "Swasth Delhi, Viksit Delhi". She also commended Prime Minister Narendra Modi's efforts in making yoga a globally recognised movement.

The CM also announced that this year's Teej festival would be celebrated across Delhi with traditional fervour. Recalling the long-standing tradition of Teej festivities in Ram Bagh, she said the celebrations would be organized on a grand scale across the city. She called the unwavering support of the public — especially women — her greatest source of strength. "The faith and respect that Delhi's women have shown in me is something I will never take lightly," she said.

The Tribune • 21 Jun • Ministry of Ayush

India integrates world through yoga

3 • PG | 190 • Sqcm | 572901 • AVE | 92.25K • Cir | Bottom Right

Delhi • Chandigarh

The Tribune

TIME CAPSULE

INTERNATIONAL YOGA DAY (JUNE 21)

India integrates world through yoga

HAVING pre-Vedic origin, yoga has undisputedly integrated the world following India's accomplishment in getting June 21 declared as the International Yoga Day (IYD), by the United Nations General Assembly, 11 years ago. The UNGA also endorsed that yoga provides a holistic approach to health and well-being apart from striking a balance between all aspects of life.

Because of being the summer solstice, the longest day of the year in the northern hemisphere, June 21, was chosen as the IYD as it symbolised the brightest light and energy. The globalisation of the day prompted countries worldwide to host yoga events, workshops and awareness programmes, highlighting that yoga was not only meant for Indians, but was rather a truly global practice.

With further focus on popularising yoga across the world, Prime Minister Narendra Modi, on March 30, 2025, formally declared 'Yoga for One Earth, One Health' as the theme for International Yoga Day-2025, during his radio programme, Mann Ki Baat.

The theme underscores the importance of making the world understand that yoga provides a holistic approach to health and dissemination of information about the benefits of practicing it would be beneficial for the health of the world's population.

While several personalities have been known as advocates of the practice, Patanjali is widely regarded as the Father of Yoga as he compiled and systematised its various aspects into his Yoga Sutras (formulae), a foundational text for yoga philosophy and practice. These sutras are known to have outlined eight limbs of yoga, known as Ashtanga Yoga, which is a comprehensive approach to self-realisation and well-being.

The Yoga Sutras are recognised as the foundation stones of yoga philosophy and science, providing a platform for understanding its intricacies which include physical postures (Asana), breathing regulation (pranayama), meditation and ethical guidelines for various categories of yogis.

According to Hindu mythology, Lord Shiva is revered as the first yogi and a source of yogic wisdom. Centuries ago, a Sanskrit poet Bhartrhari had beautifully described yoga as an entity, playing the role of mother, father, brother, sister and friend for those practicing it.

According to Bhartrhari, by regularly practicing yoga, a person can imbibe some good qualities like courage which protects like a father, forgiveness as possessed by a mother and mental peace which becomes a permanent faithful friend. Through regular practice of yoga, truth becomes our child, mercy our sister, self-control our brother and the earth becomes our bed and knowledge satisfies our hunger.

Lakhs of Indians, including children, men and women will celebrate the 11th IDY featuring mass demonstrations nationwide, while PM Narendra Modi will lead the event in Visakhapatnam.

MAHESH SHARMA

The Tribune • 21 Jun • Ministry of Ayush

SUKHWINDER SINGH DRAWS OXYGEN FROM MUSIC & YOGA

1,4 • PG | 495 • Sqcm | 1493722 • AVE | 92.25K • Cir | Middle Left,Top Right

Delhi • Chandigarh

Sing Breathe Reset

MONA

EVER since Sukhwinder Singh entered the music scene with the iconic hit, *Chaiyya Chaiyya*, in 1998, he has been a relentless hit-maker. With songs such as the playful *Ramta Jogi*, motivational *Kar Har Maidaan Fateh*, soulful *Mitwa*, energetic *Chak De India*, catchy *Gallan Goodiyaan* and funny *Jungle Mein Kaand*, he continues to captivate audiences. And of course, how could we forget the Oscar and Grammy-winning sensation *Jai Ho* from *Slumdog Millionaire*! Sukhwinder's electrifying live performances have won him legions of fans worldwide. This World Music day, Sukhwinder is set to perform in the City of Joy, to pay a rich tribute to Raj Kapoor. He will sing the song, *Ram Teri Ganga Maili*, it in four different styles – the original, classical, Sufi and folk.

Sukhwinder has another interest — *yoga*. On International Day of Yoga and World Music Day, which fall on the same day, today, he talks to us about two of his loves.

"Music is akin to meditation for me. I was introduced to it during my childhood," he says. Born in Amritsar, Sukhwinder completed his education in Jalandhar. But for Sukhwinder, his education in music is an ongoing process and he takes his *riyaaz* seriously. "I am a 'traveller' learner. Wherever I go, I make sure to spend time with the local artistes. I sit with them, jam with them and always learn a thing or two!"

So, where does *yoga* fit in? When someone suggested him yoga, he was not sure if he could accommodate it in his busy schedule. But once he took it up, Sukhwinder realised its worth in real time. "Being a sportsperson, it didn't take me long to learn *yoga* – the basic stretching and *asanas*; what amazed me was that the benefits of yoga extend not just to the body but to the mind as well." Sukhwinder loves that you cannot 'hurry up' in *yoga*. "I have made a special playlist with an element of classical, bit of rock, more of folk and I enjoy my yoga routine that I follow four to five days a week," he says.

He has kept no fixed time for *yoga* but he makes sure to do it consistently. "It relaxes my body and mind, prepping me for the frantic pace of life that I lead, helping me give my best to my fans, for whose deep love I am deeply grateful for."

Looking forward to the release of his projects —Vishal Bhardwaj's *Arjun Ustara* starring Shahid Kapoor; Siddharth Anand-directorial *King* that stars Shah Rukh Khan and Suhana Khan; Ahmed Khan's *Baaghi 3* with Tiger Shroff; and another film on *Namami Gange*, his hands are full, heart content. "I wish everyone, a fabulous World Music and Yoga Day!"

The Tribune • 21 Jun • Ministry of Ayush

Yoga Day today, India's global outreach includes Pak, 1,300 cities worldwide

20 • PG | 267 • Sqcm | 805061 • AVE | 92.25K • Cir | Top Left

Delhi • Chandigarh

Youngsters perform yoga inside a temple on the eve of the International Day of Yoga in Nadia, West Bengal, on Friday. PTI

Yoga Day today, India's global outreach includes Pak, 1,300 cities worldwide

TRIBUNE NEWS SERVICE

NEW DELHI, JUNE 20

India will celebrate International Day of Yoga (IDY) on Saturday by organising over 2,000 events across 1,300 locations in 191 countries, including Pakistan.

The Indian High Commission in Islamabad will hold a yoga event, the Indian Council for Cultural Relations (ICCR), the cultural wing of the Ministry of External Affairs, said in a statement.

Marking the 10th anniversary of IDY, ICCR Director General K Nandini Singla said, "We will practically cover every country in the world. In countries like the US, multiple events will be held across various cities."

A highlight of the celebrations will be 'Yoga Bandhan', a flagship event featuring 17 yoga gurus and practitioners from 15 countries, including Brazil, Argentina, Russia, China, South Africa, Malaysia, Sri Lanka, Indonesia, Singapore and South Korea, leading Yoga Day events across India.

In Delhi, foreign yoga practitioners will lead gatherings at iconic sites such as Jantar Mantar, Qutub Minar, Purana Qila, and Humayun's Tomb. Similar 'Yoga Bandhan' events will be held in other heritage cities, including Lucknow, Ayodhya, Varanasi, Jaipur, Jodhpur, Bhopal and Gwalior.

"It is a matter of great satisfaction that yoga has come full circle. Yoga went from India to these countries. People abroad learnt yoga, and today they have come back to India to lead yoga demonstrations by Indian people in India," said Singla.

This year's IDY theme is 'Yoga for One Earth, One Health'. The ICCR said preparations began months in advance, with global events marking the 100-day, 75-day, 50-day and 25-day countdowns.

The Tribune • 21 Jun • Ministry of Ayush

Yoga to the rescue in a transit camp

8 • PG | 307 • Sqcm | 926370 • AVE | 893.04K • Cir | Bottom Center

Chandigarh • Delhi

Yoga to the rescue in a transit camp

COL RD SINGH (RETD)

I commanded the Jammu Transit Camp in 2005. It was an uphill task to handle 5,000-odd troops who arrived every day. They stayed in the camp for a day or so, and then were sent to their formations/units in convoys. When a jawan came from the Kashmir valley or a high-altitude area to the transit camp on his way back home, he let his hair down as there was no one from his unit to watch him. So, you can imagine what command and control problem one would face with 5,000 'loose cannons'.

I found a way out — yoga. Rather than engaging a paid yoga teacher, I wanted to lead by example. To ensure that, I first learnt yoga myself for one month from a trained instructor. Then I applied the knowledge to my troops. Every day, there was a fresh batch of transients to be motivated and cared for. In the evening, I initiated a central roll call where everyone — transients and the camp staff -- was present. First, I would address them and convey my key points. Then, I would seek their feedback on their stay in the camp so as to take corrective measures. I would also give prizes to the staffers who had done excellent work, and to the few transients who would answer GK questions on the spot. This initiative was aimed at inculcating team spirit.

We would sit down on the mats/*daris* that were spread in the big ground. I would introduce them to yoga and emphasise its importance. Then, in a systematic manner, we would perform various *asanas*, culminating in *pranayam*. My camp staff helped those who were not able to do it on their own. After some resistance, rhythm was slowly achieved. It was a treat to watch 5,000 men doing *Surya Namaskar*, *Kapalbhati*, *Anulom Vilom* and relaxing with deep breaths. The sound of 'Om' reverberated throughout the camp. After 30 minutes, we would break off, relaxed and calm.

Yoga had a magical effect on discipline in the camp. The youths started behaving properly, and there would be less of arguments or cribbing. The turnout also improved, and the boys left the camp with a smile. I had told them to continue the practice in their units, as also at home with their families. We had given them simple exercises to perform, which they could do wherever they were, even while sitting in a bus. When senior officers visited the camp, they wanted to know about the yoga experiment with the troops. I humbly told them, "Sir, do it yourself."

It was thanks to yoga, and accompanying improvements in security and administration, that the Jammu Transit Camp was awarded the prestigious ISO 9001 certification in 2006.

Two decades later, yoga continues to be my best friend. It's the key to good health and a calm, focused mind.

The Tribune • 20 Jun • Ministry of Ayush

CM to lead session at Yamuna Vihar to mark International Yoga Day celebrations

2 • PG | 251 • Sqcm | 758544 • AVE | 92.25K • Cir | Middle Center

Delhi

CM to lead session at Yamuna Vihar to mark International Yoga Day celebrations

TRIBUNE NEWS SERVICE

NEW DELHI, JUNE 19

The Delhi Government is all set to celebrate International Yoga Day on Saturday, June 21, with special yoga sessions planned at 11 prominent venues across the capital. Chief Minister Rekha Gupta will lead the flagship event at the Yamuna Vihar Water Sports Club near Wazirabad Bridge at 6 am, where hundreds of yoga enthusiasts are expected to participate.

Highlighting the theme "Yoga for One Earth, One Health," CM Rekha Gupta emphasised that yoga is a holistic practice that nurtures harmony among the mind, body, and soul. "On Yoga Day, Delhi will resonate with the spirit of health and well-being," she stated.

The government has curated special sessions at major public venues including Chhatrasal Stadium, Thyagaraj Stadium, East Vinod Nagar Sports Complex, Jhilmil Sports Complex, Rajiv Gandhi Stadium (Bawana), Prahladpur Sports Complex, Bharat Nagar Sports Complex, Najafgarh Stadium, Sector-6 Dwarka Cricket Ground, and Ashok Nagar Hockey Stadium. All events will begin at 6 am.

Apart from government-led events, various organizations, institutions, and citizens are also organizing independent yoga sessions, reflecting the widespread adoption of yoga in daily life.

CM Gupta reiterated that yoga is not just a physical routine, but a way of life that promotes balance and well-being. "Yoga, an ancient Indian practice, is now a global movement. Inspired by Prime Minister Narendra Modi, the world now celebrates India's invaluable gift to humanity every June 21," she said.

The Chief Minister added that yoga has been a part of Indian tradition since the Vedic era and has long been recognised by sages as a powerful tool for health, discipline, and meditation.

The Tribune • 20 Jun • Ministry of Ayush

Metro to begin services at 4 am on Int'l Yoga Day

1 • PG | 48 • Sqcm | 144370 • AVE | 92.25K • Cir | Middle Left

Delhi

Metro to begin services at 4 am on Int'l Yoga Day

NEW DELHI, JUNE 19

To facilitate the participation of yoga enthusiasts in International Day of Yoga celebrations, the Delhi Metro will begin operations from 4 am on Saturday. According to officials, metro trains will run at intervals of 30 minutes from all originating stations on all lines until the commencement of regular passenger services as per the daily schedule. — TNS

The Tribune • 18 Jun • Ministry of Ayush

Guv Kataria to lead Yoga Day celebrations

3 • PG | 47 • Sqcm | 141285 • AVE | 893.04K • Cir | Middle Center

Chandigarh

Guv Kataria to lead Yoga Day celebrations

CHANDIGARH, JUNE 17

The city is all set to celebrate International Yoga Day at Sector 17 and Rock Garden on June 21. Punjab Governor and UT Administrator Gulab Chand Kataria will be the chief guest at the event in Tiranga Park, Sector 17.

This year marks the successful completion of a decade of International Yoga Day celebrations across the globe. The event is expected to witness participation by around 1,800 citizens, including students, elderly persons, government employees, yoga enthusiasts, police personnel and civil defence volunteers.

The state-level events and yoga sessions will also be held at 140 locations across the city. UT Chief Secretary, Rajeev Verma today reviewed and finalised the preparations. —TNS

The Tribune • 15 Jun • Ministry of Ayush

Yoga Connect summit inaugurated in Delhi

2 • PG | 154 • Sqcm | 463681 • AVE | 92.25K • Cir | Top Right

Delhi

Yoga Connect summit inaugurated in Delhi

ANSHITA MEHRA
TRIBUNE NEWS SERVICE

NEW DELHI, JUNE 14

The Ministry of Ayush on Saturday inaugurated Yoga Connect-2025, a global summit themed "Yoga for one earth, one health", at Vigyan Bhawan in Delhi.

Organised by the Central Council for Research in Yoga and Naturopathy (CCRYN), the event was held ahead of the 11th International Day of Yoga (IDY), to be celebrated on June 21.

The summit brought together Union Minister of State (Independent Charge) for Ayush, and Health and Family Welfare Prataprao Jadhav and Union Minister for Culture and Tourism Gajendra Singh Shekhawat along with yoga gurus, scientists, policymakers and wellness leaders from across India, and abroad. The event witnessed the participation of over 1,000 delegates.

Speaking at the event, Jadhav said yoga had proven benefits in managing diabetes, heart diseases, cancer recovery, and elderly care. He highlighted the ministry's efforts to mainstream yoga in public health, calling yoga a driving force behind India's leadership in the wellness sector.

"Yoga is not just a health practice, it is becoming a tool for employment, skill development and global wellness diplomacy," he said. Shekhawat lauded PM Modi's vision of taking yoga from 'chiti' (individual consciousness) to 'rashtrachiti' (national consciousness).

"Yoga Connect is a call to embrace yoga not as an activity, but as a lifestyle. On June 21, let us celebrate IDY-2025 as a true tribute to India's timeless wisdom," he said.

Yoga guru Ramdev said nearly 2 billion people across 200 countries currently practiced yoga, and expressed hope that this number would reach 5 billion in the coming years.

The Yoga Institute Director Dr Hansaji Yogendra said yoga was not merely about performing exercises but also about living with awareness, intellect, and emotional balance. Swami Chidanand Saraswati described yoga as a path towards unity and inclusiveness, while Subodh Tiwari, CEO of Kaivalyadhama, called the summit a global effort to unite the yoga community across borders and cultures.

As part of the event, several reports and publications were released, including 'Yoga Prabhava' — a decade-long impact assessment of the International Day of Yoga; 'Surveykshan', which maps yoga's national footprint; a scientometric analysis of global yoga research by Pahle India Foundation and CCRYN; 'Bharatiya Vriksha Vaibhavam', a tribute to India's sacred tree heritage; an e-book tracing Prime Minister Modi's yoga vision; and a video titled 'Yoga Samavesh', showcasing mass yoga participation.

Six sessions were held during the day on topics such as yoga and non-communicable diseases, women's health, yoga technology and innovation, and the commercial applications of yoga. The concluding session featured Dr HR Nagendra, Swami Mukundananda and Dr MA Alwar, who deliberated on the broader vision of "Yoga for all".

The Tribune • 14 Jun • Ministry of Ayush

CM Saini leads yoga camp

3 • PG | 136 • Sqcm | 410934 • AVE | 893.04K • Cir | Top Right

Chandigarh

CM Saini leads yoga camp

Haryana Chief Minister Nayab Singh Saini performs yoga during the protocol training camp held on the ITBP campus in Panchkula on Friday.

The Tribune • 11 Jun • Ministry of Ayush

Yoga protocol training camp held

3 • PG | 77 • Sqcm | 231671 • AVE | 92.25K • Cir | Bottom Left

Delhi • Chandigarh

Yoga protocol training camp held

CHANDIGARH, JUNE 10

A yoga protocol training camp was jointly organised by the Haryana Yog Aayog, Haryana Legislative Assembly and the AYUSH Department on Tuesday.

The training, in preparation for International Yoga Day 2025, included 15 MLAs and a number of Assembly employees. Chief Minister Nayab Singh Saini was the chief guest.

Saini said the objective of the state government is to create a 'yoga-yukt, nasha-mukt and yogamay Haryana'. — TNS

The Tribune • 09 Jun • Ministry of Ayush

Cleanliness, yoga to help realise dream of Viksit Bharat, says CM

3 • PG | 297 • Sqcm | 897497 • AVE | 92.25K • Cir | Middle Center

Delhi • Chandigarh

Cleanliness, yoga to help realise dream of Viksit Bharat, says CM

Reviews preparations for state-level Int'l Yoga Day celebrations

TRIBUNE NEWS SERVICE

KURUKSHETRA, JUNE 8

Haryana Chief Minister Nayab Singh Saini has said that with cleanliness and yoga, the country would move towards realising the dream of 'Viksit Bharat' at a rapid pace.

The Chief Minister, while addressing a review meeting organised with various institutions regarding the state-level International Yoga Day celebrations, said that a grand and historic event would be organised on the occasion of Yoga Day in Kurukshetra.

Preparations began with the launch of a cleanliness campaign on May 27 and daily yoga classes are underway for the grand event on June 21.

"Yoga is not associated with one person or ideology. It is been adopted by people across the world. Yoga is our heritage and it keeps us healthy. But over the years, people have started taking medicines to cure minor diseases when those diseases can be easily controlled with yoga. When Prime Minister Narendra Modi proposed the idea of yoga at the United Nations, 177 countries agreed to it and today, yoga derived from our land, has reached every person in the world," the CM said.

The Chief Minister urged officials of institutions, NGOs, business organisations and other social and religious organisations present at the meeting to play their role in making the programme successful.

He further said, "A target of over one lakh people performing yoga on June 21 in Kurukshetra has been set and the arrangements are being made accordingly. The Brahma Sarovar and Mela Ground have been divided into 103 sectors. Out of these, 64 sectors have been made at Brahma Sarovar and 37 sectors at the Mela Ground and surrounding areas. Arrangements have been made for 1,000 yoga practitioners to do yoga in every sector. Nodal officers and volunteers will be deployed in each sector to ensure a smooth event."

He said the theme of International Yoga Day this year is 'One Earth, One Health'. The Haryana Government has added 'Yoga Yukt, Nasha Mukt Haryana' slogan with it. The CM said, "The young generation is the strength and future of this country and if we want to save our youth from drug addiction, we have to connect them with yoga. Drug addiction in youngsters is harmful to society and the progress and development of the country."

The Chief Minister administered oath to the people present at the meeting to adopt yoga in life, to stay away from addiction and to inspire others.

Haryana Yog Aayog Chairman Dr Jaideep Arya said on June 21, about 10 lakh yoga practitioners in the state would sow medicinal plants and more than one lakh people in Kurukshetra will set a world record by doing yoga together.

At the meeting, former state minister Subhash Sudha, Deputy Commissioner Neha Singh, Superintendent of Police Nitish Agarwal and several other officials were present.

Chief Minister Nayab Singh Saini administers oath during a review meeting for preparations of state-level International Yoga Day celebrations in Kurukshetra on Sunday. TRIBUNE PHOTO

The Tribune • 08 Jun • Ministry of Ayush

CM to take Part in Intl Yoga Day at K' shetra

3 • PG | 70 • Sqcm | 210022 • AVE | 893.04K • Cir | Middle Right

Chandigarh

CM to take part in Int'l Yoga Day at K'shetra

CHANDIGARH, JUNE 7

A state-level function to celebrate the 10th International Yoga Day on June 21 will be organised at the Brahma Sarovar in Kurukshetra. Chief Minister Nayab Singh Saini will participate as the chief guest. Yoga guru Baba Ramdev will also attend the function.

This year, as per the instructions of the Chief Minister, the Haryana Yog Aayog will not only conduct yoga sessions but also actively raise awareness about the dangers of drug abuse, encouraging people to take a pledge to stay drug-free.

A government spokesperson said people are very enthusiastic about International Yoga Day. So far, more than 70,000 people have registered to participate in the programme. He said in the past 10 years, the Haryana Government has opened yoga centres in villages in which villagers are getting health benefits by doing yoga every day. He informed that the Chief Minister has announced to open 250 indoor gyms in rural areas.

This year's event is centred on the theme "Yoga Yukt, Nasha Mukt", which reinforces objectives of promoting holistic health and creating an addiction-free society. — TNS

The Tribune • 08 Jun • Ministry of Ayush

CM to take Part in Int'l Yoga Day at K'shetra

3 • PG | 70 • Sqcm | 210022 • AVE | 92.25K • Cir | Middle Right

Delhi

CM to take part in Int'l Yoga Day at K'shetra

CHANDIGARH, JUNE 7

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This year's event is centred on the theme "Yoga Yukt, Nasha Mukt", which reinforces objectives of promoting holistic health and creating an addiction-free society. — TNS

The Tribune • 12 May • Ministry of Ayush

Ayush ministry launches weekly podcast on yoga

12 • PG | 88 • Sqcm | 267206 • AVE | 893.04K • Cir | Middle Left

Chandigarh • Delhi

Ayush ministry launches weekly podcast on yoga

NEW DELHI, MAY 11

Aimed at taking yoga to every household and blending ancient practices with modern lifestyles, the Ministry of Ayush has launched its weekly yoga podcast, a digital initiative produced by the Morarji Desai National Institute of Yoga.

Union Ayush Minister Prataprao Jadhav launched the podcast on his social media platforms. The podcast is designed to engage listeners with discussions, guided practices and expert interviews. — PTI

The Goan • 21 Jun • Ministry of Ayush

ASI to host yoga sessions at 81 monumental sites

9 • PG | 389 • Sqcm | 58327 • AVE | 200K • Cir | Bottom Center

Goa

ASI to host yoga sessions at 81 monumental sites

PTI

NEW DELHI

The Archaeological Survey of India will host yoga sessions at 81 monumental sites across the country to mark International Day of Yoga on Saturday, with Union Home Minister Amit Shah set to attend the celebrations at the iconic stepwell Adalaj Vav near Ahmedabad.

Also, as part of the IDY celebrations, entry to all ASI sites will be "free of cost" for the public on June 21, the Ministry of Culture said in a statement

on Friday.

Thousands of participants will come together to practice yoga at historical sites such as Purana Quila (Delhi), Gol Gumbaz (Karnataka), Konark Sun Temple (Odisha), Chittorgarh Fort (Rajasthan), Elephanta Caves (Maharashtra) and 76 other sites of the ASI, it said.

These sessions will underscore the importance of holistic health and environmental consciousness deeply rooted in yogic philosophy, the ministry said.

The celebrations will witness the presence of Union Minister of Home Affairs Amit Shah at Adalaj Vav, near Ahmedabad; Union Minister of Petroleum and Natural Gas Hardeep Singh Puri at Safdarjung Tomb, Delhi; Union Minister of Commerce and Industries Piyush Goyal at Kanheri Caves, Mumbai; Union Minister of Consumer Affairs, Food and Public Distribution Pralhad Joshi at Group of Temples at Pattadakal, along with other key dignitaries across different locations, it said.

The main IDY celebrations, led by Prime Minister Narendra Modi, will be in Andhra Pradesh's Visakhapatnam.

There are 3,698 monuments and sites under the protection of the ASI, which falls under the purview of the Ministry of Culture. The ASI, in collaboration with the Ministry of Ayush, is set to host yoga sessions act 81 centrally protected monuments, it said.

The Goan • 21 Jun • Ministry of Ayush

Embracing Yoga for a healthier Goa

6 • PG | 351 • Sqcm | 52695 • AVE | 200K • Cir | Bottom Right

Goa

Embracing Yoga for a healthier Goa

SURESH KUMAR

As the first light of June 21 filters through Goa's coconut palms, it marks not just International Yoga Day, but also a deeper call to reconnect with a practice that has shaped India's spiritual heritage for millennia. Having taught yoga across Goa for the past 25 years in schools, retreats, corporate offices, and village fields, I've witnessed how yoga transforms lives, bringing peace to stress, clarity to confusion, and strength to weakness.

Yoga is not merely a physical routine. It is a philosophy of life rooted in ancient Indian wisdom. Its message is universal: unity, balance, and harmony. This year's theme, "Yoga for Self and Society," feels especially timely as we face emotional turmoil, environmental crises, and social fragmentation. Yoga offers a timeless solution to modern challenges.

20 minutes a day can:

- Reduce stress and anxiety
- Improve posture, flexibility, and immunity
- Promote emotional balance
- Aid in chronic pain relief
- Enhance focus and creativity
- Build a resilient mindset
- As I often say in my classes, "In yoga, the body finds rhythm, the breath finds music, and the mind finds silence."

Yoga welcomes everyone, children, professionals, elders regardless of age, body type, or background. In Goan schools, simple breathing and asana routines have helped students manage stress and improve focus. In workplaces, professionals report better clarity and emotional balance after just a few rounds of mindful breathing more effective than coffee or screens.

One of yoga's greatest messages is this: peace is our nature. It teaches us to return to our inner calm amid fear and division. Rooted in Ahimsa (non-violence), yoga nurtures compassion in thought, word, and action, reminding us we are part of one shared humanity.

Final message

After 25 years of teaching yoga in Goa, I've seen it transform the shy teenagers into confident speakers, angry professionals into gentle parents, and the anxious into calm souls. Yoga is India's greatest gift to the world and as Goans, we should embrace it every day, not just once a year.

This Yoga Day, let it be more than a celebration. Let it be a commitment to your well-being, clarity, and inner peace. Roll out your mat, take a deep breath, and begin. The journey is yours.

(The author is a senior yoga instructor based in Goa and has been teaching yoga since 1999.)

The Goan • 21 Jun • Ministry of Ayush

An unpretentious guide to yoga

12 • PG | 2265 • Sqcm | 339767 • AVE | 200K • Cir | Top Left

Goa

An unpretentious guide to yoga

On International Day of Yoga, Tahira Kashyap tells us about her yoga journey

Kabir Singh Bhandari

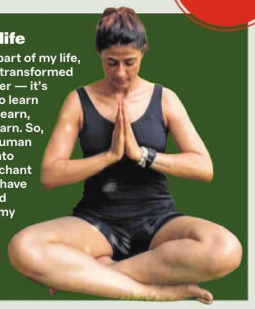
Writer-director-author Tahira Kashyap, who was recently diagnosed with cancer again, had shared some thoughts on social media recently, which is akin to the popular saying — 'stop and smell the roses.' In an Insta post, she had said: "You don't need to be productive every day of your life. Some days could be just about looking at yourself in the mirror and telling yourself you've made it this far. How cool are you!! And being excited about what lies ahead. #NoRoomForAnxiety."

In an era where we're bombarded with endless exotic holiday getaways and happening parties, giving us the impression that we're always missing out on something, Tahira's messages are a refreshing and important reminder. And these aren't empty words copy-pasted from the internet which she shares — these are her lived experiences, as she announced her cancer relapse this year in April.

FPJ EXCLUSIVE

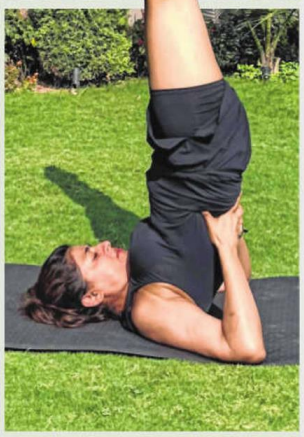
Nichiren Buddhism transformed my life

"Nichiren Daishonin's Buddhism has always been a part of my life, and I think it will always continue to be so. It's really transformed the way I looked at life. Like I said in my earlier answer — it's very important to have mentors in life or someone to learn from. At least, that's my philosophy. I think life is to learn, and the more you learn, the more you still want to learn. So, the idea is to keep learning and keep evolving as a human being for the rest of your life. And yes, I have been into Nichiren Daishonin's Buddhism, and I really used to chant — it's somehow a part of my deep philosophy, and I have utmost gratitude for it. However, I have also explored more and new ways of bringing about the center in my life. It's all about taking up an empowering philosophy that can help you do the same. So yes, Nichiren Daishonin's Buddhism will always be a part of my life, and I'll always have utmost gratitude for it. And I'm also open to learning more."



Being a reluctant yogini

"So, very honestly, I was never a yoga fan — always resisted. All throughout my life, I never took to it, and whenever I did also, it was not with a sense of calm and learning. I have always had other forms of fitness — whether it was weight training, HIIT, cross training, running, jogging, and sprinting. But then, life is all about learning, and now, since about a month or two, I have taken to *Ashtanga* yoga. And this time round, I know this is for good, as there is so much to it which I never understood before — like the breath work. And it's exhausting — I really thought that yoga is for beginners and it doesn't burn enough calories."



Yoga changed my fitness outlook

"I'm slowly becoming a yoga fan. And it's something which has changed my way of looking at fitness. It has changed the way I look at exercise — which is not just like a physical workout, but there is sort of a balance that you want to achieve between your mental state and your physical state. And somehow, with yoga, you try to balance it all out, and there's a sort of synchronicity which you feel. And yes, I think I'm here to learn yoga for the rest of my life."

Guided yoga makes all difference

"You should always look for a mentor in yoga. I think it's very important to have someone teach you — someone who knows better. I am also learning under some guidance, and I really wish for everyone to have mentors in their lives. And I think that's the most important takeaway for me. This is something I want to share with other people also — rely on someone who has done it better, who has years of experience, instead of doing the poses yourself. My intention is to practice daily, but with travel or work, at times it becomes four to five times a week."

The Goan • 21 Jun • Ministry of Ayush

Yoga for self and society: Uniting body, mind, and community

6 • PG | 1058 • Sqcm | 158627 • AVE | 200K • Cir | Bottom Left

Goa

Yoga for self and society: Uniting body, mind, and community

DR ALVARINHO J LUIS

The International Day of Yoga is observed every year on June 21, highlighting yoga's holistic benefits for physical, mental, and spiritual health. The date aligns with the summer solstice—the longest day in the Northern Hemisphere—symbolising light, energy, and balance. Recognised by the United Nations in 2014 after India's proposal, the first celebration occurred on June 21, 2015, and since then, millions worldwide have joined yoga sessions, workshops, and awareness campaigns to honour this ancient tradition.

Yoga, originating from ancient Indian philosophy, dates back more than 5,000 years, with references found in the Rigveda and Upanishads. It was systematised by Patanjali in the Yoga Sutras around 200 BCE, outlining the eightfold path (Ashtanga Yoga), which includes ethical disciplines, physical postures, breath control, and meditation. Over centuries, Yoga evolved into various schools and styles—ranging from the meditative stillness of Raja Yoga to the dynamic movements of Hatha Yoga. Today, it's not just practiced by sages in the Himalayas but also by office workers, students, and celebrities—often in stretchy pants—seeking balance, flexibility, and a moment of calm in the chaos of daily life.

Yoga is derived from the Sanskrit root yuj, meaning union or joining, and it signifies integration, connection, or harnessing. This ancient practice is a holistic blend of physical postures (asanas), breathing techniques (pranayama), meditation, and ethical principles, all designed to foster harmony (Ekagrata) between body, mind, and spirit while fostering a profound sense of oneness with oneself, the universe, and nature. Its diverse approaches— from energetic Vinyasa to relaxing restorative sessions, make yoga welcoming for everyone. The 2025 International Yoga Day theme, "Yoga for Self and Society," highlights yoga's role in promoting personal well-being and social harmony in line with global goals of sustainability and unity. Morarji Desai National Institute of Yoga, a premier institute under the Ministry of AYUSH, is orchestrating a global series of mass yoga demonstrations, workshops, and awareness campaigns to promote yoga's benefits for personal growth and societal unity, with inclusive programs for rural and urban communities of all ages and backgrounds.

According to Patanjali's Yoga Sutras, yoga consists of eight limbs, starting with Yama (restraint), which is practiced through five principles: truthfulness (satya), non-stealing (asteya), celibacy or self-restraint (brahmacharya), non-possessiveness (aparigraha), and non-violence (ahimsa). The second limb, Niyama (observance), includes five disciplines: purity (saucha), contentment (santosha), austerity (tapas), self-study (svadhyaya), and devotion to the divine (ishvara pranidhana). The next three limbs focus on meditation (Dhyana) through Asana (physical postures), Pranayama (breath control), and Pratyahara (sensory withdrawal). The final three limbs, collectively called Samyama, involve Dharana (concentration), Dhyana (deep meditation), and Samadhi (absorption or liberation from external stimuli), binding the mind to achieve profound focus and transcendence.

Samyama is a transformative practice that liberates individuals from negative thoughts and limiting beliefs tied to the ego or sense of self. By mastering Samyama, practitioners can overcome the imprisoning sense of self, leading to a state of complete physical and mental relaxation, which may alleviate physical ailments and emotional distress. Yoga masters teach that Samyama enables transcendence of cognitive obscurations (Kleshas), such as ignorance, egoism, attachment, aversion, and fear of death, while potentially unlocking spiritual powers or accomplishments (Siddhis), such as heightened intuition or mastery over the mind. The consistent practice of Samyama cultivates inner calm, mental clarity, and a deeper connection with universal consciousness, promoting personal transformation and contributing to collective well-being.

Health benefits

Yoga boosts flexibility by loosening muscles and connective tissues, easing aches and pains. Ashtanga Yoga, with its dynamic flow, notably enhances strength and endurance. An 8-week Hatha yoga program (twice weekly) increased flexibility by 14–35% (measured by sit-and-reach tests) and improved muscular strength (grip strength and leg endurance) compared to those who did not undertake yoga sessions (Franco et al. 2015, J. Strength and Conditioning Research, 29(10), 2878–2887).

Yoga reduces risk factors for heart disease, including high blood pressure, cholesterol, and inflammation, by improving blood flow and lowering stress. A 2019 review in the Journal of Ayurveda and Integrative Medicine found that pranayama (yogic breathing) enhances cardiovascular function, benefiting heart, brain, and lung health (Saoji et al., 2019. Journal of Ayurveda and Integrative Medicine, 10(1), 50–59). Yoga alleviates chronic pain conditions like lower back pain, arthritis, and fibromyalgia, often outperforming standard treatments. Pranayama in Ashtanga Yoga enhances respiratory capacity, which benefits asthma and chronic obstructive pulmonary disease (Anshu et al. 2023, Ther Clin Pract. doi: 10.1016/j.ctcp.2022.10168). Another study showed that Yoga reduces stress and anxiety by lowering cortisol levels and activating the parasympathetic nervous system, thereby significantly improving children's emotional health (Afonso et al. 2017, Frontiers in Aging Neuroscience, 9, 201).

By enhancing brain function, Yoga promotes neuroplasticity, increasing gray matter volume in the cortex and hippocampus, and improving memory, attention, and cognitive skills (Villemure et al. 2015, Frontiers in Human Neuroscience, doi: 10.3389/fnhum.2015.00281). Ashtanga Vinyasa's rigorous sequences enhance cardiovascular fitness and strength, while its focus on breath and drishti promotes mental clarity, aligning with the Yoga for Self and Society 2025 theme by fostering personal discipline and community connection.

Yoga is generally safe but requires modifications for conditions like pregnancy or injuries. Beginners, especially in Ashtanga, should practice under trained instructors to avoid strain/injury.

The Goan • 21 Jun • Ministry of Ayush

Yoga Day: Shun optics, political propaganda

4 • PG | 945 • Sqcm | 141798 • AVE | 200K • Cir | Top Left

Goa

Yoga Day: Shun optics, political propaganda

Every year, on June 21, Goa joins many other countries in celebrating International Yoga Day. In the name of healthy living, politicians, bureaucrats, celebrities and people across the spectrum take to their yoga mats, performing postures that often seem more about optics than authentic practice. This exercise, while seemingly promoting wellness, raises a fundamental question: Can a single day of awareness genuinely bring about a change, or has Yoga Day become a tool for political and institutional propaganda?

History shows that yoga, originating in ancient India, is much more than physical exercise. It is a holistic spiritual discipline that harmonises the mind, body, and soul. The word "yoga," derived from Sanskrit, signifies "union"— integrating individual consciousness with universal consciousness. Postures (asanas), breathing techniques (pranayama), and meditation aim to promote mental clarity, physical health, and spiritual awakening. The question again is, whether a fleeting ceremonial gesture can bring about a monumental lifestyle change and if it serves the intended purpose. Or, are we merely following the trend of celebrating designated days?

The reality is that a day's celebration, no matter how grand, is insufficient to instil the discipline or lifestyle shifts necessary for true wellness. A lifestyle change requires continuous effort, education, and cultural acceptance. When governments and institutions treat Yoga Day as a mandatory checkbox, with participation enforced through policies and directives, it risks reducing yoga to a performative act, stripping it of its depth and essence. Besides, it raises questions about genuine engagement.

Awareness days like Yoga Day help draw attention to health and well-being, but such a one-day commemoration cannot bring about a reform

Interestingly, the State government has declared participation in Yoga Day "compulsory" for all government employees. Schools are mandated to organise yoga events and broadcast Prime Minister's addresses, turning the day into a spectacle of state-led enthusiasm. Promoting health is laudable, but the compulsion negates the efforts. Consensual participation through awareness would help, because there has to be a willing follow-up. It would be an exercise in futility if government employees go through the drills on Saturday and forget about them for the rest of the year when nobody bothers to ask or question them.

There is a palpable opinion that Yoga Day has been transformed into a propaganda tool. The focus on large-scale events, televised addresses, and involuntary participation suggests that it is more about projecting a unified image over fostering well-being. This approach risks commodifying a profound spiritual discipline into a superficial spectacle, detached from its original intent. When the emphasis shifts from personal growth to institutional image, the authentic spirit of yoga is compromised.

If the intent is on wellness, yoga must be integrated into everyday life not confined to a single-day ritual. Governments and organisations should focus on long-term strategies to balance a culture that values mental and physical well-being. Other pressing health issues like malnutrition and sanitation must get comparable attention. On the current scale, Yoga Day risks becoming merely a symbol of political showmanship rather than a genuine effort for health and spiritual upliftment.

Awareness days like Yoga Day help draw attention to health and well-being, but such a one-day commemoration cannot bring about a reform. What is needed is a sustained effort and a genuine embrace of yoga's deeper purpose without fanfare, optics and propaganda.

The Goan • 20 Jun • Ministry of Ayush

Schools directed to register for Int'l Yoga Day on June 21

6 • PG | 319 • Sqcm | 47892 • AVE | 200K • Cir | Middle Center

Goa

Schools directed to register for Int'l Yoga Day on June 21

THE GOAN | NETWORK

PANAJI

Ahead of the International Day of Yoga on June 21, the Directorate of Education has directed all schools to register on the Ministry of Ayush portal and to participate in large numbers.

Chief Minister Pramod Sawant on Thursday chaired a review meeting at Mantralaya with the secretaries, Directorate of Health Services, Director of Ayush, and Yoga Samiti members to oversee preparations for Yoga Day. During the meeting, Sawant urged all to register at Yoga Sangam and join in building a "Swastha Goa, Sashakta Goa".

Meanwhile, in a circular issued to all schools, the Director of Education said that the 11th International Day of Yoga 2025: Yoga for One Earth, One Health will be celebrated in a big way by organising more than one lakh yoga events from 6.30 am to 7.45 am across the nation under the Yoga Sangam event.

"All the Heads of Government/Government-aided/unaided/primary/secondary/higher secondary and special schools are hereby informed to create an event on the Ministry of Ayush portal https://yoga.ayush.gov.in in the Yoga Sangam module and participate in large numbers in order to make the event a great success," Director Shailesh Zingade said.

Ahead of the International Day of Yoga on June 21, the Directorate of Education has directed all schools to register on the Ministry of Ayush portal and to participate in large numbers

The schools are requested to make arrangements for the live telecast of the Prime Minister's address at each and every location where Yoga Day is held. "After the event, a brief report along with the photos is to be uploaded," he said.

The Goan • 19 Jun • Ministry of Ayush

Free yoga session, wellness talk in Panaji

5 • PG | 87 • Sqcm | 13097 • AVE | 200K • Cir | Middle Right

Goa

Free yoga session, wellness talk in Panaji

PANAJI: Clube Tennis de Gaspar Dias will mark International Yoga Day with a free yoga session and a wellness talk on June 21 at 5 pm. Themed 'Yoga for One Earth, One Health', the session will be conducted by national medallist Ashish Kumar Pal. Participants have been advised to wear comfortable yoga attire and carry a yoga mat and water bottle. Following the session, dietician and diabetes educator Dr Mekhala Mandurkar will deliver a talk titled 'Nourish to Flourish', focusing on essential nutrition and healthy food habits. The event is free and open to all. For details, contact 0832 2463491 / 917447404140.

The Goan • 16 Jun • Ministry of Ayush

41 pc of respondents have incorporated Yoga into their lifestyle: Ayush survey

7 • PG | 464 • Sqcm | 69567 • AVE | 200K • Cir | Bottom Left

Goa

41 pc of respondents have incorporated Yoga into their lifestyle: Ayush survey

PTI

NEW DELHI

Over 41 per cent of the respondents have incorporated Yoga into their lifestyle to a certain extent after a decade of the UN's declaration of June 21 as the International Day of Yoga, according to a survey report by the Ayush ministry.

The survey, which covered 30,084 households across 34 states and UTs including urban and rural areas, noted that 24,6 per cent respondents reported improved fitness due to Yoga, 16.9 per cent experienced reduction in stress levels, while around one-fourth respondents claimed to have gained health knowledge.

Titled 'Impact Assessment of a Decade of International Day of Yoga (IDY): Survey Findings', the survey revealed that 11.2 per cent practice yoga regularly, 13.4 per cent occasionally and 75.5 per cent do not practice yoga.

Dr Raghavendra Rao, Director of CCRYN explained, "These 11.2 per cent people who practice Yoga regularly have been measured as those who go to yoga classes and attend sessions regularly.

When we say that over 41 per cent have adopted yoga into their lifestyle it means that they practice yoga in different forms such as bhakti yoga (prayer) or meditation and self practices to calm down the mind," he said.

The findings of the survey conducted by Central Council for Research in Yoga and Naturopathy and Surveykshan, a company under YOLO 9 Technologies were released on Saturday.

The survey data revealed that 12.6 per cent respondents in urban areas practice yoga regularly while the figure for rural areas is 10.4 per cent.

In terms of gender, 11. 6 per cent regular practitioners are male while 10.7 per cent are female.

Awareness about yoga was found to be highest among 18-24 age group. However when it comes to practicing Yoga, those aged 65 and above had the highest share at 17 per cent. Also, 36.2 per cent respondents having different health conditions such as diabetes, hypertension, heart disease and gastric issues practice yoga.

The survey also found that 39. 3 per cent respondents have awareness about the common Yoga protocol and that one-third of the respondents (33.4 per cent) have participated in at least one community IDY event over the last decade.

The Goan • 16 Jun • Ministry of Ayush

Yoga is revolution in health, values and devotion, says Sadhvi Devpriya

7 • PG | 587 • Sqcm | 88097 • AVE | 200K • Cir | Middle Center

Goa

Yoga is revolution in health, values and devotion, says Sadhvi Devpriya

Over 100 Patanjali sanyasis, sadhvis to lead village-to-village yoga outreach

THE GOAN | NETWORK

PANAJI

In preparation for the 11th International Day of Yoga, a meeting chaired by Sadhvi Devpriya, Central in-charge of the Women's Patanjali Yoga Committee, was organised on Sunday. She stated that this is not merely yoga, but a revolution in health, values and devotion.

She appealed: "Come, be part of this sacred endeavour, and inspire as many as possible to gather at Brahmasarovar on June 21." Also present were Central in-charge brother Rakesh Kumar 'Bharat', Swami Paramarthdev, and Dr Jaideep Arya, Chair of the Yoga Commission.

It was resolved that over 100 sanyasis and sadhvis from Patanjali Yogpeeth, Haridwar will visit village-to-village and home-to-home to promote yoga ahead of the grand International Day of Yoga event at Brahmasarovar, Kurukshetra on June 21. They will not only teach yoga but also encourage people to adopt a healthy lifestyle, Ayurvedic living, and a pledge to serve the nation.

Meanwhile, Patanjali workers intensified their efforts to promote yoga in villages and homes. Under direction of Rakesh Kumar 'Bharat', teams of state coordinators, yoga teachers, and volunteers from the Patanjali Yoga Committee visited villages around Kurukshetra to raise awareness and deliver the message of integrating yoga into daily life.

Sadhvi Devpriya, Central in-charge of the Women's Patanjali Yoga Committee, chairs a meeting in preparation for the 11th International Day of Yoga, on Sunday.

The District Patanjali Kisan Seva Committee, led by Chairman Radheshyam Gupta and State in-charge Rajesh Bhati, conducted a Yoga-Arogya Sabha in Mohanpur Bakri and Isak near Pihowa, and carried out door-to-door promotion. They also conducted yoga sessions in the village of Kalsa, Tehsil Pehowa.

In Ladwa block, women workers of the Patanjali Yoga Committee held a review meeting at the Ram Kundi Dharamshala. Surajbhan from Manesar, Gurugram continued service, conducting yoga sessions first at two points and then at a third point in the village of Sensa, Tehsil Pihowa.

In Ladwa, the Patanjali team took part in ongoing yoga classes at Arya Samaj, inviting all local officials and volunteers. Present were District In-charge Mukesh, Tehsil In-charge Ajay Popli, Vinay Malhotra, Seema Malhotra, Om Prakash Malhotra, Ashok Sen, Tilak Raj Kakkar, among others.

Swami Vishwadev and Vinay held discussions with village leaders in Bhatedi, Tehsil Pihowa to invite villagers to make Yoga Day meaningful.

In Gram Sainipura, with the support of Jaypal Shastri's team, judo coach Vijay Pal from Faridabad, and Ishwar Singh and Dayachand from Gurugram conducted yoga sessions and extended invitations for Yoga Day.

The Goan • 15 Jun • Ministry of Ayush

Face yoga for healthy glow

10 • PG | 1873 • Sqcm | 280875 • AVE | 200K • Cir | Top Left

Goa

Face yoga for healthy glow

When your facial muscles are put to use with face yoga, they feel toned and give the sensation of a natural facelift, if practised regularly

SHAHNAZ HUSAIN

Have you ever thought about giving your face a workout, just like you do for your body? While the human face is a thing of beauty, maintaining taut, smooth skin often becomes a source of stress as we age.

Face exercises — which you can easily perform from the comfort of your home — can lift and tone the face, reduce signs of ageing, prevent sagging and wrinkles, and generally improve facial appearance.

It relaxes, tones and gives a natural boost to the skin, while simultaneously resetting your facial muscles.

Face exercises, also known as "face yoga," are the latest wellness trend to take social media by storm. The face-sculpting workouts involve repetitive movements and massages targeting different muscles of the face. When your facial muscles are put to use with face yoga, they feel toned and give the sensation of a natural facelift, if practised regularly. The idea is to stretch the 57 face and neck muscles to tone, firm and boost circulation, for a youthful appearance.

Puff your cheeks

The chipmunk cheek squeeze is a facial exercise that can help slim the face.

To do this exercise, Inhale through the mouth to make them larger and rounder by filling them with air. and distend the breath from cheek to cheek, then release.

Tilt your head back, push your chin forward, suck in your cheeks, and hold for 8–10 seconds.

Open your mouth wide, keep your teeth covering your lips and lift your cheeks. Hold for 10 seconds, then return to normal. Aim to repeat 50 times.

How does it work? This simple practice will increase blood circulation to your cheeks, promoting a healthy glow. It will strengthen the cheek muscles. This facial exercise relaxes the muscles around the lips and cheeks and also brightens up the face. These quick and easy movements will strengthen the cheek muscles and prevent them from looking hollow. Do this face exercise regularly for lifted and plump cheeks.

Smiler

Pout and then smile as fast as you can. This exercise can enhance blood circulation and strengthen jaw muscles. Keep up the smile wide, hold it for about 15 seconds and then release it. Continue this process about 10 times at once. Bring the lips together and push them outward as if you are about to kiss and then smile broadly. Practice this regularly 10-15 times in one sitting.

Facial yoga can be extremely beneficial for those who want glowing, youthful skin. Face yoga is a natural, alternative option that uses a variety of massage and exercises to target your face, neck, and shoulders.

This beauty trend has grown in popularity in the past few years with various face yoga methods making an appearance on our social media feeds.

Face yoga relaxes, tones and gives a natural boost to the skin, while simultaneously resetting your facial muscle. When you regularly do facial exercises, the blood circulation increases to that area and that tightens your skin and brings a glow to your face.

When your facial muscles are put to use with face yoga, it stretches the 57 face and neck muscles to tone, firm and boost circulation, for a youthful appearance.

Make a fish face

This pose stretches the neck region and helps tone the jawline and chin. Fish face exercise is the easiest and the best way to ensure a firmer looking skin.

Fill your mouth up with as much air as possible. Puff up your cheeks to accommodate more air.

Now, shift the air from one side to the other with as much speed as possible. Practise this for a couple of minutes every day to achieve glowing skin and fuller cheeks.

Alternatively softly close your lips and then draw your cheeks inwards as much as possible, making a 'fish face' look. Try smiling while holding this posture for about 15 seconds and then withdraw. Repeat this exercise for about next five minutes

Forehead

For wrinkle-free facial skin, try this yoga "asana" along with pranayama. Stand straight and place feet and legs wide apart. Cover face with palms and breathe deeply and quickly for 10 counts. Then while continuing breathing, rub the face with the fingers, starting from the chin and going to the forehead. Include the area around the eyes. This helps to make the skin smooth, firm and radiant.

Did you know that frowning is an exercise for the forehead? Frown as much as possible, pulling the eyebrows towards one another. Then lift the eyebrows as far as possible. While doing this, open your eyes as much as you can. Relax them and repeat 5 times.

Place both hands on the forehead facing inwards and spread all of the fingers out between the eyebrows and hairline. Now gently sweep the fingers outwards across the forehead, applying light pressure to tighten the skin. Relax and repeat 10 times.

Eyes

This not only benefits the skin around the eyes, but the eyes itself. They have much relevance nowadays, for people who are glued to the computer and television screens for long periods. Keeping your head still, move only the eyes up and down ten times. Then move them from one side to the other ten times. Then, roll the eyes, first clockwise and then anticlockwise, for a total of ten times.

Widen your eyes as big as you can for your best surprised face. Hold this expression as long as you can — even until your eyes start to water! Afterwards, relax your face and repeat.

Look upwards and raise your eyebrows at the same time. Then gently close your eyelids, while still looking up. Since our eyelids have the tendency to droop with age, this stretching exercise can help keep them firm.

Neck

Sitting straight, tilt the head back and look at the ceiling. Keeping the mouth closed, do a chewing movement, while still looking up. Repeat the chewing movement 15 to 20 times. Then pucker lips and stretch the lips forward, as if you are trying to kiss the ceiling. Do this 10 times. Relax and repeat 5 to 6 times.

Still sitting upright and tilting the head back, with mouth closed, move the lower lip over the upper lip as far as possible. Hold it for a count of 5. Relax and repeat 5 times.

Sit upright and open the mouth wide open, drop the lower jaw and push it forward, holding it for a count of 10. Come back to the starting position and repeat it 5 times.

I will advise you to do facial yoga consistently for 20-30 minutes, seven times a week, changes may start to be noticeable in four to six weeks

The Goan • 30 May • Ministry of Ayush

Is aerial yoga really healthy

12 • PG | 466 • Sqcm | 69880 • AVE | 200K • Cir | Middle Center
Goa

Is aerial yoga really healthy?

Anwesha Barari

After Pilates and power yoga, the mantra to fitness is a special type of yoga called Aerial Yoga. This type of yoga is a combination of the principles of the Indian Yoga asanas with the aerial arts (like the trapeze games in circuses). The basic premise of Aerial yoga is to be suspended from the air and do all your exercises against gravity. But is this type of yoga a really effective way to improve your fitness or is it just another passing fad? That is the dilemma we are discussing here.

The Hammock:

We have all used the hammock to laze around on a lazy vacation just to relax and read books. In aerial yoga, the main equipment for workout is a hammock. You remain suspended from a hammock like cloth hanging and perform your anti-gravity exercises. So the basic difference between normal yoga & aerial yoga is the use of hammock.

Are there any health benefits?

■ Doesn't going against gravity make the blood rush to your brain? At least that is what we have studied in school. However, this rush of blood may not be such a bad thing. In fact anti-gravity exercise helps to improve blood circulation in the body and re-energises your brain.

■ When people are paralysed and bed-ridden for months, they are sometimes made to hand upside down from chairs to make the blood circulate. The logic behind aerial yoga is exactly the same.

■ Experts like fitness guru Mickey Mehta believe that this kind of yoga provides a greater scope to stretch your body. As a result it improves the flexibility of your muscles.

■ Another major benefit of this unique yoga style is that it doesn't strain your back. Being suspended in the air keeps pressure off the spinal cord. Chronic lower back pain is now widespread, especially among office workers with desk jobs. Aerial yoga is a true blessing for them.

■ On a lighter note, this unconventional workout also beats boredom. Picture yourself swinging in a hammock instead of doing the same old treadmill runs or push-ups!

Word Of Caution:

Never attempt aerial yoga alone at home. It should always be done under the guidance of a trained instructor. The strength and reliability of the hammock are crucial—if it fails or you slip, it could lead to a serious, lifelong spinal injury.

The Goan • 27 May • Ministry of Ayush

Yoga Day no longer optional, now mandatory for govt staff

1,5 • PG | 379 • Sqcm | 56781 • AVE | 200K • Cir | Middle Center,Middle Left

Goa

Yoga Day no longer optional, now mandatory for govt staff

THE GOAN I NETWORK

PANAJI

The Goa government has made participation in June 21 events to mark International Yoga Day "compulsory" for all employees of government, semi-government and corporations. Until now, participation in Yoga Day was a "voluntary" affair.

At the same time, the government has asked its employees to immediately register on the iGOT Karmayogi portal, a key platform under Mission Karmayogi aimed at enhancing public service delivery.

The government has also asked its employees to immediately register on the iGOT Karmayogi portal, a key platform under Mission Karmayogi aimed at enhancing public service delivery

After chairing a crucial meeting to plan month-long Yoga workshops ahead of International Yoga Day, Chief Minister Pramod Sawant said that from June 1, yoga sessions would be conducted across all the government and semi-government departments, with 100 per cent participation.

"It is compulsory for the government employees to participate in the International Yoga Day, to be celebrated on June 21. If they are not able to come to the office or the government event, then they should look out for a common place either temple or school in their villages and participate. A picture will have to be sent to the Head of the Department, confirming the participation," Sawant said.

›Continued on P5

Yoga Day no longer optional, now mandatory for govt staff

He also appealed to all the employees to immediately get registered on iGOT Karmayogi portal under Mission Karmayogi for Yoga at Workplace certificate course. "This will not only help in physical health but increase work efficiency too," Sawant said.

As the schools are set to reopen for the new academic year from June 4, Chief Minister said that yoga classes would be held right from day one across all government and higher secondary schools.

Sawant said that International Yoga Day will be celebrated across 30 locations.

Daily Thanthi Next • 21 Jun • Ministry of Ayush

40 students suddenly vomit and faint after eating lunch during yoga practice

4 • PG	75 • Sqcm	59968 • AVE	1.65M • Cir	Bottom Center

Chennai

யோகா தின ஒத்திகை நிகழ்ச்சியில்

40 மாணவர்களுக்கு வாந்தி, மயக்கம்

ஆஸ்பத்திரியில் சிகிச்சை

கடலூர், ஜூன்.21-

உலகம் முழுவதும் இன்று(சனிக்கிழமை)யோகா தினம் கொண்டாடப்பட உள்ளது. இதையொட்டி ஒவ்வொரு ஆண்டும் என்.எல்.சி. சார்பில் யோகா தின ஒத்திகை நிகழ்ச்சி கடலூர் மாவட்டம் நெய்வேலியில் நடைபெறுவது வழக்கம். அந்தவகையில் இந்த ஆண்டுக்கான யோகா தின ஒத்திகை நிகழ்ச்சி நேற்று நெய்வேலி பாரதி விளையாட்டு அரங்கில் நடைபெற்றது.

இந்த நிகழ்ச்சியில் நெய்வேலி சுற்றுவட்டார பகுதியை சேர்ந்த 15-க்கும் மேற்பட்ட பள்ளிகளில் இருந்து 6 ஆயிரத்திற்கும் மேற்பட்ட மாணவ-மாணவிகள் கலந்து கொண்டனர். பின்னர் இவர்களுக்கு காலை உணவு வழங்கப்பட்டது. அதை சாப்பிட்ட சிலநிமிடங்களிலேயே 40-க்கும் மேற்பட்ட மாணவ-மாணவிகளுக்கு வாந்தி, மயக்கம் ஏற்பட்டது. இதைபார்த்து அதிர்ச்சி அடைந்த ஆசிரியர்கள், உடனே அவர்களை என்.எல்.சி. பொது ஆஸ்பத்திரியில் சேர்த்தனர். அங்கு அவர்களுக்கு சிகிச்சை அளிக்கப்பட்டது. இதனிடையே உணவு பாதுகாப்பு அதிகாரிகள் மாணவர்களுக்கு வழங்கப்பட்ட உணவு மாதிரியை ஆய்வுக்காக எடுத்துச்சென்றனர்.

Daily Thanthi Next • 21 Jun • Ministry of Ayush

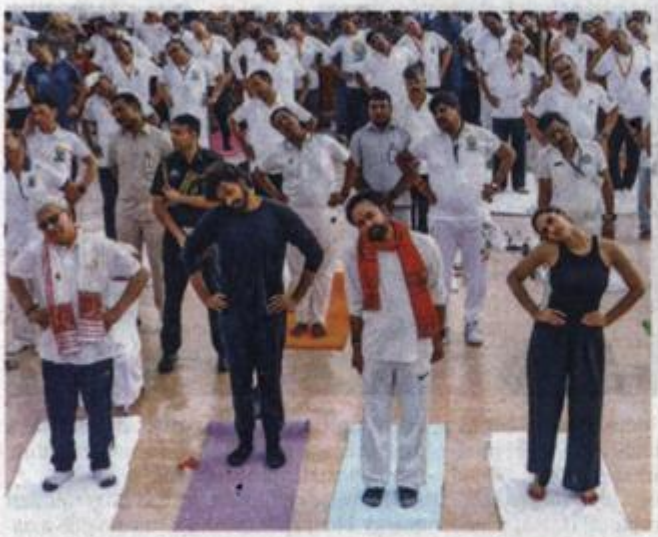
India to host Yoga Day in 191 countries today

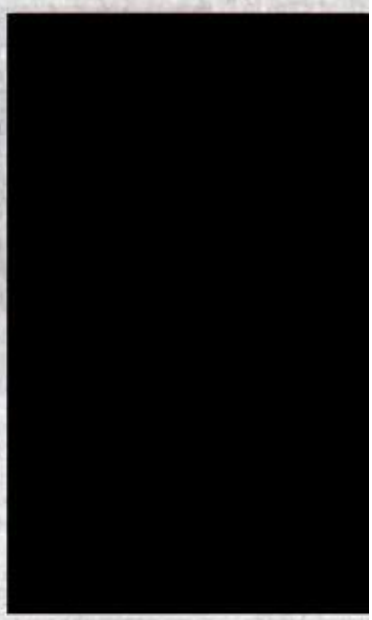
7 • PG | 283 • Sqcm | 226361 • AVE | 1.65M • Cir | Top Right

Chennai

'Yoga for one earth, one health' theme for 2025

India to host Yoga Day in 191 countries today





Telangana Gov Jishnu Dev Varm, Union Minister and state BJP president G Kishan Reddy perform yoga in Hyderabad

NEW DELHI: India will organise thematic events and programmes in 1,300 cities across the globe to mark the International Day of Yoga on Saturday, showcasing the nation's ancient tradition and soft power.

The Indian High Commission in Pakistan is also organising a yoga event on the occasion, according to a statement issued on Friday by the Indian Council for Cultural Relations (ICCR).

"On the 10th anniversary of International Day of Yoga, we will practically cover every country in the world where yoga events are being organised. In some countries like the US, we are hosting multiple events across various cities," ICCR's Director General, K Nandini Singla, was quoted as saying in a statement.

The ICCR will organise various yoga events and programmes in 191 countries to mark the IDY, with more than 2,000 events at 1,300 locations, covering multiple cities in various nations, it said.

Additionally, the ICCR is also hosting 'Yoga Bandhan', a signature event of IDY 2025, where 17 yoga gurus and practitioners from 15 countries, including Brazil, Argentina, Russia, China, South Africa, Malaysia, Sri Lanka, Indonesia, Singapore and South Korea, will lead the Yoga Day events across India, Singla said. In Delhi, yoga events will be led by these foreign yoga gurus at Jantar Mantar, Qutub Minar, Purana Quila and Humayun's Tomb, while similar 'Yoga Bandhan' programmes will be organised. Just as yoga is a 'union' between 'Atma' and 'Paramatma', 'Yoga Bandhan' seeks to "unite India and the world', the ICCR's DG said. The theme for IDY 2025 is 'Yoga for One Earth, One Health'.

This theme echoes a vital truth about the interconnectedness of health, sustainability, and the environment, aligning with India's "One Earth, One Family, One Future" vision highlighted during its G20 presidency, the ICCR said.

Daily Thanthi Next • 20 Jun • Ministry of Ayush

Yoga critical for new mothers

2 • PG | 185 • Sqcm | 148277 • AVE | 1.65M • Cir | Bottom Center

Chennai

Yoga critical for new mothers

தினத்தந்தி
INTERNATIONAL
YOGA DAY
DT NEXT
G SQUARE
PLOTS | VILLAS | APTS
Presents
·Breathe ·Stretch ·Connect
Yoga Partner
isha FOUNDATION
REGISTER NOW for a New Beginning for a Transformed Life!

CHENNAI: For women, the preparation to tackle motherhood challenges physically and mentally, begins right when pregnancy gets confirmed. Those with postpartum depression need to navigate it with more care.

Highlighting the massive physical and psychological shift mothers face, even from the pace of taking on usual tasks and new ones, founder of Chennai Yoga Studio Rohini Manohar, says, "Yoga helps us to become more aware of our body. Moreover, it acts as an anchor mentally, as we have to be available for the baby all the time."

She also notes that mothers in their mid-30s usually opt for yoga during both the prenatal and postpartum periods. "We tend to feel depressed only when the mind is not prepared. It is significant to use the nine-month pregnancy phase to prepare yourself through a mindful approach," she notes.

Regarding practical suggestions, Rohini states that meditation helps to calm the chaos in the mind. "In the third trimester, asanas are practised to open the hips and keep the pelvic area loose and comfortable, for a short and easy delivery," Rohini added.

Kiruthika, a young mother, shared some of the asanas that helped her ease the battle of postpartum depression. It includes balasana for a relaxed back, hips, and mind; marjaryasana for improving flexibility; viparita karani for reducing swelling; and salamba bhujangasana to strengthen back muscles and improve posture, along with meditation.

Scan the code to access the registration section and secure your spot in advance

Daily Thanthi Next • 18 Jun • Ministry of Ayush

Free yoga sessions in 15 cities across TN, Pondy on June 21

2 • PG | 193 • Sqcm | 154224 • AVE | 1.65M • Cir | Top Right

Chennai

Free yoga sessions in 15 cities across TN, Pondy on June 21

CHENNAI: Mark your calendar for this International Yoga Day (June 21), as morning events titled 'Yoga – A beginning to transform life', jointly organised by *DT Next* and *Daily Thanthi* will be held across 15 cities in Tamil Nadu and Puducherry. The session will begin at 6 am.

Leading realty firm G Square is the title sponsor for the event that will be held in Chennai, Coimbatore, Tiruchy, Cuddalore, Dindigul, Erode, Madurai, Nagercoil, Puducherry, Salem, Thanjavur, Tirunelveli, Tirupur, Vellore, and Theni.

Residents aged 10 years and above are eligible to participate. Registration is mandatory. Only individuals with fully completed registration details will be permitted entry to the event. Participants are responsible for ensuring they are medically fit to take part in the event. Organisers will not be held liable for any injury, health condition, or accident arising during the event. Participants are advised to carry personal water bottles, yoga mats, and wear appropriate clothing for physical activity.

Scan the code to access the registration section and secure your spot in advance

To facilitate easy public registration, a QR code has been provided. Interested participants can scan the code to access the special registration section and secure their spot in advance. All details must be filled correctly to guarantee participation.

For queries or clarifications, write to events.dtnext@dt.co.in. For more details, visit https://www.dtnext.in/yoga-day-2025

Daily Thanthi Next • 01 Jun • Ministry of Ayush

YOGA SALUTE TO SINDOOR

4 • PG | 233 • Sqcm | 186758 • AVE | 1.65M • Cir | Top Center

Chennai

Punjab Express • 21 Jun • Ministry of Ayush

AIMS Mohali to mark Yoga Day with CM di Yogshala at mass level

4 • PG | 236 • Sqcm | 47109 • AVE | 348.98K • Cir | Middle Right

Chandigarh

AIMS Mohali to mark Yoga Day with CM di Yogshala at mass level

PUNJAB EXPRESS BUREAU
Mohali, June 20

Dr. B.R. Ambedkar State Institute of Medical Sciences (AIMS), Mohali, in collaboration with CM di Yogshala, will celebrate the International Day of Yoga on 21st June 2025, at 6:00 am, joining the global observance of the occasion for the 11th consecutive year. This year's theme, "Yoga for One Earth, One Health," emphasizes yoga's essential role in fostering balance between personal well-being and planetary sustainability.

Divulging the details, Directior Principal, Dr Bhavneet Bharti said that in a landmark initiative, AIMS Mohali and CM di Yogshala will attempt an official entry into the Asia Book of Records by bringing together the highest number of healthcare providers performing yoga at a single venue. MBBS students, nursing students, and healthcare professionals from multiple disciplines are set to participate with great enthusiasm at Ground of Shaheed Major Harminder Pal Singh Goverment College, Phase 6, Mohali, she further added.

Amresh Kumar Jha and Kamlesh Mishra, Consultant Yoga, CM di Yogshala, while supporting the tomorrow's initiative, stated, "Yoga is an ancient practice with timeless relevance. It builds resilience, reduces stress, and promotes overall well-being particularly crucial for healthcare providers who tirelessly serve on the frontlines of society."

Dr. Bhavneet Bharti, further said that "This record attempt is not just about numbers; it's about nurturing a culture of holistic wellness within our institution and extending that ethos to the broader community."

The event is expected to witness participation from over 3,000 healthcare professionals, guided by certified yoga instructors from CM di Yogshala. The session will include asanas (yoga postures), pranayama (breathing exercises), and meditation, all designed in harmony with the day's theme of integrating individual health with environmental consciousness.

Punjab Express • 21 Jun • Ministry of Ayush

Delhi CM Rekha Gupta launches song ahead of Yoga Day

7 • PG | 117 • Sqcm | 23398 • AVE | 348.98K • Cir | Middle Right

Chandigarh

Delhi CM Rekha Gupta launches song ahead of Yoga Day

NEW DELHI, JUNE 20

Delhi Chief Minister Rekha Gupta on Friday, a day before International Yoga Day, launched a song on yoga sung by music composer Amit Trivedi. Addressing a press conference, Gupta said her ministerial colleagues and the BJP MLAs will participate in yoga activities on Saturday. "Official programmes will be held at 11 places. I will be participating in the Yoga programme in Sonia Vihar on Yamuna bank. There will be programmes at Thyagraj Stadium, Chhatrasal Stadium, Rajiv Gandhi Stadium, Cricket ground in Dwarka Sector 6, among others," she said. PTI

Punjab Express • 21 Jun • Ministry of Ayush

India to organise Yoga Day events in 191 countries today

1 • PG | 220 • Sqcm | 43981 • AVE | 348.98K • Cir | Middle Center

Chandigarh

India to organise Yoga Day events in 191 countries today

NEW DELHI, JUNE 20

India will organise thematic events and programmes in 1,300 cities across the globe to mark the International Day of Yoga (IDY) on Saturday, showcasing the nation's ancient tradition and soft power.

The Indian High Commission in Pakistan is also organising a yoga event in Islamabad on the occasion, according to a statement issued on Friday by the Indian Council for Cultural Relations (ICCR), the cultural arm of the Ministry of External Affairs.

"On the 10th anniversary of International Day of Yoga, we will practically cover every country in the world where yoga events are being organised. In some countries like the US, we are hosting multiple events across various cities," ICCR's Director General, K Nandini Singla, was quoted as saying in a statement.

The ICCR will organise various yoga events and programmes in 191 countries on June 21 to mark the IDY, with more than 2,000 events to be hosted at 1,300 locations, covering multiple cities in various nations, it said.

Additionally, the ICCR is also hosting 'Yoga Bandhan', a signature event of IDY 2025, where 17 yoga gurus and practitioners from 15 countries, including Brazil, Argentina, Russia, China, South Africa, Malaysia, Sri Lanka, Indonesia, Singapore and South Korea, will lead the Yoga Day events across India, Singla said. **PTI**

Punjab Express • 21 Jun • Ministry of Ayush

Int'l Yoga Day to be celebrated with enthusiasm today under 'CM di Yogshala' initiative

5 • PG | 231 • Sqcm | 46255 • AVE | 348.98K • Cir | Middle Center

Chandigarh

Int'l Yoga Day to be celebrated with enthusiasm today under 'CM di Yogshala' initiative

BALINDER SINGH
PUNJAB EXPRESS BUREAU
Patiala, June 20

Under the Punjab Government's flagship health initiative 'CM di Yogshala', International Yoga Day will be celebrated with great enthusiasm across the state on June 21, 2025. In Patiala, the district administration and the Directorate of Ayurveda are actively coordinating the event.

All necessary preparations have been completed, with yoga demonstrations and public awareness events scheduled to be held in parks, schools, and at the block level throughout the district. This was shared by Rajinder Singh, District Coordinator of CM di Yogshala.

He informed that hundreds of trained yoga instructors will conduct group yoga sessions at 6:00 AM at various block-level venues. These sessions will involve participation from the general public, students, health workers, Anganwadi workers, and representatives from social organizations.

Thousands of citizens across Punjab, including many from Patiala, have already registered for free yoga classes under CM di Yogshala through the toll-free number 7669400500 or the website cmdiyogshala.punjab.gov.in.

Punjab Express • 20 Jun • Ministry of Ayush

11th International Yoga Day celebrated

2 • PG | 99 • Sqcm | 19841 • AVE | 348.98K • Cir | Middle Center

Chandigarh

11th International Yoga Day celebrated

PUNJAB EXPRESS BUREAU
Ludhiana, June 19

The 11th International Day of Yoga (IDY) with theme 'Yoga for One Earth, One Health' was celebrated at Air Force Station Halwara. The Vayu Yodhas and their family members enthusiastically participated in the Yoga event. Air Warriors trained as Yoga Instructors with their expertise, conducted the mass Yoga activities by following the Common Yoga protocol.

Punjab Express • 20 Jun • Ministry of Ayush

Archaeological Survey of India, Chandigarh circle to celebrate 11th International Day of Yoga at ico...

4 • PG | 309 • Sqcm | 61709 • AVE | 348.98K • Cir | Middle Center

Chandigarh

Archaeological Survey of India, Chandigarh circle to celebrate 11th International Day of Yoga at iconic monuments in Punjab and Haryana

PUNJAB EXPRESS BUREAU
Chandigarh, June 19

The Archaeological Survey of India (ASI), Chandigarh circle, under the aegis of the Ministry of Culture, Government of India, will celebrate the 11th International Day of Yoga (IDY) on 21st June 2025 across prominent historical sites in Punjab and Haryana. The celebration will take place from 6:00 AM to 7:45 AM on Saturday. It will begin with the live telecast of the Prime Minister's address, followed by the Common Yoga Protocol session conducted for all participants. The celebration aligns with the global theme of promoting yoga as a holistic approach to health and well-being.

On December 11, 2014, the United Nations General Assembly designated June 21 as the International Day of Yoga. Since then, millions of people around the globe, united by the practice of yoga, have celebrated this day each year. International Day of Yoga has successfully completed 10 years. The International Day of Yoga (IDY) in 2025 will mark a significant milestone-promoting yoga as a global movement that enhances physical, mental, and spiritual well-being and we are celebrating the 11th IDY in a truly global and inclusive manner.

The International Day of Yoga (IDY) in 2025 will mark a significant milestone-promoting yoga as a global movement that enhances physical, mental, and spiritual well-being and we are celebrating the 11th IDY in a truly global and inclusive manner.

In commemoration of this landmark year, the ASI will organize yoga sessions at five heritage monuments—four in Punjab and one in Haryana, all of which are among the 100 iconic sites identified by the Ministry of Culture for IDY 2025 celebrations.

Punjab Express • 20 Jun • Ministry of Ayush

Police personnel take part in a yoga session ahead of International Yoga Day, in Jalandhar

3 • PG | 158 • Sqcm | 31522 • AVE | 348.98K • Cir | Middle Center

Chandigarh

Police personnel take part in a yoga session ahead of International Yoga Day, in Jalandhar, on Thursday. PTI

Punjab Express • 19 Jun • Ministry of Ayush

PU V-C launches research-based book 'Yoga and Nature Cure

4 • PG | 183 • Sqcm | 36552 • AVE | 348.98K • Cir | Middle Left

Chandigarh

PU V-C launches research-based book 'Yoga and Nature Cure'

PUNJAB EXPRESS BUREAU
Chandigarh, June 18

Panjab University Vice-Chancellor Prof. (Dr.) Renu Vig on Wednesday released the book "Yoga and Nature Cure", a comprehensive and research-based work that integrates multiple disciplines including Yoga Therapy, Naturopathy, Herbal Medicine, Nutrition Science, and Music Therapy. The release ceremony was held at the Vice-Chancellor's office in the presence of the book's authors — senior yoga scholar Prof. Surinder K. Shukla and naturopathy expert Dr. N.D. Sharma 'Devshali'.

Providing insights into the journey of the book, Prof. Surinder K. Shukla shared that the concept for the book was envisioned back in 2012. The work is not merely the outcome of writing but is grounded in extensive research and years of practical experience. Each section of the book integrates academic rigor with hands-on therapeutic insights.

Co-author Dr. N.D. Sharma 'Devshali' added that the book is not limited to Yoga and Naturopathy alone, but also explores topics such as Herbal Medicine, Nutrition Science, Natural Ethics, and Music Therapy. He emphasized that the book promotes a comprehensive view of health not just freedom from illness, but the cultivation of a holistic lifestyle and deeper understanding of life itself.

Punjab Express • 18 Jun • Ministry of Ayush
UT gears up to celebrate 11th International Yoga Day

4 • PG | 339 • Sqcm | 67734 • AVE | 348.98K • Cir | Top Left

Chandigarh

UT gears up to celebrate 11th International Yoga Day

A.S. PRASHAR
PUNJAB EXPRESS BUREAU
Chandigarh, June 17

A meeting was held on Tuesday under the chairmanship of Rajeev Verma, Chief Secretary, UT Chandigarh, to review and finalize the preparations for the upcoming International Yoga Day, which will be celebrated on 21st June 2025.

This year marks the successful completion of a decade of International Yoga Day celebrations across the globe. To commemorate this significant milestone, the Chandigarh Administration will organize the State Level International Yoga Day celebrations at two iconic venues – Tiranga Park, Sector-17 and Rock Garden, Sector-1.

The Governor of Punjab and Administrator, UT Chandigarh, Gulab Chand Kataria will grace the occasion as the Chief Guest at Tiranga Park, Sector-17. The celebrations are expected to witness enthusiastic participation from around 1800 citizens across all age groups and walks of life, including students, senior citizens, government officials, yoga enthusiasts, police, MC, Civil Defence volunteers and members of various organizations and institutions.

The Social Welfare Department, in coordination with the Directorate of AYUSH, shall hold celebrations of 11th IYD at Rock Garden where around 1100 Anganwadi workers, Creche helpers, CCI children and others will participate.

In addition to the state-level events, yoga sessions and celebrations will be held at over 140 locations across the Union Territory, ensuring wide participation and outreach in the City Beautiful.

The Chief Secretary directed all departments to work in close coordination to ensure the successful and smooth conduct of the event.

Present during the meeting were Diprava Lakra, Secretary Finance; R.K. Singh, DGP; Amit Kumar, Commissioner MC; Ajay Chagti, Secretary Health; Anuradha Chagti, Secretary Social Welfare; Hari Kallikkat, Secretary IT; other senior officials of Chandigarh Administration.

Punjab Express • 17 Jun • Ministry of Ayush

PGIMER gears up for record- breaking Yoga Day celebration

4 • PG | 366 • Sqcm | 73161 • AVE | 348.98K • Cir | Top Center

Chandigarh

PGIMER gears up for record-breaking Yoga Day celebration

▶ Healthcare workers unite for 'Yoga for One Earth, One Health' on June 21

PUNJAB EXPRESS BUREAU
Chandigarh, June 16

The countdown to celebration of 11th International Day of Yoga (IDY) has begun at PGIMER. The institute is enthusiastic and geared up to celebrate "Yoga for One Earth, One Health" theme on International Day of Yoga. Director, Dean, Medical Superintendent, Deputy Director, Financial Advisor, faculty, students, staff and their families are expected to perform Common Yoga Protocol at Sports complex, PGIMER, Chandigarh. A committee headed by Dr Vipin Kaushal has been constituted to see the arrangements.

On this occasion Director PGIMER, Prof Vivek Lal , said "I appeal health care workers of tricity to join PGI's Yoga Day celebration on June 21st as it brings team spirit necessary for quality delivery of clinical services".

Prof. Vipin Kaushal, Medical Superintendent PGIMER added, "All the arrangements are in place, in case of rain, the event will be shifted to Zakir Hall". Dr Akshay Anand, Professor Incharge of the Yoga Centre said that "Yoga is an evidence-based tool for holistic healthcare and important for work-life balance which is why, Y-break has been implemented in over 19 departments.

This event is being organized by PGIMER's Yoga centre, 'CCRYN-Collaborative Centre for Mind Body Intervention through Yoga'. Over 3,000 participants have registered for the 11th International Day of Yoga celebration on June 21, 2025 in which yoga mats, T-shirts, and refreshments will be provided to all participants. One can register for the event at https://forms.gle/e5QVjBu7zo3GGsAY6.

It seems that this year healthcare workers at PGIMER will break their own record of highest number of healthcare workers practicing Common Yoga Protocol on IDY. Last year, PGIMER set a record with the participation of 1,924 healthcare workers in a yoga event, which was officially recognized by the Asia Book of Records. PGIMER Yoga centre has been conducting a 45-minute Yoga sessions for patient's caregivers, daily, since 1st June 2025 as a pre-celebration. However, Yoga for caregivers is a routine activity which is conducted twice a week in the park behind Bhargava Auditorium at PGIMER. Additionally, a Yoga Summer Camp for children is currently being held at the PGI Community Centre, which began on 1st June 2025.

Yoga offers numerous benefits for both mental and physical health. It helps reduce stress, anxiety, and depression, supports the management of hypertension and diabetes, alleviates chronic back pain, and improves posture, among other advantages.

Punjab Express • 16 Jun • Ministry of Ayush

350 participate in walkathon as part of International Yoga Day celebrations

4 • PG | 245 • Sqcm | 48978 • AVE | 348.98K • Cir | Middle Left

Chandigarh

350 participate in walkathon as part of International Yoga Day celebrations

PUNJAB EXPRESS BUREAU
Panchkula, June 15

On the occasion of International Yoga Day 2025, the National Institute of Ayurveda (NIA), Panchkula organized a walkathon today at Yavanika Park, Sector-5, Panchkula. The event was held under the guidance of the Vice Chancellor, Professor Sanjeev Sharma.

The walkathon took place from 6:00 AM to 8:00 AM and witnessed enthusiastic participation from local residents, students, officials, and staff members. The event was flagged off by the Chief Guest, SDM Shri Chandrakant Kataria.

Distinguished guests included Prof. Sanjeev Sharma (Vice Chancellor), Dr. Shailja Chhabra (Principal, P.G. Government College, Sector 1, Panchkula), and Chief Executive Engineer Shri Virendra Singh.

The Dean In-charge of the institute, Professor Satish Gandharve, Dr. Gaurav Garg (DMS Coordinator), officials, and staff members actively participated in the event.

Assistant Professor Dr. Ritesh efficiently handled the stage proceedings and the programme was led by the Walkathon committee.

Punjab Express • 16 Jun • Ministry of Ayush

International Yoga Day set to rekindle true spirit of yoga

6 • PG | 375 • Sqcm | 74919 • AVE | 348.98K • Cir | Bottom Left

Chandigarh

International Yoga Day set to rekindle true spirit of yoga

In a world increasingly obsessed with external forms of wellness, a profound initiative is set to remind us of yoga's inner essence in the US, as cities globally prepare to celebrate the International Day of Yoga (IDY) on June 21.

'The Spirit of Yoga', a special International Day of Yoga celebration, is being co-hosted by the Brahma Kumaris World Spiritual Organization at the serene Global Harmony House in Great Neck on Long Island on June 22, the organisers said in a statement on Sunday.

While most Yoga Day celebrations revolve around physical postures and public demonstrations of flexibility, 'The Spirit of Yoga' programme seeks to reclaim yoga's soul, rekindling its spiritual roots.

The event will witness a lineup of dignitaries, spiritual leaders and practitioners who bring wisdom, inspiration, and the lived experience of yogic values to about 250 seekers in the hall, and many more attending virtually.

Binaya Srikanta Pradhan, Consul General of India in New York, will be the Chief Guest who will speak on India's gift of yoga to the world, in the presence of BK Mohini Didi, the revered Chief Administrative Head of the Brahma Kumaris international organization.

Set in the tranquil atmosphere of Global Harmony House, a spiritual sanctuary and the regional headquarters of the Brahma Kumaris for the Americas and the Caribbean, this gathering is designed to be an immersive, contemplative, and celebratory experience.

"In today's commercialised wellness world, yoga is often reduced to fitness," said Gayatri Naraine, the NGO representative of the Brahma Kumaris at the UN. "But the true spirit of yoga is about connecting to our highest self, to the Supreme, through spiritual awareness."

"We are focusing on yoga as a way of being - anchored in awareness, self-realisation, and harmony," said Parveen Chopra, Founding Editor of ALotusInTheMud.com and co-moderator of the event. "Yoga, as in Patanjali's 8-limbed path, finds its fulfillment in dhyan, asanas are just a part and accessory." **IANS**

Punjab Express • 14 Jun • Ministry of Ayush

International Yoga Day: Events to be held across Haryana on June 21, says CM Saini

8 • PG | 771 • Sqcm | 154229 • AVE | 348.98K • Cir | Top Left

Chandigarh

International Yoga Day: Events to be held across Haryana on June 21, says CM Saini

A.S. PRASHAR
PUNJAB EXPRESS BUREAU
Chandigarh, June 13

To make the 11th International Yoga Day a "historic event", several programmes will be organised across all 22 districts in Haryana for which preparations are underway, Chief Minister Nayab Singh Saini said on Friday.

The International Yoga Day is celebrated every year on June 21. This year's theme is 'Yoga for One Earth, One Health'.

This year's state-level programme will be held at the sacred Brahma Sarovar in Kurukshetra, the very site from where Lord Krishna delivered the message of 'karma' to the world, he said.Yoga programmes will be organised simultaneously across all 22 districts and 121 blocks in Haryana, with participation of over 11 lakh people, Saini said.

Renowned yoga guru Ramdev will lead the yoga session at Kurukshetra, he said.Saini was addressing a Yoga Protocol Training Camp organised jointly by the AYUSH Department, Haryana Yog Aayog, and the Indo-Tibetan Border Police (ITBP) at the ITBP training centre in Bhanu in Panchkula on Friday.

During the event, the Chief Minister, along with other dignitaries and ITBP personnel, observed two minutes of silence to pay homage to those who lost their lives in the Ahmedabad plane crash.

Paying tribute to the incredible contribution of ITBP personnel, Saini said that this institution is a living embodiment of discipline, service, dedication, and patriotism.

Praising the Haryana Yog Aayog, he said that the Aayog is promoting yoga to ensure the well-being of our central security forces.

Today's Yoga Protocol Training Camp holds special significance as it is being held just a week before the 11th International Yoga Day in 2025, he said, according to an official statement.

The Chief Minister said that Yoga not only promotes health but also instills team spirit, cooperation, and discipline '? making it deeply connected with our armed forces.

Saini that the celebrations of the 11th International Yoga Day in Haryana had already commenced on May 27, with yoga programmes being organised across the state since then.

So far, over 15.60 lakh people have participated in these programmes.

He further said that yoga is a gift from our sages, but over time this ancient tradition faded, but thanks to the efforts of Prime Minister Narendra Modi, the United Nations declared June 21 as International Yoga Day. Today, countries around the world have adopted yoga. Yoga is now a way of life not just in India but globally, Saini said.

On the occasion, Haryana's AYUSH and Health Minister Kumari Arti Singh Rao said that the theme for the 11th International Yoga Day is "Yoga for One Earth, One Health", reminding us that human health is deeply connected to the health of the environment and all living beings.

She said that Yoga is not just a physical activity but a global message of balance, holistic development, and wellness. Under the visionary leadership of the Chief Minister, the Haryana Government has transformed yoga from an individual practice into a mass movement, she said.At the district level, yoga marathons, awareness drives, and group yoga sessions are being conducted.

Punjab Express • 14 Jun • Ministry of Ayush

Yoga. Connect 2025: A Hybrid Global Summit on 'Yoga for One Earth, One Health today

6 • PG | 634 • Sqcm | 126888 • AVE | 348.98K • Cir | Middle Center

Chandigarh

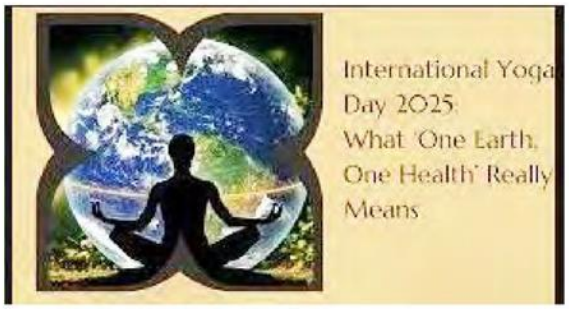
Yoga Connect 2025: A Hybrid Global Summit on 'Yoga for One Earth, One Health' today

Over 1,000 participants along with virtual attendees from leading international yoga institutions and wellness communities from around the World to unite

'Yoga Prabhava' Report-Impact study of International Day of Yoga over the decade to be released

The Ministry of Ayush will host 'Yoga Connect', a hybrid global summit, on 14th June 2025 at Vigyan Bhawan, New Delhi, as a key lead-up event to the 11th International Day of Yoga (IDY). The summit will bring together a distinguished gathering of yoga gurus, policymakers, health experts, business leaders, researchers, and global influencers, both from India and abroad.

The event is being coordinated by the Central Council for Research in Yoga and Naturopathy (CCRYN), the apex research body in the field of Yoga. 'Yoga Connect' will follow a hybrid format, bringing together over 1,000 in-person participants along with virtual attendees from leading international yoga institutions and wellness communities. Experts from more than four countries, including Bahrain, the United States, the United Kingdom, and South Korea, will join the summit. Each is a distinguished figure in their respective fields of yoga, healthcare, research, or wellness, highlighting the global significance of India's yoga movement.



A major highlight of the summit will be the release of the 'Yoga Prabhava' report-a nationwide study conducted by CCRYN assessing the impact of IDY over the past decade. This report will be of significant relevance to academicians, researchers, and public health professionals, as it will provide valuable insights into the reach, effectiveness, and transformative impact of IDY initiatives across the country.

- **In addition, three significant knowledge products will be unveiled:**
- Decadal Impact of Yoga (E-book)
- Report on Scientometric Analysis of Yoga Research
- **Bhartiya Vriksha Vaibhavam:**
- An Illustrative booklet highlighting the significance of native Indian trees and their relevance
- **The summit will include different thematic sessions covering:**
- Yoga for the Prevention of Non-Communicable Diseases
- Studies on the Common Yoga Protocol and Impact Assessment of IDY
- Yoga-Tech: Innovators Presentation
- Vision of Yoga for All
- Yoga and its applications
- Yoga and Women's Health Across Life Stages
- Yoga Commerce and Industry

A key highlight of Yoga Connect will be the participation of several luminaries from the field of yoga, including Swami Baba Ramdevji, Acharya BalaKrishnaji, HR Nagendraji, His Holiness Bikkhu Sanghasena, and Sri Bharath Bhushanji.

'Yoga Connect' is an opportunity to bring together people who are shaping the future of yoga. It marks ten years of India's global yoga movement, which began when the United Nations declared June 21 as the International Day of Yoga in 2014. Yoga was also recognised by UNESCO as India's gift to the world. Through events like this, India continues to share the message of health, balance, and unity with the world.

IANS

Punjab Express • 12 Jun • Ministry of Ayush

CM Saini attends yoga protocol training camp at Haryana legislative assembly

8 • PG | 582 • Sqcm | 116494 • AVE | 348.98K • Cir | Top Left

Chandigarh

CM Saini attends yoga protocol training camp at Haryana legislative assembly

RAJENDRA KHATRY
PUNJAB EXPRESS BUREAU
Chandigarh, June 11

A yoga protocol training camp, jointly organised by the Haryana Yog Aayog, Haryana Legislative Assembly, and AYUSH Department, was successfully held at the Haryana Legislative Assembly premises on Tuesday. The training, in preparation for International Yoga Day 2025, included 15 Haryana MLAs and a number of Assembly officers and employees. Haryana Chief Minister Nayab Singh Saini attended the programme as the chief guest. Cabinet Minister Arvind Sharma and Deputy Speaker of Haryana Legislative Assembly Krishan Lal Middha was present on the occasion.

The programme started with lighting of lamp and chanting of Vedic mantras. Addressing the programme, Chief Minister Nayab Singh Saini, underlining the importance of yoga, said the objective of the state government is to create a 'yoga-yukt, nasha-mukt and yogamay Haryana'.

The 11th International Yoga Day is being celebrated nationwide as a major festival this year. In Haryana, celebrations commenced 25 days ago with a Yoga Mahotsav inaugurated on May 27. Subsequently, various departments, institutions, and armed and paramilitary forces are being integrated into the events to raise public awareness about health promotion.

He said it is a matter of good fortune for us that on June 21, yoga practice will be done with the participation of more than 1 lakh people at the Brahma Sarovar, Kurukshetra under the guidance of Yoga Rishi Swami Ramdev.

Deputy Speaker of the Assembly Krishna Lal Middha said we should adopt yoga in our daily routine. On June 21, lakhs of citizens from all over the state will be a part of this health campaign. The IDY Yoga Protocol Training Programme was successfully organised under the guidance of Dr Jaideep Arya, Chairman, Haryana Yoga Aayog. The protocol training was conducted by Dr Rajkumar, Registrar, Haryana Yoga Aayog, in which Dr Jaspreet Kaur and Priyanka were present on the stage as yoga instructors. Along with this, Yogasana Bharat players Dev and Abhay gave a wonderful presentation of yogasana. The practice of protocol training started with prayer and concluded with Shanti Path after subtle exercise, asanas, pranayama and meditation.

Haryana CM announces hike in wages of sanitation workers

CHANDIGARH, JUNE 11

Haryana Chief Minister Nayab Singh Saini on Wednesday announced a hike of Rs 2,100 in the monthly wages of sanitation workers.He also announced the expansion of the existing de-addiction centre in Dabwali in Sirsa district from 10 to 30 beds and the setting up of a new 30-bed de-addiction centre near the government hospital in Ellenabad, an official statement said.

The chief minister made these announcements while addressing a function celebrating the birth anniversary of poet and saint Kabir Das, held in Sirsa under the Sant Mahapurush Samman evam Vichar Prachar Prasar Yojana.

Stating that the government has taken significant steps to safeguard the interests and dignity of sanitation workers, the chief minister announced the establishment of the Haryana State Commission for Safai Karamcharis, to address their welfare and rights. PTI

Punjab Express • 11 Jun • Ministry of Ayush

IDY2025: Yoga Sangam portal crosses 50,000 registrations, says Ayush Ministry

6 • PG | 716 • Sqcm | 143270 • AVE | 348.98K • Cir | Middle Center

Chandigarh

IDY2025: Yoga Sangam portal crosses 50,000 registrations, says Ayush Ministry

Ahead of the 11th International Day of Yoga (IDY) 2025, more than 50,000 organisations from across the nation have registered to host Yoga Sangam, setting a new benchmark for collective participation, said the Ministry of Ayush on Tuesday.

Creating a historic milestone in promoting holistic health and well-being, Yoga Sangam will be hosted on June 21 from 6:30 am to 7:45 am.

This year's theme 'Yoga for One Earth, One Health' echoes a universal call for unity and wellness. Premier institutions like IITs, IIMs, and Central Universities, along with many corporate and private players, are among the participants.

Rajasthan has emerged as the frontrunner with an impressive 11,000+ organisations registered for Yoga Sangam 2025 the highest among all states.

It is followed by Telangana with over 7,000+ registrations, and Madhya Pradesh with close to 5,000 registrations, said the ministry.

"With over one lakh locations expected to host the IDY event, Yoga Sangam 2025 the Ministry of Ayush invites citizens, institutions, and communities to come together in this global celebration of India's timeless wisdom. Let us move together, breathe together, and thrive together -- for a healthier, more harmonious world," the ministry said.

The IDY events will be held across the snow-capped mountains of Ladakh to the sunlit beaches of Kerala, from school playgrounds and office lawns to railway stations and historic temple courtyards.

Celebrated names from across the country have also voiced their support and are becoming a part of the event. This includes actors Anupam Kher, Manoj Joshi, Shilpa Shetty, and Rakul Preet.

The Ministry noted that these events would be tracked online through a facility on the yoga portal, wherein aspiring organisations can register their proposals to register an IDY event.

To participate, citizens can visit the Ayush Ministry's website and register as a group or organisation.

After conducting the Yoga Sangam event on June 21, upload participation details and receive the official Certificate of Appreciation. IANS

Punjab Express • 01 Jun • Ministry of Ayush

Intl Yoga Day-2025: Yoga for 'one earth, one health' state-level event in Kurukshetra on June 21

8 • PG | 325 • Sqcm | 64987 • AVE | 348.98K • Cir | Top Right

Chandigarh

Int'l Yoga Day-2025: Yoga for 'one earth, one health' state-level event in Kurukshetra on June 21

A.S. PRASHAR
PUNJAB EXPRESS BUREAU
Chandigarh, May 31

The State-Level celebration of the 11th International Day of Yoga will be held on June 21, 2025, at Brahma Sarovar, Kurukshetra. Haryana Chief Minister Nayab Singh Saini, Yog Guru Baba Ramdev, and other dignitaries will participate in the event. The occasion will also feature an address by Prime Minister Narendra Modi. The event is expected to witness participation from over 1 lakh people at the state level and more than 10 lakh individuals at district and block-level functions across Haryana. Apart from this, the foundation stone for a Meditation Centre at Shri Krishna AYUSH University, Kurukshetra, will be laid by the Chief Minister on the same day.

Sharing information in this regard an official spokesperson said that Haryana, under the leadership of Chief Minister Sainiand the active involvement of the Department of AYUSH, has already taken significant steps and is in full swing with its preparations to celebrate the 11th International Day of Yoga (IDY) on June 21, 2025. Several activities have already been conducted to build momentum for the upcoming celebrations. Three-day training programmes for DPE/PTI of the Education Department (26th – 28th May 2025) and for school children (28th – 30th May 2025) have been successfully organised. Further, Jan Bhagidari events involving departments like Secondary Education, Higher Education, Police Lines, Jails, Army, and various other groups have commenced from May 29 onwards, seeing enthusiastic participation from thousands of individuals each day.

The spokesperson said that to enable smooth registration and maximum public engagement, a digital platform (www.internationalyogadayhry.in) and a toll-free missed call number (9501131800) have been launched. Besides this, live streaming arrangements are being finalised to ensure that the celebrations can be accessed by people across the state. Various committees including State and District-level Organising Committees, Purchase Committees, and Reception Committees have been formed to oversee seamless execution of events.

Punjab Express • 30 May • Ministry of Ayush

11th International Yoga Day: Grand celebration in Kurukshetra on June 21

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Chandigarh

11th International Yoga Day: Grand celebration in Kurukshetra on June 21

RAJENDRA KHATRY
PUNJAB EXPRESS BUREAU
Chandigarh, May 29

Haryana Chief Minister Nayab Singh Saini said that a grand state-level event will be organised in Kurukshetra on June 21 to mark the 11th International Yoga Day. Approximately one lakh people will participate in the celebrations. Yoga Guru Baba Ramdev will also be present.The theme for this year's International Yoga Day is "Yoga for One Earth, One Health."

Addressing a press conference shortly after a meeting held to finalise preparations for the 11th International Yoga Day celebrations, along with officials from the AYUSH Department and other concerned departments, the CM said that with the efforts of Prime Minister Narendra Modi, International Yoga Day has been celebrated globally on June 21 each year since 2015. The Prime Minister's proposal at the United Nations was supported by 177 countries and today the entire world has embraced yoga.

The final preparations for the 11th International Yoga Day function were reviewed and finalised during the meeting yesterday. "Yoga is an ancient tradition of our country. It is not just a form of physical exercise, but a holistic way of life. It has given us a path to health awareness," he said. He also encouraged everyone to incorporate yoga into their daily routine and contribute to building a 'Healthy India.'

In addition to the state-level function, district-level events will be organised across all districts. Furthermore, block-level programmes will be conducted in all 121 blocks of the state. The AYUSH department has prepared a detailed blueprint for these events.

Nayab Singh Saini said that in the lead-up to International Yoga Day, various programmes including Yoga Marathons and the Yoga Jagran Yatra will be conducted alongside dedicated training sessions. These initiatives aim to engage all sections of society from schoolchildren to the general public. The Swachhata programme will also be integrated into the yoga activities.

Three-day yoga training programmes will be organised in all schools, colleges, and universities across the state. Similar training sessions will also be held for ministers, MPs, MLAs, officers, government employees, and other public representatives.

The CM said that on the occasion of International Yoga Day, the state will launch the initiative "Yoga Yukt Haryana – Nasha Mukt Haryana", in alignment with the vision of Swasth Bharat – Swasth Haryana. The campaign aims to eliminate drug addiction from society through the positive influence of yoga.

As part of the celebrations, 10 lakh saplings will be planted across the state, reinforcing a commitment to environmental protection through the concept of "Green Yoga." He also informed that a dedicated portal has been launched for registration, with a target to engage 10 lakh people in the event.

Punjab Express • 28 May • Ministry of Ayush

Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadhav

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Chandigarh

Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadhav

Yoga is an ancient art of healthy living interconnecting mind and body, and not just a form of exercise, said Prataprao Jadhav, Union Minister of State (Independent Charge), Ministry of Ayush on Tuesday.

Jadhav said this while inaugurating the 25-day countdown event to mark the International Day of Yoga 2025 in Puducherry.

Highlighting the transformative power of Yoga, Jadhav stressed its relevance in promoting physical and mental well-being.

"Yoga is not just an exercise; it is an ancient art of healthy living that interconnects mind and body. Those who adopt Yoga feel peace, power, and clarity."

He stated that "this year's theme 'Yoga for One Earth, One Health,' perfectly encapsulates our collective aspiration for a healthier planet and a healthier humanity.

"Yoga is an important need of the present and an integral part of our healthy future," the MoS said.

Over 6,000 Yoga enthusiasts gathered at the Yoga Mahotsav, held at the picturesque Gandhi Thidal on Goubert Avenue, Beach Road. It was organised by the Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush.

"Yoga is a very ancient science of our nation. It signifies the union of body and mind. It is a way of life that integrates mental fortitude and physical well-being. Our ancestors have preserved and passed it down to us for many thousands of years," said Thiru. K. Kailashnathan, Lieutenant Governor of Puducherry.

International Day of Yoga, observed annually on June 21st, has grown into a global cultural and wellness movement since its inception by the United Nations in 2015, following India's proposal in 2014.

"Yoga is not just a physical exercise; it is a journey of inner exploration, self-connection, and harmony with nature," said Chief Minister of Puducherry Thiru. N. Rangasamy.

A key highlight of the event was the significant rise in registrations on the Yoga Sangam Portal, launched on the 50-day countdown to IDY 2025 in Nashik. Over 12,000 people have registered on the portal to date, reflecting growing public enthusiasm for Yoga across India.

IANS

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Punjab Express • 09 May • Ministry of Ayush

Spread message of holistic well-being through yoga worldwide: Ayush Minister

6 • PG | 695 • Sqcm | 138979 • AVE | 348.98K • Cir | Top Center

Chandigarh

Spread message of holistic well-being through yoga worldwide: Ayush Minister

Spread the message of holistic well-being through yoga worldwide, said Prataprao Jadhav, Union Minister of State (Independent Charge), Ministry of Ayush

Spread the message of holistic well-being through yoga worldwide, said Prataprao Jadhav, Union Minister of State (Independent Charge), Ministry of Ayush.

Jadhav said this while chairing a review meeting in New Delhi to assess the ongoing preparations for the upcoming International Day of Yoga (IDY) 2025, which will be celebrated on June 21 across the globe.

During the meeting, the Minister reiterated the Government's vision to make this year's celebration of yoga truly extraordinary and globally impactful.

"We will work with utmost sincerity and commitment to ensure that International Day of Yoga 2025 is not only a grand success but also serves as a source of inspiration for the entire world," Union Minister Ayush said.

He encouraged all stakeholders to approach the event with renewed energy and unity, stating that the efforts should reflect the spirit of 'Yoga for One Earth, One Health' -- the theme this year. The 2025 theme highlights Yoga's role in promoting physical, mental, and environmental well-being, aligning with global calls for sustainability and unity.

"Let us reach every corner of the country and every part of the globe with the message of holistic well-being through yoga," he added.

The review focused on the planning and implementation of major initiatives such as yoga sangam -- the integration of yoga with institutions like schools, hospitals, and corporates; harit yoga -- promoting eco-consciousness through yoga-linked plantation drives; yoga connect -- engaging global and diaspora communities in yoga celebrations; yoga bandhan -- fostering social unity and shared wellness through mass participation.

Jadhav also emphasised the importance of engaging the youth, educational institutions, and community leaders to amplify the message and participation in IDY 2025.

International Day of Yoga, observed annually on June 21st, has grown into a global cultural and wellness movement since its inception by the United Nations in 2015, following India's proposal in 2014. IANS

The Navhind Times • 21 Jun • Ministry of Ayush

Yoga: The right way

7 • PG | 359 • Sqcm | 64632 • AVE | 280K • Cir | Top Left

Goa

Yoga: The right way

Nishita Gandhi Tambe

As we celebrate International Yoga Day today, yoga experts share what one should not do while practicing yoga

KALYANI JHA | NT BUZZ

With a history spanning thousands of years, yoga today is popular the world over, with more and more people choosing to adopt this practice in their daily life. And many of these practitioners have stories to tell about their recovery from various ailments, and how overall, it has changed their life for the better.

But as much as yoga is beneficial for health, it can be dangerous when it is not practiced with the discipline it demands.

Vishwanath Swar, a Level 1 yoga instructor of Ministry of Ayush, Government of India states that one primary care that needs to be taken while doing yoga is to not force the body to get into poses. "Overstretching or forcing the body can cause muscle tear or ligament tear," he says. Incorrect positioning of the spine, knees, neck, or shoulders can also cause chronic pain, posture deformities, etc.

Another cause of injury could result from doing asanas (poses) without proper warming up. "Focussing only on asanas and neglecting deep, conscious breathing is also not correct," he says. He also advises that one should not do yoga in a noisy area or use mobile phones during practice as this will not let the body and mind connect.

POINTS TO REMEMBER

Shrinivas Shirodkar, a Isha Hatha Yoga teacher who runs Yogasivas Yoga Studio, Mapusa, shares guidelines on things to avoid while doing yoga:

▸Avoid doing yoga on a full stomach
This can make one feel like vomiting. It can also have an adverse effect on body and mind.

▸No drinking water in between
This is not beneficial for the ushna (heat) generated in the body while practicing certain yoga poses as it can disrupt that energy formation.

▸Avoid playing music
There should be no distraction while practicing yoga as mind and body need to align

▸Proper ambience is must
A noisy place, unhygienic environment or a smoke-filled environment can have a negative effect when doing deep breathing in certain yoga poses.

▸Tight clothes is a no-no
While doing yoga, the body also breathes through pores. It should not be restricted with tight clothes.

▸Speaking in between asanas
Keeping mind focused on the alignment with the body and breath is important for a proper asana.

Follow a proper sequence
The body has to be moved and stretched in a prescribed sequence to avoid injuries and discomfort.

▸Avoid touching someone doing yoga
While doing certain yoga postures, each person generates certain energy that can disturbed while touching the practitioner.

▸No props or external support
Yoga is a whole science of synchronising with the cosmos and finding your own rhythm. No external support is necessary.

▸Avoid cold temperature
Unless it is very hot, having cold food or shower immediately after practicing yoga can cause the body to not cool properly after the 'ushan' generation in the body. Indulging with cold food or shower can cause a cold also.

▸Keep sufficient gap between stimulants
Avoid tea, coffee or alcohol or any stimulant just before practicing yoga as it can have an adverse effect on the body.

▸Keep pets away
Cats and dogs are very sensitive and can catch on the energy. Basically, you are increasing your energy by doing yoga. So keep them in a separate room, when you are doing yoga. There is a deeper science to this that no one should touch you. If you are doing yoga, no one should come in within three feet from you.

Vishwanath Swar

The perils of learning online

Nishita Gandhi Tambe who runs Pratiyogayana in Dona Paula meanwhile cautions against learning yoga online. "When you are doing a posture or certain breathing technique and you have not been taught by a trained teacher, it can actually be harmful. That is my biggest fear today," she says. Since nobody is supervising you, she says, and your body is not properly aligned, then you will not get the benefits, because the energy will not flow properly. "It's all about managing the prana, the life force energy," she says.

"There are so many benefits that can be derived from doing yoga, but with nobody there to guide you, you end up doing a physical activity and miss out on the holistic benefits," she adds.

A lot of breathing practices available online, says Tambe, are also dangerous and harmful. "People say things like 'Oh, I'm doing 100 kapalbhati or 500 kapalbhati, or 100 suryanamaskars.' It's not a competition. If you do it in proper alignment, if you do it in complete body-mind coordination, and give your attention to it, then even 12 suryanamaskars are enough," says Tambe.

Yoga in pregnancy

Astha Gupta, a Isha Hatha Yoga teacher who conducts classes at Yogastha, Canacona, also agrees that one should not try and do yoga solely based on information available only.

"There are so many types of yoga. Many people have also invented their own, so much so that doctors today are instead recommending that one should not do yoga because they don't know which yoga they will do. Some will read from a book, some will watch on TV or some will follow an influencer. So, it's really dangerous," says Gupta.

Gupta is a trained prenatal yoga teacher and takes one-on-one classes for to-be mothers. And she cautions that a pregnant woman especially needs to be very careful to only do it under a certified pre natal yoga trainer.

"If you do it wrong by mistake, it can impact you a lot. There are certain types of asanas that one should not do while pregnant. For instance, squatting postures should be avoided during the third and fourth month of pregnancy. Surya Namaskar, Surya Kriya, Yoga Asanas, and Angamardana, are also not for pregnant women. So, you have to be very cautious," she says.

Shrinivas Shirodkar

Astha Gupta

Ahmedabad Mirror • 21 Jun • Ministry of Ayush

Amit Shah in city today for yoga

5 • PG | 170 • Sqcm | 47672 • AVE | 206.9K • Cir | Top Left

Ahmedabad

Amit Shah in city today for yoga

CM Patel will participate in state-level event at Vadnagar to mark 11th Int'l Yoga Day

Ahmedabad Mirror Bureau
feedback@ahmedabadmirror.com
Posts @ahmedabadmirror

The state-level celebration of the 11th International Yoga Day, themed around 'Yoga for One Earth-One Health' and 'Healthy Gujarat-Obesity-Free Gujarat', will be held in Vadnagar on Saturday.

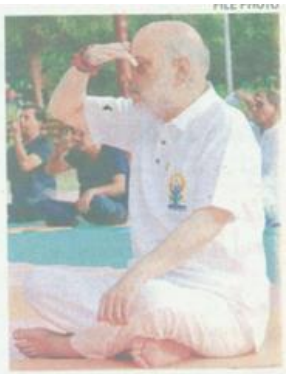
On this occasion, Union Home Minister Amit Shah will participate in the programme organised by the Ahmedabad Municipal Corporation at Prahladnagar Garden in Ahmedabad at 7 am, while Chief Minister Bhupendra Patel will participate in the programme at Vadnagar.

Shah will participate in AMC event at Prahladnagar garden

This year, Gujarat has set a goal of creating a new world record in Bhujangasana at Sharmistha Lake in Vadnagar. The CM, Health Minister Rushikesh Patel, state Home Minister Harsh Sanghavi and other leaders will also be present in Vadnagar.

The Yoga Day celebration will see participation from 10.4 lakh people from across 18,226 Gram Panchayats and 251 Taluka Panchayats from all over Gujarat. Teachers and students from 45,000 primary schools, 12,500 secondary and higher secondary schools, 2600 colleges and three universities will also take part in the celebrations across 60,100 places.

Yoga Day celebrations will also be held at 287 Industrial Training Institutes, 1,477 PHCs, 6,500 wellness centers, 30 jails, 33 police headquarters and 1,152 police stations in the state. Mass yoga events will be held at about 100 Amrit Sarovar locations.



Telegraph • 21 Jun • Ministry of Ayush

International Yoga Day

18 • PG | 852 • Sqcm | 1439946 • AVE | 2.33M • Cir | Top Left | T2

Kolkata

BOOKS

MAYURA MISRA HAS A LIST OF BOOKS FOR YOUR YOUNG ONES TO BORROW A LEAF OUT OF FOR INTERNATIONAL YOGA DAY

As children go back to school after their summer break and as their block tests approach, we thought it was very important for their body and mind to practise a few *asanas* on International Yoga Day. So we curated a list of books which we hope will make the children do a little yoga every day.

GROWING WITH YOGA
BY RAMA AND ADITI CHANDRASEKHAR; ILLUSTRATED BY NIVEDITHA SUBRAMANIAM

A playful early introduction to yoga. Young ones can turn into a thunderbolt, a dog, a yawning lion, even a snake!

As one pose flows into another through lively verse and pictures, children get a feel of what their bodies can do, comfortably and joyfully.

Toddlers can become a lion with the *simhasan*, and with the *bhujangasan*, they can arch their back and rear themselves up like a snake!

This book shows that young children can practise *asanas* in many ways, by moving fast or taking it slow and staying in the posture as they continue to breathe. Just make sure that their belly is not full.

There is a special section in the last few pages on how to strike a pose. All the asanas from *vajrasana*, *chakravakasana*, *matsyasana*, *baddha konasana*, and many more yoga movements are explained by yoga therapists Rama and Aditi through play.

The illustrations in the book are sure to tempt your four-year-old to catch the yoga bug.

Mayura Misra

GLOBAL LITTLE YOGIS
BY BARKHA SHARMA

The author has playfully described 30 *asanas* with the aim of igniting a spark in every child to embrace yoga.

There is an element of mythology in this book, with classical music and knowledge of spirited animals, flowers, and trees.

The *surya namaskar* or sun salutation is paired with the sunflower, which symbolises bountifulness, beauty, and optimism. Sunflowers are regarded as a good luck charm, resembling the sun's divine light.

Parvatasana, or the mountain pose, is paired with the snow leopard since the animal portrays determination, self-reliance, intuition, and confidence. Symbolising keen observation, they also portray that beautiful things don't seek attention.

Mudras benefit while sitting in a yogic posture. For the children who want to perfect their *mudras*, there is a special how-to-do section of 10 *mudras* explained with benefits.

The three elements of food in yoga are *sattvic*, *rajasic*, and *tamasic*, explains the author, while trying out some fun and healthy recipes.

The book is inspired by the philosophy of *Vasudhaiva Kutumbakam* from the *Maha Upanishad*, meaning the world is one family.

PEPPA LOVES YOGA

It has been a very busy morning at the playgroup. Peppa and her friends have been playing their instruments, dressing up in fancy clothes, and making the messiest crafts!

Peppa asks Madame Gazelle what they are going to do next. Madame Gazelle has a special surprise for the children, and she reveals to them that Miss Rabbit is coming to do some yoga. The children are excited and say: "Hooray!"

Rebecca Rabbit wants to know more about Yoga. When Miss Rabbit comes, the children jump up and down excitedly. Miss Rabbit puts her hands together and bows slowly. The children stop jumping and bow slowly towards Miss Rabbit.

Peppa and her friends sit on their mats, touch their fingers and thumbs together, and close their eyes. Everyone breathes slowly through their noses as instructed by Miss Rabbit, after which they try the tree pose. The children stand on one leg and try to be as still as a tree! Next is the warrior pose and the cobra pose.

The children now rest, and when it's time to go home, they are fast asleep!

Peppa, her friends, and teachers love Yoga! And so does Daddy pig!

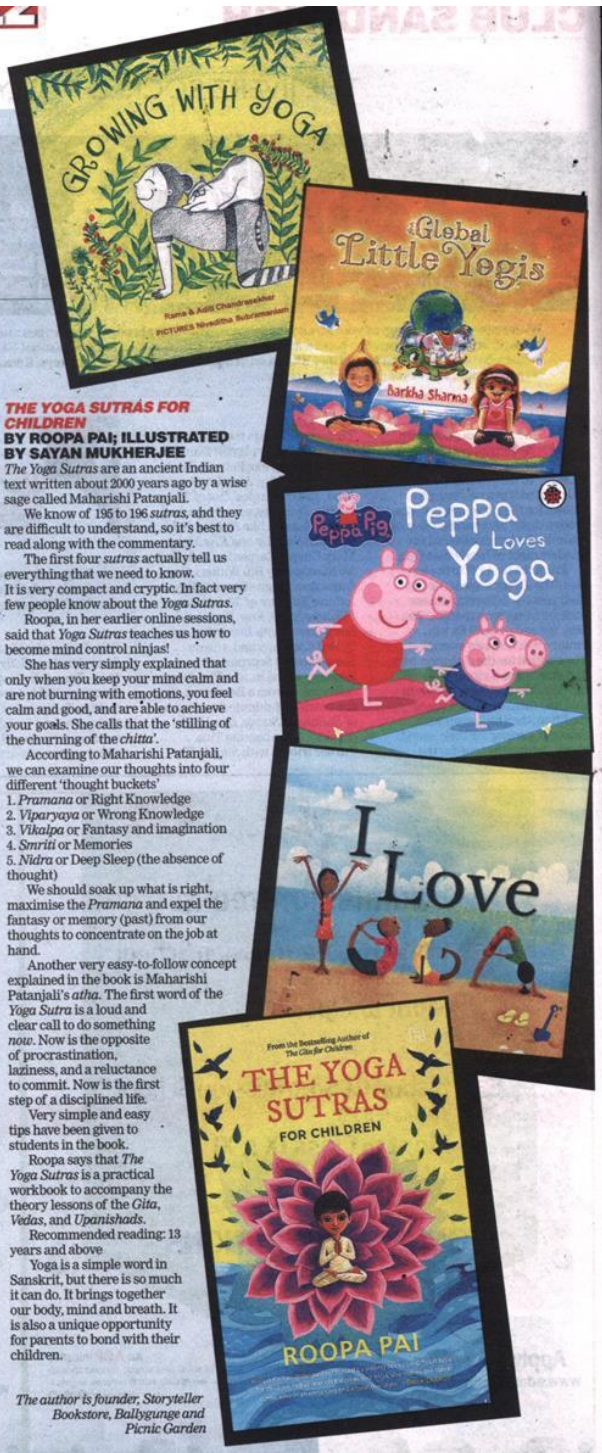
An enjoyable read aloud for ages two to four.

I LOVE YOGA
BY ANITA RAINA THAPAN; ILLUSTRATED BY ALANKRITA

This book opens the door to the joys of relaxation, concentration, and visualisation through movement, rhyme, and breathing.

The many yoga *asanas* connect children to the world of nature, which makes life so beautiful. There are many things that birds, plants, and animals can teach us. Be silent, look carefully, listen attentively, and you will be happy.

Beautifully illustrated by Alankrita, the book is a visual delight for your five-year-old.



THE YOGA SUTRAS FOR CHILDREN
BY ROOPA PAI; ILLUSTRATED BY SAYAN MUKHERJEE

The Yoga Sutras are an ancient Indian text written about 2000 years ago by a wise sage called Maharishi Patanjali.

We know of 195 to 196 *sutras*, and they are difficult to understand, so it's best to read along with the commentary.

The first four *sutras* actually tell us everything that we need to know. It is very compact and cryptic. In fact very few people know about the *Yoga Sutras*.

Roopa, in her earlier online sessions, said that *Yoga Sutras* teaches us how to become mind control ninjas!

She has very simply explained that only when you keep your mind calm and are not burning with emotions, you feel calm and good, and are able to achieve your goals. She calls that the 'stilling of the churning of the *chitta*'.

According to Maharishi Patanjali, we can examine our thoughts into four different 'thought buckets'

1. *Pramana* or Right Knowledge
2. *Viparyaya* or Wrong Knowledge
3. *Vikalpa* or Fantasy and imagination
4. *Smriti* or Memories
5. *Nidra* or Deep Sleep (the absence of thought)

We should soak up what is right, maximise the *Pramana* and expel the fantasy or memory (past) from our thoughts to concentrate on the job at hand.

Another very easy-to-follow concept explained in the book is Maharishi Patanjali's *atha*. The first word of the *Yoga Sutra* is a loud and clear call to do something *now*. Now is the opposite of procrastination, laziness, and a reluctance to commit. Now is the first step of a disciplined life.

Very simple and easy tips have been given to students in the book.

Roopa says that *The Yoga Sutras* is a practical workbook to accompany the theory lessons of the *Gita*, *Vedas*, and *Upanishads*.

Recommended reading: 13 years and above

Yoga is a simple word in Sanskrit, but there is so much it can do. It brings together our body, mind and breath. It is also a unique opportunity for parents to bond with their children.

The author is founder, Storyteller Bookstore, Ballygunge and Picnic Garden

Political & Business Daily • 21 Jun • Ministry of Ayush

International Day of Yoga: India's Prescription for a Healthier, Stress-Free World

2 • PG | 694 • Sqcm | 173546 • AVE | 125K • Cir | Top Left

Bhubaneshwar

International Day of Yoga: India's Prescription for a Healthier, Stress-Free World

SUDHI RANJAN MISHRA

"In this century, we realise that yoga has united the world." – Narendra Modi, Prime Minister of India

Yoga, an ancient Indian discipline, has become a global phenomenon—one that seamlessly blends physical fitness, mental peace, and spiritual grounding. Derived from the Sanskrit root yuj, meaning "to join" or "to unite," yoga signifies the union of body and mind, thought and action, human and nature. It offers a holistic approach to health and well-being that is increasingly resonating across the globe.

Thanks to the tireless efforts of Prime Minister Narendra Modi, June 21 was officially declared the International Day of Yoga (IDY) by the United Nations General Assembly (UNGA) in 2014. The decision, endorsed by a record 175 member states, recognised yoga's power to foster balance in life. As PM Modi articulated during his address to the UN, "Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world, and nature."

The International Day of Yoga 2025 marks the 11th year of this global celebration. This year's theme, "Yoga for One Earth, One Health," reflects an inclusive vision that emphasises harmony with the planet and the self—an especially poignant message as humanity navigates pressing environmental and health challenges.

The date, June 21, was chosen with care. It marks the Summer Solstice, the longest day in the Northern Hemisphere, and symbolises light, vitality, and the connection between nature and humanity. Many cultures recognise this day for its spiritual significance, making it ideal to reflect yoga's deeper purpose.

Yoga's history spans thousands of years. While its roots are deeply embedded in ancient Indian thought, it was Maharishi Patanjali who codified yoga into a systematic practice through the Yoga Sutras. This foundational text outlined Ashtanga Yoga, or the eight limbs of yoga, offering a path to spiritual enlightenment through ethical conduct, physical postures, breath control, and meditation.

Though Patanjali didn't invent yoga, he is revered as its spiritual father for providing a structured framework. His work laid the philosophical bedrock on which countless schools of yoga have developed.

Even earlier, Indian lore traces yoga to Lord Shiva, regarded as the Adiyogi or the first yogi. He is believed to have transmitted yogic knowledge to seven sages, who then spread it across the world, shaping diverse traditions that endure today.

Types of Yoga: A Discipline for Everyone

Yoga has evolved into multiple styles to meet the diverse needs of practitioners around the globe. Each form offers distinct benefits while adhering to the core principle of unifying body and mind:

- **Hatha Yoga:** A gentle and foundational style that introduces basic postures, breathing techniques (pranayama), and meditation.
- **Vinyasa Yoga:** Known for its fluid sequences coordinated with breath, often called "flow yoga."
- **Ashtanga Yoga:** A dynamic and disciplined form involving a specific sequence of postures aimed at building strength and endurance.
- **Iyengar Yoga:** Focuses on precision and alignment, often using

props like straps and blocks to support correct form.

- **Kundalini Yoga:** Combines postures, chanting, and meditation to awaken dormant energy at the base of the spine.
- **Restorative Yoga:** Promotes deep relaxation by using props to support the body in restful poses.
- **Yin Yoga:** A slow-paced practice where poses are held for extended periods, targeting connective tissues.
- **Bikram Yoga:** Conducted in a heated room, this style follows a fixed sequence of 26 poses designed to detoxify and strengthen.

Whether dynamic or meditative, each style contributes to overall wellness, making yoga accessible for people of all ages and abilities.

Holistic Health Through Yoga

Yoga's appeal lies in its ability to address the whole person—physically, mentally, and spiritually. It has proven benefits for flexibility, muscle tone, posture, and balance, while also enhancing cardiovascular health and respiratory function. Practicing yoga regularly can prevent lifestyle-related ailments such as hypertension, obesity, and type-2 diabetes.

Mentally, yoga offers effective tools to combat stress, anxiety, and depression. Deep breathing, mindfulness, and meditative practices help regulate stress hormones, promote emotional stability, and improve concentration. Practitioners often report better sleep, enhanced mood, and greater resilience in everyday life.

The World Health Organization recognises physical inactivity as a major global health risk and encourages its member states to promote fitness-enhancing practices. In this context, yoga's integration into daily life becomes not just beneficial but essential.

Scientific and Cultural Recognition

In 2016, yoga was inscribed on the UNESCO Representative List of the Intangible Cultural Heritage of Humanity, acknowledging its philosophical and cultural significance. Beyond health, yoga influences Indian education, medicine, and arts, embedding values of balance, self-discipline, and harmony in community life.

Yoga's timeless wisdom continues to inspire global citizens. As the respected yoga master B.K.S. Iyengar once said, "Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions." This encapsulates yoga's deeper aim—not just better bodies, but better lives.

Physical, Mental, and Emotional Benefits at a Glance

- **Improved Flexibility & Balance:** Stretching and holding yoga poses increase joint mobility and muscular elasticity.
- **Muscle Strength & Tone:** Many poses involve supporting one's own body weight, developing core and limb strength.
- **Cardiovascular Fitness:** Styles like Vinyasa or Power Yoga elevate heart rate and enhance circulation.
- **Chronic Pain Relief:** Back pain, arthritis, and tension headaches often improve with consistent practice.
- **Posture & Body Awareness:** Yoga cultivates alignment and mindfulness in physical movement.

On the psychological front:

- **Stress Reduction:** Deep breathing and mindfulness reduce cortisol levels and foster calm.
- **Mood Enhancement:** Yoga boosts endorphins and neurotransmitters linked to emotional well-being.
- **Cognitive Focus:** Meditation and breathwork sharpen attention and memory.
- **Improved Sleep:** Gentle bedtime yoga routines promote restful sleep patterns.

Yoga also supports long-term health conditions such as asthma, heart disease, and digestive disorders, serving as a valuable complement to medical treatments.

Safe Practice Matters

Though yoga is generally safe, beginners and those with pre-existing conditions should practice under the supervision of certified instructors. Proper form, gradual progression, and individualised adaptations are key to avoiding strain or injury.

A Global Legacy Rooted in Indian Wisdom

The journey of yoga — from Himalayan caves to New York skyscrapers, village ashrams to Olympic training centres — speaks volumes about its universal relevance. What began as a meditative science for sages has transformed into a wellness movement celebrated across continents.

The International Day of Yoga stands as a testament to India's enduring gift to the world. As we mark the 11th IDY in 2025, the message remains clear: Yoga is not just a path to individual fitness — it is a way to achieve collective harmony between people, nations, and the Earth itself.

In embracing yoga, we embrace a life of awareness, compassion, and balance. As India leads the charge for a healthier, more mindful planet, yoga continues to be the prescription for a universal, stress-free mankind.

The author is the Head of Corporate Affairs at Paradeep Phosphates Limited.

Political & Business Daily • 21 Jun • Ministry of Ayush

Adha Sharma's powerful 'Yoga Day' message has a wholesome approach

2 • PG | 181 • Sqcm | 45218 • AVE | 125K • Cir | Bottom Right

Bhubaneshwar

Adah Sharma's powerful 'Yoga Day' message has a wholesome approach

As we get ready to celebrate World Yoga Day this Saturday, acclaimed actress Adah Sharma reflected on the positive impact of Yoga on everyday life.

Sharing a powerful 'Yoga Day' message, Adah said, "Yoga isn't just physical stretches. It's about making your mind fit so the body can follow. Yoga for me is a disciplined lifestyle all year around. Eating vegetarian food, being able to keep my calm in stressful situations, and controlling my anger. All of that is Yoga for me."

Aside from being a versatile actress, Adah is also known for her holistic and wholesome lifestyle, an important part of which is Yoga.

For the unaware, this year's theme for World Yoga Day is- Yoga for One Earth, One Health.

As part of the World Yoga Day celebration, Prime Minister Narendra Modi is expected to lead of Common Yoga Protocol in Visakhapatnam, Andhra Pradesh on June 21.

It might also be noted that World Yoga Day was established by the United Nations General Assembly (UNGA) after receiving a proposal from our Prime Minister Modi.

Work-wise, Adah will next grace the screen as a Devi in an untitled trilingual film with the National Award-winning director BM Giriraj.

Shedding light on her approach towards her character, Adah stressed her commitment to making the portrayal as realistic and authentic as possible.

"I am very fortunate to be getting the opportunity to play such amazing roles and work with such talented filmmakers. Stories like 'The Kerala Story' or fictional ones like Reeta Sanyal, I will do my best to make it as realistic as possible. I'm very lucky that creative filmmakers are offering me such varied roles," 'The Kerala Story' actress stated.

In addition to this, Adah is likely to be seen as a superhero in an international film. -IANS

Political & Business Daily • 21 Jun • Ministry of Ayush

In tune with soul: Celebrating Yoga and Music in times of turmoil

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Bhubaneshwar

In tune with the soul: Celebrating Yoga and Music in times of turmoil

SUBRAT MISHRA

SOMEWHERE tonight, a child sleeps under a sky lit by missiles instead of stars. A mother hums to silence her fears. A siren slices through the tranquillity of dawn. Across continents, the world trembles — fractured by war, frayed by suspicion, exhausted by its own noise.

And yet, amid this rising dissonance, two ancient forces still whisper a different truth — subtle, sacred, and salvific. Music and Yoga.

It is no coincidence that June 21st is shared by World Music Day and International Yoga Day. These are not separate observances, but twin flames — each illuminating a path back to what we have lost. Music moves through sound; Yoga through silence. Music expresses itself in vibrations, Yoga in stillness. One touches the heart, the other touches the soul. Together, they guide us home — to harmony, to healing, to wholeness.

Yoga is not simply a sequence of postures or the rhythm of breath. It is not bound by mats, mantras, or morning rituals. In its essence, Yoga is union — of body and mind, self and spirit, the finite and the eternal. It is the discipline of inwardness in a world obsessed with externals. It is the courage to meet one's inner chaos with compassion, the patience to remain still until truth unfolds.

Yoga teaches us to be — fully, silently, awake. To anchor ourselves in the eternal present, to stand rooted in equanimity even as the

world sways. It is strength without violence, awareness without judgment, surrender without defeat. Yoga is not an escape from the world — it is the deepest engagement with it, from a place of peace.

Music, too, is more than melody and rhythm. It is the first language of the soul, predating speech, transcending boundaries. A song can dissolve divisions more swiftly than any treaty. A single note can reveal what volumes cannot. Whether it's a raga rising over a river at dawn, a gospel hymn in a weary church, or a flute echoing through the forest — music reminds us of our shared ache, our shared joy, our shared longing to be whole.

Music does not ask for our name, our nation, our religion or our wounds. It simply enters—and opens. If yoga is the stillness that listens, music is the voice that sings back. Yoga gathers; music releases. Yoga aligns; music connects. Together, they are not practices, but prayers—of return, of remembrance, of reconnection, of rejoice.

One begins in silence. The other ends in silence.

Between them lies a universe — of movement, breath, sound, and stillness.

They are not luxuries for the privileged.

They are necessities for the soul.

So let June 21st not pass as another date on a distracted calendar. Let it be a turning. Let us rise with intention. Let us sit in stillness. Let us stretch — not just our limbs, but our awareness.

Then let a song find us — ancient or new, sacred or spontaneous, classical or modern.

Let it dissolve our edges.

In a world setting fire to its own soul,

Let Music and Yoga be our water.

Let them remind us — gently, rhythmically, eternally —

That we were not born to divide,

But to unite.

Not to conquer,

But to commune.

Not to forget,

But to remember —

Ourselves, Each other,

And the quiet, sacred song that binds us all.

(The author is a retired Principal Chief Commissioner of Income Tax)

Political & Business Daily • 21 Jun • Ministry of Ayush

Indian Army champions global Yoga Day celebrations in Kazakhstan, Uzbekistan, Myanmar

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Bhubaneshwar

India Army champions global Yoga Day celebrations in Kazakhstan, Uzbekistan, Myanmar

TAKING yoga to the global level, the Indian Army in collaboration with Indian diplomatic missions and cultural centres, is celebrating the 11th International Day of Yoga (IDY) 2025 with great fervour across various international locations.

Aligned with the global theme of fostering health, harmony and holistic well-being, multiple yoga events have been organised in the lead-up to June 21 as the world will celebrate the 11th IDY.

At the Defence Services Academy (DSA), Myanmar, a yoga session was held on June 19 by the Indian Army. The session witnessed enthusiastic participation from all students of post-graduate and diploma courses.

Notably, 45 Burmese officers from diverse age groups took part in the session, making the event vibrant and engaging. The programme underscored the role of yoga in enhancing physical fitness, mental resilience and inner peace.

Similarly, in the Central Asian state of Kazakhstan, the Indian Army Training Team (IATT), in partnership with the Swami Vivekananda Cultural Centre, conducted a special yoga session at the National Defence University, Astana, on the same day. The initiative introduced yoga to the Kazakh Armed Forces, emphasising its effectiveness in mitigating stress and lifestyle-related health challenges while promoting overall well-being.

Taking yoga to another Central Asian state, in Tashkent, Uzbekistan, IDY is being celebrated as a national event under the aegis of the Embassy of India. The Lal Bahadur Shastri Centre for Indian Culture (LBSCIC), in conjunction with the IATT, is spearheading this mega event under the guidance and supervision of the Ambassador.

The mega event brings together a wide spectrum of participants, including representatives from the Government, Ministry of Defence, Armed Forces Academy and civil institutions. As part of the lead-up to the main celebrations on June 21, various yoga modules have already been conducted across Tashkent by LBSCIC's qualified yoga instructors.

These sessions have successfully incorporated members of the Friends of Friendly Countries (FFC), further reinforcing the message of unity, health and harmony through yoga.

The Indian Army's global participation in IDY 2025 reaffirms its commitment to promoting a culture of wellness, mindfulness and shared global values.-IANS

Political & Business Daily • 21 Jun • Ministry of Ayush

Yoga a journey towards inner peace than just physical exercise: WH

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Bhubaneshwar

Yoga a journey towards inner peace than just physical exercise: WHO

YOGA is a journey towards inner peace and harmony than just physical exercise, said Saima Wazed, Regional Director for WHO South-East Asia on Friday, ahead of the International Day of Yoga (IDY).

The International Day of Yoga is marked annually on June 21. The theme this year is "Yoga for One Earth, One Health".

"Yoga is more than just physical exercise. It is a journey towards inner peace and harmony, and teaches us to listen to our bodies and to live mindfully," Wazed said.

The WHO Regional Director stated that practicing yoga can help people become more aware of the surroundings, and nature.

"In a world facing environmental challenges, yoga offers a path to sustainability by encouraging us to live simply, consume mindfully, and respect the natural world," Wazed noted.

"In embracing yoga, we can reduce our ecological footprint and contribute to a healthier planet," she added.

Yoga encourages to protect clean air, pure water, and fertile soil -- essential for our well-being. These vital resources ensure a thriving planet for future generations.

She cited several studies which showed that 77 per cent of people report feeling physically stronger after practicing yoga regularly.

More than 80 per cent of patients with chronic inflammation experienced a nearly 50 per cent reduction in inflammation after just six weeks of daily yoga.

Further, studies have also proved how yoga can help mental health.

A study by Harvard Medical School found that 60 per cent of participants with depression experienced a significant reduction in symptoms after practicing yoga twice a week for eight weeks.

"Today, on International Day of Yoga, let us remember that every breath is a gift from nature, and every moment of mindfulness is a step towards a healthier future. Let us create a world of health and harmony, of mind, body and planet," Wazed added.-IANS

Political & Business Daily • 21 Jun • Ministry of Ayush

ICCR: India to organise Yoga Day events across 191 countries on Jun 21

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Bhubaneshwar

ICCR: India to organise Yoga Day events across 191 countries on Jun 21

NEW DELHI, JUN 20

INDIA will organise thematic events and programmes in 1,300 cities across the globe to mark the International Day of Yoga on Saturday, showcasing the nation's ancient tradition and soft power.

The Indian High Commission in Pakistan is also organising a yoga event in Islamabad on the occasion, according to a statement issued on Friday by the Indian Council for Cultural Relations (ICCR), the cultural arm of the Ministry of External Affairs.

"On the 10th anniversary of International Day of Yoga, we will practically cover every country in the world where yoga events are being organised. In some countries like the US, we are hosting multiple events across various cities," ICCR's Director General, K Nandini Singla, was quoted as saying in a statement.

The ICCR will organise various yoga events and programmes in 191 countries on June 21 to mark the IDY, with more than 2,000 events to be hosted at 1,300 locations, covering multiple cities in various nations, it said.

Additionally, the ICCR is also hosting 'Yoga Bandhan', a signature event of IDY 2025, where 17 yoga gurus and practitioners from 15 countries, including Brazil, Argentina, Russia, China, South Africa, Malaysia, Sri Lanka, Indonesia, Singapore and South Korea, will lead the Yoga Day events across India, Singla said.

In Delhi, yoga events will be led by these foreign yoga gurus at Jantar Mantar, Qutub Minar, Purana Quila and Humayun's Tomb, while similar 'Yoga Bandhan' programmes will be organised at iconic locations in Lucknow, Ayodhya, Varanasi, Jaipur, Jodhpur, Bhopal, Gwalior and other cities, she added.

Political & Business Daily • 21 Jun • Ministry of Ayush

NDMC to organise events at 8 locations in Lutyens' Delhi on International Yoga Day

10 • PG | 139 • Sqcm | 34736 • AVE | 125K • Cir | Bottom Left

Bhubaneshwar

NDMC to organise events at 8 locations in Lutyens' Delhi on International Yoga Day

NEW DELHI, JUN 20

THE New Delhi Municipal Council (NDMC) will celebrate the International Day of Yoga on June 21 by organising mass yoga sessions at eight prominent locations across the Lutyens' Delhi area.

The events will be held from 6 am to 8 am under the theme 'Yoga for One Earth, One Health', promoting both individual well-being and environmental consciousness.

According to an official statement issued on Friday, the Mass Yoga Protocol Programme will be conducted at Lawn at

Shanti Path in Chanakyapuri, Lodhi Garden, Talkatora Garden, the south lawn of Kartavya Path, IAS Residential Complex in New Moti Bagh, Sanjay Jheel in Laxmi Bai Nagar, Central Park in Connaught Place, and Pandara Park.

The NDMC has extended an invitation to the general public, officials, and local residents to actively participate in the sessions.

The International Day of Yoga, marked annually on June 21, celebrates the ancient Indian practice that supports physical, mental, and spiritual well-being. The initiative was first proposed by Prime Minister Narendra Modi at the United Nations General Assembly in 2014. Recognising yoga's global appeal, he suggested June 21 -- the Summer Solstice and the longest day of the year in the Northern Hemisphere -- as the ideal day to observe this celebration of harmony and health. **–PTI**

Political & Business Daily • 16 Jun • Ministry of Ayush

Harit Yoga seeks to integrate environmental sustainability with yoga, says Union minister

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Bhubaneshwar

Harit Yoga seeks to integrate environmental sustainability with yoga, says Union minister

NEW DELHI: Harit Yoga, one of the 10 signature events being designed to commemorate the International Day of Yoga, seeks to integrate environmental sustainability with yoga and is gaining a lot of traction across the country, Union Ayush Minister Prataprao Jadhav said. As we enter the 11th year, International Day of Yoga 2025 is not just a commemoration, it is a collective call to scale up efforts and deepen yoga's reach across all segments of society, Jadhav said.

The International Day of Yoga is celebrated every year on June 21. Jadhav said that Harit Yoga has already inspired over 160 dedicated events across India, including clean-up drives, tree plantation campaigns, and yoga sessions in natural spaces. From coastal zones to Himalayan valleys, the synergy between ecology and asanas is being actively promoted, he emphasised.

"We are all witnessing the harmful effects of environmental imbalance... erratic rains, droughts and extreme temperatures. Prime Minister Modi had earlier given the slogan 'One Tree in Mother's Name' and we took that message further by launching Harit Yoga, combining yoga with tree plantation," Jadhav said.

Political & Business Daily • 16 Jun • Ministry of Ayush

Over 41 pc of respondents have incorporated Yoga into their lifestyle, claims Ayush survey

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Bhubaneshwar

Over 41 pc of respondents have incorporated Yoga into their lifestyle, claims Ayush survey

NEW DELHI, JUN 15

OVER 41 per cent of the respondents have incorporated Yoga into their lifestyle to a certain extent after a decade of the UN's declaration of June 21 as the International Day of Yoga, according to a survey report by the Ayush ministry.

The survey, which covered 30,084 households across 34 states and UTs including urban and rural areas, noted that 24.6 per cent respondents reported improved fitness due to Yoga, 16.9 per cent experienced reduction in stress levels, while around one-fourth respondents claimed to have gained health knowledge.

Titled 'Impact Assessment of a Decade of International Day of Yoga (IDY): Survey Findings', the survey revealed that 11.2 per cent

practice yoga regularly, 13.4 per cent occasionally and 75.5 per cent do not practice yoga.

Dr Raghavendra Rao, Director of CCRYN explained, "These 11.2 per cent people who practice Yoga regularly have been measured as those who go to yoga classes and attend sessions regularly."

"When we say that over 41 per cent have adopted yoga into their lifestyle it means that they practice yoga in different forms such as bhakti yoga (prayer) or meditation and self practices to calm down the mind," he said.

The findings of the survey conducted by Central Council for Research in Yoga and Naturopathy and Surveykshan, a company under YOLO 9 Technologies were released on Saturday.

The survey data revealed that 12.6 per cent respondents in urban areas practice yoga regularly while the figure for rural areas is 10.4 per cent.

First India • 20 Jun • Ministry of Ayush

YOGA FOR HEALTH & PEACE

12 • PG | 196 • Sqcm | 19575 • AVE | N/A • Cir | Middle Center

Jaipur

YOGA FOR HEALTH & PEACE

Bhavika Khunteta
cityfirst@firstindia.co.in

In a press conference held on Thursday, Vice Chancellor of the National Institute of Ayurveda (NIA), Prof Sanjeev Sharma, stated that yoga is not just a physical activity but a complete philosophy that promotes holistic health, mental peace, and spiritual upliftment. He announced Yoga Sangam 2025, a grand celebration jointly organised by the Ministry of AYUSH and NIA, to be held on June 21 at the historic Jantar Mantar, Jaipur, marking the 11th International Yoga Day. Prof Durgavati Devi, Head of the Yoga Department, emphasized that yoga instils discipline, balance, and introspection. The event will include participation from NIA students across India and 12 countries. Special observers from Sri Lanka, Brazil, and South Africa will attend under the "Yoga Bandhan" initiative.

MUKESH KIRADOO

(L-R) Dr Rakesh Nagar, Prof Sanjeev Sharma & Prof Durgavati Devi

Participants engaged in yoga sessions ahead of International Yoga Day

The Statesman • 20 Jun • Ministry of Ayush

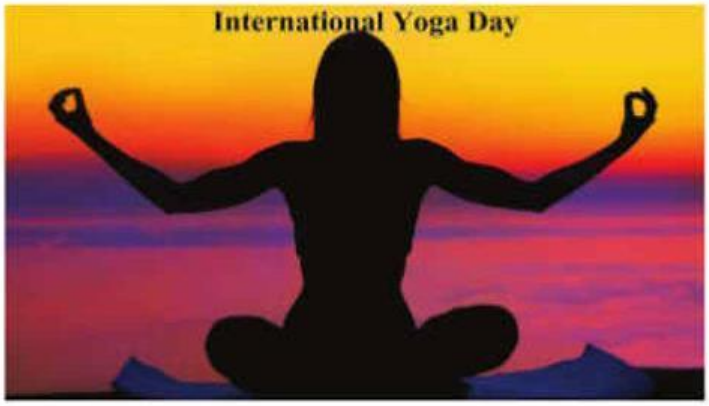
CM Rekha Gupta unveils plans for Int'l Yoga Day celebrations

4 • PG | 540 • Sqcm | 97121 • AVE | 225K • Cir | Bottom Left

Delhi

CM Rekha Gupta unveils plans for Int'l Yoga Day celebrations

STATESMAN NEWS SERVICE
NEW DELHI, 19 JUNE



The CM urged the Delhiites to be part of the International Yoga Day celebrations on June 21 and make the mega event a public festival, strengthening the resolve for 'One India, Healthy India'.

In a message to the residents of the national capital, Delhi Chief Minister Rekha Gupta said on Thursday that on the International Yoga Day, the government will organize events at 11 locations marking a new tradition in the city.

Gupta urged the Delhiites to be part of the International Yoga Day celebrations on June 21 and make the mega event a public festival, strengthening the resolve for 'One India, Healthy India'.

Taking to social media platform X, Gupta shared that she, along with her cabinet colleagues and members of Parliaments from Delhi, will join the people for yoga practice at eleven prominent locations across the city.

According to the CM, the mega event will not only celebrate Yoga but with the public participation also symbolize collective strength with the government and society coming together to realize the vision of a healthy, empowered, and aware Delhi.

Gupta will lead the Yoga Day celebrations in the city from the banks of river Yamuna on June 21, while other Delhi ministers and MPs will take part in the Yoga practice and events across the 11 locations across the city, including Sports complexes at Prahladpur, Bharat Nagar, Cricket ground Sector- 6 Dwarka, Najafgarh Stadium, Hockey Stadium Ashok Nagar, Chhatrasal Stadium, Thyagraj Stadium, Sports Complexes at East Vinod Nagar, Jhilmil, and Rajiv Gandhi Stadium in Bawana.

The government has urged the people to connect with Yoga and try to make it a part of their lives to benefit from its positive effects in every domain.

Earlier, Gupta highlighted the growing importance of Ayurveda, stating that presently, people across the world are reposing their trust in India's Ayurvedic wisdom.

She said Delhi has become a leading centre for treatment through this ancient system and lauded the institutions ranging from All India Institute of Ayurveda to various other government and private Ayurvedic hospitals.

The Statesman • 20 Jun • Ministry of Ayush

India Tourism Delhi to celebrate International Day of Yoga 2025 in Qutub Minar Complex

4 • PG | 384 • Sqcm | 69110 • AVE | 225K • Cir | Bottom Center

Delhi

India Tourism Delhi to celebrate International Day of Yoga 2025 in Qutub Minar Complex

STATESMAN NEWS SERVICE
NEW DELHI, 19 JUNE

In celebration of India's timeless wellness heritage and its commitment to global well-being, India Tourism Delhi, under the aegis of the Union Ministry of Tourism, will organize a mass yoga session on Saturday at the iconic Sun Dial Lawns of the Qutub Minar Complex.

The session will be held from 6:00 to 8:00 am to mark the International Day of Yoga.

This year's global theme, "Yoga for One Earth, One Health", underscores the profound connection between human well-being and ecological balance. The event aims to promote yoga as a powerful tool for physical vitality, mental clarity, emotional peace, and spiritual harmony – all essential in fostering a sustainable and healthy world. The event is expected to be graced by several dignitaries, including Gajendra Singh Yadav, Member of Legislative Assembly (MLA); Lakshay Singhal, IAS, District Magistrate of South Delhi; Ms. Priyanga Wickramasinghe, Deputy High Commissioner at the Embassy of Sri Lanka; and Ms. Wathsala Amarasinghe, Minister Counsellor at the Embassy of Sri Lanka. Special guests from Malaysia will also be in attendance, further emphasizing the international spirit of the occasion. Furthermore, renowned yoga guru Gopal Rishi, along with his team, will lead the session, guiding participants through a series of holistic yoga practices designed to enhance physical strength, mental well-being, and inner peace.

More than 400 individuals, including members of the Indian Association of Tour Operators (IATO), the Association of Domestic Tour Operators of India (ADTOI), and the Travel Agents Association of India (TAAI), are expected to participate in the event.

Also participating will be regional-level tourist guides, students from Yuva Tourism Clubs, faculty and students from Institutes of Hotel Management (IHMs), officials from the Archaeological Survey of India (ASI), the Ministry of Tourism, and local residents.

The active involvement of tourism stakeholders, industry professionals, and young students underscores a shared commitment to integrating wellness with tourism and cultural preservation. Hosting the yoga session at the historic Qutub Minar serves as a powerful symbol of India's enduring spiritual traditions and its leadership in promoting holistic health on the global stage. Moreover, the event also reflects India's broader vision of establishing itself as a global hub for wellness tourism, offering a message of unity, balance, and well-being to the world.

The Statesman • 20 Jun • Ministry of Ayush

Metro services to start at 4 am on International Day of Yoga

4 • PG | 144 • Sqcm | 25961 • AVE | 225K • Cir | Bottom Right

Delhi

Metro services to start at 4 am on International Day of Yoga

NEW DELHI, 19 JUNE

The Delhi Metro Rail Corporation (DMRC) on Thursday said the metro train services will commence its services at 4 am from all originating stations on June 21 to facilitate the movement of yoga enthusiasts on the occasion of International Day of Yoga, 2025. "Services will be available on all lines at an interval of 30 minutes from 4 am onwards till the commencement of passenger services as per daily timetable," a DMRC official said.Preparations for the day have gained momentum and various initiatives are being implemented at the National and state levels to celebrate Yoga Day in diverse ways. The main National Ceremony in the country will be held on June 21 from 6.30 to 7.45 am in Visakhapatnam, Andhra Pradesh, with Prime Minister Narendra Modi as the chief Guest. SNS

The Statesman • 18 Jun • Ministry of Ayush

UP govt unveils 'Yoga Unplugged' and 'Harit Yoga' campaigns to mark International Yoga Day

8 • PG | 91 • Sqcm | 19133 • AVE | 50.5K • Cir | Bottom Center

Bhubaneshwar

UP govt unveils 'Yoga Unplugged' and 'Harit Yoga' campaigns to mark International Yoga Day

STATESMAN NEWS SERVICE
LUCKNOW, 17 JUNE

The Uttar Pradesh government is celebrating the 11th International Yoga Day (June 21, 2025) not just as a one-day event, but as a week-long festival of social and environmental consciousness.

The campaign is anchored on two pillars — youth participation and environmental sustainability — and is being led by two innovative initiatives: 'Yoga Unplugged' and 'Harit Yoga'.

According to officials here on Tuesday

'Yoga Unplugged' is a state-level initiative designed to actively engage youth in yoga through creative, competitive, and social media-driven formats. The campaign is being run across government AYUSH colleges, vocational training institutes, universities, and degree colleges — with the goal of connecting lakhs of students to the cause.

The Harit Yoga campaign reflects Chief Minister Yogi Adityanath's commitment to environmental stewardship. It aims to blend the discipline of yoga with a message of nature conservation, spreading the idea that "true yoga is the harmony of self-discipline and environmental protection".

These initiatives aim to instill a sense of discipline, health consciousness, and environmental love among the youth. They also help local authorities, educational institutions, and government departments advance social awareness through yoga.

The Statesman • 18 Jun • Ministry of Ayush

UP govt unveils 'Yoga Unplugged' and Varit Yoga' campaigns to mark International Yoga Day

10 • PG | 552 • Sqcm | 99283 • AVE | 225K • Cir | Bottom Center

Delhi

UP govt unveils 'Yoga Unplugged' and 'Harit Yoga' campaigns to mark International Yoga Day

STATESMAN NEWS SERVICE
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These initiatives aim to instill a sense of discipline, health consciousness, and environmental love among the youth. They also help local authorities, educational institutions, and government departments advance social awareness through yoga. The state government has instructed all district officials to designate at least 2–3 sites in each district as 'Harit Yoga Spots' — locations where yoga, greenery, and community engagement converge.

Meanwhile, to make yoga a part of everyday life and promote regular community practice, the state government has announced an ambitious plan to establish 'Yoga Parks' across Uttar Pradesh.

These parks will be developed with the participation of local bodies such as municipalities and gram panchayats.

As per the plan, three yoga parks will be developed in districts with divisional headquarters, and two in all other districts. District magistrates have been instructed to identify suitable sites and forward proposals in coordination with the Urban Development Department.

Each park will be developed into a green, clean, and peaceful environment — accessible to all sections of society. The parks will include facilities such as trained yoga instructors, open gyms, resting spaces, clean drinking water, and adequate lighting. The aim is to create inclusive public spaces where citizens of all ages, including senior citizens, women, and youth, can gather for regular yoga practice.

The Statesman • 16 Jun • Ministry of Ayush

UP govt gears up for grand Int'l Yoga Day celebrations across state on 21 June

8 • PG | 633 • Sqcm | 113976 • AVE | 225K • Cir | Middle Right

Delhi

UP govt gears up for grand Int'l Yoga Day celebrations across state on 21 June

STATESMAN NEWS SERVICE
LUCKNOW, 15 JUNE

The Uttar Pradesh government is making enthusiastic preparations for International Yoga Day, with a series of special events planned to celebrate the occasion with cultural and spiritual fervor.

As in previous years, iconic historical and religious sites will serve as the backdrop for large-scale yoga sessions, connecting the practice to the state's rich heritage and spiritual traditions.

Officials here on Sunday said mass yoga demonstrations will be held at prominent locations, including the Gorakhdham Temple in Gorakhpur, the Triveni Sangam in Prayagraj, the Chakratirth in Naimisharanya (Sitapur), and the Kashi Vishwanath Dham in Varanasi. In addition, grand events are planned at the Raj Bhavan in Lucknow and the Prem Mandir in Mathura. Yoga sessions will also take place at historical landmarks across gram panchayats, blocks, tehsils, and districts.

Yoga Week officially commenced on 15 June, with various district- and state-level programmes already underway. Participants have also taken a pledge to integrate yoga into their daily lives.

The weeklong celebration will feature targeted activities for different segments of society: On 16 June: Schools and colleges will host competitions in yogasana, poster-making, speech, essay writing, quizzes, and rangoli; 17 June: Under 'Ayush Gram Yoga Day,' yoga sessions and health check-up camps will be held in gram panchayats; 18 June: Yoga programmes will be conducted for individuals with special needs, prisoners, residents of orphanages, and slum dwellers; 19 June: Mass yoga practice will take place in government and corporate offices; and 20 June: Dedicated yoga sessions will focus on women's health, targeting girl students, pregnant women, adults, and working women.

And finally, on 21 June, large-scale yoga demonstrations will be organised at the Raj Bhavan Lawn, Residency, and all district headquarters. Winners of district- and state-level competitions will also be felicitated on this day.

State - and district-level competitions in essay writing, slogan creation, painting, and yoga asana are also being organised. Entries can be submitted on the official portal http://iyd2025.com until 5 p.m. on 16 June.

At the state level, prizes will include Rs 21,000 (1st Prize), Rs 11,000 (2nd Prize), Rs 5,100 (3rd Prize), Rs 2,100 (4th Prize), and Rs 1,100 (5th Prize).

To support district-level activities and prizes, over Rs 2.63 crore has been allocated to all 75 districts.

(Representational image)

The Statesman • 15 Jun • Ministry of Ayush

Yoga supports management of chronic illnesses & boosts global wellness: Ayush Ministry report

2 • PG | 437 • Sqcm | 78659 • AVE | 225K • Cir | Middle Center

Delhi

Yoga supports management of chronic illnesses & boosts global wellness: Ayush Ministry report

STATESMAN NEWS SERVICE
NEW DELHI, 14 JUNE

Yoga can play a vital role in managing chronic illnesses such as diabetes and heart disease, aiding cancer recovery, and enhancing elderly care, according to a new research report unveiled by the Ministry of Ayush on Saturday.

The Central Council for Research in Yoga & Naturopathy (CCRYN) conducted a nationwide survey to assess the impact of the observance of the International Day of Yoga (IDY) over the past ten years.

The report, titled "Yoga Prabhava," was released during a day-long summit — 'Yoga Connect' — organised by the Ministry at Vigyan Bhawan, New Delhi. The summit marked a significant milestone

in the countdown to the International Day of Yoga (IDY) 2025 celebrations.

Speaking at the event, Ayush Minister Prataprao Jadhav highlighted the key findings of the decadal assessment conducted by the Ministry. He stated, "Studies show that Yoga supports the management of diabetes, heart health, cancer recovery, and elderly care."

The minister also underscored Yoga's role in skill development and employment generation, calling it a "driving force behind the 'Global Yoga Kranti' and India's leadership in the wellness sector."

Centred around the theme "Yoga for One Earth, One Health," the event brought together policymakers, yoga masters, scientists, and wellness thought leaders to strengthen the global understanding of Yoga's transformative impact on both individual and collective well-being.

The summit saw enthusiastic participation from several distinguished dignitaries, including Swami Ramdev, Founder-President of Patanjali Yogpeeth, Haridwar; Subodh Tiwari, CEO of Kaivalyadhama, Lonavla and Secretary General of the Indian Yoga Association; Hansaji Yogendra, Director of The Yoga Institute; Swami Chidanand Saraswati, Spiritual Head of Parmarth Niketan; and Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush.

The Statesman • 14 Jun • Ministry of Ayush

AYUSH Ministry's 'Yoga Connect' summit to feature Baba Ramdev, Acharya Balakrishna and global expert...

2 • PG | 605 • Sqcm | 108906 • AVE | 225K • Cir | Bottom Left

Delhi

AYUSH Ministry's 'Yoga Connect' summit to feature Baba Ramdev, Acharya Balakrishna and global experts

STATES NEWS SERVICE
NEW DELHI, 13 JUNE

In the run-up to the International Day of Yoga (IDY) 2025, the Ministry of Ayush will host 'Yoga Connect,' a global hybrid summit, on 14th June 2025 at Vigyan Bhawan, New Delhi. The event will bring together some of the most influential voices in the world of yoga and wellness.

Notable yoga luminaries such as Baba Ramdev, Acharya Balakrishna, HR Nagendra, Bikkhu Sanghasena, and Bharath Bhushan are expected to participate in the summit, which is being coordinated by the Central Council for Research in Yoga and Naturopathy (CCRYN).

The Ministry announced that over 1,000 in-person participants, along with numerous virtual attendees from across the globe, are expected to join. Delegates will include yoga gurus, health experts, researchers, policymakers, business leaders, and international wellness advocates from countries such as Bahrain, the United States, the United Kingdom, and South Korea.

A major highlight of the summit will be the release of 'Yoga Prabhava' a nationwide study conducted by CCRYN that evaluates the impact of IDY over the past ten years. The comprehensive report aims to offer valuable insights into the reach, effectiveness, and transformative influence of yoga initiatives across India.

In addition, several key publications will be unveiled, including a report on the Scientometric Analysis of Yoga Research, offering a data-driven perspective on trends in yoga scholarship; 'Bhartiya Vriksha Vaibhavam,' an illustrative booklet showcasing the cultural and ecological significance of native Indian trees.

The day-long summit will also feature a series of thematic sessions, covering a broad spectrum of yoga-related topics Yoga for the Prevention of Non-Communicable Diseases, studies on the Common Yoga Protocol and Impact Assessment of IDY, Yoga-Tech: Innovators' Presentations, Vision of Yoga for All, Yoga and Its Applications, Yoga and Women's Health Across Life Stages, Yoga Commerce and Industry.

At its heart, Yoga Connect is both a celebration of India's global yoga journey and a forward-looking platform to shape its future. By amplifying the voices of yoga masters, researchers, and innovators, the summit seeks to reinforce India's dedication to promoting wellness, mindfulness, and sustainable living on a global scale.NDS

The Statesman • 14 Jun • Ministry of Ayush

Haryana prepsfor 11th Int'l Yoga Day with over 11 lakh participants expected statewide

3 • PG | 648 • Sqcm | 116623 • AVE | 225K • Cir | Bottom Left

Delhi

Haryana preps for 11th Int'l Yoga Day with over 11 lakh participants expected statewide

STATESMAN NEWS SERVICE
CHANDIGARH, 13 JUNE

Haryana Chief Minister Nayab Singh Saini on Friday announced that preparations are in full swing to make the upcoming 11th International Yoga Day on June 21 a historic event. Yoga programmes will be organised simultaneously across all 22 districts and 121 blocks of the state, with the participation of over 11 lakh people.

The state-level celebration will take place at the sacred Brahma Sarovar in Kurukshetra, where Lord Krishna delivered the message of karma to the world. Renowned yoga guru Swami Ramdev will lead the yoga session at this iconic venue.

The Chief Minister shared that the state aims to set a new world record with the participation of over one lakh people, highlighting both the cultural and global significance of yoga.

He was speaking at a Yoga Protocol Training Camp jointly organised by the AYUSH Department, Haryana Yog Aayog, and the Indo-Tibetan Border Police (ITBP) at the ITBP BTC campus in Bhanu, Panchkula.

During the event, a two-minute silence was observed to pay tribute to the victims of the plane crash yesterday in Ahmedabad. The Chief Minister, along with dignitaries and ITBP personnel, offered prayers for the departed souls.

Lauding the ITBP, the Chief Minister described the force as a living embodiment of discipline, service, dedication, and patriotism. He acknowledged their tireless service in guarding the north-eastern borders under extreme conditions. Whether it is disaster relief, internal security, or international sports, ITBP has consistently played a leading role, he said.

The Chief Minister noted that celebrations for the 11th IYD began on May 27, with yoga events taking place across the state. So far, over 15.60 lakh people have participated. More than 61,000 medicinal plants have been planted during these events.

A Yoga Awareness Campaign is currently reaching out to 5,000 villages and is set to conclude by June 19. Institutions such as Patanjali Yogpeeth, Bharatiya Yog Sansthan, Brahma Kumaris, and Art of Living are organising camps at over 2,500 locations statewide.

Under the Harit Yoga Campaign, 10 lakh medicinal plants are being distributed up to June 21. The Chief Minister also mentioned that a dedicated government portal has already registered 7,65,500 participants for the main event on June 21.

The Chief Minister reiterated the Prime Minister's vision of a developed India by 2047 and urged every citizen to contribute by embracing yoga. He also administered a pledge for a "Yog Yukt – Nasha Mukt Haryana" (Yoga-Connected, Addiction-Free Haryana) and planted a sapling under the "Ek Ped Maa ke Naam" campaign on the ITBP campus.

AYUSH and Health Minister Kumari Arti Singh Rao stated that the theme of this year's Yoga Day, "Yoga for One Earth, One Health," emphasises the interconnection between human health, environmental well-being, and all life forms. She stressed that yoga is not merely a physical activity but a global symbol of balance, wellness, and holistic development.

The Minister further informed that as part of the Harit Yoga initiative, 10 lakh medicinal plants are being planted. Cleanliness and plantation drives are being carried out at all yoga venues, integrating yoga with environmental consciousness. "From police lines to the Vidhan Sabha, from border forces to schools, every corner of Haryana is immersed in the spirit of yoga," she said.

Dr Jaideep Arya, Chairman of Haryana Yog Aayog, remarked that yoga is not just exercise but a comprehensive way of living that empowers individuals to stay balanced in every situation. He added that for soldiers posted in harsh climates like Siachen, where temperatures plummet to minus 40 deg C, yoga becomes a vital source of both physical endurance and mental resilience.

The Statesman • 08 Jun • Ministry of Ayush

Delhi to organise Yoga events at 11 venues on International Yoga Day

2 • PG | 633 • Sqcm | 113995 • AVE | 225K • Cir | Middle Center

Delhi

Delhi to organise Yoga events at 11 venues on International Yoga Day

STATESMAN NEWS SERVICE
NEW DELHI, 7 JUNE

Delhi Minister Ashish Sood on Saturday announced that the Delhi government will organize yoga events at 11 locations across the national capital to mark the 11th International Yoga Day on June 21.

He further announced that the "Ek Ped Maa Ke Naam 2.0" campaign will be launched as a mass movement, aligning with the Government of India's target of planting 10 crore saplings. The Delhi government aims to contribute by planting 3.7 lakh saplings during 2025–26.

Speaking at a review meeting to assess preparations for the event, Sood stated that, for the first time, the Delhi government, in collaboration with the Government of India, will officially host International Yoga Day celebrations in the capital.

To commemorate the 11th edition of International Yoga Day, events will be held at 11 key stadiums and sports complexes across Delhi, including Thyagaraj Stadium, East Vinod Nagar Sports Complex, Jhilmil Colony, Bawana, Prahladpur, Bharat Nagar, Yamuna Bank, Najafgarh Stadium, Dwarka Sector-6, and Ashok Nagar Hockey Stadium, among others. A minister will be designated to oversee the activities at each venue.

Sood highlighted that the primary objective of the initiative is to promote physical and mental well-being, while encouraging the practice of yoga among students, teachers, and the broader community.

Nearly 20,000 participants are expected to take part, including students and teachers from Delhi government schools, yoga instructors, NSS and NCC cadets, and civil defence volunteers, he added.

Chhatrasal Stadium has been selected as the main venue, where around 10,000 participants will engage in yoga practice, supported by 5,000 volunteers from the Bharatiya Yog Sansthan. The remaining 10 venues will host approximately 1,000 participants each.

To ensure safety and smooth conduct, Delhi Police will manage security and traffic arrangements. Major venues will be equipped with CCTV surveillance, traffic signages, colour-coded parking passes (Red, Green, Yellow), and special provisions for emergency services, Sood elaborated.

Speaking about the "Ek Ped Maa Ke Naam 2.0" campaign, Sood described it as a unique initiative that blends environmental protection with the spirit of honoring motherhood.

The first phase of the campaign was launched on World Environment Day, June 5, 2024, when Prime Minister Narendra Modi planted a Peepal sapling at Buddha Jayanti Park in Delhi.

The Minister appealed to all teachers, students, principals, citizens, and government employees to plant a tree in their mother's name, upload a selfie with it, and encouraged government departments to actively contribute to the campaign's success.

"This flagship initiative by both the Government of India and the Delhi Government will run through June, July, and August," he said, adding, "Our shared goal is a greener Delhi — a clean, green, and environmentally conscious capital."

The Statesman • 06 Jun • Ministry of Ayush

30k organisations register for Yoga Sangam 2025: Ayush Ministry

10 • PG | 251 • Sqcm | 45177 • AVE | 225K • Cir | Middle Right

Delhi

30k organisations register for Yoga Sangam 2025: Ayush Ministry

AGENCIES
NEW DELHI, 5 JUNE

As the nation gears up to celebrate the 11th International Day of Yoga (IDY), 30,000 organisations across the country have registered for Yoga Sangam - the main event of the IDY.

"This overwhelming response in terms of registration of proposals reflects a nationwide embrace of Yoga as more than just a practice - it's a movement toward mindful living, community resilience, and national well-being," said Ayush Ministry.

On 21 June, over one lakh locations across the country will transform into vibrant sanctuaries of well-being.

The IDY events will be held across the snow-capped mountains of Ladakh to the sunlit beaches of Kerala, from school playgrounds and office lawns to railway stations and historic temple courtyards.

The Ministry noted that these events would be tracked online through a facility on the yoga portal, wherein aspiring organisations can register their proposals to register an IDY event.

"The active participation of premier institutions such as IITs, IIMs, and Central Universities has infused renewed energy into the movement. These centres of academic excellence are not only hosting large-scale Yoga demonstrations but are also promoting Yoga as a tool for mental clarity, emotional resilience, and leadership development," the Ministry said.

To participate, citizens can visit the Ayush Ministry's website and register as a group or organisation.

The Statesman • 02 Jun • Ministry of Ayush

UP govt to hold yoga practice sessions at over 4,000 locations on international yoga day

4 • PG | 587 • Sqcm | 105652 • AVE | 225K • Cir | Bottom Center

Delhi

UP govt to hold yoga practice sessions at over 4,000 locations on international yoga day

STATESMAN NEWS SERVICE
LUCKNOW, 1 JUNE

In line with its commitment to promoting health and a robust lifestyle through yoga, the Uttar Pradesh government will organise large-scale yoga practice sessions at more than 4,000 locations across the state on International Yoga Day, 21 June.

Leading up to the day, a Yoga Week will be observed from 15 to 21 June, during which various programmes will be conducted at the district, tehsil, block, and village panchayat levels. These will include mass yoga sessions, seminars, workshops, symposiums, speech competitions, rangoli contests, essay writing, and slogan competitions to raise awareness and encourage public participation.

As part of the nationwide celebration, mass yoga demonstrations will take place at 100,000 locations across the country, with 4,075 of these in Uttar Pradesh, all following the Common Yoga Protocol on 21 June.

Principal Secretary, AYUSH, Ranjan Kumar, stated on Sunday that, under the direction of Chief Minister Yogi Adityanath, 5,000 trained yoga instructors have been prepared to promote yoga throughout the state. These trainers will lead yoga sessions in various parts of Uttar Pradesh.

Principals and managers of AYUSH colleges have formed committees to ensure the successful organisation of Yoga Week. Through these committees, yoga-related programmes will also be held in medical, vocational, and other educational institutions.

On this occasion, a large-scale yoga demonstration will be held simultaneously across the state. To commemorate the 10th anniversary of International Yoga Day, a special Yoga Sangam programme will also be organised, covering every district in the country.

In line with Prime Minister Narendra Modi's vision to promote yoga, 1,000 yoga parks will be established across India through local bodies. Three parks have been identified in districts with divisional headquarters, and two in each of the remaining districts. These parks will be developed with assistance from the Urban Development Department. Local municipalities and panchayats will also support the initiative, so that more people can benefit from the practice of yoga.

A new initiative is being launched to connect yoga with environmental protection. Alongside yoga sessions in natural settings, tree plantation drives and cleanliness campaigns will be undertaken. Under this plan, yoga sessions and plantation drives will be held near Amrit Sarovars (rejuvenated water bodies). Similar activities will also be organised at major rivers, lakes, and parks throughout the state.

Chief Minister Yogi Adityanath recently stated in a meeting with the AYUSH Department that yoga is not merely a form of exercise, but a way of life that promotes physical, mental, and spiritual well-being.

He added that yoga improves lifestyle, boosts immunity, and fosters harmony and peace in society. To make yoga accessible in every district, the government has made extensive preparations, including the deployment of trained yoga instructors.

The Statesman • 01 Jun • Ministry of Ayush

UP govt to organise International Yoga Day programmes across all government hospitals

4 • PG | 466 • Sqcm | 83865 • AVE | 225K • Cir | Middle Center

Delhi

UP govt to organise International Yoga Day programmes across all government hospitals

STATESMAN NEWS SERVICE
LUCKNOW, 31 MAY

In a bid to promote holistic health and well-being, the Uttar Pradesh government will organise International Yoga Day programmes across all government hospitals on 21 June.

Acting on the directive of Chief Minister Yogi Adityanath, the Health Department has instructed all Chief Medical Officers (CMOs) and Chief Medical Superintendents (CMSs) to commence preparations and awareness campaigns without delay.

Principal Secretary for Medical Health and Family Welfare, Partha Sarthi Sen Sharma, stated on Saturday that, in line with the Chief Minister's vision, a letter has been issued to all CMOs and CMSs with instructions to ensure the successful organisation of Yoga Day activities in all district hospitals, community health centres, primary health centres, and Ayushman Arogya Mandirs across the state. A detailed roadmap is being prepared in advance to ensure maximum participation.

The Principal Secretary noted that this year's theme will be "Yoga for One Earth, One Health". He explained that the primary objective of Yoga Day is to raise awareness about the benefits of yoga for enhancing overall health and lifestyle. In Uttar Pradesh, regular yoga sessions are already being conducted at all Ayushman Arogya Mandirs to support individuals' physical, mental, and spiritual well-being. Special yoga events will be organised at all these locations on 21 June as part of this ongoing initiative.

He further stated that, to encourage greater participation in International Yoga Day, Ayushman Arogya Mandirs will provide general yoga protocol training to interested individuals at the local level. The Ministry of AYUSH, in collaboration with the Morarji Desai National Institute of Yoga, will also offer online training for yoga instructors.

The Principal Secretary emphasised the need for coordination with block and district administrations, ensuring the active involvement of ASHAs/ANMs, voluntary organisations, and educational institutions at the community level. The message should be widely disseminated to the public through both physical and digital means.

The Statesman • 26 May • Ministry of Ayush

PM urges global participation in Yoga Day

3 • PG | 728 • Sqcm | 131041 • AVE | 225K • Cir | Top Center

Delhi

PM urges global participation in Yoga Day

Modi encourages people to embrace yoga for a vibrant and healthy lifestyle

STATESMAN NEWS SERVICE
NEW DELHI, 25 MAY

Prime Minister Narendra Modi, in the latest episode of Mann Ki Baat on Sunday, urged Indians across the globe to actively participate in the International Day of Yoga (IDY) celebrations and to find creative ways to mark the occasion.

He encouraged people to embrace yoga for a vibrant and healthy lifestyle. From forming yoga chains to practicing at iconic landmarks, citizens are transforming IDY into a dynamic and inclusive movement, the Prime Minister said.

"Yoga will change the way you live your life," Modi asserted, sharing his strong belief in this ancient Indian practice. He acknowledged the growing popularity and enthusiasm for Yoga Day celebrations both in India and around the world.

"Since the inception of 'Yoga Day' on 21 June 2015, the attraction towards it has been continuously rising. This time too, the zeal and enthusiasm among people across the world regarding Yoga Day is clearly visible," he stated.

In his address, the Prime Minister lauded the efforts of Andhra Pradesh, where the *YogAndhra Abhiyan* has been launched to promote a strong yoga culture in the state. The campaign aspires to build a pool of 10 lakh regular yoga practitioners, exemplifying how states can lead the wellness revolution from the front.

He also expressed his excitement about participating in this year's IDY celebrations in Visakhapatnam, emphasizing the importance of yoga in both personal well-being and national development.

The Prime Minister further praised the positive role of corporations in advancing the country's health movement by providing dedicated spaces and designated hours for yoga in workplaces. To commemorate a decade of Yoga Day celebrations, the Ministry of Ayush has curated 10 Signature Events aimed at expanding the reach and relevance of yoga across diverse social and professional settings, according to an official statement.

The Ministry noted that Yoga Sangam, one of the flagship events, has already garnered significant attention, with over 6,000 organizations registered to host activities—making it one of the largest community-driven wellness initiatives in the country's history. Meanwhile, Samyoga—another key initiative for this year—aims to integrate evidence-based yoga practices into mainstream healthcare systems, including Ayurveda, Homeopathy, Unani, Siddha, Naturopathy, and Sowa-Rigpa.

The Statesman • 18 May • Ministry of Ayush

India's pioneering yoga institute backs 'Yoga unplugged': Ayush ministry

9 • PG | 93 • Sqcm | 106880 • AVE | 750K • Cir | Middle Center

Kolkata

India's pioneering yoga institute backs 'Yoga Unplugged': AYUSH ministry

STATESMAN NEWS SERVICE
NEW DELHI, 17 MAY

One of India's oldest yoga institutes, Kaivalyadhama, has launched a new campaign to engage young people in mindful yoga.

As the world marks 10 years of International Yoga Day, the institute is backing "Yoga Unplugged" - an event aimed at drawing youth into the practice through modern, relatable formats.

As part of its "Yoga for Young Minds" campaign, the institute is offering free access to yoga routines through digital platforms like Yoginar, which streams guided sessions tailored for youth.

Kaivalyadhama, in collaboration with the Morarji Desai National Institute of Yoga (MDNIY), hosted a Yogotsav Countdown event in Maharashtra on Saturday, part of a series of lead-up activities celebrating 10 years of International Yoga Day.

The organisation aims to make yoga accessible to youth and students across the country, featuring innovative and engaging events, including Yoga Connect, a virtual global format which will host yoga experts from all over the world.

Established by Swami Kuvalayananda in 1924, Kaivalyadhama follows the undiluted principles of yoga, as described in the Yoga Sutras of Maharishi Patanjali. The revered yoga guru founded the institution to merge the tradition of yoga with science, making this ancient knowledge relevant and accessible to the world.

The Statesman • 13 May • Ministry of Ayush

Ayush Ministry launches weekly yoga podcast

7 • PG | 304 • Sqcm | 54631 • AVE | 225K • Cir | Bottom Left

Delhi • Kolkata

Ayush Ministry launches weekly yoga podcast

STATESMAN NEWS SERVICE
NEW DELHI, 12 MAY

Union Ayush Minister and Minister of State for Health, Prataprao Jadhav, launched the podcasts, which are produced by the Morarji Desai National Institute of Yoga (MDNIY), through its social media platforms.

In a blend of ancient practices with modern lifestyle, a weekly yoga podcast has been launched by the government. The new digital initiative is aimed at bringing the timeless wisdom of yoga to every household.

Union Ayush Minister and Minister of State for Health, Prataprao Jadhav, launched the podcasts, which are produced by the Morarji Desai National Institute of Yoga (MDNIY), through its social media platforms.

The launch on Sunday came in the wake of Prime Minister Narendra Modi's address during this year's 30 March *Mann Ki Baat* programme, where he emphasised the significance of International Yoga Day and its 2025 theme: "Yoga for One Earth, One Health."

"The podcast highlights how yoga, once a sacred Indian tradition, has become a worldwide movement for health and harmony," according to the ministry statement.

The ministry stated that the podcast series is designed to engage listeners with insightful discussions, guided practices, and expert interviews, making yoga accessible and relatable to people of all ages and backgrounds.

The inaugural episode of the podcast sets the tone for a transformative journey into the world of yoga, read the statement. Vibrant conversations about the essence of yoga and its global impact were shared with the listeners in the first episode of the weekly series. It also explores the philosophical roots of this year's theme, and the ethos of "*Vasudhaiva Kutumbakam*" - the world is one family.

The special nature of this year's Yoga Day - which marks the 10th anniversary of International Yoga Day - was mentioned in the pilot episode.

The Ministry has unveiled ten signature events to celebrate a decade of International Yoga Day and expand the reach of this ancient Indian practice. These events include Yoga Sangam, Yoga Bandhan, Yoga Park, Yoga Samavesh, Yoga Prabhav, Yoga Connect, Harit Yoga, Yoga Unplugged, Yoga Mahakumbh, and Samyog.

The ministry aims to create a world record through Yoga Sangams, by organising yoga camps at one lakh locations. Forging global partnerships with ten countries is also a key goal of this year's celebrations, highlighted through the Yoga Bandhan events. Such events have already been initiated in countries including Tokyo, Thailand, and Peru.

Community yoga parks will be developed, along with inclusive programmes for the differently-abled, seniors, and children as part of Yoga Samavesh.

While Yoga Prabhav focuses on studies assessing the decade-long impact of yoga on public health, 'Yoga Connect' aims to foster global interaction between modern health professionals and yoga experts, and with Samyog promoting its integration into the modern healthcare system.

Authorities have also planned initiatives under Harit Yoga to link yoga with sustainable environmental action. Youth-centric festivals like Yoga Unplugged and Yoga Mahakumbh will feature week-long celebrations across ten cities, culminating on 21 June - International Yoga Day.

The Weekly Yoga Podcast will be available on all major streaming platforms of Minister Jadhav, the Ministry of Ayush, and MDNIY. Each episode will offer a unique blend of tradition, science, and storytelling to inspire listeners to embrace yoga as a way of life, the ministry claimed.

Herald • 19 Jun • Ministry of Ayush

Yoga camp at Margao on June 21

5 • PG | 34 • Sqcm | 5123 • AVE | 257.96K • Cir | Middle Left

Goa

Yoga camp at Margao on June 21

MARGAO: To commemorate International Yoga Day, the Peace & Bliss Association, Margao, in collaboration with the Rotary Club of Margao Midtown, Nave Marg Foundation, Patanjali Yoga Samiti, and Ambika Yog Kutir Goa will organise a yoga camp on June 21 at the BPS Club, Margao. Arun Panchawadkar, Controller of the Legal Meteorology Department, will be the chief guest. Dr Shriram Kamat Dhakanker, Orthopaedic Surgeon, and Dr Suraj Prabhudessai, Surgeon will be the guests of honour.

Mayapuri • 21 Jun • Ministry of Ayush

On International Yoga Day, Zee TV artists explained the meaning of true peace

90 • PG	523 • Sqcm	49161 • AVE	375K • Cir	Inside Page (Magazine only)

National

अंतर्राष्ट्रीय योग दिवस पर ज़ी टीवी के कलाकारों ने बताए सच्चे सुकून के मायने

—मायापुरी प्रतिनिधि

पूरी दुनिया जहां 11वें अंतर्राष्ट्रीय योग दिवस की तैयारी कर रही है, वहीं 2025 की थीम 'योगा फॉर वन अर्थ, वन हेल्थ' (एक धरती, एक स्वास्थ्य के लिए योग) ये याद दिलाती है कि हमारा अच्छा स्वास्थ्य और धरती का अच्छा स्वास्थ्य आपस में जुड़ा हुआ है। पुराने समय से चला आ रहा योग आज भी हमें अंदर से मजबूत बनाता है और सोच-समझ के साथ जीने का तरीका सिखाता है। इस बार **ज़ी टीवी के कलाकार - 'सरू' की अनिका यानी अनुष्का मर्चंडे, 'जाने अनजाने हम मिले' की उन्नति यानी सहज राजपूत, 'जागृति - एक नई सुबह' के सूरज यानी विजयेंद्र कुमेरिया और 'जमाई नं.1' की रिद्धि यानी सिमरन कौर** - बता रहे हैं कि योग ने उनकी ज़िंदगी में क्या बदला और कैसे उन्होंने इसे अपने रोज़ की ज़िंदगी में शामिल किया।

'जमाई नं. 1' में रिद्धि का रोल निभा रहीं सिमरन कौर ने कहा, "मेरे लिए योग अब सिर्फ फिटनेस का हिस्सा नहीं है,

ये मेरे अच्छे स्वास्थ्य और इस धरती के अच्छे भविष्य के बीच का पुल बन गया है। मैं हमेशा से फिटनेस पसंद करती थी, लेकिन पहले यह सब कार्डियो और जिम तक ही सीमित था। धीरे-धीरे समझ आया कि असली फिटनेस वो है, जो शरीर, मन और प्रकृति - सबको जोड़ती है। अब अक्सर खुली खिड़की के पास बैठकर, बाहर की हवा और आवाजें महसूस करते हुए मेरी सुबह 10 से 15 मिनट ध्यान और गहरी सांसों से शुरू होती है। इससे दिन की शुरुआत शांति और आभार से भरी होती है। योग ने मुझे सिखाया कि माइंडफुल रहना सिर्फ योगा मैट तक सीमित नहीं होता - ये हमारे खान-पान, पर्यावरण से जुड़ाव और दूसरों से व्यवहार में भी नजर आना चाहिए। आखिर, जब मन और शरीर स्वस्थ रहते हैं तभी धरती भी खुशहाल बनती है - और योग इसमें मदद करता है।"

'सरू' में अनिका का किरदार निभा रहीं अनुष्का मर्चंडे ने कहा, "हर रविवार सुबह, सूरज निकलने से पहले, मैं और मेरी बहनें योगा मैट बिछा लेते हैं - ये आदत कई साल पहले शुरू की थी और अब ये हमारे लिए एक प्यारी परंपरा बन गई है। स्ट्रेचिंग, हंसी-मजाक और चुपचाप

बैठकर सोचने के बीच हम आपस में भी जुड़ जाते हैं। मुझे याद है, पहली बार जब योग किया तो लिविंग रूम में टीवी पर यूट्यूब वीडियो चलाकर किया था, बाएं और दाएं में अक्सर गड़बड़ी हो जाती थी और हम संभलते कम और गिरते ज्यादा थे। बाद में पास के पार्क में जाना शुरू कर दिया, नंगे पैर, खुले आसमान के नीचे। पेड़ों और हवा की आवाज़ के बीच योग करना और अच्छा लगने लगा। ये सिर्फ शरीर के लिए नहीं था - ये हमसे, अपनों से और इस धरती से जुड़ने जैसा था। इस योग दिवस पर हम 12 बार सूर्य नमस्कार करेंगे, फिर थोड़ा ध्यान करेंगे और फिर एक-एक बात लिखेंगे, जिसे हम पूरे दिल से आगे निभाना चाहेंगे।"

'जागृति - एक नई सुबह' में सूरज का रोल निभा रहे विजयेंद्र कुमेरिया ने कहा, "अंतर्राष्ट्रीय योग दिवस पर मैं हमेशा सोचता हूं कि योग ने मुझे कैसे बदला है - सिर्फ एक्टर के तौर पर नहीं, इंसान के तौर पर भी। शूटिंग के दिनों में मैं सूरज निकलने से पहले उठकर कुछ मिनट मैट

पर बैठता था। वो कुछ मिनट मेरे लिए बहुत ज़रूरी हो गए थे - चाहे मैं कहीं भी रहूं। योग ने मेरे शरीर को मजबूत तो किया ही, मुझे अंदर से शांत और दूसरों के लिए दयालु भी बनाया। इससे मैंने महसूस किया कि अगर हम अपने अंदर शांति लाएं, तो वो असर दुनिया पर भी होता है। योग सिर्फ एक एक्सरसाइज़ नहीं है - ये जीने का तरीका है, हमारे लिए और इस धरती के लिए।"

'जाने अनजाने हम मिले' में उन्नति का किरदार निभा रहीं सहज राजपूत ने कहा, "योग हमेशा से मेरी ज़िंदगी का सहारा रहा है - ये मुझे रोज़मर्रा की भागदौड़ में भी शांत रखता है। लेकिन इस साल की थीम 'एक धरती, एक स्वास्थ्य के लिए योग' ने मुझे ये सोचने पर मजबूर किया कि हमारा स्वास्थ्य इस पूरी धरती से जुड़ा हुआ है। अब मैं

ज्यादातर योग बाहर करती हूं - कभी गार्डन में तो कभी छत पर। प्रकृति के साथ सांस लेना अलग ही सुकून देता है। इससे मैंने अपनी आदतें भी बदली हैं - प्लास्टिक कम इस्तेमाल करना, सस्टेनेबल कपड़े पहनना और साफ-साफ खाना। योग सिर्फ कसरत नहीं है - ये सोचने और जीने का तरीका है। अगर हम सब थोड़ा-थोड़ा भी सजग हो जाएं, तो हम अपने लिए और धरती के लिए एक अच्छा बदलाव ला सकते हैं - एक-एक सांस के साथ।"

WOMENS FITNESS • 03 Jun • Ministry of Ayush

Juhi Kapoor On Yoga Mindfulness And Breathwork

14,15,16,17,18 • PG | 3016 • Sqcm | 301612 • AVE | N/A • Cir | Inside Page (Magazine only)

National

INTERNATIONAL YOGA DAY

Juhi KAPOOR ON YOGA

MINDFULNESS AND BREATHWORK

In an age where wellness often feels like a trend, Juhi Kapoor—better known as @theyoginiworld—brings authenticity, discipline, and heart back to the practice of yoga. A passionate advocate for traditional yogic wisdom and mindful living, Juhi has built a powerful community online by blending ancient techniques with a modern approach. From thoughtful tutorials to empowering reflections, her presence radiates calm and clarity. In this conversation, we delve into her journey, the values that guide her practice, and how she helps others find stillness in a fast-paced world.

Juhi, can you take us back to where your yoga journey began? What inspired you to take this path, as a personal practice and a profession?

I began yoga when I was at my lowest—mentally, emotionally, and physically. I was 94 kilos, constantly tired, battling self-doubt, and feeling completely disconnected from my body. What began as a search for weight loss turned into something much deeper. Slowly, I felt lighter—not just in my body, but in my mind. That's when I realized this wasn't just a movement. This was healing. And I knew I had to share it with others, especially women like me.

Was there a moment or turning point when you knew yoga was more than just a practice—it was your calling?

Yes. It was the first time I cried in Supta Baddha Konasana. I didn't know why—no one had touched me, no one had said anything—but something inside cracked open. That's when I understood: yoga doesn't just work on the body, it works through it. That moment changed everything for me. I wasn't here just to stretch—I was here to serve.

Your work focuses on women's health, hormonal balance, stress relief, and postnatal care. Share 5 asanas every woman should practice for better hormones. Which ones should they avoid?

Every woman should include:

- Supta Baddha Konasana (for reproductive health)
- Viparita Karani (for adrenal fatigue and PMS)
- Setu Bandhasana (to support thyroid and mood)
- Cat-Cow (for pelvic mobility and digestion)
- Malasana (for grounding and hormonal detox)

Avoid intense inversions or deep twists during menstruation, high cortisol phases, or when you're emotionally depleted. Listen to your body.

How can yoga help women reconnect with their bodies in today's fast-paced world?

Yoga invites you to feel. And in a world that's always asking you to do more, earn more, look better, yoga quietly asks you: "How are you?" That reconnection—through the breath, through awareness—brings you back to yourself, where healing begins.

You often speak about mindfulness and breathwork. In your experience, how powerful is the breath in transforming how we feel and live?

The breath is everything. It's the one thing that's always with us, and yet we ignore it. When we shift how we breathe, we shift how we feel. I've seen anxiety dissolve, anger soften, and sleep improve—just through breathwork. It's free, it's simple, and it's the gateway to your nervous system.

How can beginners start incorporating breath awareness into their daily lives?

Start small. Before checking your phone, take 10 deep breaths when you wake up. Before meals, pause and take 3 conscious breaths. At bedtime, try 4-7-8 breathing. No equipment. No setup. Just you and your breath.

What simple Ayurvedic tip would you recommend for holistic wellness?

Start your day with warm water and a pinch of ginger or cumin. It wakes up your digestion, flushes toxins gently, and grounds your energy before the chaos begins.

Your daily routine like?

I wake up early, scrape my tongue, drink warm water, and do a short pranayama practice before teaching my first yoga batch. I keep my meals seasonal and home-cooked, break up screen time with movement, and always make time to journal or walk in nature. Nights are for gentle stretches, herbal tea, and early sleep.

5 foods you must have in your diet. Foods that you keep to a minimum.

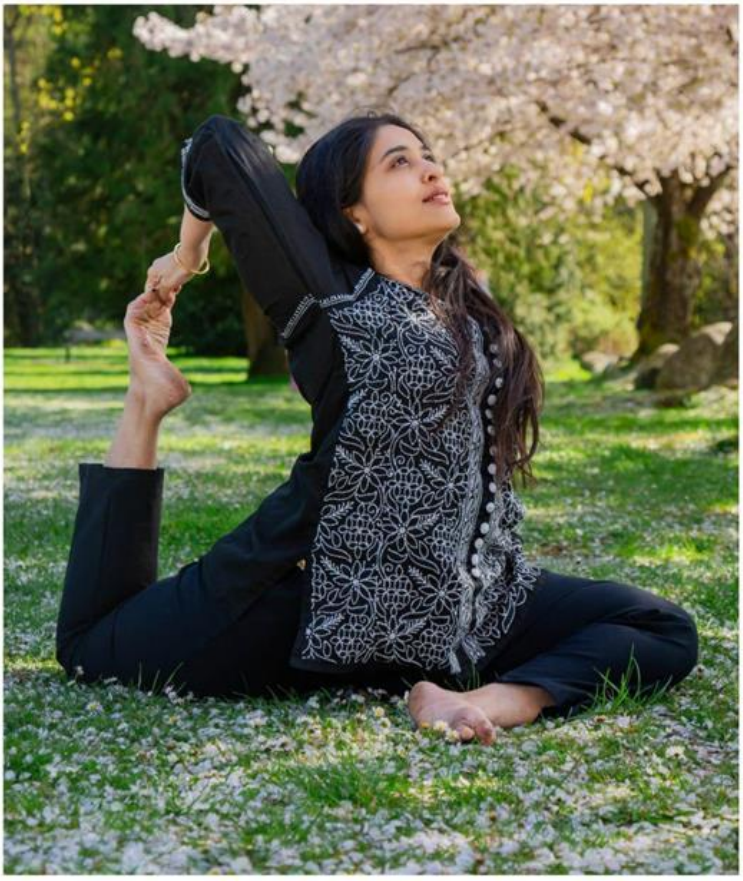
Must-have:

- Soaked nuts and seeds
- Homemade ghee
- Seasonal fruits
- Leafy greens
- Millets like ragi and jowar

Minimize:

- Refined sugar
- Leftovers
- Deep-fried snacks
- Packaged protein bars
- Cold foods straight from the fridge

"This Yoga Day, let's move with intention, breathe with awareness, and live with compassion. Your practice is your power."
17 | WF INDIA - www.womenfitness.org



One mantra you live by?

"Heal first, hustle later."

Your body is not a machine. It's your home. Nourish it, listen to it—and then go out and conquer.

How do you keep your practice fresh and evolving?

By staying a student. I learn from my students, from nature, from silence. I experiment with new sequences, revisit old ones, and stay open to change. The mat is never the same, and neither am I.

Your message for International Yoga Day 2025?

Yoga is not about perfection—it's about presence. In a distracted world, showing up on the mat, even for 10 minutes, is a radical act of self-love. This Yoga Day, let's move with intention, breathe with awareness, and live with compassion. Your practice is your power.

Instagram: @theyoginiworld

News Today • 21 Jun • Ministry of Ayush

Yoga Day: Modi to attend mega event in Vizag tomorrow

1 • PG | 125 • Sqcm | 24974 • AVE | 112.72K • Cir | Bottom Center

Chennai

Yoga Day: Modi to attend mega event in Vizag tomorrow

| NT BUREAU |
Amaravati, June 20:

Prime Minister Narendra Modi will participate in a massive International Yoga Day organised by Andhra Pradesh, on Saturday, in a 26-km-long corridor from RK Beach in the port city of Visakhapatnam that stretches up to Bhogapuram, where over 3 lakh people can perform Yoga simultaneously.

Chief Minister N Chandrababu Naidu has said the event, scheduled from 6:30 am to 8:00 am, will be organised in such a way to get recognition and set records, including a Guinness World Record.

The Andhra Pradesh government is aiming to set a string of records in Yoga by mobilising several lakh people, not just in Visakhapatnam but by organising simultaneous activities across the state on June 21.

The 11th International Yoga Day, celebrated by several countries across the world, has been themed as 'Yoga for One Earth, One Health'.

As many as 25,000 tribal students will perform Surya Namaskars for

108 minutes. The objective is to set records for the largest group and the most people performing Surya Namaskars simultaneously," said Naidu.

The government is aiming to organise yoga sessions in one lakh centres across the state and attract five lakh people to participate in yoga activities in Visakhapatnam.

Observing that elaborate arrangements have been made across a 26-km stretch from RK Beach in Vizag to Bhogapuram, the CM said 3.19 lakh people can perform yoga simultaneously from RK Beach.

Participants from eight lakh locations across the state, country, and the world are expected to join, he said, adding that the estimated two-crore registrations for yoga day activities participation overshot to 2.39 crores.

In the run-up to the yoga day, the southern state embarked on 'Yogandhra', a month-long campaign to create awareness about yoga with several activities linked to the ancient practice originating from India.

As part of 'Yogandhra', 15,000 yoga competitions were held from the village level to state level, 5,451 master trainers have contributed to this effort, and over one crore participants of various yoga programmes were certified, a government release said.

For the smooth conduct of this mega event, 326 compartments with a capacity of 1,000 people each have been readied, along with 3.32 lakh t-shirts and five lakh yoga mats.

Officials have identified and registered over 1.3 lakh places across the state for yoga activities on June 21, while alternative arrangements have also been made for 30,000 people in Vizag.

News Today • 19 Jun • Ministry of Ayush

International Yoga Day fete at MACCON

2 • PG | 24 • Sqcm | 4777 • AVE | 112.72K • Cir | Top Right

Chennai

International Yoga Day fete at MACCON

Chennai, June 18:

In celebration of International Yoga Day 2025, over 300 students and guests participated in a grand mass yoga demonstration held on 17th June at the MACCON Sports Ground, organized by The Tamil Nadu Dr. MGR Medical University and VHS–M.A. Chidambaram College of Nursing (MACCON).

Presided over by Vice Chancellor Dr. K. Narayanasamy, the event promoted the theme "Yoga for One Earth, One Health." Under the guidance of Dr. L. Venkatakrishnan, participants performed yoga and meditation. The programme featured advanced yoga demos, prize distribution, and concluded with a vote of thanks by Dr. Prema Janardan.

Rashtradoot • 21 Jun • Ministry of Ayush

International Yoga Day today, more than one lakh people will practice yoga

5 • PG | 242 • Sqcm | 240751 • AVE | 999.38K • Cir | Top Center

Jaipur

अंतर्राष्ट्रीय योग दिवस आज, एक लाख से अधिक लोग करेंगे योगाभ्यास

टोंक। ग्यारहवां अन्तर्राष्ट्रीय योग दिवस, 2025 आज मनाया जा रहा है। एक पृथ्वी, एक स्वास्थ्य थीम पर आयोजित होने वाले अन्तर्राष्ट्रीय योग दिवस के तहत टोंक जिले में एक लाख से अधिक लोग योगाभ्यास करेंगे। जिला प्रभारी सचिव महावीर प्रसाद मीना ने जिला प्रशासन द्वारा योग दिवस पर की गई तैयारियां को लेकर शुक्रवार को कलेक्ट्रेट सभागार में बैठक ली तथा अधिकारियों को सुव्यवस्थित आयोजन को सुनिश्चित करने के निर्देश दिए। इस दौरान पुलिस अधीक्षक विकास सांगवान, एडीएम रामरतन सौंकरिया, सीईओ परशुराम धानका समेत सभी जिला स्तरीय अधिकारी मौजूद रहे।

- एक पृथ्वी, एक स्वास्थ्य थीम पर आयोजित होने वाले अन्तर्राष्ट्रीय योग दिवस के तहत टोंक जिले में एक लाख से अधिक लोग योगाभ्यास करेंगे

जिला प्रभारी सचिव महावीर प्रसाद मीना ने जिला प्रशासन द्वारा योग दिवस पर की गई तैयारियां को लेकर शुक्रवार को कलेक्ट्रेट सभागार में बैठक ली।

राज्य सरकार के निर्देशानुसार इस बार अन्तर्राष्ट्रीय योग दिवस का आयोजन जिले के प्रमुख पर्यटन एवं धार्मिक स्थलों पर किया जाएगा। इसके तहत तहसील टोंक में डॉ. बी.आर. अंबेडकर खेल स्टेडियम के इंडोर हॉल में, देवली तहसील में बीसलपुर बांध पर, मालपुरा उपखंड की डिग्गी तहसील में विजय सागर की पाल, नगर फोर्ट तहसील में मांडकलां, उनियारा तहसील के हाथी भाटा पर योगाभ्यास किया जाएगा। साथ ही, जिले के सभी प्रमुख कस्बों एवं ग्राम पंचायतों में भी बड़ी संख्या में योगाभ्यास के कार्यक्रम आयोजित होंगे।

जिला कलेक्टर डॉ. जितेंद्र कुमार सोनी ने जिले के नागरिकों से अपील की है कि शनिवार को अंतर्राष्ट्रीय योग दिवस पर अधिक से अधिक संख्या में अपने आसपास आयोजित होने वाले योगाभ्यास कार्यक्रम में शामिल हो और इसे अपनी नियमित दिनचर्या का हिस्सा बनाएं। उन्होंने कहा कि योग हमें शारीरिक और मानसिक रूप से स्वस्थ्य एवं मजबूत बनाता है।

Rashtradoot • 21 Jun • Ministry of Ayush

More than 2.51 lakh people will practice yoga in Jaipur

1 • PG | 189 • Sqcm | 188020 • AVE | 999.38K • Cir | Middle Center

Jaipur

जयपुर में 2.51 लाख से ज्यादा लोग करेंगे योगाभ्यास

जयपुर। जयपुर जिले में शनिवार, 21 जून को ग्यारहवां अन्तर्राष्ट्रीय योग दिवस, 2025 उमंग, उत्साह और उल्लास के साथ मनाया जाएगा। 'एक पृथ्वी, एक स्वास्थ्य' थीम पर आयोजित होने वाले अन्तर्राष्ट्रीय योग दिवस के तहत जयपुर जिले में 2 लाख 51 हजार से अधिक लोग योग का अभ्यास करेंगे। जिला कलक्टर डॉ. जितेन्द्र कुमार सोनी ने अंतर्राष्ट्रीय योग दिवस के अवसर पर आमजन से योगाभ्यास करने एवं योग को अपने जीवन का हिस्सा बनाने की अपील की है।

अन्तर्राष्ट्रीय योग दिवस आयोजन के प्रभारी एवं आयुर्वेद विभाग के अतिरिक्त निदेशक डॉ. बत्तीलाल बैरवा ने बताया कि जिले का मुख्य कार्यक्रम सवाई मान सिंह स्टेडियम में आयोजित होगा, जिसमें राज्यपाल हरिभाऊ बागडे, उप मुख्यमंत्री डॉ. प्रेमचंद बैरवा, कैबिनेट मंत्री राज्यवर्द्धन सिंह राठौड़, सांसद मंजू शर्मा, नगर निगम जयपुर ग्रेटर की महापौर सौम्या गुर्जर, विधायक गोपाल शर्मा सहित कई अन्य गणमान्य जनप्रतिनिधिगणों सहित 3 हजार से अधिक प्रतिभागी योगाभ्यास करेंगे। अल्बर्ट हॉल, रामनिवास बाग पर 2000 प्रतिभागी, बिड़ला मन्दिर पर 600 प्रतिभागी, सिटी पार्क मानसरोवर में 200 प्रतिभागी, हवा महल के सामने 100 प्रतिभागी, पत्रिका गेट पर 700 प्रतिभागी, सेन्ट्रल पार्क में 600 प्रतिभागी, जलमहल की पाल पर 1000 प्रतिभागी, आमेर फोर्ट में 600 प्रतिभागी, श्री गलता जी मंदिर परिसर में 200 प्रतिभागी, सिटी पैलेस में 100 प्रतिभागी, श्री गोविन्द देव जी मंदिर में 200 प्रतिभागी, जयगढ़ फोर्ट में 100 प्रतिभागी कुल 9400 सम्मिलित होंगे।

उन्होंने बताया कि जिला कलक्टर के निर्देशों की अनुपालना में आयुर्वेद, योग एवं प्राकृतिक चिकित्सा, यूनानी एवं होम्योपैथी (आयुष) विभाग के तत्वाधान में जयपुर के प्रमुख स्थानों पर योग प्रशिक्षकों द्वारा आमजन को योग का अभ्यास करवाया गया है।

जयपुर शहर के विभिन्न धार्मिक व पर्यटन स्थलों प्रमुख स्थानों के साथ-साथ उपखंड एवं ग्राम पंचायत स्तर तक योग प्रशिक्षकों द्वारा आमजन को योग का अभ्यास करवाया जाएगा। सामूहिक योगाभ्यास से पूर्व आयोजन स्थल पर प्रधानमंत्री श्री नरेन्द्र मोदी के अन्तर्राष्ट्रीय योग दिवस के अवसर पर संबोधन का सीधा प्रसारण किया जाएगा। उन्होंने बताया कि जयपुर ग्रामीण क्षेत्र में धार्मिक एवं पर्यटन स्थल जमवाय माता मन्दिर, जमवारामगढ, शीतला माता मंदिर, चाकसू, शाकम्भरी माता मन्दिर, श्री दादू धाम पीठाधीश्वर मंदिर, नरैना, एवं ब्लॉक स्तर तथा ग्राम पंचायत स्तर पर एवं सभी आयुर्वेद चिकित्सालय, औषधालय, आयुष्मान आरोग्य मन्दिर में संभावित कुल 2.51 लाख लोगों को योगाभ्यास कराया जायेगा।

ग्रेटर महापौर डॉ. सौम्या गुर्जर ने हवामहल के सामने शुक्रवार को व्यापारियों और आमजन के साथ योगाभ्यास किया।

■ कलक्टर डॉ. जितेन्द्र सोनी ने आमजन से की योग की अपील

Rashtradoot • 21 Jun • Ministry of Ayush

Prime Minister will do yoga in Visakhapatnam

1,8 • PG | 96 • Sqcm | 95176 • AVE | 999.38K • Cir | Middle Center,Top Center

Jaipur

विशाखापट्टनम में योग करेंगे प्र.मंत्री

नयी दिल्ली, 20 जून। देश और दुनिया भर में कल 11वां अंतर्राष्ट्रीय योग दिवस मनाया जायेगा और प्रधानमंत्री नरेन्द्र मोदी आंध्र प्रदेश के विशाखापत्तनम में सामूहिक योग कार्यक्रम का नेतृत्व करेंगे तीन लाख से अधिक लोगों के साथ योगासन करेंगे।

राष्ट्रीय स्तर पर आयोजित इस कार्यक्रम में प्रधानमंत्री के साथ केंद्रीय आयुष राज्य मंत्री और स्वास्थ्य एवं परिवार कल्याण राज्य मंत्री प्रतापराव

अंतर्राष्ट्रीय योग दिवस पर आयोजित योग संगम कार्यक्रम में प्रधानमंत्री तीन लाख लोगों के साथ योग करेंगे। देश भर में दस लाख से अधिक स्थानों पर योग संगम से तालमेल कर योगाभ्यास किया जाएगा।

जाधव और आंध्र प्रदेश के मुख्यमंत्री एन. चंद्रबाबू नायडू भी शामिल होंगे।

विशाखापत्तनम में आयोजित इस कार्यक्रम में 'योग संगम' पहल के तहत देश भर में 10 लाख से अधिक स्थानों के साथ एक साथ योग किया जाएगा।

यह कार्यक्रम सुबह साढे छह बजे शुरू होगा और पौने आठ बजे संपन्न होगा। इसमें देश भर से अभूतपूर्व भागीदारी की उम्मीद है। देश में विभिन्न जगहों पर आयोजत सत्रों में दो करोड़

(शेष अंतिम पृष्ठ पर)

विशाखापट्टनम ...

(प्रथम पृष्ठ का शेष)

से ज़्यादा लोगों के भाग लेने की उम्मीद है।

आंध्र प्रदेश सरकार इस अवसर को यादगार बनाने के लिए गिनीज़ वर्ल्ड रिकॉर्ड बनाने के प्रयास का भी समन्वय कर रही है। इसके अतिरिक्त, आंध्र प्रदेश सरकार द्वारा पंजीकृत प्रतिभागियों को 50 लाख से ज़्यादा योग प्रमाणपत्र दिए जाएँगे, जिससे अंतर्राष्ट्रीय योग दिवस का यह संस्करण देश की स्वास्थ्य और तंदुरुस्ती की यात्रा में एक ऐतिहासिक क्षण बन जाएगा।

Rashtradoot • 20 Jun • Ministry of Ayush

Yoga meditation camp organized

2 • PG | 58 • Sqcm | 58152 • AVE | 999.38K • Cir | Middle Left

Jaipur

योग ध्यान शिविर आयोजित

पावटा। अंतरराष्ट्रीय योग दिवस की जागरुकता के लिए एसजीएन हॉस्पिटल के नर्सिंग एवं परा मेडिकल कॉलेज भूमिका प्लाजा पावटा में एक दिवसीय योग ध्यान हास्य शिविर का आयोजन कॉलेज डायरेक्टर डॉ. जयराम यादव की अध्यक्षता में किया गया। इस कार्यक्रम में बडी संख्या में छात्र छात्राओं ने उत्साहपूर्वक भाग लिया। इस दौरान योग गुरु पूरण मल यादव ने प्रतिभागियों को विभिन्न योगासनों, प्राणायाम और ध्यान का अभ्यास करवाया। इस दौरान, योग के महत्व और उसके शारीरिक एवं मानसिक लाभों के बारे में भी जानकारी दी गई। योगगुरु पूरणमल ने बताया कि कैसे योग दैनिक जीवन में तनाव को कम करने और समठा स्वास्थ्य को बेहतर बनाने में सहायक हो सकता है। वही हॉस्पिटल एवं कॉलेज डायरेक्टर डॉ. जयराम यादव एवं मैनेजिंग डायरेक्टर हरिराम यादव ने योग का महत्त्व बताते हुए अच्छे स्वास्थ्य के लिए नियमित योग करने के लिए छात्र एवं छात्राओं को नियमित योग करने के लिए प्रेरित किया। छात्रों ने उत्साह के साथ आसन सीखे और उनका प्रदर्शन किया। इस दौरान डॉ. जयराम यादव ने बताया कि यह पूर्वाभ्यास आगामी अंतरराष्ट्रीय योग दिवस, 21 जून की तैयारियों का एक महत्वपूर्ण हिस्सा है। इसका उद्देश्य लोगों को योग के प्रति जागरूक करना और उन्हें इस प्राचीन भारतीय विद्या को अपने जीवन का हिस्सा बनाने के लिए प्रेरित करना है।

Rashtradoot • 20 Jun • Ministry of Ayush

Yoga practice before Yoga Day

2 • PG | 49 • Sqcm | 49094 • AVE | 999.38K • Cir | Middle Center

Jaipur

योग दिवस से पूर्व योगाभ्यास

टोंक। भाजपा कार्यकर्ताओ व पदाधिकारियों द्वारा श्यामा प्रसाद मुखर्जी मंडल के तत्वाधान में नेहरू पार्क टोंक में योग अभ्यास किया गया। इस अवसर पर भाजपा जिलाध्यक्ष चन्द्रवीर सिंह चौहान ने कहा कि प्रधानमंत्री नरेंद्र मोदी ने योग को देश ही नहीं पूरे विश्व में स्थान दिलाया है, मोदी ने वसुधैव कुटुंबकम के तहत योग को पूरे विश्व में 21 जून को योग दिवस के रूप में स्थापित किया है, जिससे देश ही नहीं बल्कि विदेशों में भी करोड़ों लोगों को लाभ मिला है।

उन्होंने कहा कि भारत ही नहीं बल्कि पूरे विश्व के लिए यह गर्व की बात है, कि योग प्राचीन काल से लोगों के स्वस्थ रहने में सबसे अधिक प्रभावित दवा के रूप में कारगर साबित हुआ है, जिसे लोग भूलते जा रहे थे। इस अवसर पर पूर्व सभापति लक्ष्मी जैन, नरेश, विष्णु, श्यामा प्रसाद मुखर्जी मण्डल अध्यक्ष भगवान दास, कार्यक्रम जिला संयोजक बीना छामुनिया, सहसंयोजक हरिराम यादव, राजेश, हंसराज धाकड, रत्तीराम पहाड़िया, संजय, चरण, रामावतार धाभाई, महावीर, योग गुरु मदन, शम्भू सहित अन्य मौजूद रहे।

Rashtradoot • 17 Jun • Ministry of Ayush

BJP will organize yoga programs across the state before Yoga Day

3 • PG | 164 • Sqcm | 162814 • AVE | 999.38K • Cir | Middle Left

Jaipur

'योग दिवस से पूर्व भाजपा प्रदेशभर में आयोजित करेगी योग कार्यक्रम'

जयपुर। भाजपा प्रदेश महामंत्री एवं भीलवाड़ा सांसद दामोदर अग्रवाल ने 21 जून अंतरराष्ट्रीय योग दिवस को लेकर भारतीय जनता पार्टी की ओर से आयोजित कार्यक्रमों पर प्रेसवार्ता को संबोधित किया। सांसद दामोदर अग्रवाल ने बताया कि देशभर में 21 जून को योग दिवस मनाया जाएगा। इससे पूर्व 19 और 20 जून को भारतीय जनता पार्टी प्रदेशभर में योग कार्यक्रम आयोजित करेगी। उन्होंने कहा कि भाजपा प्रदेश, संभाग, जिला, मंडल स्तर पर संगठनात्मक रूप से योग दिवस के कार्यक्रम आयोजित करेगी। इस दौरान भाजपा के सभी 44 जिलों के 1137 मंडलों में लगभग 1500 से अधिक योग के कार्यक्रम होंगे। भाजपा योग दिवस से पूर्व प्रदेश के नगर पालिका, नगर परिषद एवं नगर निगमों में एक से अधिक कार्यक्रम आयोजित करेगी। इस दौरान कस्बा क्षेत्रों में महिलाओं के भी अलग से कार्यक्रम होंगे। कई स्थानों पर नवाचारों के साथ कार्यक्रम संपादित करने के प्रयास है। योग कार्यक्रम के साथ-साथ योग प्रशिक्षकों को सम्मानित भी किया जाएगा।

सांसद दामोदर अग्रवाल ने योग दिवस को लेकर आयोजित कार्यक्रमों पर प्रेसवार्ता को संबोधित किया।

भाजपा सांसद दामोदर अग्रवाल ने कहा कि योग दुनिया को भारत द्वारा दिए गए सबसे बड़े उपहारों में से एक है। योग शारीरिक व्यायाम से कहीं बढ़कर, जीवन जीने की एक शैली है, जो मानसिक स्पष्टता, भावनात्मक स्थिरता और आध्यात्मिक शांति प्रदान करता है। आज इसकी प्रासंगिकता खास तौर पर प्रबल है। उन्होंने कहा कि "योगाभ्यास से एकात्मकता की भावना का सृजन होता है - मन, शरीर और बुद्धि की एकात्मकता, अपने परिवारों के साथ, जिस समाज में हम रहते हैं उसके साथ, साथी मनुष्यों के साथ, उन समस्त पक्षियों, पशुओं और वृक्षों, जिनके साथ हम अपने सुंदर ग्रह को साझा करते हैं, के साथ एकात्मकता, यही योग है।

भाजपा सांसद दामोदर अग्रवाल ने कहा कि प्रधानमंत्री नरेंद्र मोदी के प्रयासों से अंतरराष्ट्रीय योग दिवस प्रतिवर्ष 21 जून को मनाया जाता है। यह दिन उत्तरी गोलार्ध में वर्ष का सबसे लम्बा दिन होता है और योग भी मनुष्य को दीर्घायु बनाता है।

Punjab Kesari • 21 Jun • Ministry of Ayush

90 players forming a 'yoga' formation in Varanasi

15 • PG	117 • Sqcm	5872 • AVE	370.92K • Cir	Bottom Left

Jaipur

वाराणसी में 'योगा' की संरचना बनाते 90 खिलाड़ी।

Punjab Kesari • 21 Jun • Ministry of Ayush

International Yoga Day today: State level program will be held in SMS Stadium, CM will do

2 • PG | 723 • Sqcm | 36166 • AVE | 370.92K • Cir | Top Left

Jaipur

अन्तरराष्ट्रीय योग दिवस आज : एसएमएस स्टेडियम में होगा राज्यस्तरीय कार्यक्रम

सीएम जैसलमेर तो डिप्टी सीएम जयपुर में करेंगे योग; उप मुख्यमंत्री प्रेमचंद बैरवा ने लिया एसएमएस स्टेडियम में तैयारियों का जायजा

जयपुर,20 जून (ब्यूरो): अंतरराष्ट्रीय योग दिवस के अवसर पर शनिवार को प्रदेशभर में योग कार्यक्रम आयोजित किए जाएंगे। सत्ता व संगठन ने तैयारियों को अंतिम रूप दे दिया। राज्य स्तरीय कार्यक्रम जयपुर के सवाई मानसिंह स्टेडियम में होगा। मुख्यमंत्री भजनलाल शर्मा जैसलमेर में योग करेंगे और तनोट माता के दर्शन कर बीएसएफ के जवानों से मुलाकात करेंगे।

उप मुख्यमंत्री डॉ.प्रेमचंद बैरवा ने शुक्रवार को एसएमएस स्टेडियम पहुंचकर तैयारियों का जायजा लिया। डिप्टी सीएम ने बताया कि प्रधानमंत्री मोदी के सतत प्रयासों के फलस्वरूप

21 जून को अंतरराष्ट्रीय योग दिवस के रूप में वैश्विक मान्यता प्राप्त हुई है। यह दिवस न केवल भारत में, अपितु विश्वभर में उत्साह एवं उल्लास के साथ मनाया जा रहा है। उप मुख्यमंत्री ने प्रदेशवासियों से अपील करते हुए कहा कि योग को अपने दैनिक जीवन का अनिवार्य अंग बनाएं और समाज में योग के प्रचार-प्रसार हेतु प्रेरक भूमिका निभाएं, ताकि हम सभी मिलकर स्वस्थ राजस्थान एवं समर्थ भारत के निर्माण में अपना सक्रिय योगदान दे सकें।

सीएम दीया सिटी पैलेस में करेंगी योग

उप मुख्यमंत्री दीया कुमारी सिटी पैलेस, उप मुख्यमंत्री प्रेमचंद बैरवा और मंत्री कर्नल राज्यवर्धन सिंह राठौड़ एसएमएस स्टेडियम में आयोजित होने वाले योग दिवस के कार्यक्रम में शामिल होंगे।

प्रभारी मंत्री संबंधित जिलों में रहेंगे

कैबिनेट मंत्री जोगाराम पटेल जयपुर के प्रभारी मंत्री हैं। पार्टी की ओर से जोधपुर में ड्यूटी लगे होने के कारण वे उम्मेद स्टेडियम में होने वाले कार्यक्रम में भाग लेंगे। मंत्री किरोड़ीलाल मीणा भी अलवर के प्रभारी मंत्री हैं। वे विधानसभा क्षेत्र सवाईमाधोपुर में होने वाले योग दिवस के कार्यक्रम में शामिल होंगे। मंत्री गजेंद्र सिंह खींवसर बीकानेर और जैसलमेर के प्रभारी मंत्री हैं, लेकिन वे भी विधानसभा क्षेत्र लोहावट में होने वाले कार्यक्रम में शामिल होंगे। अंतर्राष्ट्रीय योग दिवस संयोजक और सांसद दामोदर अग्रवाल ने बताया कि मंत्रिमंडल सचिवालय ने आदेश निकाले थे। बाद में आयुष विभाग ने सभी मंत्रियों, सांसदों, पूर्व सांसदों, विधायक, पूर्व विधायक और सांसद-विधायक प्रत्याशी सहित 350 लोगों की योग कार्यक्रम में ड्यूटी लगाई थी।

मुख्यमंत्री ने योग गुरु के साथ किया योगाभ्यास

- फिटनेस इन्फ्लूएंसर्स बोले- ब्रश करना जितना जरूरी है योग
- भजनलाल ने कहा-योग को जीवनशैली का हिस्सा बनाएं

योग दिवस से पूर्व मुख्यमंत्री भजनलाल शर्मा ने योग गुरू और फिटनेस इन्फ्लूएंसर्स के साथ मुख्यमंत्री आवास में योगाभ्यास किया। इस दौरान देश के फेमस योगा एक्सपर्ट ने सीएम के साथ योगा किया। उन्होंने सरकार की ओर से योग के लिए किए जा रहे प्रयासों की सराहना की। योगा एक्सपर्ट ने मुख्यमंत्री आवास में योगा किए जाने के भी रोचक अनुभव बताए। सीएम ने वीडियो जारी कर योगाभ्यास की झलकियों को शेयर किया। उन्होंने कहा कि लोग योग को जीवनशैली का हिस्सा बनाएं और स्वस्थ राजस्थान की परिकल्पना को साकार करें। वहीं, फिटनेस एक्सपर्ट शिवांगी शर्मा ने बताया कि योग लोगों को जोड़ता है। हम इसे घर-घर में फैलाना चाहते हैं। एक्सपर्ट निशि सिंह ने कहा कि मुझे बेहद खुशी है कि हम लोग योगा को इतना प्रमोट कर रहे हैं।

'सीएम हाउस में योग करना अच्छा लगा'

फिटनेस एक्सपर्ट प्रखर गर्ग ने कहा कि सीएम हाउस में योग करना बड़ा अच्छा लगा। जैसे नहाना, ब्रश करना जरूरी है, उसी तरह से योग करना भी जरूरी है। सीएम आवास पहुंचे योगाचार्य ढाकाराम ने कहा कि योग ही है, जो हमें बदलता है। यह हमें खुशी देता है। ऋचा शर्मा ने कहा कि जिस तरह त्योहार में हम खुद को तैयार करते हैं और सजते संवरते हैं और खुद को इंगेज करते हैं। उसी तरह से हमें हेल्थ को अपनी प्रायॉरिटी बनाना चाहिए।

Punjab Kesari • 21 Jun • Ministry of Ayush

More than 2 lakh 51 thousand people will practice yoga in Jaipur

4 • PG | 2066 • Sqcm | 103290 • AVE | 370.92K • Cir | Top Left

Jaipur

जयपुर में 2 लाख 51 हजार से ज्यादा लोग करेंगे योगाभ्यास

जयपुर : हवामहल के सामने जयपुर व्यापार महासंघ की और से आयोजित योग शिविर में भाग लेते व्यापारी उनके परिवारजन और ग्रेटर महापौर डा. सौम्या गुर्जर। *(सभी फोटो : दिनेश बगड़ा)*

प्रदेश में 2.25 लाख हजार से अधिक स्थानों पर योग का रजिस्ट्रेशन

जयपुर, 20 जून (ब्यूरो) : अंतर्राष्ट्रीय योग दिवस पर योग के लिए राजस्थान में 2 लाख 25 हजार से अधिक स्थानों पर योग का रजिस्ट्रेशन हुआ है जो देशभर में सर्वाधिक है।

इस बार योग दिवस संस्कृति और विरासत के संगम का अद्भुत साक्षी बनेगा। रजिस्ट्रेशन के लिए सरकारी संगठनों, शैक्षणिक संस्थानों, निजी संस्थाओं, निवासी कल्याण संघों (आर. डब्ल्यू. ए.), गैर सरकारी संगठनों, सामुदायिक समूहों और ऐसे अन्य सभी इच्छुक दलों को पंजीकरण के लिए आमंत्रित किया गया था। जिसमें राजस्थान रजिस्ट्रेशन में देश भर में प्रथम रहा जो ऐतिहासिक है । मुख्यमंत्री के मार्गदर्शन में योग दिवस पर राज्य की ऐतिहासिक धरोहरों, धार्मिक स्थलों और प्रमुख पर्यटन स्थलों पर हजारों नागरिकों के साथ सामूहिक योगाभ्यास किया जाएगा। प्रमुख धार्मिक एवं पर्यटन स्थलों में पुष्कर धाम ,डिग्गी कल्याण जी नागौर में मीराबाई स्मारक, भरतपुर में केवलादेव राष्ट्रीय उद्यान, धौलपुर में मुचकुंड, करौली मे महावीर जी मंदिर, हनुमानगढ़ में गोगामेड़ी, दौसा में मेहंदीपुर बालाजी, चित्तौड़गढ़ में सांवरिया सेठ मंदिर, डूंगरपुर मेंबेनेश्वर धाम मंदिर तथा राजसमंद में कुंभलगढ़ तथा विभिन्न स्थलों पर योग किया जाएगा।

देशभर में सर्वाधिक

जिला कलेक्टर ने आमजन से की अपील

जयपुर, 20 जून (ब्यूरो) : जयपुर जिले में शनिवार को 11वां अंतर्राष्ट्रीय योग दिवस उत्साह और उल्लास के साथ मनाया जाएगा।'एक पृथ्वी, एक स्वास्थ्य' थीम पर आयोजित होने वाले अंतर्राष्ट्रीय योग दिवस के तहत जयपुर जिले में 2 लाख 51 हजार से अधिक लोग योग का अभ्यास करेंगे। जिला कलेक्टर डॉ. जितेन्द्र कुमार सोनी ने आमजन से योगाभ्यास करने एवं योग को अपने जीवन का हिस्सा बनाने की अपील की है।

अंतर्राष्ट्रीय योग दिवस आयोजन के प्रभारी एवं आयुर्वेद विभाग के अतिरिक्त निदेशक डॉ. बत्तीलाल बैरवा ने बताया कि जिले का मुख्य कार्यक्रम सवाई मानसिंह स्टेडियम में होगा, जिसमें राज्यपाल हरिभाऊ बागड़े, उप मुख्यमंत्री डॉ. प्रेमचंद बैरवा, कैबिनेट मंत्री राज्यवर्धन सिंह राठौड़, सांसद मंजू शर्मा, नगर निगम जयपुर ग्रेटर की महापौर सौम्या गुर्जर, विधायक गोपाल शर्मा सहित जनप्रतिनिधि और प्रतिभागी योगाभ्यास करेंगे।

वहीं, अल्बर्ट हॉल, रामनिवास बाग पर 2000 प्रतिभागी, बिड़ला मंदिर पर 600 प्रतिभागी, सिटी पार्क मानसरोवर में 200 प्रतिभागी, हवामहल के सामने 100 प्रतिभागी, जवाहर सर्किल पर 700 प्रतिभागी, सेंट्रल पार्क में 600 प्रतिभागी, जलमहल की पाल पर 1000 प्रतिभागी, आमेर फोर्ट में 600 प्रतिभागी, श्री गलता जी मंदिर परिसर में 200 प्रतिभागी, सिटी पैलेस में 100 प्रतिभागी, श्री गोविन्द देव जी मंदिर में 200 प्रतिभागी, जयगढ़ फोर्ट में 100 प्रतिभागी सहित कुल 9400 शामिल होंगे। इसके अलावा शहर के विभिन्न धार्मिक व पर्यटन स्थलों प्रमुख स्थानों के साथ उपखंड एवं ग्राम पंचायत स्तर तक आमजन को योग का अभ्यास कराया जाएगा।

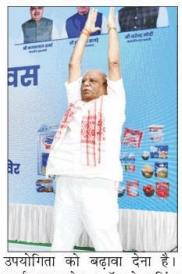
जयपुर ग्रामीण क्षेत्र में धार्मिक एवं पर्यटन स्थल जमवाय माता मंदिर, जमवारामगढ़, शीतला माता मंदिर, चाकसू, शाकम्भरी माता मंदिर (कोरसोना), श्री दादू धाम पीठाधीश्वर मंदिर, नरैना एवं ब्लॉक स्तर तथा ग्राम पंचायत स्तर पर एवं सभी आयुर्वेद चिकित्सालय, औषधालय, आयुष्मान आरोग्य मंदिर में संभावित कुल 2 लाख 51 हजार योगाभ्यासियों को दक्ष योग प्रशिक्षकों द्वारा योगाभ्यास कराया जाएगा।

महापौर ने व्यापारियों के साथ किया योगाभ्यास

पहले योग, फिर उद्योग

जयपुर, 20 जून (ब्यूरो): अंतर्राष्ट्रीय योग दिवस की तैयारियों के तहत नगर निगम ग्रेटर द्वारा आयोजित योग शिविरों की श्रृंखला में शुक्रवार को हवामहल के सामने विशेष योग कार्यक्रम आयोजित हुआ। इसमें महापौर एवं राजस्थान की योग ब्रांड एम्बेसेडर ने 'पहले योग, फिर उद्योग' के संकल्प के साथ व्यापारियों, दुकानदारों, उद्यमियों और आमजन के साथ योगाभ्यास किया। योग प्रशिक्षिका योगिनी हेमलता के मार्गदर्शन में ताड़ासन, कटि चक्रासन, पश्चिमोत्तानासन, तितली आसन, भ्रामरी और अनुलोम-विलोमप्राणायाम करवाए गए। कार्यक्रम के दौरान महापौर ने 'एक पृथ्वी, एक स्वास्थ्य' का संदेश देते हुए सिंगल यूज प्लास्टिक से परहेज और योग को दिनचर्या में शामिल करने की अपील की। इस अवसर पर जयपुर व्यापार महासंघ के अध्यक्ष सुभाष गोयल, महामंत्री सुरेश सैनी, कार्यकारी अध्यक्ष हरीश केडिया, उपाध्यक्ष नीरज लुहाडिया, और वांदी की टकसाल, हवामहल व्यापार मंडल के अध्यक्ष भी उपस्थित रहे। इससे पूर्व नगर निगम ग्रेटर द्वारा झोटवाड़ा, विद्याधर नगर सहित विभिन्न क्षेत्रों में योग शिविर आयोजित किए गए।

सेंट्रल पार्क में 'सरस योग संगम'



जयपुर, 20 जून (ब्यूरो) : अंतरराष्ट्रीय योग दिवस की पूर्व संध्या पर शुक्रवार शाम राजस्थान को-ऑपरेटिव डेयरी फेडरेशन द्वारा सेंट्रल पार्क में सरस योग संगम का आयोजन किया गया।

इस अवसर पर राज्यपाल हरीभाऊ बागड़े मुख्य अतिथि के रूप में उपस्थित रहे। कार्यक्रम में खेल मंत्री राज्यवर्धन सिंह राठौड़, संसदीय कार्य मंत्री जोगाराम पटेल और विधायक गोपाल शर्मा भी शामिल हुए। योग साधकों और आमजन के लिए निःशुल्क सामूहिक योगाभ्यास एवं स्वास्थ्य जांच शिविर आयोजित किया गया। फेडरेशन की प्रशासक श्रुति भारद्वाज ने बताया कि इस आयोजन का उद्देश्य स्वास्थ्य जागरूकता और योग की जीवन उपयोगिता को बढ़ावा देना है। कार्यक्रम का नेतृत्व डॉ. महेन्द्र सिंह राव ने किया। बड़ी संख्या में लोगों ने भाग लेकर स्वस्थ जीवन का संकल्प लिया।

पुलिसकर्मियों ने किया योगाभ्यास

जयपुर, 20 जून (ब्यूरो) : कमिश्नरेट में पुलिसकर्मियों ने अंतर्राष्ट्रीय योग सप्ताह पर शुक्रवार को योगाभ्यास किया। ब्रह्मकुमारीज संस्थान के योग प्रशिक्षकों ने पूरे योगाभ्यास कार्यक्रम को संचालित कर मानसिक तनाव दूर करने का प्रयास किया गया।

जानकारी के अनुसार योग भारतीय परम्परा और संस्कृति की अनुपम देन है। प्राचीन भारतीय पद्धतियां शारीरिक, मानसिक, नैतिक और आध्यात्मिक स्वास्थ्य को लेकर योगाभ्यास ही सभी का जवाब है। कमिश्नरेट में आयोजित योगाभ्यास के दौरान पुलिस उपायुक्त मुख्यालय देवेंद्र कुमार विश्नोई, अतिरिक्त पुलिस उपायुक्त मुख्यालय शिल्पा चौधरी सहित अन्य पुलिस अधिकारी और पुलिसकर्मी मौजूद रहे।

प्रदेश के हर स्कूल में होगा योग एंबेसडर

जयपुर, 20 जून (ब्यूरो) : अंतरराष्ट्रीय योग दिवस के अवसर पर राजस्थान शिक्षा विभाग ने योग को राज्य के कौने-कौने तक पहुंचाने की योजना बनाई है। इसके तहत प्रदेशभर के 65 हजार विद्यार्थियों को योग एंबेसडर बनाया जाएगा। ये छात्र न केवल अपने विद्यालयों में स्टूडेंट्स और टीचर्स को योग अभ्यास कराएंगे, बल्कि गांवों और आसपास के इलाकों में भी योग का प्रसार करेंगे। शिक्षा विभाग के अनुसार, हर स्कूल से उस छात्र को चुना जाएगा जो योग के प्रति सबसे अधिक जागरूक हो। उसे विशेष ट्रेनिंग दी जाएगी और वह पूरे वर्षभर योग सिखाने का जिम्मा निभाएगा। ये छात्र योग के क्षेत्र में स्कूल स्तर के ब्रांड एंबेसडर बनेंगे। शनिवार को अंतरराष्ट्रीय योग दिवस पर सभी स्कूलों में विद्यार्थी, शिक्षक और स्टाफ योग अभ्यास करेंगे। छुट्टियों के चलते जो लोग अपने घरों पर हैं, वे नजदीकी स्कूलों में पहुंचकर योग करेंगे। शिक्षा विभाग की यह पहल योग को जन-जन तक पहुंचाने में मील का पत्थर साबित हो सकती है।

Punjab Kesari • 21 Jun • Ministry of Ayush
Special yoga practice on Yoga Day

4 • PG | 295 • Sqcm | 14765 • AVE | 370.92K • Cir | Bottom Right

Jaipur

योग दिवस पर हुआ विशेष योग अभ्यास

डॉ. मोनिका दुबे ने कराया योग

जयपुर, 20 जून (ब्यूरो):अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में 20 जून शुक्रवार को जगदंबा नगर (वार्ड नंबर 60), करणी विहार मंडल, झोटवाड़ा विधानसभा क्षेत्र, जिला जयपुर शहर में भव्य योग कार्यक्रम आयोजित किया गया।

सुबह 6.30 बजे से 8.30 बजे तक चले इस योग अभ्यास में सैकड़ों योग प्रेमियों, स्थानीय नागरिकों, प्रबुद्ध जनों, माताओं-बहनों और स्कूली छात्र-छात्राओं ने भाग लिया। कार्यक्रम में योग प्रशिक्षक डॉ. श्रीमती मोनिका दुबे ने सभी प्रतिभागियों को विविध आसनों, प्राणायाम और ध्यान के अभ्यास कराए। उन्होंने बताया कि नियमित योगाभ्यास से शारीरिक व मानसिक बीमारियों से बचाव संभव है। विशेष रूप से तनाव, मोटापा, उच्च रक्तचाप और अनिद्रा जैसी समस्याओं में योग अत्यंत प्रभावी है।

कार्यक्रम के आयोजक पं. उमेश उपाध्याय थे। आयोजन में आरएसएस कार्यकर्ता शंकर बागड़ा, सर्वेश्वर चतुर्वेदी, शंकर लाल चौधरी, ओम प्रकाश सिंह, राम पारीक और राम कविया सहित कई सामाजिक कार्यकर्ता उपस्थित रहे। सभी ने योग को जीवन का आवश्यक हिस्सा बनाने और जन-जन तक इसके संदेश को पहुंचाने का संकल्प लिया।

Punjab Kesari • 21 Jun • Ministry of Ayush

Workshop organized on 'Yoga for One Earth, One Health

4 • PG | 248 • Sqcm | 12384 • AVE | 370.92K • Cir | Middle Center

Jaipur

'योगा फॉर वन अर्थ, वन हेल्थ' विषय पर कार्यशाला आयोजित

जयपुर, 20 जून (ब्यूरो): पत्र सूचना कार्यालय जयपुर एवं केन्द्रीय संचार ब्यूरो, प्रादेशिक कार्यालय द्वारा केंद्रीय सदन जयपुर में शुक्रवार को केंद्र सरकार के विभिन्न विभागों के लिए अंतर्राष्ट्रीय योग दिवस 2025 की थीम 'योगा फॉर वन अर्थ, वन हेल्थ' विषय पर कार्यशाला आयोजित की गई।

इस अवसर पर राष्ट्रीय आयुर्वेद संस्थान के डॉ. दीपक सैनी और डॉ. योगेश कुमार ने ईट हेल्दी एंड स्लीप बैटर तथा कार्यालय समय में वाई-ब्रेक विषयों पर प्रकाश डाला। डॉ. दीपक सैनी ने बताया कि कार्यालय में भी छोटी छोटी योग क्रियायें करके भी हम स्वस्थ रह सकते है। डॉ. योगेश कुमार ने विभिन्न योग क्रियायें करवाई। पीआईबी के निदेशक अनुभव बैरवा ने कहा कि योग केवल शारीरिक व्यायाम नहीं है, बल्कि सम्पूर्ण जीवनशैली है जो सभी के लिए लाभदायक है। इसी उद्देश्य को लेकर यह कार्यशाला आयोजित की गई है, ताकि लोग योग से जुड़ सके। कार्यक्रम में मेरा युवा भारत के क्षेत्रीय निदेशक डॉ. भुवनेश जैन ने योग के महत्व को रेखांकित करते हुए कहा कि योग को एक कार्यक्रम के रूप में नहीं, बल्कि अपने जीवन का अभिन्न अंग बनाकर निरंतर अभ्यास करना चाहिए। पत्र सूचना कार्यालय जयपुर के उप निदेशक धर्मेश भारती एवं केन्द्रीय संचार ब्यूरो जयपुर के सहायक निदेशक संतोष वी. ने भी योग के विभिन्न पहलुओं पर विचार साझा किए। कार्यक्रम में पीआईबी, केन्द्रीय संचार ब्यूरो, सार्वजनिक वित्तीय प्रबंधन प्रणाली, मेरा भारत आदि के कर्मचारियों ने उत्साहपूर्वक भाग लिया और सामूहिक योगाभ्यास किया।

Punjab Kesari • 21 Jun • Ministry of Ayush

International Yoga Day 2025

8 • PG | 84 • Sqcm | 90968 • AVE | 1.81M • Cir | Middle Right

Delhi

191 देशों में योग दिवस कार्यक्रम आयोजित करेगा : आईसीसीआर

नई दिल्ली, (पंजाब केसरी) अंतरराष्ट्रीय योग दिवस के अवसर पर भारत शनिवार को विश्वभर के 1,300 शहरों में योग कार्यक्रमों का आयोजन करेगा। इन कार्यक्रमों से देश की प्राचीन परंपरा और सौम्य ताकत को प्रदर्शित किया जाएगा।

भारतीय सांस्कृतिक संबंध परिषद (आईसीसीआर) द्वारा शुक्रवार को जारी एक बयान के अनुसार, पाकिस्तान स्थित भारतीय उच्चायोग भी इस अवसर पर इस्लामाबाद में योग कार्यक्रम आयोजित कर रहा है। बयान के अनुसार आईसीसीआर की महानिदेशक के. नंदिनी सिंगला ने कहा, अंतरराष्ट्रीय योग दिवस की 10वीं वर्षगांठ पर हम दुनिया के लगभग हर देश को योग से जोड़ रहे हैं।

अमेरिका जैसे देशों में कई शहरों में कार्यक्रम आयोजित किए जा रहे हैं। इसमें कहा गया है कि आईसीसीआर 21 जून को 191 देशों में 1,300 से अधिक स्थानों पर 2,000 से अधिक योग कार्यक्रम आयोजित करेगी। सिंगला ने बताया कि आईसीसीआर 'योग बंधन' नामक विशेष कार्यक्रम भी आयोजित कर रही है, जिनमें ब्राजील, अर्जेंटीना, रूस, चीन, दक्षिण अफ्रीका, मलेशिया, श्रीलंका, इंडोनेशिया, सिंगापुर और दक्षिण कोरिया सहित 15 देशों के 17 योग गुरुओं और प्रशिक्षकों की भागीदारी रहेगी। दिल्ली में ऐसे विदेशी योग गुरु जंतर मंतर, कुतुब मीनार, पुराना किला और हुमायूं के मकबरे पर कार्यक्रम का नेतृत्व करेंगे।

Punjab Kesari • 21 Jun • Ministry of Ayush

International Yoga Day 2025: Yoga is India's gift to the world

4 • PG | 729 • Sqcm | 673992 • AVE | 867.98K • Cir | Bottom Center

Chandigarh

अंतर्राष्ट्रीय योग दिवस 2025 : योग भारत की ओर से विश्व को उपहार

योग, भारत की प्राचीन परंपरा का एक अमूल्य उपहार है जो शारीरिक, मानसिक और आत्मिक स्वास्थ्य लिए एक समग्र दृष्टिकोण प्रदान कर तेजी से बदलती दुनिया में आंतरिक शांति और संतुलन का माध्यम बन गया है।

2025 में जब हम 11वां अंतर्राष्ट्रीय योग दिवस मना रहे हैं, इस वर्ष का थीम 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' वैश्विक स्वास्थ्य और एकजुटता के संदेश को उजागर करता है। यानी हम योग के माध्यम से पूरी दुनिया को स्वस्थ बनाना चाहते हैं। यह थीम भौगोलिक सीमाओं, संस्कृतियों और व्यवसायों से परे एक सांझे आंदोलन को प्रेरित करता है।

वैश्विक मान्यता: योग के जनक माने जाने वाले महर्षि पतंजलि ने लगभग 200 ईसा पूर्व में योगसूत्र की रचना कर योग को व्यवस्थित रूप दिया। हालांकि, एरोबिक्स और बॉडी बिल्डिंग जैसी पश्चिमी व्यायाम पद्धतियों ने लोकप्रियता हासिल की परंतु सदियों से भारत में प्रचलित योग को विश्व मंच पर उतनी मान्यता नहीं मिली। लेकिन प्रधानमंत्री नरेंद्र मोदी के अथक प्रयासों की बदौलत योग को 'जीवन जीने के तरीके' के रूप में स्वीकार किया गया है और अंतर्राष्ट्रीय मंच पर भारत को एक अनूठी पहचान मिली।

27 सितंबर 2014 को संयुक्त राष्ट्र महासभा में अपने ऐतिहासिक संबोधन में पी.एम. मोदी ने 21 जून को अंतर्राष्ट्रीय योग दिवस के रूप में मनाने का प्रस्ताव रखा। तीन महीनों से भी कम समय में, 11 दिसंबर 2014 को, संयुक्त राष्ट्र महासभा के 193 सदस्य देशों तथा 173 सह-प्रायोजक देशों ने इस प्रस्ताव को सर्वसम्मति से पारित किया। यू.एन.जी.ए. ने सहमति व्यक्त करते हुए योग को स्वास्थ्य और कल्याण के लिए एक समग्र पद्धति के रूप में मान्यता दी।

10 साल बाद, यू.एन.जी.ए. के अध्यक्ष डेनिस फ्रांसिस ने योग को 'संयुक्त राष्ट्र के लिए एक शक्तिशाली रूपक' बताते हुए इसके महत्व को रेखांकित किया। इस प्रकार आधुनिक दुनिया में शारीरिक और मानसिक स्वास्थ्य समस्याओं को दूर करने में योगिक अभ्यासों की शक्ति को रेखांकित किया।

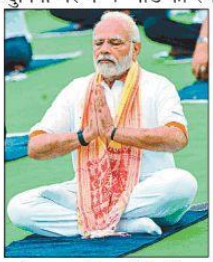
अंतर्राष्ट्रीय योग दिवस का वैश्विक प्रभाव : अंतर्राष्ट्रीय योग दिवस ने योग के महत्व और महत्ता के बारे में जागरूकता में महत्वपूर्ण योगदान दिया है, इसलिए दुनिया भर से अंतर्राष्ट्रीय योग दिवस समारोहों में भारी भागीदारी इस बात का प्रमाण है

सतनाम सिंह संधू
(संसद सदस्य, राज्यसभा)

कि दुनिया ने अब योग को स्वीकार कर लिया है और इसे मना रही है।

विश्व स्तर पर साल 2024 में लगभग 24.53 करोड़ लोगों ने योग दिवस में सक्रिय रूप से भाग लिया। सोशल मीडिया पर 34,890,990 करोड़ से अधिक लोगों ने सहभागिता की जबकि सामुदायिक रेडियो के माध्यम से 26 लाख लोगों तक इसकी पहुंच बनी। 177 संयुक्त राष्ट्र सदस्य देशों ने भारत की पहल को अपना समर्थन दिया। अंतर्राष्ट्रीय स्तर पर, भारतीय दूतावासों और प्रमुख योग संस्थानों ने लगभग 545,000 लोगों को इसमें शामिल किया। यह व्यापक भागीदारी पहल के व्यापक प्रभाव को रेखांकित करती है।

भारत के लिए योग अर्थव्यवस्था को आकार देना: आज की तेज रफ्तार दुनिया में जहां योग शारीरिक और मानसिक स्वास्थ्य का समर्थन करता है वहीं योग ने पिछले एक दशक में दुनिया भर में लाखों लोगों के दिलों और घरों में जगह बनाई है। इसमें कोई आश्चर्य की बात नहीं है कि एक नई योग अर्थव्यवस्था योग पर्यटन के विकास, योग रिट्रीट और रिसॉर्ट्स की स्थापना और संबंधित परिधान और उपकरणों के लिए तेजी से बढ़ते बाजार के साथ नए रोजगार के अवसर पैदा कर रही है।



विकास की संभावना : कक्षाओं, शिक्षक प्रशिक्षणों, रिट्रीट और उत्पादों सहित वैश्विक योग उद्योग का मूल्य अब 88 बिलियन अमरीकी डॉलर से अधिक है, जिसका 2025 तक 215 बिलियन से अधिक होने का अनुमान है। आयुष शिक्षा और प्रशिक्षण को बढ़ावा देने वाली सरकारी पहल उद्योग की मांगों को पूरा करते हुए कुशल कार्यबल को बढ़ावा दे रही है। आयुष क्षेत्र में निकट भविष्य में लगभग 3 मिलियन रोजगार के अवसर पैदा करने की संभावना है।

भारत में 755,780 से अधिक रजिस्टर्ड आयुष चिकित्सक हैं जो पारंपरिक चिकित्सा पद्धतियों और समग्र स्वास्थ्य सेवा में देश की मजबूत नींव को दर्शाता है। कौशल विकास और उद्यमिता मंत्रालय के तहत ब्यूटी एंड वेलनेस सैक्टर स्किल काऊंसिल के माध्यम से स्किल इंडिया मिशन ने 23 जून, 2022 तक 1.30 लाख छात्रों को योग इंस्ट्रक्टर और ट्रेनर के रूप में प्रशिक्षित किया है। आयुष विभाग ने योग चिकित्सकों के लिए योग प्रमाणन बोर्ड की स्थापना की है। भारत में 100 से अधिक प्रमुख संस्थानों और विदेशों में 10 संस्थानों को इस बोर्ड से प्रमाणपत्र प्रदान किया गया है।

सुझाव: युवाओं के बीच योग और आयुष दोनों को एक करियर विकल्प के रूप में बढ़ावा दिया जा सकता है जो भारतीय युवाओं के लिए वैश्विक रोजगार के अवसर खोल सकता है। इसके अतिरिक्त, योग को निवारक स्वास्थ्य उपकरण के रूप में बढ़ावा देने की आवश्यकता है जो एक स्वस्थ जीवन शैली विकसित करने पर ध्यान केंद्रित करता है जो आपको विभिन्न बीमारियों से बचाता है। शारीरिक शिक्षा भारतीय शिक्षा का अभिन्न अंग है, इसलिए योग को स्कूली पाठ्यक्रम का हिस्सा बनाया जाना चाहिए।

Punjab Kesari • 21 Jun • Ministry of Ayush
Internationa Yoga Day, 2025

5 • PG | 129 • Sqcm | 139252 • AVE | 1.81M • Cir | Top Right

Delhi

निगम ने अंतरराष्ट्रीय योग दिवस पर किया योग कार्यक्रम

नगर निगम द्वारा आयोजित योग कार्यक्रम में योग करते नागरिक।

नई दिल्ली, (पंजाब केसरी): अंतरराष्ट्रीय योग दिवस केवल एक आयोजन नहीं, बल्कि यह भारत की उस प्राचीन परंपरा का वैश्विक उत्सव है, जिसने पूरी दुनिया को स्वास्थ्य और संतुलन का मार्ग दिखाया है। योग भारतीय संस्कृति की अमूल्य धरोहर है, जो शरीर, मन और आत्मा को संतुलन प्रदान करता है। नगर निगम द्वारा आयोजित यह पहल नागरिकों के स्वास्थ्य के प्रति हमारी प्रतिबद्धता को दर्शाती है। ये बातें मेयर राजा इकबाल सिंह ने शुक्रवार को 11वें अंतरराष्ट्रीय योग दिवस के उपलक्ष में दिल्ली नगर निगम के मुख्यालय, सिविक सेंटर के प्रांगण में आयोजित योग कार्यक्रम के अवसर पर कहीं। कार्यक्रम का उद्देश्य आमजन में योग के प्रति जागरूकता फैलाना और स्वस्थ जीवनशैली को

नेता सदन ने स्वस्थ समाज के निर्माण के लिए लोगों से प्रतिदिन योग को अपनाने की अपील की

प्रोत्साहित करना था। योग सत्र का शुभारंभ सूर्य नमस्कार से हुआ, जिसके बाद विभिन्न योगासन, प्राणायाम और ध्यान क्रियाएं कराई गईं। मौके पर स्थायी समिति अध्यक्ष सत्या शर्मा नेता सदन, प्रवेश वाही; निगम आयुक्त, अश्विनी कुमार ; अतिरिक्त आयुक्त, जितेंद्र कुमार, अतिरिक्त आयुक्त, पंकज नरेश अग्रवाल उपस्थित थे। दिल्ली नगर निगम ने यह कार्यक्रम सेंट्रल कांउसिल फॉर रिसर्च इन योगा एंड नेचुरपैथी के सहयोग से आयोजित किया।

Punjab Kesari • 20 Jun • Ministry of Ayush
International Yoga Day

4 • PG | 146 • Sqcm | 157587 • AVE | 1.81M • Cir | Middle Left

Delhi

योग दिवस के लिए संस्कृति मंत्रालय की बड़ी तैयारी, 100 पर्यटक स्थलों पर होगा आयोजन

नई दिल्ली, (पंजाब केसरी): संस्कृति मंत्रालय ने 11वें अंतर्राष्ट्रीय योग दिवस (आईडीवाई) को जोर-शोर से मनाने की तैयारी शुरु कर दी है। इस अवसर संस्कृति मंत्रालय द्वारा देश भर के 100 महत्वपूर्ण पर्यटक स्थलों व 50 से अधिक सांस्कृतिक स्थलों पर योग सत्र आयोजन किया जाएगा। 21 जून को होने वाले ये कार्यक्रम आयुष मंत्रालय द्वारा विशाखापत्तनम में आयोजित किए जा रहे मुख्य समारोहों से अलग होंगे, जिसमें प्रधानमंत्री नरेंद्र मोदी, आंध्र प्रदेश के मुख्यमंत्री चंद्रबाबू नायडू और उपमुख्यमंत्री पवन कल्याण सहित अन्य गणमान्य व्यक्ति शामिल होंगे। वहीं, संस्कृति एवं पर्यटन मंत्री गजेन्द्र सिंह शेखावत इस दौरान राजस्थान के जोधपुर स्थित ऐतिहासिक मेहरानगढ़ किले में अंतर्राष्ट्रीय योग दिवस कार्यक्रम में भाग लेंगे।

50 से अधिक सांस्कृतिक स्थलों पर भी योग सत्र आयोजन किया जाएगा

कहां कहां होगा आयोजन ?

अंतर्राष्ट्रीय योग दिवस के मौके पर यूनेस्को विश्व धरोहर स्थल चराइदेव मैदान (असम), रानी की वाव और धोलावीरा (गुजरात), हम्पी और पट्टाडकल (कर्नाटक), खजुराहो स्मारक समूह और सांची स्तूप (मध्य प्रदेश), कोणार्क में सूर्य मंदिर (ओडिशा), एलिफेंटा गुफाएं (महाराष्ट्र), और तंजावुर (तमिलनाडु) में बृहदीश्वर मंदिर पर योग सत्र का आयोजन किया जाएगा। इसके अलावा गोलकोंडा किला और सालारजंग संग्रहालय (हैदराबाद), हुमायूं का मकबरा, पुराना किला और सफदरजंग मकबरा (दिल्ली), जलियांवाला बाग (अमृतसर), चित्तौड़गढ़ और कुंभलगढ़ किला (राजस्थान), लेह पैलेस (लद्दाख), परी महल (श्रीनगर), बेकल किला (केरल), और हजारद्वारी और कूचबिहार महल (पश्चिम बंगाल) में भी कार्यक्रम का आयोजन होगा।

Punjab Kesari • 20 Jun • Ministry of Ayush

Yoga shanti paane ka tarika :Harsh libachiya

5 • PG | 54 • Sqcm | 49770 • AVE | 867.98K • Cir | Middle Left

Chandigarh

योगा शांति पाने का तरीका : हर्ष लिंबाचिया

चंडीगढ़, 19 जून (स.ह.): कलर्स रिश्ते पर खतरा खतरा खतरा के हर्ष लिंबाचिया, अभिनेता एवं निर्माता ने कहा कि उनके लिए योगा मस्ती और कॉमेडी के बीच व्यक्तिगत शांति पाने का तरीका बन गया है। उन्होंने जीवन में शांति और खुद से जुड़ने के लिए योगा करना शुरू किया। पहले यह एक दिनचर्या के रूप में शुरू हुआ, फिर आदत बन गया, जिससे सुकून मिलता है।

Punjab Kesari • 20 Jun • Ministry of Ayush

Run for Yoga' organized from NIA to Badi Chaupar

4 • PG | 1131 • Sqcm | 56568 • AVE | 370.92K • Cir | Top Left

Jaipur

एनआईए से बड़ी चौपड़ तक आयोजित हुई 'रन फॉर योगा'

कल होगा जंतर-मंतर पर योग संगम

जयपुर, 19 जून (ब्यूरो): आयुष मंत्रालय, भारत सरकार और राष्ट्रीय आयुर्वेद संस्थान (एनआईए) के संयुक्त तत्वावधान में 11वें अंतरराष्ट्रीय योग दिवस के अवसर पर 21 जून को जंतर-मंतर पर योग संगम का आयोजन किया जाएगा। इस विशेष आयोजन में एनआईए में अध्ययनरत देश के सभी राज्यों से आए विद्यार्थियों के साथ अन्य देशों के विद्यार्थी भी सक्रिय रूप से भाग लेंगे।

योग संगम से अधिक से अधिक आमजन को जोड़ने के उद्देश्य से एनआईए द्वारा गुरुवार को रन फॉर योगा का आयोजन किया गया। जो एनआईए से परिसर से शुरू होकर बड़ी चौपड़ होते हुए पुन: संस्थान परिसर में संपन्न हुई। संस्थान परिसर में सामूहिक योगाभ्यास एवं जुम्बा डांस भी किया गया। कुलपति प्रो. संजीव शर्मा ने कहा योग केवल शारीरिक अभ्यास नहीं, यह जीवन का दर्शन है।

इस अवसर पर योग बंधन कार्यक्रम के अंतर्गत महामंत्री आयुष मंत्रालय द्वारा विशेष रूप से आमंत्रित विदेशी पर्यवेक्षक श्रीलंका, ब्राजील और दक्षिण अफ्रीका से आएंगे। विशाखापट्टनम में अंतर्राष्ट्रीय योग दिवस के अवसर पर आयोजित हो रहे राष्ट्रीय कार्यक्रम में राष्ट्रीय आयुर्वेद संस्थान जयपुर के 12 देशों के विदेशी छात्र-छात्राएं प्रधानमंत्री नरेंद्र मोदी के साथ योग अभ्यास करेंगे।

योग को लेकर आमजन में दिख रहा उत्साह, कर रहे योगाभ्यास

जयपुर, 19 जून(ब्यूरो): 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' थीम पर मनाए जा रहे 11वें अन्तर्राष्ट्रीय योग दिवस के उपलक्ष्य में आयुष विभाग एवं विभिन्न योग संस्थानों के तत्वावधान में जयपुर महानगर के 13 प्रमुख धार्मिक एवं पर्यटक स्थलों एसएमएस स्टेडियम, अल्बर्ट हाल, हवामहल, आमेर महल, बिरला मंदिर, श्रीगोविंददेवजी मंदिर, श्री गलताजी मंदिर, जलमहल, सिटी पार्क, सेंट्रल पार्क, सिटी पैलेस, जयगढ़ पर प्रात: 7 बजे योग का पूर्वाभ्यास कार्यक्रम करवाया गया, जिसमें लगभग 7 हजार स्थानीय लोगों ने उत्साह के साथ भाग लिया।

इसके पश्चात अतिरिक्त निदेशक आयुर्वेद विभाग, जयपुर संभाग ने आयुष भवन, प्रताप नगर में योग दिवस के सफल आयोजन के लिए सभी समितियों की बैठक ली।

श्रीगोविंददेवजी मंदिर में गीतामय योग शिविर आयोजित

जयपुर, 19 जून (ब्यूरो): नगर निगम जयपुर हेरीटेज की ओर से श्रीगोविंददेवजी मंदिर में गुरुवार को अंतर्राष्ट्रीय योग दिवस के परिपेक्ष्य अंतर्राष्ट्रीय संत गीता मनीषी महामंडलेश्वर ज्ञानानंद महाराज (कुरुक्षेत्र) की प्रेरणा से जीओ गीता परिवार राजस्थान के सहयोग से गीता प्रचारक योगाचार्य योगी मनीष के सानिध्य में 'गीतामय योग शिविर' संपन्न हुआ।

इस अवसर परहेरिटेज निगम महापौर कुसुम यादव ने बताया कि योग क्रिया का भगवान श्री कृष्ण से सीधा संबंध है। श्रीमद्भगवद्गीता को 'समस्त योगों की जननी' कहा जाता है।

नगर निगम हेरिटेज की ओर से भी योग दिवस पर विभिन्न स्थानों पर योग के कार्यक्रम आयोजित कराए जा रहे है। 21 जून को हेरिटेज निगम ऐतिहासिक स्थलों पर शहरवासियों के साथ योग करेगा।

ये भी रहे उपस्थित : इस अवसर पर आयुक्त अरुण हसीजा, अतिरिक्त आयुक्त सुरेंद्र सिंह यादव, उपायुक्त सतर्कता पुष्पेंद्र सिंह राठौड़, चेयरमैन हेमेंद्र शर्मा, रजत विश्नोई, पवन शर्मा नटराज, ज्योति चौहान, अंशु शर्मा, धीरज शर्मा, रवि प्रकाश सैनी आदि मौजूद रहे।

सेंट्रल पार्क में निःशुल्क सरस योग संगम आज

जयपुर, 19 जून(ब्यूरो): अन्तरराष्ट्रीय योग दिवस की पूर्व संध्या पर राजस्थान को-ऑपरेटिव डेयरी फैडरेशन की ओर से शुक्रवार शाम 5:30 बजे सेंट्रल पार्क में सरस योग संगम का आयोजन होगा। योग साधकों और आमजन को नि:शुल्क योगाभ्यास कराया जाएगा। साथ ही नि:शुल्क स्वास्थ्य जांच शिविर भी लगाया जाएगा जिसमें आमजन अपने स्वास्थ्य की जांच के साथ-साथ बीपी, शुगर जैसी जांच भी नि:शुल्क करा सकेंगे। कार्यक्रम के मुख्य अतिथि राज्यपाल हरिभाऊ बागड़े होंगे। खेल एवं युवा मामलात विभाग के मंत्री राज्यवर्धन सिंह राठौड़ और संसदीय कार्य मंत्री जोगाराम पटेल के अलावा सिविल लाइंस विधायक गोपाल शर्मा भी कार्यक्रम में मौजूद रहेंगे। राजस्थान को-ऑपरेटिव डेयरी फैडरेशन की प्रशासक एवं प्रबन्ध संचालक श्रुति भारद्वाज ने बताया कि आमजन को स्वास्थ्य के प्रति जागरुक करने और व्यवहारिक जीवन में योग की उपयोगिता को रेखांकित करने के उद्देश्य से सामूहिक योगाभ्यास कार्यक्रम आयोजित किया जा रहा है। सरस योग संगम के अन्तर्गत डॉ. महेन्द्र सिंह राव के नेतृत्व में सामूहिक योग का आयोजन किया जाएगा।

Punjab Kesari • 20 Jun • Ministry of Ayush

Yoga practice

2 • PG	95 • Sqcm	4769 • AVE	370.92K • Cir	Middle Right

Jaipur

जयपुर : सवाई मानसिंह स्टेडियम में योग दिवस के लिए योगाभ्यास करते हुए।

Punjab Kesari • 19 Jun • Ministry of Ayush

International Yoga Day

4 • PG | 69 • Sqcm | 74244 • AVE | 1.81M • Cir | Bottom Right

Delhi

अंतरराष्ट्रीय योग दिवस पर एनडीएमसी करेगी भव्य आयोजन

नई दिल्ली, (पंजाब केसरी) : एनडीएमसी अंतरराष्ट्रीय योग दिवस 2025 के अवसर पर राजधानी में भव्य आयोजन करने जा रही है। एनडीएमसी के उपाध्यक्ष कुलजीत सिंह चहल ने बताया कि 21 जून को आठ प्रमुख स्थलों पर एक साथ योग कार्यक्रम आयोजित किए जाएंगे, जिनमें हजारों लोगों की भागीदारी सुनिश्चित की जा रही है। योग दिवस से पहले 18 से 20 जून तक लोधी गार्डन और तालकटोरा गार्डन में तीन दिवसीय योग अभ्यास शिविर आयोजित किए जाएंगे, ताकि आमजन में योग के प्रति रुचि बढ़े और वे इसके लाभों को समझ सकें। इन शिविरों का आयोजन पतंजलि योग समिति और गायत्री परिवार के सहयोग से किया जाएगा। 21 जून को आयोजित होने वाले योग दिवस के मुख्य कार्यक्रम कर्तव्य पथ, लोधी गार्डन, टॉलकटोरा गार्डन, शांति पथ लॉन, सेंट्रल पार्क (कनॉट प्लेस), पंडारा पार्क, न्यू मोती बाग (आईएएस रेज़िडेंस), और संजय झील (लक्ष्मीबाई नगर) में होंगे। इन स्थलों पर 300 से लेकर 2000 प्रतिभागियों के शामिल होने की संभावना जताई गई है। चहल ने बताया कि एनडीएमसी सभी स्थलों पर बेहतरीन व्यवस्थाएं सुनिश्चित करेगी। प्रधानमंत्री नरेंद्र मोदी का संदेश लाइव स्ट्रीम के माध्यम से सभी कार्यक्रम स्थलों पर दिखाया जाएगा। प्रतिभागियों को योग टी-शर्ट और मैट वितरित किए जाएंगे।

Punjab Kesari • 18 Jun • Ministry of Ayush

Yoga practice

2 • PG	183 • Sqcm	9156 • AVE	370.92K • Cir	Middle Center

Jaipur

जयपुर : मुख्यमंत्री भजनलाल शर्मा ने अंतरराष्ट्रीय योग दिवस से पहले मंगलवार को मुख्यमंत्री निवास पर विद्यार्थियों एवं सुरक्षाकर्मियों के साथ योगाभ्यास किया। इस अवसर पर मुख्यमंत्री ने प्रदेशवासियों से आग्रह किया है कि योग को अपने जीवन का अभिन्न अंग बनाए और स्वस्थ, समृद्ध व विकसित राजस्थान के निर्माण में अपनी सहभागिता सुनिश्चित करें।

Punjab Kesari • 18 Jun • Ministry of Ayush

Yoga Day in Kurukkshetra

8 • PG | 213 • Sqcm | 229586 • AVE | 1.81M • Cir | Middle Right

Delhi

कुरुक्षेत्र में होगा भव्य योग दिवस का आयोजन

कुरुक्षेत्र, (पंजाब केसरी): 11वें अंतर्राष्ट्रीय योग दिवस की तैयारियों व प्रचार-प्रसार के क्रम में आज महिला पतंजलि योग समिति की मुख्य केन्द्रीय प्रभारी साध्वी देवप्रिया की अध्यक्षता में एक बैठक आहूत की गई जिसमें उन्होंने कहा कि यह केवल योग नहीं, अपितु स्वास्थ्य, संस्कार और समर्पण की एक क्रांति है।

उन्होंने आह्वान किया कि आइए! इस पावन प्रयास में भागीदार बनें और अधिक से अधिक लोगों को 21 जून को ब्रह्मसरोवर में जुटने के लिए प्रेरित करें। बैठक में मुख्य केन्द्रीय प्रभारी भाई राकेश कुमार 'भारत', स्वामी परमार्थदेव व योग आयोग के अध्यक्ष डॉ. जयदीप आर्य भी उपस्थित रहे। बैठक में निर्णय लिया गया कि पतंजलि योगपीठ, हरिद्वार से जुड़े 100 से अधिक संन्यासीगण और साध्वी बहनें 21 जून को ब्रह्मसरोवर, कुरुक्षेत्र में आयोजित अंतर्राष्ट्रीय योग दिवस के भव्य कार्यक्रम हेतु गांव-

गांव, घर-घर जाकर योग का प्रचार-प्रसार करेंगी।

सीएम नायब सिंह सैनी और योग गुरु रामदेव रहेंगे उपस्थित : योग ऋषि स्वामी रामदेव जी महाराज के दिशा निर्देशन तथा हरियाणा योग आयोग, आयुष विभाग, हरियाणा के तत्वावधान में आयोजित 11वां अंतर्राष्ट्रीय योग दिवस को लेकर पतंजलि योगपीठ के जन-सम्पर्क कार्यों ने गति पकड़ ली है। कुरुक्षेत्र के लोगों में उत्साह है कि स्वयं योग ऋषि स्वामी रामदेव तथा प्रदेश के मुखिया नायब सिंह सैनी उन्हें योगासन व प्राणायाम सिखाने आ रहे हैं। उक्त उद्गार पतंजलि योग समिति के मुख्य केन्द्रीय प्रभारी भाई राकेश कुमार 'भारत' ने व्यक्त किए। उन्होंने कहा कि इस बार योग दिवस बहुत ही भव्य एवं ऐतिहासिक होने जा रहा है, जिसमें विभिन्न राज्यों से सभी साधक योग का अभ्यास कर स्वास्थ्य लाभ लेंगे।

Punjab Kesari • 16 Jun • Ministry of Ayush
International Yoga Day

3 • PG | 167 • Sqcm | 180780 • AVE | 1.81M • Cir | Top Right

Delhi

प्रदेश को योग युक्त, नशा मुक्त बनाने का संकल्प

कुरुक्षेत्र,(पंजाब केसरी): मुख्यमंत्री नायब सिंह सैनी ने कहा कि प्रदेश को योग युक्त, नशा मुक्त बनाने के लिए गीता स्थली कुरुक्षेत्र की पावन धरा पर योग मैराथन एक संकल्प यात्रा बनी है। इस संकल्प यात्रा में हजारों युवाओं, बुजुर्गों और महिलाओं ने जोश और खरोस के साथ दौड़ लगाकर एक नए आयाम को स्थापित किया है। इस सरकार ने भी संकल्प लेकर राष्ट्र की संपत्ति युवा वर्ग को नशे से बचाने के लिए योग युक्त नशा मुक्त हरियाणा बनाने रूपी कर्म को ठाना है। अहम पहलू यह है कि कुरुक्षेत्र में 21 जून को होने वाले अंतरराष्ट्रीय योग दिवस कार्यक्रम से पहले चलाए गए अभियान में अब तक प्रदेश के 19.27 लाख से अधिक लोग जुड़ चुके हैं, जो हमारे लिए गर्व की बात है। मुख्यमंत्री नायब सिंह सैनी रविवार को ब्रह्मसरोवर के दक्षिण गेट पर हरियाणा खेल विभाग, आयुष विभाग, हरियाणा योग आयोग व जिला प्रशासन के तत्वावधान में आयोजित राज्य स्तरीय योग मैराथन को सम्बोधित कर रहे थे। इससे पहले मुख्यमंत्री श्री नायब सिंह सैनी, पूर्व राज्यमंत्री श्री सुभाष सुधा और

हरियाणा के मुख्यमंत्री नायब सिंह सैनी कुरुक्षेत्र में आयोजित राज्य स्तरीय योग मैराथन को झंडी दिखाकर रवाना करते हुए।

महानिदेशक श्री संजीव वर्मा ने राज्य स्तरीय योग मैराथन को हरी झंडी दिखाकर रवाना किया तथा इस दौरान मुख्यमंत्री नायब सिंह सैनी ने स्वयं योग मैराथन के धावकों पर पुष्प वर्षा भी की। उन्होंने इस मैराथन में महिलाओं और पुरुष वर्ग के विजेता 20 धावकों को पुरस्कार के रूप में 3 लाख 46 हजार रुपये के नकद पुरस्कार भी वितरित किये। इस योग मैराथन में प्रथम आने वाले गौरव और सोनीपत की मोनिका को 51 हजार रुपये देकर सम्मानित किया। इस योग मैराथन में हजारों युवाओं ने हिस्सा लेकर नशे के खिलाफ चल रहे यज्ञ में आहुति डालने का काम किया। इस मैराथन ने योग, खेल, संस्कृति और पर्यावरण चेतना को एक नई उंचाई दी है। मुख्यमंत्री श्री नायब सिंह सैनी ने कहा कि 21 जून को पवित्र स्थल ब्रह्मसरोवर के तट पर योग गुरु स्वामी रामदेव के साथ योग करने का सौभाग्य मिलेगा जिसके लिए ऑनलाइन रजिस्ट्रेशन भी करवाए जा रहे हैं।

Punjab Kesari • 15 Jun • Ministry of Ayush

Ek Prithvi Ek swasthya ke liye yoga per hybrid varshik Shikhar sammelan ka ayojan.

9 • PG | 169 • Sqcm | 182498 • AVE | 1.81M • Cir | Middle Left

Delhi

'एक पृथ्वी, एक स्वास्थ्य के लिए योग' पर हाइब्रिड वैश्विक शिखर सम्मेलन का आयोजन

नई दिल्ली, (पंजाब केसरी): 11वें अंतर्राष्ट्रीय योग दिवस से पहले दिल्ली में केंद्रीय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिषद व आयुष मंत्रालय द्वारा 'योग कनेक्ट' नामक कार्यक्रम का आयोजन किया गया। 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' थीम पर केंद्रित इस कार्यक्रम में नीति निर्माताओं, योग गुरुओं, वैज्ञानिकों और विचारकों ने हिस्सा लिया। कार्यक्रम में एक सर्वेक्षण रिपोर्ट भी जारी की गई, जिसमें अंतर्राष्ट्रीय योग दिवस के एक दशक के प्रभाव के आकलन पर प्रकाश डाला गया।

कार्यक्रम की शुरुआत केंद्रीय संस्कृति एवं पर्यटन मंत्री गजेंद्र सिंह शेखावत और केंद्रीय आयुष मंत्रालय के राज्य मंत्री (स्वतंत्र प्रभार) तथा केंद्रीय स्वास्थ्य एवं परिवार कल्याण राज्य मंत्री प्रतापराव जाधव द्वारा दीप प्रज्ज्वलित करके की गई। इस अवसर पर स्वामी रामदेव, संस्थापक अध्यक्ष, पतंजलि योगपीठ, हरिद्वार, सुबोध तिवारी, सीईओ, कैवल्यधाम और महासचिव, भारतीय योग संघ, डॉ. हंसाजी योगेंद्र, निदेशक, योग संस्थान, स्वामी चिदानंद सरस्वती, आध्यात्मिक प्रमुख, परमार्थ निकेतन, वैद्य राजेश कोटेचा, सचिव, आयुष मंत्रालय सहित कई जानी-मानी हस्तियां उपस्थित रही। इस अवसर पर अपने संबोधन में आयुष राज्य मंत्री (स्वतंत्र प्रभार) प्रतापराव जाधव ने स्वास्थ्य और आरोग्य प्रणालियों में योग को मुख्यधारा में लाने के मंत्रालय के प्रयासों के बारे में जानकारी देते हुए कहा कि मंत्रालय ने एक राष्ट्रव्यापी प्रभाव सर्वेक्षण किया है और अध्ययनों से पता चलता है कि योग मधुमेह, हृदय स्वास्थ्य, कैंसर से उबरने और बुजुर्गों की देखभाल में सहायक है।

वहीं अपने संबोधन में केंद्रीय संस्कृति एवं पर्यटन मंत्री गजेंद्र सिंह शेखावत ने योग को 'चिति (व्यक्तिगत चेतना) से राष्ट्रचिति (राष्ट्रीय चेतना)' तक बढ़ाने के लिए प्रधानमंत्री नरेंद्र मोदी के दृष्टिकोण की प्रशंसा की। उन्होंने कहा कि 'योग कनेक्ट, योग को एक गतिविधि के रूप में नहीं, बल्कि एक जीवन शैली के रूप में अपनाने का आह्वान है। उन्होंने सभी से अपील करते हुए अंतरराष्ट्रीय योग दिवस 2025 को भारत के शाश्वत ज्ञान के प्रति सच्ची श्रद्धांजलि के रूप में मनाने का आह्वान किया।

Surya • 21 Jun • Ministry of Ayush

Corporator Shravan participated in 'Yoga' at LB Stadium

4 • PG	71 • Sqcm	42714 • AVE	40K • Cir	Top Right

Hyderabad

ఎల్‌బీ స్టేడియంలో 'యోగ'లో పాల్గొన్న కార్పొరేటర్ శ్రవణ్

మల్కాజిగిరి, మేజర్ న్యూస్: తెలంగాణ రాష్ట్ర బీజేపీ అధ్యక్షులు, కేంద్ర మంత్రి జి. కిషన్ రెడ్డి ఆధ్వర్యంలో శుక్రవారం ఎల్ బీ స్టేడియంలో ఏర్పాటు చేసిన యోగ కార్యక్ర మంలో మల్కాజిగిరి కార్పొరేటర్ శ్రవణ్ పాల్గొని యోగాసనాలు వేశారు. ఈ సందర్భం గా ఆయన మాట్లాడుతూ...నిత్యం ఉరుకు లు పరుగుల జీవితంలో ప్రతి ఒక్కరూ ప్రతి రోజు యోగా చేయడానికి కొంత సమయమై నా కేటాయించుకోవాలన్నారు. తద్వారా టెన్షన్ తగ్గుతుందని, ఆరోగ్యంగా ఉంటార న్నారు. దాదాపు 50 వేల మందితో కలిసి యోగా కార్యక్రమంలో పాల్గొనడం మరింత ఉత్సాహాన్ని, కొత్త అనుభూతిని కలిగించింద ని కార్పొరేటర్ తెలిపారు. ఈ కార్యక్రమంలో బీజేపీ నాయకులు రవి, శ్రీనివాస్, నందు యాదవ్, నర్సింహా తదితరులు పాల్గొన్నారు.

Surya • 21 Jun • Ministry of Ayush

Students of Sri Sai Saraswati Vidyaniketan School at LB Stadium on International Yoga Day

6 • PG | 126 • Sqcm | 75691 • AVE | 40K • Cir | Middle Left

Hyderabad

అంతర్జాతీయ యోగా దినోత్సవం ఎల్బీ స్టేడియంలో శ్రీ సాయి సరస్వతి విద్యానికేతన్ పాఠశాల విద్యార్థులు

- యోగాసనాల వల్ల కలిగే ప్రయోజనాలను తెలిపిన భారత్ స్కౌట్స్ అండ్ గైడ్స్ విద్యార్థులు

జూబ్లీహిల్స్, మేజర్ న్యూస్: 11వ అంతర్జాతీయ యోగా దినోత్సవం సందర్భంగా శుక్రవారం లాల్ బహదూర్ స్టేడియంలో యోగా దినోత్సవం నిర్వహించారు. ఈ వేడుకల్లో శ్రీ సాయి సరస్వతి విద్యా నికేతన్ పాఠశాలలో చదువుతున్న భారత్ స్కౌట్స్ అండ్ గైడ్స్ విద్యార్థిని విద్యార్థులు పాల్గొని యోగాసనాల వల్ల కలిగే ప్రయోజనాలను , యోగ శారీరకంగా, మానసికంగా మనల్ని ఆరోగ్యంగా ఉంచుతుందనే విషయాన్ని విద్యార్థులు తమ ఆసనాల ద్వారా తెలియజేశారు. ఈ వేడుకకు ముఖ్య అతిథులుగా మాజీ ఉపరాష్ట్రపతి వెంకయ్య నాయుడు, తెలంగాణ గవర్నర్ జిష్ణు దేవ్ వర్మ, కేంద్ర బొగ్గు గనుల శాఖ మంత్రి కిషన్ రెడ్డి హాజరయ్యారు. ఈ వేడుకలకు శ్రీ సాయి సరస్వతి విద్యానికేతన్ పాఠశాలను ఆహ్వానించినందుకు పాఠశాల వ్యవస్థాపకులు శిరీష భవాని శంకర్ హర్షం వ్యక్తం చేశారు. ముస్ముందు ఇలాంటి వేడుకలకు ఆహ్వానం లభించాలని ఆకాంక్షించారు.

Surya • 21 Jun • Ministry of Ayush

Yoga asanas with skating at Gymkhana grounds on International Yoga Day

4 • PG | 108 • Sqcm | 64717 • AVE | 40K • Cir | Bottom Left

Hyderabad

అంతర్జాతీయ యోగా దినోత్సవం సందర్భంగా జింఖానా గ్రౌండ్స్‌లో స్కేటింగ్‌తో యోగాసనాలు

హైదరాబాద్, మేజర్ న్యూస్: కాలానికి ఒక సృజనాత్మక విధానం - శరీర సమతుల్యత, వ్యాయామం, మనస్సు మరియు శరీర సమన్వయం, జీవనశైలి మరియు ఫిట్‌నెస్ యొక్క శాశ్వత భారతీయ కళ - యోగా - సికింద్రాబాద్‌లోని జింఖానా గ్రౌండ్స్ స్కేటింగ్ రింక్‌లో అర్జున అవార్డు గ్రహీత అనుప్ కుమార్ యమ శిక్షణ పొందిన హైదరాబాద్ యువ స్కేటర్లతో స్కేట్స్‌నుప్రారంభించారు. ఈ కార్యక్రమమం తెలంగాణ స్పోర్ట్స్ అథారిటీ VC & MD శ్రీమతి సోని బాలా దేవి కలిసి ఎన్ సుధాకర్ రావు DYSO హైదరాబాద్, నిర్వహించారు .యోగా మరియు స్పోర్ట్ స్కేటింగ్ యొక్క చక్కటి సమ్మేళనం పైన పేర్కొన్న రెండు కళల యొక్క సహజ లక్షణాలతో రూపుదిద్దుకుంటుంది, ఇక్కడ శరీర సమతుల్యత, మనస్సు మరియు శరీర సమన్వయం, ఫిట్‌నెస్ మరియు వశ్యత వెదజల్లుతాయి, శరీరంలోని ప్రతి భాగాన్ని పూర్తిగా

ఉపయోగించు కుంటాయి.ఆధునిక స్కేటింగ్ కళతో కలిసిన యోగా కళ నేడు అత్యున్నత స్థాయిలో కళల సహకారాన్ని ప్రదర్శిస్తుంది.

Surya • 21 Jun • Ministry of Ayush

The beach is decorated for the yoga event

1 • PG | 218 • Sqcm | 130567 • AVE | 40K • Cir | Top Right

Hyderabad

యోగా ఘట్టానికి ముస్తాబైన సాగరతీరం

● నేడు 11వ అంతర్జాతీయ యోగా దినోత్సవ వేడుకలు ● గిన్నీస్ రికార్డు లక్ష్యంగా లక్షలాదిమందితో యోగాభ్యాసన ● హాజరుకానున్న ప్రధాని మోదీ, ముఖ్యమంత్రి, ఉప ముఖ్యమంత్రి, కేంద్ర, రాష్ట్ర ప్రముఖులు ● ఉదయం 6.30 గంటలకు కార్యక్రమం ప్రారంభం

శరీరం, ఆత్మల కలయిక యోగా. దేహాన్ని చైతన్యపరిచి, మనసుకు ఉత్తేజాన్ని కల్గించేది యోగా. సంపూర్ణ ఆరోగ్యాన్ని అందించడమే ఈ ప్రాచీన విద్య పరమావధి. ఈ అపూర్వ యోగ విద్యను సామాన్యుల దరికి చేర్చడం ద్వారా ప్రజలందరినీ ఆరోగ్యవంతులుగా తీర్చిదిద్దే లక్ష్యంతో యోగాంధ్ర కార్యక్రమాన్ని ప్రభుత్వం ప్రారంభించింది. అంతర్జాతీయ యోగా దినోత్సవం సందర్భంగా మహా ప్రదర్శనకు సాగర నగరం సిద్ధమయ్యింది. రాష్ట్రంలో మే 21న యోగాంధ్ర కార్యక్రమానికి ప్రభుత్వం శ్రీకారం చుట్టింది. సామాన్యుల చెంతకు దరిచేర్చడమే లక్ష్యంగా నెల రోజులపాటు వివిధ వర్గాల ప్రజల భాగస్వామ్యంతో యోగా శిక్షణ పూర్తయ్యింది.

Chapte Chapte • 21 Jun • Ministry of Ayush

PM will celebrate international yoga day in Visakhapatnam

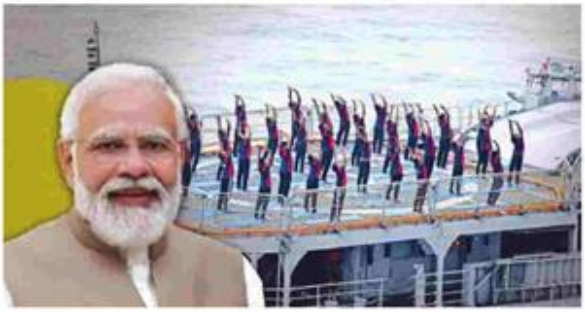
1 • PG	234 • Sqcm	53838 • AVE	352.5K • Cir	Bottom Left

Kolkata

विशाखापत्तनम में आज पीएम मनाएंगे अंतरराष्ट्रीय योग दिवस, नेवी के जवानों के साथ करेंगे योग

विशाखापत्तनम, 20 जून। प्रधानमंत्री नरेंद्र मोदी शनिवार को आंध्र प्रदेश के विशाखापत्तनम में आयोजित 11वें अंतरराष्ट्रीय योग दिवस कार्यक्रम में भाग लेंगे। यह आयोजन बंदरगाह शहर के आरके बीच से भोगपुरम तक फैले 26 किलोमीटर लंबे क्षेत्र में आयोजित किया जा रहा है, जिसे अब तक का सबसे बड़ा योग आयोजन माना जा रहा है। इस भव्य आयोजन में तीन लाख से अधिक लोगों के एक साथ योग करने की संभावना है, और इसका उद्देश्य कई वर्ल्ड रिकॉर्ड्स स्थापित करना है, जिनमें गिनीज वर्ल्ड रिकॉर्ड शामिल है।

कार्यक्रम सुबह 6.30 बजे से 7.45 बजे तक चलेगा। इसे एक पृथ्वी, एक स्वास्थ्य के लिए योग की थीम पर आयोजित किया जा रहा है।



नौसेना की ओर से जारी बयान के अनुसार, इस योग सत्र में 11,000 से अधिक नौसेना कर्मी और उनके परिवार भी भाग लेंगे। यह सत्र विशाखापत्तनम के प्रसिद्ध आरके बीच पर आयोजित होगा, जहां नौसेना युद्धपोतों पर भी योग अभ्यास किया जाएगा। यह आयोजन भारतीय नौसेना की राष्ट्रीय प्रतिबद्धता और अनुशासन का प्रतीक भी होगा।

दूसरी ओर, योग दिवस से पहले, आंध्र प्रदेश सरकार ने योगांध्र नामक एक महीने तक चलने वाला जागरूकता अभियान चलाया, जिसका उद्देश्य योग के महत्व को आम जनता तक पहुंचाना रहा। इस अभियान के माध्यम से राज्य सरकार ने योग को घर-घर तक पहुंचाने और सामूहिक भागीदारी को सुनिश्चित करने का प्रयास किया।

अधिकारियों के अनुसार, इस ऐतिहासिक आयोजन में भाग लेने के लिए अब तक राज्य, देश और दुनिया भर से 2.39 करोड़ से अधिक पंजीकरण हो चुके हैं। मुख्यमंत्री की ओर से दी गई जानकारी के अनुसार, अकेले विशाखापत्तनम के आरके बीच से 3.19 लाख लोग एक साथ योग करने में सक्षम होंगे। इसके अतिरिक्त, पूरे राज्य में लगभग 1 लाख केंद्रों पर योग सत्र आयोजित किए जा रहे हैं।

राज्य सरकार ने 130,000 से अधिक स्थानों की पहचान कर योग गतिविधियों के लिए पंजीकरण कराया है। वहीं विशाखापत्तनम में 30,000 अतिरिक्त लोगों के लिए वैकल्पिक व्यवस्था भी की गई है, ताकि बारिश या आपात स्थिति में कार्यक्रम बाधित न हो। हालांकि मौसम विभाग ने बारिश की कोई चेतावनी नहीं दी है, लेकिन मुख्यमंत्री ने अधिकारियों को सतर्क रहने और हर परिस्थिति के लिए तैयार रहने के निर्देश दिए हैं।

इस अवसर पर 25,000 से अधिक आदिवासी छात्र 108 मिनट तक सूर्य नमस्कार करेंगे, जिसका उद्देश्य एक साथ सबसे अधिक लोगों द्वारा सूर्य नमस्कार करने का विश्व रिकॉर्ड बनाना है।

इस आयोजन को सफल बनाने के लिए राज्य सरकार, केंद्रीय एजेंसियां, सेना, स्थानीय प्रशासन और स्वयंसेवी संस्थाएं मिलकर कार्य कर रही हैं। प्रधानमंत्री मोदी की उपस्थिति इस कार्यक्रम को राष्ट्रीय और अंतरराष्ट्रीय स्तर पर विशेष पहचान दिलाने जा रही है।

Andhra Jyothi • 21 Jun • Ministry of Ayush
World unity with yoga

14 • PG | 3005 • Sqcm | 1352471 • AVE | 642.46K • Cir | Middle Center

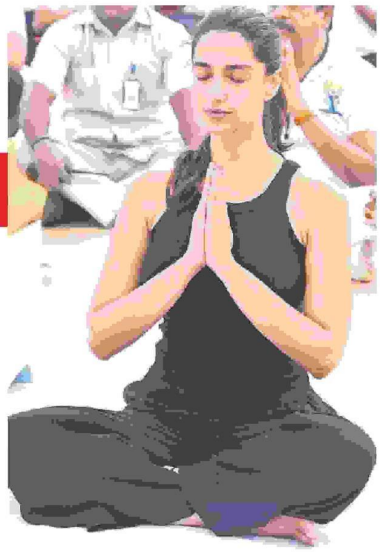
Hyderabad

యోగాతో ప్రపంచ ఐక్యత

ఆరోగ్య భారత్ నిర్మాణంలో పౌరులంతా భాగమవ్వాలి: గవర్నర్ జిష్ణుదేవ్

- యోగాను మతంతో ముడిపెట్టడం సరికాదు: వెంకయ్యనాయుడు
- భారత్ ప్రపంచానికి ఇచ్చిన గొప్ప బహుమతి యోగా: కిషన్‌రెడ్డి
- కౌంట్‌డౌన్ వేడుకలో పాల్గొన్న సాయిదుర్గాతేజ్, తేజ సజ్జ, మీనాక్షి
- నేడే అంతర్జాతీయ యోగా దినోత్సవం
- గచ్చిబౌలిలో 5వేల మందితో కార్యక్రమం

కౌంట్‌డౌన్ కార్యక్రమంలో పాల్గొన్న గవర్నర్ జిష్ణుదేవ్, కేంద్ర మంత్రి కిషన్‌రెడ్డి, సినీ నటుడు తేజ సజ్జ



యోగా సాధన చేస్తున్న సినీ నటి మీనాక్షి చౌదరి

బర్కత్‌పుర, హైదరాబాద్, జూన్ 20 (ఆంధ్రజ్యోతి): ప్రపంచమంతా పసుదైక కుటుంబంలా ఐక్యం కావడానికి యోగా ఉపయోగపడుతుందని రాష్ట్ర గవర్నర్ జిష్ణుదేవ్‌వర్మ అన్నారు. మానసిక, శారీరక, ప్రశాంతత కోసం ప్రతి ఒక్కరూ యోగాను ఆచరించి భారత నవ నిర్మాణంలో భాగస్వాములు కావాలని పిలుపునిచ్చారు. హైదరాబాద్‌లోని ఎల్‌బీ స్టేడియంలో అంతర్జాతీయ యోగా దినోత్సవానికి శుక్రవారం కౌంట్‌డౌన్ మహోత్సవం నిర్వహించారు. కేంద్ర ఉక్కు, బొగ్గు గనుల శాఖ మంత్రి కిషన్ రెడ్డి ఆధ్వర్యంలో జరిగిన ఈ వేడుకలకు ముఖ్య అతిథిగా హాజరైన గవర్నర్ జిష్ణుదేవ్‌వర్మ మాట్లాడుతూ.. యోగా దినోత్సవం, జూన్ 21 భారతదేశం గర్వించదగ్గ రోజు అని చెప్పారు. యోగాను ప్రపంచానికి పరిచయం చేసిన మునత ప్రధాని మోదికే దక్కిందన్నారు. నేడు ప్రపంచమంతా యోగాను ఆచరిస్తుండడంతో భారతదేశం విశ్వగురువుగా నిలిచిందని తెలిపారు. ఈ కార్యక్రమంలో పాల్గొన్న మాజీ ఉప రాష్ట్రపతి వెంకయ్య నాయుడు మాట్లాడుతూ.. యోగా ఒక థెరపీ, మెడిసిన్, అన్ని సమస్యలకు రెమిడీ అని అన్నారు. యోగాకు జాతి, మతం లేదని, అందరి జీవన విధానమని చెప్పారు. అలాంటి యోగాకు మతంతో ముడిపెట్టడం సరికాదని అభిప్రాయపడ్డారు. సర్వధర్మాలకు సంబంధించిన ఆరోగ్య శాస్త్రం యోగా అని అన్నారు. యోగాపై అనవసరమైన రాజకీయాలు చేయడం తగదని సూచించారు. యోగా దినోత్సవం సందర్భంగా విశాఖపట్నంలో జరిగే వేడుక తెలుగు ప్రజలు గర్వించాల్సిన విషయం అన్నారు. ఇక, కేంద్రమంత్రి కిషన్‌రెడ్డి మాట్లాడుతూ యోగా ప్రతి ఒక్కరి జీవితంలో భాగం కావాలని అన్నారు. యోగానే మనకు ప్రథమ డాక్టర్ అని, యోగా సర్వరోగ నివారిణి అని తెలిపారు. నరేంద్ర మోదీ ప్రధానమంత్రి అయిన తర్వాత భారతదేశం ప్రపంచానికి ఇచ్చిన అద్భుత బహుమతి యోగా అన్నారు. 200 దేశాలు యోగాను ఆచరిస్తున్నాయనే విషయం భారతీయులంతా గర్వించాల్సిన అంశమని కిషన్ రెడ్డి తెలిపారు. కాగా, ఈ కౌంట్‌డౌన్ మహోత్సవంలో కేంద్ర భారీ పరిశ్రమల శాఖ సహాయ మంత్రి శ్రీనివాస వర్మ, ఎంపీలు ఈటల రాజేందర్, విజయేంద్రప్రసాద్, ఎమ్మెల్యే పాల్వాయి హరీష్, ఎమ్మెల్సీలు ఏవీఎన్ రెడ్డి, అంజిరెడ్డి, హైకోర్టు విశ్రాంత న్యాయమూర్తి జస్టిస్ నరసింహారావు, సినీ నటులు సాయి దుర్గా తేజ్, తేజ సజ్జ, మీనాక్షి చౌదరి, కుమ్మా, పెద్ద సంఖ్యలో ప్రజలు పాల్గొన్నారు.

5వేల మందితో యోగా డే

అంతర్జాతీయ యోగా దినోత్సవాన్ని పురస్కరించుకుని హైదరాబాద్, గచ్చిబౌలిలోని బాలయోగి స్టేడియంలో ప్రభుత్వ ఆధ్వర్యంలో శనివారం 'యోగా డే'ను నిర్వహిస్తున్నారు. సుమారు 5వేల మందితో నిర్వహించే ఈ ప్రత్యేక కార్యక్రమంలో రాష్ట్ర గవర్నర్ జిష్ణుదేవ్‌వర్మ, సీఎం రేవంత్‌రెడ్డి, కేంద్రమంత్రి కిషన్‌రెడ్డి సహా పలువురు రాష్ట్ర మంత్రులు, ఎంపీలు, వివిధ రంగాలకు చెందిన ప్రముఖులు పాల్గొంటారు. శనివారం ఉదయం 6.30 గంటల నుంచి 8.30గంటల వరకు రెండు గంటల పాటు సాగే వేడుకలకు ఆయుష్, ఆరోగ్య శాఖ అధికారులు అన్ని ఏర్పాట్లు చేశారు. వేడుకల్లో భాగంగా ఉదయం 6.30 నుంచి 7 గంటల వరకు ప్రధాని నరేంద్ర మోదీ వర్చువల్‌గా తన సందేశం ఇస్తారు. ఇక 7 గంటల నుంచి 7.45 గంటల వరకు అంతా యోగా చేస్తారు. 7.50 నుంచి 8.20 గంటల వరకు గవర్నర్, సీఎం ఇతర ప్రముఖులు ప్రసంగిస్తారు. కాగా, యోగాను రాష్ట్రంలో ప్రతీ ఇంటికి చేరువ చేసేందుకు ప్రభుత్వం గతేడాది 628 మంది యోగా గురువులను నియమించిందని, ఈ ఏడాది మరో 250మంది నియామకానికి నోటిఫికేషన్ ఇచ్చిందని ఆయుష్ అధికారులు శుక్రవారం తెలిపారు. కొత్తగా నియామకమైన యోగా గురువులు ఇప్పటివరకు 5లక్షల మందికి యోగా నేర్పించారని పేర్కొన్నారు.

Andhra Jyothi • 21 Jun • Ministry of Ayush

Yoga Day is celebrated in 191 countries today

2 • PG | 662 • Sqcm | 297733 • AVE | 642.46K • Cir | Middle Right

Hyderabad

191 దేశాల్లో నేడు యోగా దినోత్సవం

న్యూఢిల్లీ, జూన్ 20 : అంతర్జాతీయ యోగా దినోత్సవం సందర్భంగా ప్రపంచ వ్యాప్తంగా 191 దేశాల్లోని 1300 నగరాల్లో శనివారం ప్రత్యేక కార్యక్రమాలు నిర్వహించనున్నారు. పాకిస్థాన్‌లోని ఇస్లామాబాద్‌లో కూడా భారత హైకమిషన్ యోగాపై ఒక ప్రత్యేక కార్యక్రమం నిర్వహించనున్నట్లు భారత సాంస్కృతిక సంబంధాల మండలి(ఐసీసీఆర్) శుక్రవారం విడుదల చేసిన ఒక ప్రకటనలో తెలిపింది. కేంద్ర విదేశీ వ్యవహారాల శాఖలో ఈ మండలి ఒక భాగం. అంతర్జాతీయ యోగా దినోత్సవ పదో వార్షికోత్సవం సందర్భంగా దాదాపు ప్రపంచంలోని ప్రతి దేశంలో యోగా కార్యక్రమాలు నిర్వహిస్తున్నట్లు ఐసీసీఆర్ డైరెక్టర్ జనరల్ కె. నందిని సింగ్లా ఈ సందర్భంగా తెలిపారు. అమెరికా వంటి కొన్ని దేశాల్లో పలు నగరాల్లో ఈ కార్యక్రమాలు నిర్వహిస్తున్నట్లు ఆమె ప్రకటించారు. ప్రపంచ వ్యాప్తంగా 1300 ప్రాంతాల్లో 2000కు పైగా కార్యక్రమాలు నిర్వహించనున్నారు. బ్రెజిల్, అర్జెంటీనా, రష్యా, చైనా, దక్షిణాఫ్రికా, మలేషియా, శ్రీలంక, ఇండోనేషియా, సింగపూర్, దక్షిణ కొరియా వంటి 15 దేశాల నుంచి వచ్చిన 17 మంది యోగా గురువుల ఆధ్వర్యంలో మన దేశంలో 'యోగా బంధన్' పేరిట ప్రత్యేక కార్యక్రమాలు నిర్వహించనున్నారు. ఢిల్లీలోని జంతర్ మంతర్, కుతుబ్ మినార్, పురానా ఖిల్లా, హుమాయూన్ టూంబ్ వంటి చోట్ల వీరి ఆధ్వర్యంలో యోగా కార్యక్రమాలు నిర్వహిస్తారు. లఖ్‌నవూ, అయోధ్య, వారాణసీ, జైపుర్, జోధ్‌పూర్, భోపాల్, గ్వాలియర్ వంటి నగరాల్లోని ప్రసిద్ధ ప్రాంతాల్లో 'యోగా బంధన్' కార్యక్రమాలు నిర్వహిస్తారు. మన యోగాను నేర్చుకున్న విదేశీయులు నేడు మన దేశంలో యోగా కార్యక్రమాలకు నాయకత్వం వహించేందుకు రావడం విశేషమని ఐసీసీఆర్ డైరెక్టర్ జనరల్ పేర్కొన్నారు. ఈ ఏడాది యోగా దినోత్సవ థీమ్‌గా 'యోగా ఫర్ వన్ ఎర్త్, వన్ హెల్త్'ని నిర్ణయించారు.

Andhra Jyothi • 21 Jun • Ministry of Ayush

Yoga passion

9 • PG | 4148 • Sqcm | 1866392 • AVE | 642.46K • Cir | Top Left

Hyderabad

ఆంధ్రజ్యోతి 9
నవ్య
కుటుంబ కదంబం
శనివారం • 21 జూన్ 2025

అభిరుచి

యోగాభిలాష

శారీరక, మానసిక ఆరోగ్యాన్ని, ఏకాగ్రతను అందించే అద్భుత ప్రక్రియ యోగా. మన శరీరాన్ని ఎలా వంచాలి... శ్వాసను ఎలా జిగబట్టాలి అనేవి మ్రాతమే కాదు... మొత్తం మానవ వ్యవస్థను అర్థం చేసుకొనే విజ్ఞాన శాస్త్రం ఇది. యోగాసనాల వల్ల అవయవాలకు, మెదడుకు రక్తప్రసరణ మెరుగుపడుతుంది. అనేక రుగ్మతలను దూరం చేయడంలో ఆసనాలు ఎంతో తోడ్పడతాయని నిరూపితమైంది. ఈ నేపథ్యంలో శారీరక, మానసిక దారుఢ్యానికి జీవనశైలిలో యోగాను భాగం చేసుకున్నవారే కాదు... క్లిష్టమైన ప్రక్రియలు ప్రదర్శించి రికార్డులు నెలకొల్పే వారూ ఉన్నారు. ఒక క్రీడగా పోటీపడి పతకాలు సాధించేవారు... సరికొత్త హంగులు అద్ది ప్రయోగాలు చేసే ఔత్సాహికులూ కనిపిస్తుంటారు. ఆ కోవకు చెందినవారే **గంపల లహరిదుర్గ, రేఖాడి చైత్ర-శివ వాసుకి, వెలుగుబంటి సాత్విక.** ఈ ముగ్గురూ యోగాలో అపురూప విజయాలెన్నో అందుకున్నారు. అంతర్జాతీయ యోగా దినోత్సవం సందర్భంగా వీరి పరిచయం.

లహరి, చైత్ర

నాట్యంతో కలిపి...

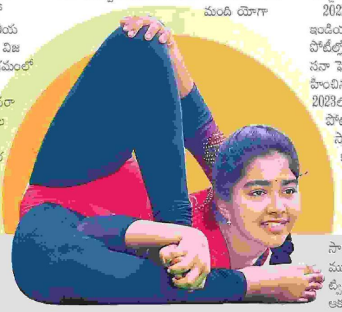
కాకినాడలోని గర్ల్స్ హైస్కూల్‌లో పదో తరగతి చదువుతున్న లహరి దుర్గ... నృత్యాన్ని యోగాతో కలిపి నేర్చుకొంటోంది. యోగా కోచ్ దుర్గా శాంతప్రసాద్ ఆధ్వర్యంలో ఈ విద్యను ప్రక్రియను ఐదేళ్లుగా సాధన చేస్తోంది. లహరి తండ్రి రామకృష్ణ ప్రైవేటు ఉద్యోగి, తల్లి గృహిణి. రెండేళ్ల కిందట ఢిల్లీలో జరిగిన అంతర్జాతీయ యోగాసన చాంపియన్‌షిప్‌లో లహరి చక్కని ప్రదర్శనతో అదరగొట్టింది. 70 దేశాలు పాల్గొన్న ఈ పోటీలో కాంస్య పతకం నెగ్గింది. జాతీయ స్థాయిలోనూ పలు పతకాలు అందుకుంది. అంతర్జాతీయ స్థాయి చాంపియన్‌షిప్స్‌లో అత్యుత్తమ ప్రదర్శన కనబర్చి, పతకాలు సాధించడమే తన లక్ష్యమని చెబుతున్న లహరి... దాని కోసం అహర్నిశలూ శ్రమిస్తోంది. అంతేకాదు... డ్యాన్స్ రియాలిటీ షోస్‌లో పాల్గొని తన సత్తా చాటాలని కోరుకొంటోంది.

చిన్నప్పుడు తల్లి తినిపించిన గోరుముద్దలనే కాదు... ఆమె నేర్పించిన ఆసనాలను కూడా ఆమె వంటపట్టించుకుంది... వెలుగుబంటి సాత్విక. కఠినమైన ఆసనాలను కూడా అవలీలగా వేయడంలో దిట్ట అనిపించుకుంది. పూర్ణశలభాసనాన్ని వేసి... 14 ఏళ్లకే పరిపూర్ణమైన యోగానుయోధురాలిగా ఆమె అందరి ప్రశంసలు అందుకుంటోంది. గత నెల రోజులుగా యోగాంధ్రలో అద్భుత ప్రతిభ కనబరుస్తోంది. అంతర్జాతీయ యోగా దినోత్సవంలో భాగంగా శనివారం విజయవాడలో రైల్వే శాఖ నిర్వహించే కార్యక్రమంలో పాల్గొంటోంది.

తూర్పుగోదావరి జిల్లా రాజమహేంద్రవరానికి చెందిన సాత్విక.. ధామోదర్, అరుణల కుమార్తె. యోగా శిక్షకురాలిగానూ రాణిస్తోంది. ఓ ప్రైవేటు స్కూల్లో ఎనిమిదో తరగతి చదువుతున్న సాత్విక.. ఆరేళ్ల వయసులోనే యోగా సాధన మొదలుపెట్టింది. తల్లిదండ్రుల ప్రోత్సాహంతో చదువుతోపాటు యోగాలోనూ శిక్షణ పొందుతూ వస్తోంది. తొలుత కోచ్ శ్రీనివాస్ వద్ద, ప్రస్తుతం జిల్లా స్పోర్ట్స్ అథారిటీలో కోచ్ నాగేంద్ర వద్ద శిక్షణ పొందుతోంది. రాష్ట్ర స్థాయి పోటీల్లో ప్రథమ స్థానంలో నిలిచి

ఆసనం... అద్భుతమిక

గోల్డ్ మెడల్ సాధించింది. చెన్నైలో జరిగిన ఖేలో ఇండియా యూత్ గేమ్స్‌లో ప్రధాని మోదీ సమక్షంలో పూర్ణశలభాసనాన్ని 180 సెకండ్ల పాటు వేసి వాహ్వా అనిపించుకుంది. వీటితో పాటు 200 మంది యోగా



క్రీడాకారులతో గిన్నిస్ వరల్డ్ రికార్డు మాస్ ఈవెంట్‌లోనూ ఆకట్టుకుంది. తమిళనాడు ప్రభుత్వం, స్పోర్ట్స్ అథారిటీ ఆఫ్ తమిళనాడు సంయుక్తంగా చెన్నైలో నిర్వహించిన 'ఛీన్‌స్టాండ్ సోక్' ప్రదర్శనలో సాత్విక అత్యుత్తమ ప్రతిభ కనబరిచింది. దీనికి గానూ గిన్నిస్ బుక్ ఆఫ్ వరల్డ్ రికార్డులో స్థానం దక్కించుకుంది.

2022లో స్కూల్ గేమ్స్ ఫెడరేషన్ ఆఫ్ ఇండియా ఆధ్వర్యంలో నిర్వహించే యోగా పోటీల్లో ప్రతిభ కనబరిచింది. నేషనల్ యోగా సనా ఫెడరేషన్ ఆఫ్ ఇండియా ఆధ్వర్యంలో నిర్వహించిన యోగా పోటీల్లో ప్రథమస్థానం, 2023లో నిర్వహించిన రాష్ట్రస్థాయి యోగా పోటీల్లో, అలాగే 2024లో వరుసగా మూడు సార్లు ప్రథమ స్థానంలో నిలిచి స్వర్ణ పతకాలు సాధించింది. యోగా డిమానుస్టేటర్ గానూ ఆకట్టుకుంటోంది.

మహారాష్ట్ర, పంజాబ్, తమిళనాడుల్లో జరిగిన జాతీయ స్థాయి పోటీల్లో సత్తా చాటింది. భారత్ స్కౌట్స్‌లో ఉన్న సాత్విక.. రాజ్య పురస్కారానికి ఎంపికైంది. ముఖ్యంగా యోగాసనాలలో బ్యాక్ బెండ్, ట్విస్టింగ్ ఆసనాలతో చూపరులను విశేషంగా ఆకట్టుకుంటోంది.

క్లిష్టమైనా అలవోకగా...

చైత్ర శివవాసుకి... కాకినాడ జగన్నాధపురం సెయింట్‌ఆన్స్ గర్ల్స్ హైస్కూల్‌లో పదో తరగతి చదువుతోంది. తండ్రి వెంకటకుమార్ ప్లంబింగ్ పని చేస్తుంటారు. తల్లి ధన లక్ష్మి ప్రైవేటు పాఠశాలలో పీఈటీ. చిన్నప్పుడు ఆస్తమాతో ఇబ్బంది పడిన చైత్రకు ఊపిరి పీల్చుకోవడమే కష్టంగా ఉండేది. దీని నుంచి బయటపడేందుకు యోగా సాధన మొదలుపెట్టింది. ఇప్పుడు ఎంత క్లిష్టమైన ఆసనాలైనా అలవోకగా చేసేస్తుంది. నిత్యం యోగావల్ల తన ఆస్తమా సమస్య దూరం అయిందని, ప్రస్తుతం తాను ఎంతో ఆరోగ్యంగా ఉన్నానని చెబుతోంది

చైత్ర. గత ఏడాది చెన్నైలో జరిగిన ఖేలో ఇండియా యోగాసన పోటీల్లో రెండో స్థానంలో నిలిచి అబ్బురపరిచింది. రాష్ట్ర, జాతీయ స్థాయి స్కూల్ గేమ్స్‌లో పలు పతకాలు సొంతం చేసుకుంది. యోగా తన జీవితాన్ని మార్చేసిందంటున్న చైత్ర.. అంతర్జాతీయ స్థాయిలో రాణించాలనే లక్ష్యంతో దూసుకుపోతోంది.

• పీవీవీ వరప్రసాద్, సిల్లి కుమార్, కాకినాడ

Andhra Jyothi • 21 Jun • Ministry of Ayush

Yoga.. is great!

5 • PG | 2217 • Sqcm | 997634 • AVE | 642.46K • Cir | Top Left

Hyderabad

Andhra Jyothi • 21 Jun • Ministry of Ayush

Mental, Physical health with Yoga

8 • PG | 110 • Sqcm | 30550 • AVE | 22.84K • Cir | Middle Center

Bengaluru

యోగాతో శారీరక, మానసిక ఆరోగ్యం

● జిల్లా ఆయుష్ అధికారి విరూపాక్ష

జెండా ఊపి బైక్ ర్యాలీని ప్రారంభిస్తున్న విరూపాక్ష

బళ్లారి సిటీ,జూన్ 20(ఆంధ్రజ్యోతి): రోజూ యోగా సాధన చేయడం వల్ల శరీరం, మనస్సు ఆరోగ్యం మెరుగుపడుతుందని జిల్లా ఆయుష్ అధికారి విరూపాక్ష అన్నారు. 11వ అంతర్జాతీయ యోగా దినోత్సవ వేడుకల్లో భాగంగా అవగాహన కల్పించడానికి శుక్రవారం నగరంలోని కనకదుర్గమ్మ ఆలయంలో జిల్లా యంత్రాంగం, జిల్లాపంచాయతీ , జిల్లా ఆయుష్ శాఖ ఆధ్వర్యంలో నిర్వహించిన బైక్ జాతాను ఆయన జెండా ఊపి ప్రారంభించారు. ఈ సందర్భంగా ఆయన మాట్లాడుతూ ఆరోగ్యాన్ని కాపాడుకోవడానికి ఉత్తమ జీవనశైలి కీలకమన్నారు. ఆ విషయంలో ప్రతి ఒక్కరూ తమ బిజీ సమయంలో యోగా సాధన చేయాలన్నారు. ఈ సంవత్సరం నినాదం 'ఒకే భూమి, ఒకే ఆరోగ్య యోగా'అని అన్నారు. కనకదుర్గమ్మ ఆలయం నుంచి ప్రారంభమైన బైక్ ర్యాలీ ఎస్పీ సర్కిల్, హెచ్ఆర్ గవియప్ప సర్కిల్, గడగి చెన్నప్ప సర్కిల్ మీదుగా జిల్లా కలెక్టర్ కార్యాలయ ప్రాంగణంలో ముగిసింది. జిల్లాలోని వివిధ యోగా సంస్థల ఆఫీస్ బేరర్లు, జిల్లా ఆయుష్ శాఖ అధికారులు, సిబ్బంది పాల్గొన్నారు.

Andhra Jyothi • 21 Jun • Ministry of Ayush

Today Yoga day

8 • PG | 86 • Sqcm | 23776 • AVE | 22.84K • Cir | Top Left

Bengaluru

యోగా చేస్తున్న పతంజలి సభ్యులు

నేడు విశ్వయోగా దినోత్సవం

బళ్లారి సిటీ,జూన్ 20(ఆంధ్రజ్యోతి): విశ్వయోగా దినోత్సవానికి ఏర్పాట్లు పూర్తయ్యాయి. శనివారం విజయనగరం జిల్లా హొసపేటలో 11వ అంతర్జాతీయ యోగా దినోత్సవం ప్రయుక్తంగా పతంజలి యోగా కమిటీ స్థానిక 40కి పైగా ప్రభుత్వ -ప్రైవేట్ సంఘం సంస్థలు , పాఠశాల, కాలేజీ కార్పొరేట్ సంస్థల్లో యోగా నిర్వహించనున్నట్లు పతంజలి యువ భారత్ రాష్ట్ర ప్రముఖుడు కిరణ్‌కుమార్ తెలిపారు. ఉదయం 8గంటలను నుంచి 9వరకు ఏకకాలంలో యోగా శిబిరాన్ని నిర్వహించనున్నారు. పతంజలి యోగా కమిటీ గత ఏడాది వందల కొద్ది శిక్షణ పొందిన ఉపాధ్యాయులు విశ్వయోగా దినోత్సవ నియమావలి ప్రకారం శిస్తు బద్దంగా క్యాంప్ నిర్వహించనున్నారు. పతంజలి యువ భారత్ రాష్ట్ర ప్రభారి కిరణ్ కుమార్ ముందుగా జిల్లాలో 28కిపైగా అధిక యోగ కేంద్రాల్లో శిబిరాలు సక్రియంగా నిరంతరంగా నిర్వహిస్తున్నాయన్నారు. జిల్లాపంచాయతీ శాఖ వివిధ సంఘాల ఆధ్వర్యంలో ప్రీడం పార్క్‌లో నిర్వహిస్తున్నారు. పతంజలి యోగా కమిటీ రాష్ట్ర యువ ప్రభారి కిరణ్ కుమార్ యోగ కక్షకు మార్గదర్శకత్వం వహిస్తారు.

Andhra Jyothi • 21 Jun • Ministry of Ayush

Yoga Bhagyam

1,13 • PG | 1154 • Sqcm | 320760 • AVE | 22.84K • Cir | Top Center,Top Left

Bengaluru

ఏయూ ఇంజనీరింగ్ కళాశాల మైదానంలో శుక్రవారం సూర్య నమస్కారాలు చేస్తున్న గిరిజన విద్యార్థులు

యోగ భాగ్యం

నేడే యోగాంధ్ర కార్యక్రమం

విశాఖలో ప్రధాన కార్యక్రమం.. ప్రధాని రాక

సాగర నగరిలో 5 లక్షల మందితో యోగా

ఏర్పాట్లపై రాష్ట్ర నేతలకు నరేంద్ర మోదీ కితాబు

సరికొత్త రికార్డులు సృష్టిస్తున్నాం: చంద్రబాబు

'జూన్ 21' అంతర్జాతీయ యోగా దినోత్సవం| ముఖ దేశంలో ప్రధాని మోదీ పాల్గొనే ప్రధాన కార్యక్రమానికి విశాఖపట్నమే వేదిక| ప్రధాని మోదీ శుక్రవారమే విశాఖకు విచ్చేశారు. శనివారం సాగర తీరం వెంబడి 6 కిలోమీటర్ల పొడవునా లక్షల మందితో యోగా నిర్వహించి రికార్డులు బద్దలు కొట్టేందుకు సర్వం సిద్ధమైంది. ఈ కార్యక్రమాన్ని దేశవ్యాప్తంగా ప్రత్యక్ష ప్రసారం చేయనున్నారు. మొత్తం, దేశం చూపు మొత్తం ఏపీ వైపే!

13

శుక్రవారం సాయంత్రం విశాఖలో ప్రధాని మోదీకి స్వాగతం పలుకుతున్న సీఎం చంద్రబాబు

విశాఖ ఆర్కే బీచ్‌లో ఏర్పాటు చేసిన సభా వేదిక

భీమిలి వరకూ సుమారు 30 కిలో మీటర్ల పొడవునా యోగాసనాలు వేయడానికి చేసిన ఏర్పాట్లు

దేశం చూపు... ఏపీవైపు!

నేడు 11వ అంతర్జాతీయ యోగా దినోత్సవం .. అద్భుత ఘట్టం నిర్వహణకు విశాఖ ముస్తాబు

» 5 లక్షల మందితో యోగాసనాలకు సన్నాహాలు

» విశాఖ చేరుకున్న ప్రధాని మోదీ, గవర్నర్, సీఎం

విశాఖపట్నం, జూన్ 20(ఆంధ్రజ్యోతి): అంతర్జాతీయ యోగా దినోత్సవాన్ని ఘనంగా నిర్వహించేందుకు యోగాంధ్ర కార్యక్రమం నిర్వహణకు సాగరతీర నగరం ముస్తాబైంది. శనివారం ఉదయం విశాఖ ఆర్కే బీచ్ నుంచి భీమిలి వరకూ సుమారు 30 కి.మీ. పొడవున యోగాసనాలు వేయడానికి ఏర్పాట్లు పూర్తయ్యాయి. బీచ్ రోడ్డుతో పాటు చుట్టుపక్కల విద్యాసంస్థలు, స్టేడియాలు, తదితర ప్రాంతాల్లో దాదాపు 5లక్షల మంది ఈ కార్యక్రమాల్లో పాల్గొని ఆసనాలు వేస్తారు. ఉదయం 6.30 నుంచి 7.50 గంటల వరకూ కొనసాగే ఈ మెగా కార్యక్రమంలో పాల్గొనేందుకు ప్రధాని మోదీ, గవర్నర్ ఎస్.అబ్దుల్ నజీర్, సీఎం చంద్రబాబు, ఉపముఖ్యమంత్రి పవన్‌కల్యాణ్, కేంద్ర, రాష్ట్ర మంత్రులు విశాఖ చేరుకున్నారు. కార్యక్రమ ఏర్పాట్లపై సీఎం చంద్రబాబు, డిప్యూటీ సీఎం పవన్ కల్యాణ్, కేంద్రమంత్రి రామ్మోహన్ నాయుడు, ఎంపీ శ్రీభరత్‌తో మాట్లాడారు. మోదీ పాల్గొన్నారు. యోగాంధ్రతో ప్రపంచం మొత్తం ఏపీవైపు చూసేలా చేశారని ప్రధాని కొనియాడారు. యోగాంధ్ర ద్వారా నరికొత్త రికార్డులు సృష్టిస్తున్నామని ప్రధానికి చంద్రబాబు వివరించారు. ఈ సందర్భంగా ఏపీ నాయకుల పనితీరు బేష్ అంటూ మోదీ ప్రశంసించారు. ప్రధానమంత్రి, ఇతర ప్రముఖుల కోసం ఆర్కే బీచ్‌రోడ్డులో కాళీమాత ఆలయ సమీపంలో ప్రధాన వేదిక ఏర్పాటు చేశారు. ఈ వేదికకు అభిముఖంగా సముద్రంలో నిలిపిన ఆరు యుద్ధనౌకలపై తూర్పు నౌకాదళం సిబ్బంది యోగాసనాలు వేస్తారు. డార్నియర్ విమానాలు విన్యాసాలు చేయనున్నాయి. ప్రముఖుల రాక నేపథ్యంలో అత్యంత కట్టుదిట్టమైన భద్రత ఏర్పాట్లు చేశారు.

18 క్రీడా మైదానాల్లో ప్రదర్శనలు

విశాఖపట్నం-భీమిలి బీచ్‌రోడ్డుతో పాటు మొత్తం 18 క్రీడా మైదానాల్లో యోగా ప్రదర్శనకు ఏర్పాట్లుచేశారు. ఏయూ మైదానం, చినగదిలి గ్రౌండ్, మైదానం, పీఎం పాలెం క్రికెట్ స్టేడియం, గీతం స్టేడియం, రైల్వే స్టేడియం, సర్వభారతి ఇండోర్ స్టేడియం సహా మరికొన్నింటిని గుర్తించారు. వీటికి ఆదనంగా మరో 30 ప్రాంతాల్లోనూ యోగా వేస్తారు.

విశాఖ విమానాశ్రయంలో ప్రధాని మోదీకి స్వాగతం పలుకుతున్న డిప్యూటీ సీఎం పవన్ కల్యాణ్, మంత్రి లోకేశ్

లక్షన్నర ప్రదేశాల్లో యోగా: కృష్ణబాబు

రాష్ట్రవ్యాప్తంగా శనివారం 1.5 లక్షల ప్రదేశాల్లో యోగా ప్రదర్శనలు నిర్వహించేందుకు ఏర్పాట్లు చేశామని యోగాంధ్ర- 2025 నోడల్ అధికారి ఎంటీ కృష్ణబాబు తెలిపారు. ఉదయం విశాఖలో జరగనున్న యోగాంధ్ర కార్యక్రమంలో ప్రధాని మోదీ, సీఎం చంద్రబాబు, ఉపముఖ్యమంత్రి పవన్‌కల్యాణ్, మంత్రులు పాల్గొంటారని చెప్పారు. అదే సమయంలో రాష్ట్రవ్యాప్తంగా యోగా ప్రదర్శనలు జరుగుతాయని, ఈ కార్యక్రమంతో సరికొత్త రికార్డు నమోదు కానుందని పేర్కొన్నారు. గతంలో సూరత్‌లో జరిగిన కార్యక్రమంలో లక్షన్నర మంది యోగా ప్రదర్శనలో పాల్గొని రికార్డు సృష్టించారని, ఇప్పుడు దానిని అధిగమిస్తూ విశాఖలో 3లక్షల మందికి పైగా పాల్గొనేందుకు ఏర్పాట్లు పూర్తిచేశామని వివరించారు. శుక్రవారం ఏయూ ఇంజనీరింగ్ కళాశాల మైదానంలో 25వేల మంది సూర్య నమస్కారాలు చేయడం ద్వారా రికార్డు సృష్టించామని తెలిపారు. శుక్రవారం సాయంత్రం రిహార్సల్స్ వేస్తున్న నేవీ హెలికాప్టర్లు. చిత్రంలో యుద్ధ నౌక

మోదీకి ఘన స్వాగతం

అంతర్జాతీయ యోగా దినోత్సవంలో పాల్గొనేందుకు ప్రధాని మోదీ శుక్రవారం రాత్రి వాయుసేనకు చెందిన ప్రత్యేక విమానంలో భువనేశ్వర్ నుంచి ఏఎన్ఏస్ జేగా (నేవీ ఎయిర్‌స్టేషన్)కు చేరుకున్నారు. ఆయనకు గవర్నర్ ఎస్.అబ్దుల్ నజీర్, సీఎం చంద్రబాబు, ఉపముఖ్యమంత్రి పవన్ కల్యాణ్, స్పీకర్ చింతకాయల అయ్యన్నపాత్రుడు, కేంద్ర మంత్రులు కింజరాపు రామ్మోహన్ నాయుడు, భూపతిరాజు శ్రీనివాసవర్మ, రాష్ట్ర మంత్రులు లోకేశ్, వంగలపూడి అనిత, డోలా బీడీపీ స్వామి, నారాయణ, సత్యప్రసాద్, ఎంపీలు దగ్గుమాటి పురందేశ్వరి, శ్రీభరత్, సీఎం రమేశ్, ఉన్నతాధికారులు సాదర స్వాగతం పలికారు. అనంతరం ప్రధాని రోడ్డుమార్గాన తూర్పు నౌకాదళం ఆఫీసర్స్ మెస్‌కు చేరుకుని ఏఎన్ఏస్ జేగాలో బస చేశారు.

భారీగా ఏర్పాట్లు

అంతర్జాతీయ యోగా ప్రదర్శనకు భారీగా ఏర్పాట్లు చేశారు. గిన్నిస్ రికార్డు నెలకొల్పే దిశగా ఒక్క బీచ్ రోడ్డులోనే 3.6 లక్షల మందితో యోగాసనాలు వేయించాలనేది లక్ష్యం. ఇందుకోసం, ఈ ప్రాంతాన్ని 326 కంపార్టుమెంట్లుగా విభజించారు. ఆర్కే బీచ్ నుంచి పార్క్ హోటల్ వరకూ ప్రతి కంపార్టుమెంటుకు కేవలం 1,000 మందినే అనుమతిస్తారు. వాటిలో తర్ఫీదు పొందినవారు మాత్రమే యోగాసనాలు వేస్తారు. ఇక వుడా పార్క్ నుంచి భీమిలి వరకూ మిగిలిన కంపార్టుమెంట్లను రెండు రకాల సైజుల్లో సిద్ధం చేశారు. ఒకదానిలో 672 మంది, మరోదానిలో 1,350 మంది పడతారు. ఎవరెవరు ఏయే కంపార్టుమెంట్‌లోకి వెళ్లాలనేది వారు గ్రామ సచివాలయాలతో మ్యాపింగ్ చేశారు. సచివాలయాల సిబ్బందికి వారిని తీసుకువెళ్లే బాధ్యతను అప్పగించారు. ప్రతి కంపార్టుమెంట్‌కు గెజిటెడ్ అధికారిని ఇన్‌చార్జిగా నియమించారు. ఒక యోగా ఇన్‌స్ట్రక్టర్, ముగ్గురు యోగా డెమాన్‌స్ట్రేటర్లు, పది మంది వలంటీర్లు, తాగునీటి సరఫరాకు ఒక ఇన్‌చార్జి, ఆహారం సరఫరాకు ఒకరు, పర్యవేక్షణకు ఇద్దరు సూపర్‌వైజర్లు, శానిటేషన్‌కు నలుగురు, రెండు టాయిలెట్లకు ఒకరు చొప్పున క్లీనర్, ఒక ఏఎన్ఎం, ఒక ఆశా వర్కర్, నలుగురు కరాసేసు కేటాయించారు. వీరంతా ఆ కంపార్టుమెంట్‌లో ఆసనాలు వేసే వారికి సేవలు అందిస్తారు.

నేడు మధ్యాహ్నం వరకే పాఠశాలలు

అమరావతి, జూన్ 20 (ఆంధ్రజ్యోతి): అంతర్జాతీయ యోగా దినోత్సవాన్ని రాష్ట్ర ప్రభుత్వం ప్రతిష్ఠాత్మకంగా నిర్వహిస్తున్న నేపథ్యంలో శనివారం మధ్యాహ్నం వరకే ఇడుపు నిర్వహించాలని పాఠశాలల విద్యాశాఖ డైరెక్టర్ వి. విజయరామరాజు ఆదేశాలు జారీ చేశారు. ఉదయం 6 నుంచి 8గంటల వరకు యోగా నిర్వహించాలని, ఆ ఫొటోలను టీచర్ యాప్‌లో అప్‌లోడ్ చేయాలని సూచించారు. 8 నుంచి 8గంటల వరకు మధ్యాహ్న భోజన ఏజెన్సీల ద్వారా విద్యార్థులకు అల్పాహారం అందించాలని, 9 నుంచి 12.30 గంటల వరకు తరగతులు నిర్వహించి, మధ్యాహ్న భోజనం తర్వాత పాఠశాలలకు సెలవు ఇవ్వాలని ఆదేశించారు.

Andhra Jyothi • 20 Jun • Ministry of Ayush

Yoga has nothing to do with religion!

9 • PG | 7771 • Sqcm | 3497153 • AVE | 642.46K • Cir | Top Left

Hyderabad

ఆంధ్రజ్యోతి
నవ్య 9
శుక్రవారం
20 జూన్ 2025

విశేషం

యోగాకు మతంతో సంబంధం లేదు!

భారత ఉపఖండానికి యోగ విద్య కొత్తదేం కాదు. వేల ఏళ్ల క్రితమే భారతీయ ఋషులకు యోగ సాధన తెలుసని రుజువునిచ్చే ఆధారాలన్నీ లభించాయి. సామాన్య శక వూర్వం (బీసీఈ) 2500 కాలం నాటి సింధు నాగరికతకు చెందిన కొన్ని మట్టి ముద్రల మీద... యోగాసన భంగిమలలో కూర్చొని తపస్సు చేస్తున్న సాధకుల బొమ్మలు ఉన్నాయి. ఇవి నేటి పాకిస్థాన్‌లోని లార్కానాలో... మొహెంజదారో శిథిలాలలో బయటపడ్డాయి. అలాగే బీసీఈ 1500 నాటి ఋగ్వేద మంత్రాల్ని పరిశీలిస్తే నాటి ప్రజలకు అప్పటికే యోగాభ్యాసం గురించి తెలుసునని గ్రహించగలం. వివిధ ఉపనిషత్తులు, భగవద్గీత (అష్ట సంయమ యోగం)లో యోగ సాధన ప్రయోజనాలు, మార్గాలు విపులంగా చర్చించారు. ప్రాచీన కాలంలో యోగ సాధనను అందరూ శారీరక, మానసిక ఆరోగ్య ప్రదాయినిగా భావించారు. అయితే... యోగ సాధన ఫలితాల గురించి భారతీయులలో పలు అశాస్త్రీయ విశ్వాసాలు కూడా క్రమంగా ఏర్పడ్డాయి.

ఇతర మతాల్లోనూ...

కొందరు భావిస్తున్నట్టు యోగా కేవలం సనాతన (హిందూ) ధర్మానికి సంబంధించిన సాధన మాత్రమే కాదు. వైదికేతరమైన జైన, బౌద్ధ, యాయలు, ఇస్లామ్ మతానికి చెందిన సూఫీలు, ధర్మేతీలు కూడా యోగ సాధన చేస్తారు. తాంత్రిక బౌద్ధ శాఖ అయిన 'వజ్రయానం'లో యోగానలకు, ప్రాణాయామానికి ఎంతో ప్రాధాన్యత ఉంది. బౌద్ధ గ్రంథమైన 'దీర్ఘనికాయం'లో పీటి ప్రస్తావనలు ఉన్నాయి. సాంఖ్య సిద్ధాంతం వునాదిగా, బౌద్ధ ద్వారా ప్రభావితుడైన వతంజలి మహర్షి 'యోగ సూత్రములు' అనే గ్రంథం రచించి, యోగను ఎనిమిది అంగాలతో మాడిన సమగ్ర సాధనంగా రూపొందించాడు. వేదాలను ప్రమాణాలుగా భావించే భారతీయ షట్ (ఆరు) ఆస్తిక దర్శనాలలో యోగ దర్శనం ఒకటి. కపిల మహర్షి రూపొందించిన సాంఖ్య దర్శనం... నిరీశ్వర (వైద ప్రస్తావన లేని) సిద్ధాంతం కాగా... దాని ఆధారంగా వతంజలి రచించిన 'యోగ సూత్రాలు' దానికి వైదిక, మోక్షం లాంటి భావనలను జోడించాయి. అయితే వతంజలి యోగ సిద్ధాంతానికి 'సేశ్వర (స+ఈశ్వర) సాంఖ్యం' అనే పేరు వచ్చింది. 'యోగ' అనే మాటకు 'ఉపాయం, కూర్చు, కలయిక' అనే సాధారణ అర్థాలు ఉన్నాయి. సాంఖ్య సిద్ధాంతం ఆత్మను 'పురుషుడు' అని, వదార్థాన్ని 'ప్రకృతి' అని వ్యవహరిస్తూ... ఆది రెండూ అంతిమ సత్యాలని నమ్ముతుంది. శుద్ధ చైతన్య స్వరూపుడైన పురుషుడు (ఆత్మ) పదార్థ జనితమైన చిత్తంతో చెందే సంయోగం కారణంగా వివిధ చిత్తవృత్తుల (మెంటల్ మోడిఫికేషన్స్)కు లోనవుతాడని, తన స్వభావ సిద్ధమైన వివేక జ్ఞానాన్ని కోల్పోతాడని, చిత్తవృత్తులను నిరోధించి, వివేక జ్ఞానం పొందడం ద్వారా మోక్షాన్ని సాధించే మార్గమే యోగమని వతంజలి సిద్ధాంతం.

శాస్త్రీయ దృక్పథంలో...

ఇవ్వుడు దీన్ని శాస్త్రీయ దృక్పథంతో పరిశీలిద్దాం. సిద్ధాంతపరంగా మిగిలిన ఆయిదు ఆస్తిక దర్శనాలు ఎదుర్కొన్న తార్కికమైన, తాత్త్వికమైన చిక్కులనే యోగ దర్శనం కూడా ఎదుర్కొంది. యోగ సాధన ద్వారా దైవ స్వరూపం అవగతమవుతుందని, పలు సిద్ధులు, అతీంద్రియ శక్తులు లభిస్తాయని యోగ సూత్రాలలో పేర్కొన్న విషయాలను కొందరు విశ్వసిస్తారు. అయితే వాటికి శాస్త్రీయ ఆధారాలను మాత్రం మాపలేరు. అయితే మన శారీరక, మానసిక ఆరోగ్యాలకు యోగసాధన ప్రయోజనకరమని మాత్రం శాస్త్రీయంగా రుజువయింది. యోగానసాల వల్ల పలు శరీరావయవాలకు, మెదడుకూ రక్తప్రసరణ మెరుగవడుతుందని, అనేక శారీరక, మానసిక రుగ్మతలు తొలగిపోతాయని నిరూపితం అయింది. 'అష్టాంగయోగా' సాధనలో అంతర్భాగమైన ప్రాణాయామం ద్వారా శ్వాసకోశాలు శుభ్రపడి, రక్తశుద్ధి మరింత వక్కగా జరుగుతుంది. గుండె పనితీరు మెరుగవడుతుంది. ధారణ ద్వారా జ్ఞాపకశక్తి, ఏకాగ్రత మెరుగవుతాయి. ధ్యానం చిత్తశుద్ధిని, ప్రశాంతతను చేకూరుస్తుంది. యోగ సాధన ప్రయోజనాలు వైద్య విజ్ఞాన శాస్త్ర వేత్తల అధ్యయనాల్లో రుజువయ్యాయి. అంతేతప్ప అతీంద్రియ శక్తులు లభిస్తాయని ఎవరూ రుజువు చేయలేదు. అందుకే వాటిని అంధ విశ్వాసాలుగా విజ్ఞులు, శాస్త్రవేత్తలు కొట్టి పారేస్తారు. కాగా... శారీరక, మానసిక ఆరోగ్యాలకు ఎంతో మేలు చేకూర్చే యోగ సాధనను కొందరు మత విశ్వాసాలతో ముడిపెడుతున్నారు. యోగ శిక్షణ తరగతులలో చేసే సాధనను భక్తి, ప్రార్థనలు, భజనలతో మిళితం చేస్తున్నారు. యోగ సాధనకు మత విశ్వాసాలతో ఎలాంటి సంబంధం లేదని, ఏ మతస్థులైనా యోగ సాధన చేసి పొందవచ్చని, ఎందరో అలా పొందుతున్నారని అందరూ గ్రహించాలి.

ముత్తేవి రవీంద్రనాథ్
చరిత్ర పరిశోధకుడు

సహజయోగ

ప్రపంచంలోని వివిధ ప్రాంతాల్లో యుద్ధ మేఘాలు కమ్ముకుంటున్నాయి. దీనికి మతాలు, జాతులు మధ్య వైరాలు, సరిహద్దుల కోసం, ఆధిపత్యం కోసం పోరాటాలు... ఇలా ఎన్నో కారణాలు. ఈ యుద్ధ వాతావరణంలో అమాయకమైన ప్రజలు వీక్షువీక్షుమంటూ బతుకుతున్నారు. విశ్వశాంతికి భంగం కలిగిస్తున్న అనేక సమస్యలకు యోగా చక్కటి పరిష్కారాన్ని చూపిస్తుంది. 'మన కోసం, మన సమాజం కోసం యోగా' అనే నినాదంతో... జూన్ 21వ తేదీని 'అంతర్జాతీయ యోగా దినంగా' ఐక్యరాజ్యసమితి ప్రకటించింది. వ్యక్తిగతానికి శాంతిని, ఆరోగ్యాన్ని, శ్రేయస్సును అందించే ప్రక్రియ యోగా. సహజయోగ ధ్యాన ఆవిష్కర్త శ్రీమాతాజీ నిర్మలాదేవి విశ్వశాంతి స్థావన ధ్యేయంగా పలు దేశాల్లో పర్యటించినప్పుడు ఇచ్చిన సందేశాలను ఈ సందర్భంగా గుర్తు చేసుకుందాం.

ఆ కలయికే యోగా...

ఈ రోజుల్లో చాలామంది యోగ అంటే కేవలం ఆసనాలు, సూర్యనమస్కారాలు అనుకుంటున్నారు. నిజానికి ఆ పదానికి అర్థం చాలా విస్తృతమయినది, ఎంతో సూక్ష్మమైనది. సంస్కృత భాషలో 'యోగ' అనే పదానికి 'కలయిక' అనే అర్థం ఉంది. ప్రతి మానవునిలో అంతర్లీనంగా ఉండే దివ్యమైన శక్తి జాగృతం చెంది, మన చుట్టూ నిర్వ్యాపితమై ఉన్నదివ్యమైన శక్తితో కలయిక చెందడాన్నే 'యోగ' అని పిలుస్తారు.

విశ్వశాంతి మంత్రం

సద్గురువాణి

అష్టాంగ యోగం

చిత్తవృత్తులను నిరోధించడమే యోగమని చెబుతూ... 'యమ, నియమ, ఆసన, ప్రాణాయామ, ప్రత్యాహార, ధారణ, ధ్యాన, సమాధి' అనే ఎనిమిది అంగాలను వతంజలి వివరించారు. ఈ ఎనిమిది అంగాలు కలిగిన యోగ సాధనను 'అష్టాంగ యోగం' అంటారు. వాటిలో మొదటి అయిదు బహిరంగ సాధనాలని, మిగిలిన మూడు అంతరంగ సాధనలని చేర్చొంటారు. యమ, నియమాలు సాధకులకు నైతిక క్రమశిక్షణ చేకూరిస్తే... ఆసన ప్రాణాయామాలు సాధకుల శరీరారోగ్యాన్ని మెరుగుపరుస్తాయి. 'ఆసనం' అంటే శరీరాన్ని ఒకే స్థితిలో నిశ్చలంగా ఉంచగలగడం. 'ప్రాణాయామ సాధన' అంటే మనం పీల్చే ప్రాణవాయువును వివిధ విధాలుగా టీగుబట్టి, వదులుతూ చేసే ఆయామం (నియంత్రణ). 'ప్రత్యాహారం' అంటే సాధకులు తమ పంచేంద్రియాలను, మనస్సును విషయ వాంఛలకు దూరంగా ఉంచడం. సాధకులు 'ప్రకటి' (కనుబొమల మధ్య ప్రదేశం), 'నాసాగ్రం' (ముక్కు కొన) లాంటి వాటిపై దృష్టి కేంద్రీకరించి... ఏకాగ్ర సాధన చేయడాన్ని 'ధారణ' అంటాం. మనస్సును నిరంతరం ఒకే విషయం మీద లగ్నం చెయ్యడాన్ని 'ధ్యానం' అని పిలుస్తారు. ధ్యానం కూడా ఆగిపోయి... ఆత్మ మనం ధ్యానం చేసే విషయం.. ఈ రెండూ ఒకటై పోయే దశను 'సమాధి స్థితి' అంటారు.

'యోగా'

అంటే 'మీ శరీరాన్ని ఎలా వంచాలి' లేదా 'శ్వాసను ఎలా బిగబట్టాలి' అనే దాని గురించి కాదు. ఇది మొత్తం మానవ వ్యవస్థను అర్థం చేసుకొనే విజ్ఞాన శాస్త్రం. 'యోగా' అనే పదానికి అర్థం ఐక్యత. ఐక్యత అంటే 'మీరు' అనే దానిలోంచి విశ్వజనీన తను అనుభూతి చెందడం. ఉదాహరణకు... ఈ ఆస్తిత్వం అంతా వివిధ రూపాల్లో వ్యక్తమవుతున్న ఒకే శక్తి అని ఆధునిక విజ్ఞాన శాస్త్రం నిరూపించింది. ఈ శాస్త్రీయ వాస్తవం అవుతుంది. బాహ్య సంఘటనలు.. ఆలరికి ఒకే కుటుంబంలోని ఇద్దరు, సమీప మధ్య కూడా ఎప్పుడూ నూటికి నూరు శాతం మీరు కోరుకున్నట్టు జరగవు కానీ మీలో అంతర్లీనంగా ఏం జరుగుతోందనేది మీరే నిర్ణయించుకోవాల్సి ఉంటుంది.

వారే కర్తలుగా, యజమానులుగా...

ఈ సమస్యను పరిష్కరించడం కోసం... ఈ ఏడాది ఫిబ్రవరిలో మేము 'మిరాకిల్ ఆఫ్ మైండ్' అనే యాప్‌ను ప్రారంభించాం. ఇది ఒకరి జీవితంలో శాంతిని, ఆనందాన్ని, ఉల్లాసాన్ని తీసుకురావడానికి దోహదపడే, ఎక్కడైనా సాధన చేయగలిగే సులభమైన ప్రక్రియను అందిస్తుంది. ఇది తెలుగుతో సహా పలు భాషల్లో ఉంటుంది. ప్రత్యేకించి తెలుగులో ధ్యానం కోసం అందుబాటులోవున్న మొదటి యాప్ ఇది. ఈ భూమి మీద ఉన్న ప్రతి మానవుడు మనను చేసే అద్భుతాన్ని అనుభూతి చెందాలనేది నా కోరిక. నా ఆశీస్సు మానవులందరూ ఏ మినహాయింపు లేకుండా.. తమ ఆనందానికి తామే కర్తలుగా, తమ భవితకు తామే యజమానులుగా మారే సామర్థ్యాన్ని కలిగి ఉంటారు. మీరు ఆ విధంగా రూపొందిస్తుకొనే మార్గాన్ని యోగా అందిస్తుంది. భవిష్యత్ తరాల శ్రేయస్సు కోసం ఈ అత్యంత ముఖ్యమైన కార్యానికి సాయం చేయడానికి, నెరవేర్చడానికి అందరికీ నుస్వాగతం. ఎందుకంటే ప్రస్తుత మనకన్నా మెరుగైన తరం మానవులను లోకానికి అందించి నిష్క్రమించడం మనం విస్మరించలేని బాధ్యత.

శాంతి మనలో ఉండాలి

వేదికల మీదకు ఎక్కి... 'శాంతి, శాంతి' అని గొంతెత్తి అరిచి నంతమాత్రాన ప్రపంచంలో శాంతి స్థావన చేయలేం. మనిషిలోనే ప్రశాంతత లేనప్పుడు శాంతి సాధన కోసం చర్చలు జరపడం వల్ల ఫలితం ఏమాయుటుంది? ఒక వేళ శాంతికోసం చర్చలు జరిపినా, ఒప్పందం చేసుకున్నా... ఏదో ఒక రూపంలో మళ్ళీ అశాంతి మొదలవుతుంది. మనలోని ఆత్మ ద్వారా శాంతి వ్యక్తం కావాలి. ముందుగా శాంతి అనేది మనలో ఉండాలి. మనం మానసిక ప్రశాంతతతో ఉండాలి. మనలో ఆశాంతి ఉన్నప్పుడు, అహంకారంలో మన కళ్ళు మూసుకుపోయినప్పుడు 'నేనెంతో ప్రశాంతంగా ఉన్నాను' అని భావిస్తే... అది కేవలం భ్రమ. శాంతి కోసం యుద్ధాలు చేయనవసరం లేదు. దాన్ని అత్మ ద్వారా అనుభూతి చెందాలి. అంతర్లీనంగా ప్రశాంతతతో ఉన్నవారు ఎల్లప్పుడూ ఆనందంగా ఉంటారు. అందరికీ ఆనందాన్ని పంచుతారు. ప్రతి మనిషిలో నిద్రాణ స్థితిలో ఉన్న దైవ శక్తి అయిన కుండలినీ శక్తిని జాగృతం చేసి, అత్మసాక్షాత్కారం పొందినప్పుడు... మన హృదయానికి, మెదడుకు మధ్య బక్తుక ఏర్పడుతుంది. అదే సహజయోగం. ఆ శాంతి మనలో ప్రవేశించినప్పుడు... మన జీవితం నెమ్మదిగా, స్థిరంగా మారడం, పరివర్తన చెందడం గమనిస్తాం. అప్పుడు మానవులలో అత్యున్నత శ్రేణికి చెందిన కొత్త కోణాన్ని మనం చూస్తాం. రూపాన్ని గురించి చింతించడం, ప్రత్యేకమైన ఐడెంటిటీ, అయిష్టాలు, ఆనవరమైన ఆలోచనలు లాంటివి ఉండవు. మనలో శాంతి క్రమంగా స్థిరపడడం ప్రారంభమవుతుంది. మనలో స్థిరపడిన ఈ అంతర్గత శాంతి మనల్ని కాపు... మన చుట్టూ ఉన్న సమాజాన్ని, మొత్తం ప్రపంచాన్ని ప్రభావితం చేస్తుంది. అలా విశ్వశాంతికి దోహదపడే మంత్రమే యోగా.

డాక్టర్ పి. రాకేష్,
9988982200
'పరమ పూజ్యశ్రీ మాతాజీ నిర్మలాదేవి, సహజయోగ ట్రస్ట్', తెలంగాణ

ఆ అద్భుతాన్ని అనుభూతి చెందుదాం

మీపు జీవన వాస్తవంగా మారితే... అంటే మీరు ప్రతిదాన్నీ ఒకటిగా అనుభూతి చెందడం ప్రారంభిస్తే... మీరు యోగాలో ఉన్నట్టే.

మీలోపల ఏం జరుగుతోంది?

ఈ అంతరత్ర సాంతేతికతను మానవులకు అందించడం చాలా ముఖ్యం. ఎందుకంటే ఈ రోజున ఐక్యరాజ్యసమితిలోని నిపుణులు 'మానసిక అనారోగ్యం' అనే మహమ్మారి గురించి మాట్లాడుతున్నారు. ప్రపంచలో ఒంటరితనం ఎక్కువైపోతోంది. యువైటెడ్ స్టేట్స్‌లో... సర్జన్ జనరల్ నివేదిక ప్రకారం ప్రతి ఇద్దరిలో ఒకరు ఒంటరితనాన్ని అనుభవిస్తున్నారు. ఒంటరితనంలో గడిపే సమయం... మానసిక అనారోగ్యాలను పొందిగే సమయం. మానసిక అనారోగ్యం కేవలం కొన్ని రకాల వ్యక్తులనే కాదు... ఎవరినైనా ప్రభావితం చేయవచ్చు. మీరు ఆ స్థితికి వెళ్ళకుండా చూసుకోవడం ఉత్తమం. ఎందుకంటే బాధ, ఆనందం, సంతోషం, దుఃఖం, ఆవేదన, పారవశ్యం లాంటి వాటిద్వారా మానవ అనుభవం అనేది అంతర్లీనంగా నిర్ణయం

సద్గురు జగ్గీవాసుదేవ్

Dakshin Bharat • 21 Jun • Ministry of Ayush

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योग दिवस के लिए देश तैयार

विशाखापत्तनम में योग करेंगे प्रधानमंत्री मोदी

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नई दिल्ली/भाषा। देश और दुनिया भर में कल पूरे मनोयोग के साथ 11वां अंतर्राष्ट्रीय योग दिवस मनाया जायेगा और प्रधानमंत्री नरेन्द्र मोदी आंध्र प्रदेश के विशाखापत्तनम में सामूहिक योग कार्यक्रम का नेतृत्व करते हुए तीन लाख से अधिक लोगों के साथ योगासन करेंगे।

राष्ट्रीय स्तर पर आयोजित इस कार्यक्रम में प्रधानमंत्री के साथ केंद्रीय आयुष राज्य मंत्री और स्वास्थ्य एवं परिवार कल्याण राज्य मंत्री प्रतापराव जाधव और आंध्र प्रदेश के मुख्यमंत्री एन. चंद्रबाबू नायडू भी शामिल होंगे।

विशाखापत्तनम में आयोजित इस कार्यक्रम में 'योग संगम' पहल के तहत देश भर में 10 लाख से अधिक स्थानों के साथ समन्वय किया जायेगा।

यह कार्यक्रम सुबह साढे छह बजे शुरू होगा और पौने आठ बजे संपन्न होगा। इसमें देश भर से अभूतपूर्व भागीदारी की उम्मीद है। देश में विभिन्न जगहों पर आयोजित सत्रों में दो करोड़ से ज़्यादा लोगों के भाग लेने की उम्मीद है।

आंध्र प्रदेश सरकार इस अवसर को यादगार बनाने के लिए गिनीज़ वर्ल्ड रिकॉर्ड बनाने के प्रयास का भी समन्वय कर रही है। इसके अतिरिक्त, आंध्र प्रदेश सरकार द्वारा पंजीकृत प्रतिभागियों को 50 लाख से ज़्यादा योग प्रमाणपत्र दिए जाएँगे, जिससे अंतर्राष्ट्रीय योग दिवस का यह संस्करण देश की स्वास्थ्य और तंदुरुस्ती की यात्रा में एक ऐतिहासिक क्षण बन जाएगा।

योग दिवस को देखते हुए दुनिया भर में अनेक देशों तथा अंतर्राष्ट्रीय संस्थाओं और प्रतिष्ठानों में भी योग सत्रों का आयोजन किया जायेगा। इसके लिए सभी जगह जरूरी तैयारियां कर ली गयी हैं।

Mumbai Chauffer • 21 Jun • Ministry of Ayush

Promoting a healthy lifestyle on International Yoga Day - Rakesh Jain

2 • PG | 261 • Sqcm | 130670 • AVE | 510.65K • Cir | Middle Left

Mumbai

जागतिक योग दिनानिमित्त निरोगी जीवनशैलीला प्रोत्साहन –राकेश जैन

मुंबई - आरोग्य विमा क्षेत्र हे निष्क्रिय आर्थिक सुरक्षा क्षेत्रापासून निरोगी जीवनशैलीला प्रोत्साहन देण्यासाठी सक्रिय भागीदार बनण्याच्या दिशेने एक आदर्श बदल घडवून आणत आहे. रिलायन्स जनरल इन्शुरन्समध्ये, आम्ही हे ओळखतो की, आधुनिक आरोग्यसेवेने दाव्यांच्या निपटारापलीकडे जाणे आवश्यक आहे. नवोत्पक्रम, सुलभता आणि सहभागाद्वारे व्यक्तींना निरोगी जीवन जगण्यास सक्षम केले पाहिजे, असे मत रिलायन्स जनरल इन्शुरन्सचे सीईओ राकेश जैन यांनी व्यक्त केले. ते म्हणाले, निरोगी बीएमआय राखण्यासाठी, शारीरिकदृष्ट्या सक्रिय राहण्यासाठी, प्रतिबंधात्मक तपासणी करून घेण्यासाठी आणि योग व ध्यान यासारख्या ताण कमी करणाऱ्या क्रियाकलापांचा सराव करण्यासाठी ग्राहकांना बक्षीस देऊन आम्ही आमच्या ऑफरमध्ये 'योगा'च्या सरावाशी जोडलेले कल्याण प्रोत्साहन समाविष्ट करत आहोत. हे उपक्रम परिघीय नाहीत तर प्रतिबंधात्मक काळजी आणि दीर्घकालीन शाश्वततेच्या आमच्या दृष्टिकोनात केंद्रस्थानी आहेत. रिलायन्स जनरल इन्शुरन्समध्ये, आम्हाला या उत्क्रांतीचे नेतृत्व करण्याचा अभिमान आहे, विम्याची पुनर्कल्पना केवळ आजारांपासून संरक्षण म्हणून नव्हे तर दैनंदिन कल्याणात एक विश्वासार्ह भागीदार म्हणून करत आहोत.

Mumbai Chauffer • 21 Jun • Ministry of Ayush

International Yoga Day celebrated in Ministry

2 • PG | 218 • Sqcm | 109007 • AVE | 510.65K • Cir | Middle Left

Mumbai

मंत्रालयात आंतरराष्ट्रीय योग दिन साजरा

मुंबई - मंत्रालयातील त्रिमूर्ती प्रांगणात ११व्या आंतरराष्ट्रीय योग दिनाच्या निमित्ताने योगा प्रात्यक्षिकांचे आयोजन करण्यात आले होते. इन्स्टिट्यूट ऑफ योगा यांच्या सहयोगाने आयोजित या प्रात्यक्षिक कार्यक्रमासाठी कौशल्य, रोजगार, उद्योजकता व नावीन्यता मंत्री मंगल प्रभात लोढा, राज्यमंत्री पंकज भोयर, मुख्य सचिव सुजाता सौनिक, इन्स्टिट्यूट ऑफ योगाचे सहसंचालक ऋषी योगेश यांच्यासह विविध विभागांचे सचिव, उपसचिव, अधिकारी आणि कर्मचारी उपस्थित होते.

यावेळी इन्स्टिट्यूट ऑफ योगाच्या मार्गदर्शकांनी उपस्थितांना मार्गदर्शन केले. तसेच योगाच्या महत्त्वाविषयी माहिती दिली. यावेळी पर्वतासन, शवासन यासारख्या योगांची प्रात्यक्षिके उपस्थितांनी केली. तसेच अखिल भारतीय नागरी सेवा स्पर्धांमध्ये सुवर्ण पदक विजेते मंत्रालयीन अधिकारी जगन्नाथ लांडगे, दत्ताराम सावंत आणि योगिता जाधव यांनी योग प्रात्यक्षिके सादर केलीत.

Rajasthan Patrika • 21 Jun • Ministry of Ayush

11th International Yoga day

7 • PG | 768 • Sqcm | 518225 • AVE | 225.84K • Cir | Top Left

Bengaluru

11 योगासन का प्रदर्शन

बीकानेर. 11वें अंतरराष्ट्रीय योग दिवस के लिए बीकानेर की 11 युवतियों ने योग के अलग-अलग 11 आसन कर अनूठा प्रदर्शन किया। जूनागढ़ किले के सामने योगासन कर योग दिवस का प्रचार-प्रसार किया गया। इसके अलावा स्थानीय लोगों को योग के महत्व के बारे में बताया गया। **फोटो:** नौशाद अली

Rajasthan Patrika • 21 Jun • Ministry of Ayush

Yoga is not just an exercise, it is also a way of self-realization : Baba Ramdev

11 • PG | 1074 • Sqcm | 724783 • AVE | 225.84K • Cir | Top Center

Bengaluru

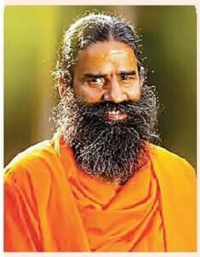
अंतरराष्ट्रीय योग दिवस | योग स्वास्थ्य ही नहीं समृद्धि व सफलता भी देता है

योग केवल कसरत मात्र नहीं, आत्मजागरण की साधना भी है: बाबा रामदेव

हेमंत पाण्डेय
patrika.com

नई दिल्ली/ जयपुर. योग केवल शरीर को स्वस्थ रखने की क्रिया नहीं, बल्कि संपूर्ण जीवनशैली का मार्ग है। अंतरराष्ट्रीय योग दिवस पर योग गुरु बाबा रामदेव ने पत्रिका से विशेष बातचीत में बताया कि आज की युवा पीढ़ी के लिए योग सेहत, शक्ति, संतुलन और सफलता की कुंजी है। योग तन, मन और आत्मा को जोड़ता है और व्यक्ति को भीतर से जाग्रत करता है। यह बात केवल युवाओं के लिए नहीं बल्कि हर उम्र के लोगों के लिए भी है।

नई पीढ़ी के योग व परंपराओं से जुड़ने पर ही भारत आत्मनिर्भर-आत्मजाग्रत राष्ट्र बनेगा



1 सबके लिए जरूरी पांच योगासन और पांच प्राणायाम कैसे करें?

रामदेव: हर व्यक्ति को रोज कम से कम पांच आसन और पांच प्राणायाम करने चाहिए। ताड़ासन, भुजंगासन, नौकासन, वज्रासन और शवासन ये सब सरल और असरदार हैं। प्राणायाम में कपालभाति, अनुलोम-विलोम, भ्रामरी, भस्त्रिका और शीतली करना ही चाहिए। सामान्य व्यक्ति 30 मिनट योग करे, जबकि गंभीर बीमारियों वाले कम से कम एक घंटा दें। जो 15-20 वर्षों से दवाइयां ले रहे हैं, उन्हें एक घंटा से अधिक समय देना चाहिए।

2 योग का वास्तविक स्वरूप क्या है? क्या यह केवल शरीर की एक्सरसाइज है?

रामदेव: योग सिर्फ कसरत नहीं है। योग तीन पहलुओं से बना है, दार्शनिक, क्रियात्मक और व्यावहारिक। दार्शनिक रूप में यह आत्मा की अनुभूति है कि मैं चैतन्य, सतचितानंद हूं। क्रियात्मक रूप में रोज कम से कम 30 मिनट योग, प्राणायाम और ध्यान करना चाहिए। तीसरा पक्ष है व्यावहारिक योग, यानी हम अपने आचरण में सनातन धर्म के मूल सिद्धांतों को कैसे उतारते हैं। योग एक संपूर्ण जीवनशैली है और जो योग युक्त है, वही रोग मुक्त है।

3 आज का युवा क्या चाहता है और योग उसकी जरूरत कैसे पूरी करता है?

रामदेव: आज का युवा पावर, कंफर्ट, कनवीनियंस, इम्युनिटी और लॉन्ग लाइफ चाहता है। उसे स्मूथ, स्ट्रेस-फ्री और सक्सेसफुल लाइफ चाहिए। आज की जेनेरेशन के लिए योग से बेहतर कोई तरीका नहीं है। योग आपको फिजिकल, मेंटल, इमोशनल और स्पिरिचुअल स्ट्रेंथ देता है। जिम सिर्फ डोले-शोले देगा, लेकिन योग आपको जीवन का संतुलन देगा। जो युवा योग से जुड़ा है, वह हर चैलेंज का सामना आत्मबल के साथ कर सकता है।

4 युवाओं में वेल्थ क्रिएशन की होड़ है, लेकिन हेल्थ को नजरअंदाज किया जा रहा है?

रामदेव: बिल्कुल! आज के युवा का पहला लक्ष्य होता है वेल्थ क्रिएशन, लेकिन बड़ी बीमारियां अब कम उम्र में ही घेर रही हैं। ऐसे में योग ही वह रास्ता है जो वेल्थ और हेल्थ दोनों को संतुलित करता है। योग से स्वास्थ्य, समृद्धि और सफलता तीनों मिलते हैं।

5 नई पीढ़ी के लिए योग कितना उपयोगी है?

रामदेव: मैं हमेशा कहता हूं कि मोबाइल से पहले खुद से जुड़ो। आज का युवा तेज है, पर उलझा हुआ है। योग आपको आपकी जड़ों, संस्कृति, संस्कार और स्वाभिमान से जोड़ता है। अगर नई पीढ़ी योग और भारतीय परंपराओं से जुड़ जाए तो भारत आत्मनिर्भर और आत्मजाग्रत राष्ट्र बनेगा। योग से जुड़ने का अर्थ है परमात्मा से जुड़ना। जब आप ध्यान करते हैं और गहरी सांसें लेते हैं तो बाहर की बेचैनी खत्म होती है। यही सच्चा आध्यात्मिक अनुभव है।

■ योग दिवस पर सबको आप क्या संदेश देना चाहते हैं?

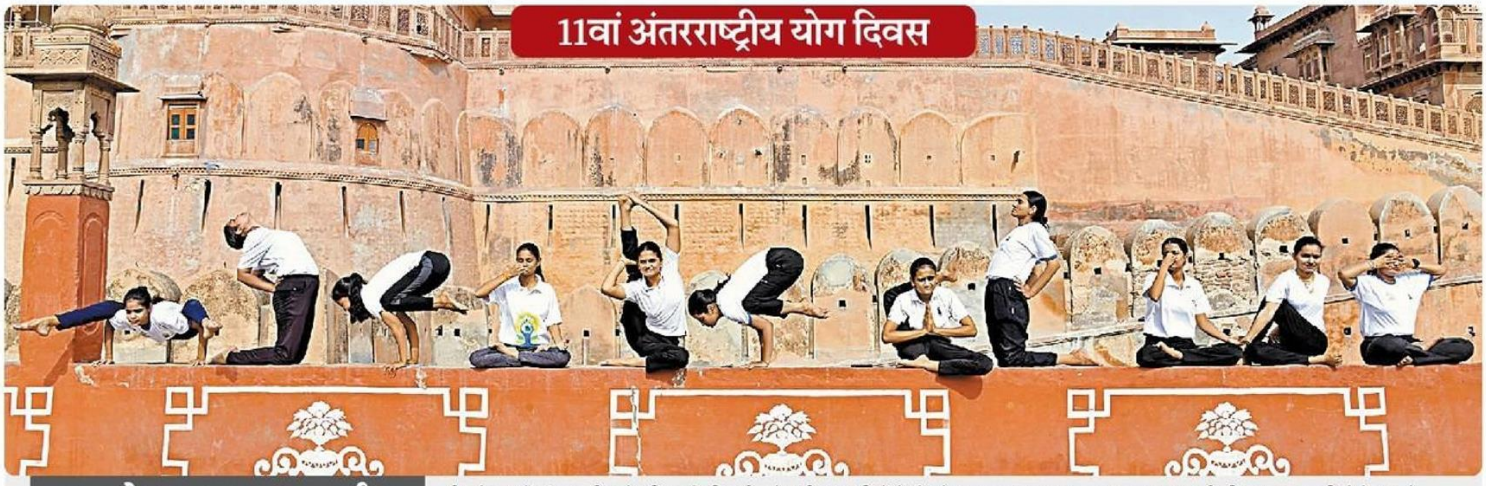
रामदेव: मैं देश के भाइयों-बहनों को यही कहूंगा की सभी लोग नियमित योग, ध्यान, प्राणायाम और मुद्राएं करें, इन्हें करने की कोई उम्र नहीं है। इसी रास्ते पर चलकर सभी निरोग रह पाएंगे। जब सभी निरोग रहेंगे तो ही हम भारत को फिर से विश्वगुरु बना पाएंगे। हर युवा स्वस्थ हो, संस्कारी हो और स्वाभिमानी हो, यही मेरा संकल्प है।

Rajasthan Patrika • 21 Jun • Ministry of Ayush

International Yoga Day 2025

2 • PG | 776 • Sqcm | 1089731 • AVE | 17.28K • Cir | Top Center

Delhi



11 योगासन का प्रदर्शन

बीकानेर. 11वें अंतरराष्ट्रीय योग दिवस के लिए बीकानेर की 11 युवतियों ने योग के अलग-अलग 11 आसन कर अनूठा प्रदर्शन किया। जूनागढ़ किले के सामने योगासन कर योग दिवस का प्रचार-प्रसार किया गया। इसके अलावा स्थानीय लोगों को योग के महत्व के बारे में बताया गया। **फोटो:** नौशाद अली

Rajasthan Patrika • 13 Jun • Ministry of Ayush

On Yoga Day, Modi will do 19 asanas in 45 minutes

3 • PG | 208 • Sqcm | 749637 • AVE | 2.21M • Cir | Bottom Left

Jaipur

एक दुनिया एक सेहत

मुख्य कार्यक्रम में शामिल होंगे 40 देशों के प्रतिनिधि

योग दिवस पर मोदी 45 मिनट में करेंगे 19 आसन

पत्रिका न्यूज नेटवर्क
patrika.com

नई दिल्ली. अंतरराष्ट्रीय योग दिवस (21 जून) पर विशाखापत्तनम (आंध्र प्रदेश) में होने वाले मुख्य कार्यक्रम में प्रधानमंत्री नरेंद्र मोदी 45 मिनट में 19 योग आसनों का प्रदर्शन करेंगे। आंध्र प्रदेश के मुख्यमंत्री चंद्रबाबू नायडू भी कार्यक्रम में शामिल होंगे। कार्यक्रम में करीब पांच लाख लोग एक साथ योग करेंगे। दिल्ली में भी योग दिवस को बड़े पैमाने पर मनाने की तैयारियां चल रही हैं। इस बार योग दिवस की थीम 'एक दुनिया एक सेहत' है।

केंद्रीय आयुष मंत्री प्रताप राव जाधव के मुताबिक विशाखापत्तनम में होने वाले कार्यक्रम में मोदी के साथ 40 देशों के प्रतिनिधि शामिल होंगे। इनके अलावा 20 देशों से आए योग आचार्य मौजूद रहेंगे। भारत में अध्ययन कर रहे 20 देशों के छात्र-छात्राएं भी कार्यक्रम में भाग लेंगे। कार्यक्रम सुबह 6:30 से 7:30 बजे तक चलेगा। इसके लिए बड़े पैमाने पर तैयारियां की जा रही हैं।

21 जून के आयोजन को सफल बनाने के लिए बड़े पैमाने पर तैयारियां

दिल्ली में 111 जगह होंगे सत्र

दिल्ली में मोरारजी देसाई राष्ट्रीय योग संस्थान के नेतृत्व में 111 स्थलों पर योग सत्र आयोजित किए जाएंगे। इनमें लाल किला, कर्तव्य पथ और लोधी गार्डन शामिल हैं। दिल्ली में ऐतिहासिक और प्रतीकात्मक स्थलों पर एक लाख से ज्यादा प्रतिभागियों के शामिल होने की उम्मीद है। दिल्ली सरकार 10 बड़े कार्यक्रम की तैयारी कर रही है। जाधव ने बताया कि आंध्र प्रदेश सरकार ने 21 जून को प्रदेश में एक हजार योग पार्कों की स्थापना का फैसला किया है।

Rajasthan Patrika • 13 Jun • Ministry of Ayush

Modi will demonstrate 19 asanas in 45 minutes on Yoga Day

12 • PG | 460 • Sqcm | 257419 • AVE | 24.58K • Cir | Bottom Left

Kolkata

योग दिवस पर मोदी 45 मिनट में करेंगे 19 आसनों का प्रदर्शन

नई दिल्ली @पत्रिका. अंतरराष्ट्रीय योग दिवस (21 जून) पर विशाखापत्तनम (आंध्र प्रदेश) में होने वाले मुख्य कार्यक्रम में प्रधानमंत्री नरेंद्र मोदी 45 मिनट में 19 योग आसनों का प्रदर्शन करेंगे। आंध्र प्रदेश के मुख्यमंत्री चंद्रबाबू नायडू भी कार्यक्रम में शामिल होंगे। कार्यक्रम में करीब पांच लाख लोग एक साथ योग करेंगे। दिल्ली में भी योग दिवस को बड़े पैमाने पर मनाने की तैयारियां चल रही हैं। इस बार योग दिवस की थीम 'एक दुनिया एक सेहत' है। केंद्रीय आयुष मंत्री प्रताप राव जाधव के मुताबिक विशाखापत्तनम में होने वाले कार्यक्रम में मोदी के साथ 40 देशों के प्रतिनिधि शामिल होंगे। इनके अलावा 20 देशों से आए योग आचार्य मौजूद रहेंगे। भारत में अध्ययन कर रहे 20 देशों के छात्र-छात्राएं भी कार्यक्रम में भाग लेंगे।

21 जून के आयोजन को सफल बनाने के लिए बड़े पैमाने पर तैयारियां

आंध्र में 1,000 पार्कों की होगी स्थापना

जाधव ने बताया कि आंध्र प्रदेश के मुख्यमंत्री चंद्रबाबू नायडू योग दिवस को व्यापक जन-आंदोलन में परिवर्तित करना चाहते हैं। उनकी सरकार ने 21 जून को प्रदेश में एक हजार योग पार्कों की स्थापना का फैसला किया है, ताकि लोग नियमित रूप से योग को दिनचर्या में शामिल कर सकें। जाधव ने कहा, योग विभिन्न वर्गों और आयु समूहों के लोगों के जीवन का महत्त्वपूर्ण हिस्सा बनता जा रहा है। दुनिया में 21 जून को 11वें अंतरराष्ट्रीय योग दिवस पर कई कार्यक्रम होंगे।

दिल्ली में 111 जगह होंगे सत्र

दिल्ली में मोरारजी देसाई राष्ट्रीय योग संस्थान के नेतृत्व में 111 स्थलों पर योग सत्र आयोजित किए जाएंगे। दिल्ली में ऐतिहासिक और प्रतीकात्मक स्थलों पर एक लाख से ज्यादा प्रतिभागियों के शामिल होने की उम्मीद है।

Prameya • 21 Jun • Ministry of Ayush

AIPH University is celebrating International Yoga Day

3 • PG	102 • Sqcm	54973 • AVE	946.94K • Cir	Middle Right

Bhubaneshwar

ଏଆଇପିଏର୍ ବିଶ୍ୱବିଦ୍ୟାଳୟରେ ହରିତ ଯୋଗ ଦିବସ

ଭୁବନେଶ୍ୱର,୨୦।୬(ବ୍ୟୁରୋ): ଏଆଇପିଏର୍ ବିଶ୍ୱବିଦ୍ୟାଳୟ, ଖୋର୍ଦ୍ଧା ଜଗଣ୍ଣାଥପ୍ରସାଦ ହରିଡ଼ାମଡ଼ା କ୍ୟାମ୍ପସରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ଅବସରରେ ହରିତ ଯୋଗ କାର୍ଯ୍ୟକ୍ରମ ଅନୁଷ୍ଠିତ ହୋଇଛି। ମୋରାରଜୀ ଦେଶାଇ ଜାତୀୟ ଯୋଗ ପ୍ରତିଷ୍ଠାନ ଏବଂ ଅନ୍ତର୍ଜାତୀୟ ପ୍ରାକୃତିକ ଚିକିତ୍ସା ସଂଗଠନ ସହଯୋଗରେ ଏହି କାର୍ଯ୍ୟକ୍ରମ ହୋଇଥିଲା। ଏଥିରେ ଏଆଇପିଏର୍ ବିଶ୍ୱବିଦ୍ୟାଳୟର କୁଳପତି ଡ.ଉଷା ଅଗ୍ରୱାଲ ଅଧ୍ୟକ୍ଷତା କରିଥିଲେ। ପରିବେଶ ସୁରକ୍ଷାର ବାର୍ତ୍ତା ଦେଇ କାର୍ଯ୍ୟକ୍ରମଟି ବୃକ୍ଷରୋପଣ ସହିତ ଆରମ୍ଭ ହୋଇଥିଲା। ପରିବେଶଗତ ସ୍ଥିରତାକୁ ପ୍ରୋତ୍ସାହିତ କରିବା, ମାତୃ ମୂଲ୍ୟବୋଧକୁ ସମ୍ମାନ

ଜଣାଇବା ପାଇଁ 'ଏକ୍ ପେଡ୍ ମା'କେ ନାମ' ଅଭିଯାନ କରଯାଇଥିଲା। 'ଏକ ପୃଥିବୀ ପାଇଁ ଯୋଗ, ଏକ ସ୍ୱାସ୍ଥ୍ୟ' ଉପରେ ଏକ ଆଲୋଚନାଚକ୍ର ହୋଇଥିଲା। ସନ୍‌ସାଇନ୍ ହସ୍ପିଟାଲର ନିର୍ଦ୍ଦେଶକ ଅୟସକାନ୍ତ ମହାନ୍ତି ଏଥିରେ ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗଦେଇ ସୁସ୍ଥ ମନ, ଶରୀର ଓ ଗ୍ରହ ପାଇଁ ଦୈନନ୍ଦିନ ଜୀବନରେ ଯୌଗିକ ଅଭ୍ୟାସ ସମ୍ପର୍କରେ କହିଥିଲେ। ଯୋଗ ବିଜ୍ଞାନ ବିଭାଗ ପ୍ରଫେସର ଡ. ଦିନେଶ ପ୍ରସାଦ ଷଡଙ୍ଗ ପ୍ରାୟା ସ୍ୱାସ୍ଥ୍ୟ ଓ ପରିବେଶଗତ ସନ୍ତୁଳନ ପାଇଁ ପ୍ରକୃତି ସହିତ ସମନ୍ୱୟ ରକ୍ଷା କରି ଚଞ୍ଚିବାର ଆବଶ୍ୟକତା କହିଥିଲେ। ଯୋଗ ବିଜ୍ଞାନର ସହଜାରା ପ୍ରଫେସର ସତ୍ୟଭାମା ରଥ ଧନ୍ୟବାଦ ଦେଇଥିଲେ।

Prameya • 21 Jun • Ministry of Ayush

International Yoga Day is being celebrated at Healthville, an ODM initiative

3 • PG	149 • Sqcm	80634 • AVE	946.94K • Cir	Middle Left

Bhubaneshwar

ହେଲଥଭିଲେ, ଓଡିଏମ୍‌ରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ଶୁଭାରମ୍ଭ

ଭୁବନେଶ୍ୱର,୧୯।୬(ବ୍ୟୁରୋ): ମୋରାରଜୀ ଦେସାଇ ଜାତୀୟ ଯୋଗ ସଂସ୍ଥା, ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ, ଭାରତ ସରକାର ଓ ପୂର୍ବ ଭାରତର ବୃହତ ପ୍ରାକୃତିକ ଚିକିତ୍ସା କେନ୍ଦ୍ର ହେଲଥଭିଲେ ପକ୍ଷରୁ ୧୧ତମ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳିତ ହୋଇଛି। ଶୁକ୍ରବାର ପ୍ରଥମ ଦିବସରେ 'ହରିତ ଯୋଗ' ନାମରେ ଏକ ବୈଶିଷ୍ଟ୍ୟପୂର୍ଣ୍ଣ କାର୍ଯ୍ୟକ୍ରମ ହୋଇଥିଲା, ଯାହାର ଉଦ୍ଦେଶ୍ୟ ଏକ୍ ପେଡ୍ ମା'ଜେ ନାମ୍। ଏଥିରେ ଅଭିନେତା ସତ୍ୟସାଚୀ ମିଶ୍ର ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗଦେଇ ପରିବେଶ ସଂରକ୍ଷଣ ଓ ସ୍ୱାସ୍ଥ୍ୟ ସଚେତନତା ସମ୍ପର୍କରେ କହିଥିଲେ। ଓଡିଏମ୍ ଶିକ୍ଷା ସମୂହ ଓ ହେଲଥଭିଲେର ପ୍ରତିଷ୍ଠାତା ଅଧକ୍ଷ ଡ. ସତ୍ୟବ୍ରତ ମାନକେତନ ସ୍ୱାଗତ ଭାଷଣ ଦେଇ ଯୋଗ, ଶିକ୍ଷା ଓ ପର୍ଯ୍ୟାବରଣ ସମ୍ପର୍କରେ ଉଦ୍‌ବୋଧନ ଦେଇଥିଲେ। ହେଲଥଭିଲେର ମୁଖ୍ୟ ଚିକିତ୍ସାଧିକାରୀ ଓ ନିର୍ଦ୍ଦେଶକ ଡ. ମିଲିନ୍ଦ ପରାଶରଙ୍କ ନିର୍ଦ୍ଦେଶନାରେ କମନ୍ ଯୋଗ ପ୍ରୋଟୋକୋଲ ହୋଇଥିଲା। ଏଥିରେ ଓଡିଏମ୍‌ର ଛାତ୍ରଛାତ୍ରୀମାନେ ଏକ ସଂପୃକ୍ତ ଗ୍ରାମ୍ ଘେରି ନେଇ ପରିବେଶ ସୁରକ୍ଷା ପାଇଁ ନିଜ ଦାୟିତ୍ୱ ବୁଝାଇବାକୁ ସଂକଳ୍ପ କରିଥିଲେ। ଏହି ଅବସରରେ ବୃକ୍ଷରୋପଣ କରାଯାଇଥିଲା। ଦ୍ୱିତୀୟ ପର୍ଯ୍ୟାୟରେ ଓଡିଏମ୍ ଏମେରାଲ୍ଡ ପ୍ରେକ୍ଷାଳୟରେ ଏକ ସେମିନାର ଓ ପ୍ୟାନେଲ ଆଲୋଚନା ହୋଇଥିଲା। ଏହାର ଶୀର୍ଷକ ଥିଲା 'ବିଦ୍ୟାଳୟ ପାଠ୍ୟକ୍ରମରେ ଯୋଗ ଓ ପର୍ଯ୍ୟାବରଣ ଶିକ୍ଷା ଓ ରକ୍ଷାର ଆବଶ୍ୟକତା'। ଏଥିରେ ପରିବେଶବିତ୍ ମମତା ବିଶ୍ୱାଳ, ରମାଦେବୀ ମହିଳା ବିଶ୍ୱବିଦ୍ୟାଳୟର ଆସୋସିଏଟ୍ ପ୍ରଫେସର ଡ. ସସ୍ମିତା କର, ପ୍ରାକୃତିକ ଚିକିତ୍ସା କେନ୍ଦ୍ର ହେଲଥଭିଲେର ନିର୍ଦ୍ଦେଶକ ଡ.ମିଲିନ୍ଦ ପରାଶର ଏବଂ ଅନ୍ୟ ଜର୍ମାନରା ଯୋଗ ଦେଇଥିଲେ।

Prameya • 21 Jun • Ministry of Ayush

Uttarakhand is being developed as a global hub for Yoga

3 • PG | 150 • Sqcm | 81246 • AVE | 946.94K • Cir | Bottom Left

Bhubaneshwar

ବିଦେଶୀ ରାଷ୍ଟ୍ରଦୂତ, ଯୋଗାଚାର୍ଯ୍ୟଙ୍କୁ ଧାମିଙ୍କ ସ୍ୱାଗତ

ଯୋଗର ବୈଶ୍ୱିକ କେନ୍ଦ୍ର ହେବ ଉତ୍ତରାଖଣ୍ଡ

ଡେରାଡୁନ,୨୦।୬(ଏଜେନ୍ସି): ଆନ୍ତର୍ଜାତିକ ଯୋଗ ଦିବସର ଅବ୍ୟବହିତ ପୂର୍ବରୁ ଆଜି ଉତ୍ତରାଖଣ୍ଡର ଭଗତିଶେଣ ଓ ଗୌରଶେଣ ଠାରେ ଏକ୍ ସ୍ୱତନ୍ତ୍ର କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜିତ ହୋଇଥିଲା। ଏଥିରେ ଯୋଗଦେଇ ମୁଖ୍ୟମନ୍ତ୍ରୀ ପୁଷ୍କର ସିଂହ ଧାମି ମେକ୍ସିକୋ, ଫିଜି, ନେପାଳ, ସୁରିନାମ୍, ମଜୋଲିଆ, ଲାଟଭିଆ, ଶ୍ରୀଲଙ୍କା ଓ ବ୍ରୁଣ ରାଷ୍ଟ୍ରଦୂତ ଓ ଅନ୍ୟ ଉଚ୍ଚ ଅଧିକାରୀଙ୍କୁ ସ୍ୱାଗତ କରିଥିଲେ।

ଏହି ଅବସରରେ ସେ କହିଥିଲେ ଦେବଭୂମି ଉତ୍ତରାଖଣ୍ଡ ହେଉଛି ଯୋଗ ଓ ଆଧ୍ୟାତ୍ମର ବୈଶ୍ୱିକ ରାଜଧାନୀ। ଏଠାକାର ହିମାଳୟ ବାତାବରଣ, ଶୁଦ୍ଧ ଜଳବାୟୁ ଓ ଆଧ୍ୟାତ୍ମିକ ଧ୍ୟାନ ଓ ଯୋଗ ଲାଗି ବେଶ୍ ଉପଯୁକ୍ତ। ଉତ୍ତରାଖଣ୍ଡ ବୈଶ୍ୱିକ ଓ୍ୱେଲନେସ ଡେଷ୍ଟିସେନ (ସ୍ୱାସ୍ଥ୍ୟ

କେନ୍ଦ୍ର) ହେବାର ସମ୍ପୂର୍ଣ୍ଣ କ୍ଷମତା ରଖିଛି। ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଛନ୍ତି ଯେ ଆମ ସଂସ୍କୃତିରେ ଶତାବ୍ଦୀକ ଜଡ଼ି ଧରି ଯୋଗ ଓ ଆୟୁର୍ବେଦ ଗଭୀର ଭାବେ ଜଡିତ ଅଛି। ଏହି ମାଟି ଋଷି, ମୁନି, ଯୋଗୀ ଓ ବୈଦ୍ୟଙ୍କ ସାଧନା ସ୍ଥଳୀ ଥିଲା। ଉତ୍ତରାଖଣ୍ଡର ଔଷଧୀୟ ବୃକ୍ଷ ଓ ଜଡିବୁଟି ସମସ୍ତ ବିଶ୍ୱରେ ଆଦରଣୀୟ ରହିଛି। ବିଶ୍ୱର ପ୍ରମୁଖ ଆୟୁର୍ବେଦିକ ଔଷଧ ନିର୍ମାତା ଏଠାରେ ସେମାନଙ୍କ କାର୍ଯ୍ୟ କରୁଛନ୍ତି। ଏଠାରେ ଋଷିକୁଳ, ଗୁରୁକୁଳ ଆୟୁର୍ବେଦିକ ମହାବିଦ୍ୟାଳୟ ଭଳି ୧୦୦ ବର୍ଷରୁ ଅଧିକ ପୁରୁଣା ଆୟୁର୍ବେଦିକ ସଂସ୍ଥାନ ସଂଚାଳିତ ହେଉଛି।

ମୁଖ୍ୟମନ୍ତ୍ରୀ କହିଥିଲେ ଯେ ଆୟୁର୍ବେଦ, ଯୋଗ ଓ ପଞ୍ଚକର୍ମ କ୍ଷେତ୍ରରେ ଉତ୍ତରାଖଣ୍ଡ ପାଖରେ ଅତ୍ୟନ୍ତ ପ୍ରଶିକ୍ଷିତ ମାନବ ସଂସାଧନ ରହିଛି। ଜୀବନଶୈଳୀ ଜନିତ ରୋଗ, ତାର ନିବାରଣ, ସ୍ୱାସ୍ଥ୍ୟ ସଂରକ୍ଷଣ ଉପରେ ମିଳିତ ଅନୁସନ୍ଧାନ ଓ ନବସୃଜନ କାର୍ଯ୍ୟ ମିଳିମିଶି କରିପାରିବା ବୋଲି ସେ କହିଥିଲେ। ଆଜିର କାର୍ଯ୍ୟକ୍ରମରେ ସମ୍ପୂର୍ଣ୍ଣ ଉତ୍ତରାଖଣ୍ଡର ଝଲକ ଦେଖିବାକୁ ମିଳିଛି। କାର୍ଯ୍ୟକ୍ରମର ଆରମ୍ଭ ନନ୍ଦାଦେବୀ ରାଜ ଜାତରୁ ଆରମ୍ଭ ହୋଇଥିଲା। ଏହାପରେ ରାଜ୍ୟର ବିଭିନ୍ନ ଅଞ୍ଚଳର ପାରମ୍ପରିକ ଲୋକନୃତ୍ୟ ବେଶ୍ ଚିତାକର୍ଷକ ହୋଇଥିଲା।

Prameya • 21 Jun • Ministry of Ayush

PM Modi to Lead Record-Breaking Yoga Day Event in Visakhapatnam

1 • PG | 111 • Sqcm | 60127 • AVE | 946.94K • Cir | Bottom Right

Bhubaneshwar

ବିଶାଖାପାଟଣାରେ ଆଜି ଯୋଗ ଦିବସର ନେତୃତ୍ୱ ନେବେ ମୋଦି

ନୂଆଦିଲ୍ଲୀ, ୨୦।୬(ଏଜେନ୍ସି): ଶନିବାର ୧୧ତମ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳନ ହେବାକୁ ଥିବାବେଳେ ପ୍ରଧାନମନ୍ତ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦି ଅନ୍ଧ୍ରପ୍ରଦେଶର ବିଶାଖାପାଟଣାରେ ଜାତୀୟ କାର୍ଯ୍ୟକ୍ରମର ନେତୃତ୍ୱ ନେବେ। ସେଠାରେ ୩ ଲକ୍ଷରୁ ଅଧିକ ପ୍ରତିଯୋଗୀଙ୍କ ସହ ସାଧାରଣ ଯୋଗ ପ୍ରୋଟୋକଲ୍ ପ୍ରଦର୍ଶନ କରିବେ। ତାଙ୍କ ସହ କେନ୍ଦ୍ର ଆୟୁଷ ରାଷ୍ଟ୍ରମନ୍ତ୍ରୀ ଏବଂ ସ୍ୱାସ୍ଥ୍ୟ ଏବଂ ପରିବାର କଲ୍ୟାଣ ରାଷ୍ଟ୍ରମନ୍ତ୍ରୀ ପ୍ରତାପରାଓ ଯାଦବ, ଅନ୍ଧ୍ରପ୍ରଦେଶ ମୁଖ୍ୟମନ୍ତ୍ରୀ ଏନ୍. ଚନ୍ଦ୍ରବାବୁ ନାଇଡୁ ବି ସାମିଲ ହେବେ। 'ଯୋଗ ସଙ୍ଗମ' ଅଭିଯାନରେ ପୂରା ଦେଶରେ ୧୦ ଲକ୍ଷରୁ ଅଧିକ ସ୍ଥାନରେ ଯୋଗ ପ୍ରଦର୍ଶନ ଜାରିହେବ। ସକାଳ ୬ଟା ୩୦ରୁ ୭ଟା ୪୫ ମିନିଟ୍ ପର୍ଯ୍ୟନ୍ତ ଏହି କାର୍ଯ୍ୟକ୍ରମ୍ ଆୟୋଜନ ହେବ। ଏକ ଅଭୂତପୂର୍ବ ସମାବେଶରେ, ରାଜ୍ୟର ୧ ଲକ୍ଷରୁ ଅଧିକ ସ୍ଥାନରେ ୨ କୋଟିରୁ ଅଧିକ ଲୋକ ଅଂଶଗ୍ରହଣ କରିବେ ବୋଲି ଆଶା କରାଯାଇଛି। ଅନ୍ଧ୍ରପ୍ରଦେଶ ସରକାର ଏହି ଉତ୍ସବକୁ ପାଳନ କରି ଏକ ଗିନିଜ୍ ୱାର୍ଲ୍ଡ ରେକର୍ଡ ପାଇଁ ପ୍ରୟାସ କରୁଛନ୍ତି। ଜୁନ୍ ୨୧ରେ ଯୋଗଦିବସ ଆୟୋଜନ ଲାଗି ୧ ଲକ୍ଷ ପଞ୍ଜୀକରଣ ଲକ୍ଷ୍ୟ ରଖାଯାଇଥିଲା ଜିଲ୍ଲ ୧୧ ଲକ୍ଷରୁ ଊର୍ଦ୍ଧ୍ୱ ସଙ୍ଗଠନ ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟର ଯୋଗ ପୋର୍ଟାଲ ମାଧ୍ୟମରେ ବିଭିନ୍ନ ସ୍ଥାନରେ ଯୋଗଦିବସ ଆୟୋଜନ ଲାଗି ପଞ୍ଜୀକରଣ କରିଛନ୍ତି।

ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସର ଦଶମ ପାଳନ, ପାଇଁ ୧୦ଟି ପ୍ରମୁଖ କାର୍ଯ୍ୟକ୍ରମ ରଖାଯାଇଛି। ସେଗୁଡ଼ିକ ହେଲା ଯୋଗ ସଙ୍ଗମ, ଯୋଗ ବନ୍ଧନ, ହରିତ ଯୋଗ, ଯୋଗ ପାର୍କ, ଯୋଗ ସମାବେଶ, ଯୋଗ ପ୍ରଭାବ, ଯୋଗ କନେକ୍ଟ, ଯୋଗ ଅନ୍‌ପ୍ରଗତ, ଯୋଗ ମହାକୁମ୍ଭ ଏବଂ ସମ୍ୟଗ୍। ଏହି କାର୍ଯ୍ୟକ୍ରମ ଅଧୀନରେ ସାମୂହିକ ଯୋଗ, ଅନ୍ତର୍ଜାତୀୟ ସହଯୋଗ, ବୃକ୍ଷରୋପଣ, ପାର୍ବଜନିକ୍ ପାର୍କରେ ଯୋଗ ଭିତ୍ତିଭୂମି ବିକଶିତ କରାଯିବ, ଯୋଗ ଦିବସ ଏବଂ ଏହାର ସାମାଜିକ ପ୍ରଭାବ ଉପରେ ଏକ ବ୍ୟାପକ ୧୦ ବର୍ଷୀୟ ରିପୋର୍ଟ, ଅନ୍‌ଲାଇନରେ ଯୋଗ ଶିକ୍ଷା ସଞ୍ଚାଳନ, ପାରମ୍ପରିକ ଏବଂ ଜ୍ଞାନକୌଶଳ ଯୁକ୍ତ ଅତ୍ୟାଧୁନିକ ଯୋଗ ଉପରେ ଯୁବବର୍ଗଙ୍କ ଧ୍ୟାନ କେନ୍ଦ୍ରୀଭୂତ କରିବା, ଅତ୍ୟାଧୁନିକ ଚିକିତ୍ସା ସୁବିଧା ସହ ଯୋଗକୁ ଯୋଡ଼ିବା ଆଦି କାର୍ଯ୍ୟକ୍ରମ ଅନ୍ତର୍ଭୁକ୍ତ।

Prameya • 15 Jun • Ministry of Ayush

Patanjali intensifies Yoga Day campaign

10 • PG	121 • Sqcm	65480 • AVE	946.94K • Cir	Middle Center

Bhubaneshwar

ଯୋଗ ଦିବସ ପାଇଁ ପତଞ୍ଜଳିର ଜନସମ୍ପର୍କ ଅଭିଯାନ

ଭୁବନେଶ୍ୱର,୧୪।୬ (ବ୍ୟୁରୋ): ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ଉପଲକ୍ଷେ ପତଞ୍ଜଳି ଯୋଗପୀଠ ଟ୍ରଷ୍ଟ ପକ୍ଷରୁ ଜନସମ୍ପର୍କ ଅଭିଯାନ ଜୋରଦାର ହୋଇଛି। ରାମଦେବଙ୍କ ମାର୍ଗଦର୍ଶନରେ ହରିୟାଣା ଯୋଗ ଆୟୋଗ ଏବଂ ଆୟୁଷ ବିଭାଗ ତତ୍ତ୍ୱାବଧାନରେ ୧୧ତମ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗଦିବସ ପାଳନ କରାଯିବ। ରାମଦେବ ଏବଂ ମୁଖ୍ୟମନ୍ତ୍ରୀ ନାୟବ ସିଂ ସୈନି କାର୍ଯ୍ୟକ୍ରମରେ ଅତିଥି ଭାବେ ଯୋଗ ଦେଇ କୁରୁକ୍ଷେତ୍ରରେ ଲୋକଙ୍କ ସହ ଏହି ଦିବସଟିକୁ ପାଳନ କରିବେ।

ଏହି ଅବସରରେ ପତଞ୍ଜଳି ଯୋଗ ସମିତିର ମୁଖ୍ୟ କେନ୍ଦ୍ରୀୟ ପ୍ରଭାରୀ ରାକେଶ ଭାରତ କହିଛନ୍ତି, ୨୧ ଜୁନରେ କୁରୁ ସରୋବରରେ ଆୟୋଜିତ ହେବାକୁ ଥିବା ଅନ୍ତର୍ଜାତୀୟ ଯୋଗଦିବସ କାର୍ଯ୍ୟକ୍ରମ ଭବ୍ୟ ଏବଂ ଐତିହାସିକ ହେବାକୁ ଯାଉଛି। କୁରୁକ୍ଷେତ୍ରର ପ୍ରତିଗ୍ରାମ ଏବଂ ଘରେ ଘରେ ଏହି ଅଭିଯାନକୁ

PATANJALI

ଜୋରଦାର କରାଯାଇଛି। ଗରମ ସତ୍ତ୍ୱେ ମଧ୍ୟ ପତଞ୍ଜଳିର କାର୍ଯ୍ୟକର୍ତ୍ତାଙ୍କ ମଧ୍ୟରେ ଏହି ଆୟୋଜନକୁ ନେଇ ପ୍ରବଳ ଉତ୍ସାହ ପରିଲକ୍ଷିତ ହୋଇଛି। ଯୋଗ ଦ୍ୱାରା ନିଶାମୁକ୍ତ, ଚିନ୍ତାମୁକ୍ତ ଏବଂ ରୋଗ ମୁକ୍ତି ସହ ଏକ ସୁସ୍ଥକର ଜୀବନଯାପନକୁ ଉତ୍ସାହିତ କରାଯାଇଛି।

କାର୍ଯ୍ୟକର୍ତ୍ତା ବୈଠକରେ ଶ୍ରୀ ରାକେଶ କହିଛନ୍ତି, ୪୦ ପଏଣ୍ଟ ଉପରେ ପ୍ରଚାର କାର୍ଯ୍ୟକୁ ଆଗାମୀ ୨ ଦିନରେ ଶେଷ କରିବା ଲକ୍ଷ୍ୟ ରଖାଯାଇଛି। ଏଥିଲାଗି ହରିୟାଣାର ବିଭିନ୍ନ ପ୍ରାନ୍ତରେ ପ୍ରସ୍ତୁତି ବୈଠକ ଯୋରଦାର ହୋଇଛି। ଏହି ଅବସରରେ ପତଞ୍ଜଳିର କର୍ମକର୍ତ୍ତା ଉପସ୍ଥିତ ରହି ଲୋକଙ୍କୁ ସଚେତନ କରାଉଛନ୍ତି। ଅନ୍ତର୍ଜାତୀୟ ଯୋଗଦିବସ ଆୟୋଜନକୁ ସଫଳ କରିବା ଦିଗରେ ଏଭଳି କାର୍ଯ୍ୟକ୍ରମ ବେଶ ସହାୟକ ହେବ ବୋଲି ଆଶା କରାଯାଉଛି।

Sambad • 21 Jun • Ministry of Ayush

Healthy earth construction possible with Yoga

7 • PG | 254 • Sqcm | 241311 • AVE | 1.25M • Cir | Top Center

Bhubaneshwar

ଯୋଗ ଦ୍ୱାରା ସୁସ୍ଥ ପୃଥିବୀ ଗଠନ ସମ୍ଭବ

ଆଜି ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ

ଖଣ୍ଡଗିରି, ୨୦/୬(ଇମିସ): ପ୍ରତିବର୍ଷ ଜୁନ୍ ୨୧ ତାରିଖକୁ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ରୂପେ ପାଳନ କରାଯାଉଛି। ୨୦୧୫ ମସିହାଠାରୁ ଏହି ଦିବସ ବିଧିବଦ୍ଧ ଭାବେ ପାଳିତ ହେଉଛି। ୨୦୧୫ ମସିହାରେ ପ୍ରଧାନମନ୍ତ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦୀଙ୍କ ନେତୃତ୍ୱରେ ଏହାର ଶୁଭାରମ୍ଭ କରାଯାଇଥିଲା। ଯୋଗାଭ୍ୟାସର ସୁଫଳ ସମ୍ପର୍କରେ ବିଶ୍ୱବ୍ୟାପୀ ସଚେତନତା ସୃଷ୍ଟି କରିବା ଏହି ଦିବସ ପାଳନର ମୂଳ ଉଦ୍ଦେଶ୍ୟ। ଚଳିତ ବର୍ଷର ଥିମ୍ ରହିଛି 'ଏକ ପୃଥିବୀ, ଏକ ସ୍ୱାସ୍ଥ୍ୟ ପାଇଁ ଯୋଗ'। ସାମୂହିକ କଲ୍ୟାଣ ନିମନ୍ତେ ଯୋଗ ଦ୍ୱାରା ବ୍ୟକ୍ତିଗତ ସୁସ୍ଥତା ଓ ପରିବେଶଗତ ସ୍ଥିରତାକୁ ପ୍ରୋତ୍ସାହିତ କରିବା ପାଇଁ ଚଳିତ ବର୍ଷ ଯୋଗ ଦିବସ ପାଳନ କରାଯିବ। ଭାରତରେ ବର୍ତ୍ତମାନ ଯୋଗ କରୁଥିବା ବ୍ୟକ୍ତିଙ୍କ ସଂଖ୍ୟା ୧୫କୋଟିରୁ ଅଧିକ। ସେହିପରି ରାଜଧାନୀ ଭୁବନେଶ୍ୱରରେ ଯୋଗ କରୁଥିବା ବ୍ୟକ୍ତିଙ୍କ ସଂଖ୍ୟା ଜିଲ୍ଲା ଜମ୍ବୁ ନୁହେଁ। ପ୍ରତ୍ୟହ ସକାଳେ ଭୁବନେଶ୍ୱରର ବିଭିନ୍ନ ପାର୍କ ଓ ପଡ଼ିଆରେ ଯୋଗ ଶିବିର ଅନୁଷ୍ଠିତ ହେଉଛି। ସେହିପରି କିଛି ଅନୁଷ୍ଠାନ ପକ୍ଷରୁ ଯୋଗାଭ୍ୟାସ ଲାଗି ବିଭିନ୍ନ ପଦକ୍ଷେପ ନିଆଯାଉଛି। ପୂର୍ବାପେକ୍ଷା ଯୋଗର ପ୍ରଚାରପ୍ରସାର ବଢ଼ିବା ସହିତ ଏହା ସମସ୍ତ ବର୍ଗଙ୍କ ନିକଟରେ ଆଦୃତି ଲାଭ କରିଛି। ବିଶେଷ କରି ଯୁବପିଢ଼ିଙ୍କ ମଧ୍ୟରେ ଯୋଗ ପ୍ରତି ଆଗ୍ରହ ବଢୁଛି। ନିୟମିତ ସୂର୍ଯ୍ୟ ନମସ୍କାର, ପ୍ରାଣାୟମ କରିବା ଦ୍ୱାରା ଆମ ଶରୀର ସୁସ୍ଥ ରହିବା ସହିତ ଜାମ କରିବାକୁ ମନରେ ସ୍ପୃହା ସୃଷ୍ଟି ହୋଇଥାଏ। ସୂର୍ଯ୍ୟ ନମସ୍କାର ପରିବାରର ପ୍ରତିଷ୍ଠାତା ଗୁରୁ ଋଷି ପତ୍ତା ଜହିଛନ୍ତି, ଯୋଗର ମହତ୍ତ୍ୱ ଅନେକ। ଏହା ସବୁସ୍ତରରେ ପହଞ୍ଚିବା ଆବଶ୍ୟକ। ଦିନକୁ ଅତିକମ୍‌ରେ ଅଧଘଣ୍ଟା ଯୋଗାଭ୍ୟାସ କରିବା ଦରକାର। ସୂର୍ଯ୍ୟ ନମସ୍କାର ଦ୍ୱାରା ଆମ ଶରୀରରେ ରୋଗ ପ୍ରତିରୋଧକ ଶକ୍ତି ବୃଦ୍ଧି ପାଏ। ନିୟମିତ ଅଭ୍ୟାସ କରିବା ଦ୍ୱାରା ଶରୀର ଉପରେ ଏହାର ପ୍ରଭାବ ଦେଖିବାକୁ ମିଳିଥାଏ। କୋଭିଡ୍ ସମୟରେ ମଧ୍ୟ ନିୟମିତ ଯୋଗାଭ୍ୟାସ କରୁଥିବା ବ୍ୟକ୍ତିଙ୍କ କ୍ଷେତ୍ରରେ ଏହା ପ୍ରମାଣିତ ହୋଇଛି ବୋଲି ସେ କହିଛନ୍ତି। ମୁଖାର୍ଜୀ ପାର୍କରେ ୨୦୧୪ ମସିହାରୁ ଅନୁଷ୍ଠାନକୁ ଆରମ୍ଭ କରିଥିବା ଶ୍ରୀ ପଣ୍ଡା ବର୍ତ୍ତମାନ ୨୫୦ରୁ ଅଧିକ ଲୋକଙ୍କୁ ନିଶୁଳ୍କ ଯୋଗଶିକ୍ଷା ପ୍ରଦାନ କରୁଛନ୍ତି।

ଯୋଗ ପ୍ରଶିକ୍ଷକ ଗଣେଶ୍ୱର ଗୋଚ୍ଛିକାରଙ୍କ କହିବା ମୁତାବକ, ମନୁଷ୍ୟ ହେଉଛି କର୍ମଯୋଗୀ। କାମ କରିବା ଭିତରେ ଶରୀର ରୋଗଗ୍ରସ୍ତ ହେବା ସ୍ୱାଭାବିକ। ଶରୀରକୁ ରୋଗମୁକ୍ତ କରିବାକୁ ହେଲେ ଯୋଗାଭ୍ୟାସ ନିହାତି ଆବଶ୍ୟକ। ଅତିକମ୍‌ରେ ଜପାଳଭାତି ଓ ଅନୁଲୋମ ବିଲୋମ, ଭ୍ରମର। ଅଭ୍ୟାସ କରିବା ଦ୍ୱାରା ବିଭିନ୍ନ ରୋଗରୁ ମୁକ୍ତି ମିଳିଥାଏ। ଏହା ବିଜ୍ଞାନ ସମ୍ମତ। ଏଥିସହ ବାହାର ଖାଦ୍ୟ ତଥା ଫାଷ୍ଟଫୁଡ୍‌ଠାରୁ ଦୂରେଇ ରହିବା ସହିତ ପାଉଁରି ଆହାର ଗ୍ରହଣ କରିବାର ଆବଶ୍ୟକତା ରହିଛି। ବର୍ତ୍ତମାନ ଯୁବପିଢ଼ି ପାରମ୍ପରିକ ଯୋଗ ସହିତ ନୂଆନୂଆ ଯୋଗକୁ ଆପଣେଇଲେଣି। ଏଥିରେ କୁପ୍‌ଯୋଗ, ଲାଫିଙ୍ଗ୍ ଯୋଗ, ପିଲୋ ଯୋଗ, ବଲ୍ ଯୋଗ ଆଦି ରହିଛି। ଏହା ଶରୀରକୁ ନିରୋଗ ରଖିବା ସହିତ ମନଲାଯତ୍ତତା ପ୍ରଦାନ କରେ ବୋଲି ଶ୍ରୀ ଗୋଚ୍ଛିକାର କହିଛନ୍ତି।

Sambad • 21 Jun • Ministry of Ayush

International Yoga Day is being celebrated at Healthville, an ODM

13 • PG	70 • Sqcm	66238 • AVE	1.25M • Cir	Middle Left

Bhubaneshwar

ହେଲ୍‌ଥଭିଲେ, ଓଡିଏମ୍‌ରେ ଯୋଗ ଦିବସ

ଭୁବନେଶ୍ୱର, ୨୦/୬: ହେଲ୍‌ଥଭିଲେ ଓ ଓଡିଏମ୍‌ରେ ୧୧ତମ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳିତ ହୋଇଯାଇଛି। ଏଥିରେ ଓଡ଼ିଆ ଅଭିନେତା ସତ୍ୟବ୍ରତ ମିଶ୍ର ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗ ଦେଇଥିଲେ। ଓଡିଏମ୍ ଶିକ୍ଷା ସମୂହ ଓ ହେଲ୍‌ଥଭିଲେର ପ୍ରତିଷ୍ଠାତା ଡ. ସତ୍ୟବ୍ରତ ମିନଚେଳତନ ସ୍ୱାଗତ ଭାଷଣ ପ୍ରଦାନ କରି ଯୋଗ, ଶିକ୍ଷା ଓ ପରିବେଶ ମଧ୍ୟ ସମନ୍ୱୟ ଉପରେ ଆଲୋକପାତ କରିଥିଲେ। ହେଲ୍‌ଥଭିଲେର ମୁଖ୍ୟ ଚିକିତ୍ସା ଅଧିକାରୀ ଡ. ମିଲିନ୍ଦ ପରାଶରଙ୍କ ତତ୍ତ୍ୱାବଧାନରେ ଅନୁଷ୍ଠିତ କମନ ଯୋଗ ପ୍ରୋଟୋକଲ୍‌ରେ ଛାତ୍ରଛାତ୍ରୀ, କର୍ମଚାରୀ ଓ ଯୋଗପ୍ରେମୀମାନେ ସାମିଲ ହୋଇଥିଲେ। ଓଡିଏମ୍ ପବ୍ଲିକ୍ ସ୍କୁଲର ଛାତ୍ରଛାତ୍ରୀମାନେ ପରିବେଶକୁ ନେଇ ଶପଥପାଠ କରିଥିଲେ। ଏହି ଅବସରରେ ହେଲ୍‌ଥଭିଲେ କ୍ୟାମ୍ପସ୍ ଓ ରାସ୍ତାପାର୍ଶ୍ୱରେ ବୃକ୍ଷରୋପଣ କରାଯାଇଥିଲା। ଓଡିଏମ୍ ପ୍ରେକ୍ଷାଳୟରେ ସେମିନାର ଓ ପ୍ୟାନେଲ୍ ଆଲୋଚନା ମଧ୍ୟ ଅନୁଷ୍ଠିତ ହୋଇଥିଲା।

Pratidin • 21 Jun • Ministry of Ayush

International Yoga Day is being celebrated at Healthville, an ODM

3 • PG | 121 • Sqcm | 27284 • AVE | 589.13K • Cir | Bottom Left

Bhubaneshwar

ହେଲ୍‌ଥ ଭିଲେଜ ଓ ଓଡିଏମରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ

ଭୁବନେଶ୍ୱର,୨୦।୬ (ନି.ପ୍ର.): ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ ଅନ୍ତର୍ଗତ ମୋରାରଜୀ ଦେଶାଇ ଜାତୀୟ ଯୋଗ ସଂସ୍ଥା, ପୂର୍ବ ଭାରତର ବୃହତ୍ତମ ପ୍ରାକୃତିକ ଚିକିତ୍ସା କେନ୍ଦ୍ର ହେଲ୍‌ଥ ଭିଲେଜର ମିଳିତ ପ୍ରୟାସରେ ଯୋଗ କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜିତ ହୋଇଛି । ଶନିବାର ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ଅବସରରେ ଏହା ଉଦଯାପିତ ହେବ । ହରିତ ଯୋଗ ନାମରେ ଆୟୋଜିତ ଉକ୍ତ କାର୍ଯ୍ୟକ୍ରମର ଉଦ୍ଦେଶ୍ୟ ଥିଲା 'ଏକ ପେଡ ମା କେ ନାମ' । ଏହି ଭବ୍ୟ ଅବସରରେ ଓଲିଉଡ ଅଭିନେତା ସବ୍ୟସାଚୀ ମିଶ୍ର ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗ ଦେଇ ପରିବେଶ ସଂରକ୍ଷଣ, ମାନବ ସ୍ୱାସ୍ଥ୍ୟର ବିକାଶ ଏବଂ ହରିତ ଯୋଗ ବିଷୟରେ ବିଶ୍ଳେଷଣାତ୍ମକ ଅଭିବ୍ୟକ୍ତି ରଖିଥିଲେ । ଓଡ଼ିଏମ ଶିକ୍ଷା ସମୂହ ଏବଂ ହେଲ୍‌ଥ ଭିଲେଜ ପ୍ରତିଷ୍ଠାତା ଅଧ୍ୟକ୍ଷ ଡ. ସତ୍ୟବ୍ରତ ମିନକେତନ ଯୋଗ ଶିକ୍ଷା ଏବଂ ପର୍ଯ୍ୟାବରଣର ସମନ୍ୱୟ ସମ୍ବନ୍ଧରେ ବକ୍ତବ୍ୟ ପ୍ରଦାନ କରିଥିଲେ । ଏହା ସହିତ ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ ଆଭିମୁଖ୍ୟ ସଫଳ କରିବା ପାଇଁ ହରିତ କ୍ରାନ୍ତିରେ ଭାଗ ନେବା ଲାଗି ଆହ୍ୱାନ ଦେଇଥିଲ । ହେଲ୍‌ଥ ଭିଲେଜର ମୁଖ୍ୟ ଚିକିତ୍ସା ଅଧିକାରୀ ଓ ନିର୍ଦ୍ଦେଶକ ଡ. ମିଲିନ୍ଦ ପରାଶରଙ୍କ ନିର୍ଦ୍ଦେଶନାରେ କମନ ଯୋଗ ପ୍ରୋଟୋକଲ ଆୟୋଜିତ ହୋଇଥିଲା । ଏଥିରେ ଛାତ୍ରଛାତ୍ର, କର୍ମଚାରୀ ଓ ଯୋଗ ପ୍ରତି ଅନୁରକ୍ତ ବ୍ୟକ୍ତିବିଶେଷ ଅଂଶ ଗ୍ରହଣ କରିଥିଲେ । କାର୍ଯ୍ୟକ୍ରମର ଦ୍ୱିତୀୟ ପର୍ଯ୍ୟାୟରେ ଓଡ଼ିଏମର ଏମରଲାଡ୍ ଅଡିଟୋରିୟମରେ ଏକ ସେମିନାର ଓ ପ୍ୟାନେଲ ଆଲୋଚନା ଅନୁଷ୍ଠିତ ହୋଇଥିଲା । ଏହାର ବିଷୟ ଥିଲା 'ବିଦ୍ୟାଳୟ ପାଠ୍ୟକ୍ରମରେ ଯୋଗ ଓ ପର୍ଯ୍ୟାବରଣ ଶିକ୍ଷା ଏବଂ ରକ୍ଷାର ଆବଶ୍ୟକତା' । ଏଥିରେ ପର୍ଯ୍ୟାବରଣ ମମତା ବିଶ୍ୱାଳ, ଆର୍.ଡି . ବିଶ୍ୱବିଦ୍ୟାଳୟ ଆସୋସିଏଟ ପ୍ରଫେସର ଡ. ସସ୍ମିତା କର ହେଲ୍‌ଥ ଭିଲେଜ ନିର୍ଦ୍ଦେଶକ ଡ. ପରାଶର ପ୍ରମୁଖ ଯୋଗ ଦେଇଥିଲେ।

Pratidin • 21 Jun • Ministry of Ayush

Yoga for One Earth, One health

3 • PG | 137 • Sqcm | 30808 • AVE | 589.13K • Cir | Middle Left

Bhubaneshwar

ଏକ ପୃଥିବୀ, ଏକ ସ୍ୱାସ୍ଥ୍ୟ ପାଇଁ ଯୋଗ

ଭୁବନେଶ୍ୱର, ୨୦।୬(ନିପ୍ର): ପ୍ରତିବର୍ଷ ଜୁନ୍ ୨୧ ତାରିଖରେ ଆୟୋଜିତ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ଏବେ ବିଶ୍ୱ ମାନବ ସମୁଦାୟ ପାଇଁ ଏକ ସ୍ୱାସ୍ଥ୍ୟ ଓ ଆତ୍ମବିକାଶ ଉତ୍ସବ ହୋଇଯାଇଛି। ଏହି ଦିନଟି ପ୍ରଥମେ ଭାରତ ସରକାରର ପ୍ରୟାସରେ ସଂଯୁକ୍ତ ରାଷ୍ଟ୍ରସଂଘ ଦ୍ୱାରା ୨୦୧୪ ମସିହାରେ ଘୋଷିତ ହୋଇଥିଲା। ଯୋଗ ମାନବ ଜୀବନର ଶାରୀରିକ, ମାନସିକ ଓ ଆତ୍ମିକ ଉନ୍ନତି ପାଇଁ ବ୍ୟବହୃତ ହୁଏ। ଯୋଗର ଗୁରୁତ୍ୱକୁ ବିଶ୍ୱସ୍ତରରେ ପ୍ରଚାର ପାଇଁ ପ୍ରଧାନମନ୍ତ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦୀ ୨୦୧୪ ମସିହାରେ ସଂଯୁକ୍ତ ରାଷ୍ଟ୍ରସଂଘରେ ପ୍ରସ୍ତାବ ଦେଇ। ଏହି ପ୍ରସ୍ତାବ ସମ୍ମତି ପାଇଯାଇ ୨୦୧୫ ରୁ ପ୍ରତିବର୍ଷ ୨୧ ଜୁନ୍ ତାରିଖରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ଉଦ୍ୟାପନ କରାଯାଉଛି। ଚଳିତ ବର୍ଷ ଭିନ୍ନ ରୂପରେ ବିଭିନ୍ନ ଶ୍ରମିକ ସଂଗଠନ, ବିଦ୍ୟାଳୟ, ଜନସାଧାରଣ ଓ ସାମାଜିକ ଅନୁଷ୍ଠାନ ଉତ୍ସାହର ସହିତ ଏହାକୁ ଆୟୋଜନ କରୁଛନ୍ତି । ପ୍ରାତଃ ସମୟରେ ଅନେକ ସ୍ଥାନରେ ଯୋଗ ଶିବିର, ପ୍ରଦର୍ଶନୀ ଓ ଆଲୋଚନା ସଭା ବ୍ୟବସ୍ଥା କରାଯାଇଛି। ଯୋଗର ଗୁରୁତ୍ୱ- ଯୋଗ ମନ, ଶରୀର ଓ ଆତ୍ମାଙ୍କର ଏକତାକୁ ଉନ୍ନତ କରେ। ଆଜିର ବ୍ୟସ୍ତ ଜୀବନରେ ଯୋଗ ଏକ ଶାନ୍ତି ଓ ସ୍ୱାସ୍ଥ୍ୟ ରାସ୍ତା ଭାବରେ ସ୍ଥାନ ପାଇଛି। ମଧୁମେହ, ଚୁମାଟିଜମ୍, ରକ୍ତଚାପ ଇତ୍ୟାଦି ଯୋଗାଭ୍ୟାସ ଯୋଗୁ ହ୍ରାସ ପାଏ । ଏହା ଶରୀରକୁ ନମ୍ର ଓ ଶକ୍ତିଶାଳୀ କରେ । ଆତ୍ମନିୟନ୍ତ୍ରଣ ବଢ଼ାଏ ଓ ଷ୍ଟ୍ରେସ୍ କମାଇବା ସହିତ ଧ୍ୟାନ ଏବଂ ଧାରଣା ଶକ୍ତି ବଢ଼ାଏ । ଯୋଗଦ୍ୱାରା ଶାନ୍ତି ମିଳେ । ମନୁଷ୍ୟ ଓ ପ୍ରକୃତି ମଧ୍ୟରେ ସମନ୍ୱୟ ପ୍ରତିଷ୍ଠା ହୁଏ । ଯୋଗ ସଂଯମ ଶିକ୍ଷା ଦିଏ ସମାଜ ଓ ପରିବେଶ ପାଇଁ ଅନୁଜ୍ଞାନ ବିକାଶ ହୁଏ, ଯାହା ଶାନ୍ତିପୂର୍ଣ୍ଣ ସମାଜ ଗଠନକୁ ସହଯୋଗ କରେ। ଆସନ୍ତୁ, ୨୦୨୫ ର ଯୋଗ ଦିବସରେ ନିଜ ଜୀବନରେ ଏହି ଅମୂଲ୍ୟ ପ୍ରାଚୀନ ଉପହାରକୁ ଅଂଶୀଦାର କରିବା ।

Pratidin • 13 Jun • Ministry of Ayush

International Day of Yoga 2025 Is Not Just a Milestone, It is a Global Wellness Movement : Ayush Min...

8 • PG | 72 • Sqcm | 16197 • AVE | 589.13K • Cir | Middle Center

Bhubaneshwar

୨୦୨୫ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ଏକ ବୈଶ୍ୱିକ ଆନ୍ଦୋଳନ: ଆୟୁଷ ମନ୍ତ୍ରୀ

ନୂଆଦିଲ୍ଲୀ,୧୨।୬(ଏଜେନ୍ସି): ସାମ୍ବାଦିକ ସମ୍ମିଳନୀରେ ଆୟୁଷ ମନ୍ତ୍ରୀ ପ୍ରତାପରାଓ ଯାଧବ ଗତ ଦଶନ୍ଧି ଧରି ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସର ଉଲ୍ଲେଖନୀୟ ଯାତ୍ରା ଉପରେ ଆଲୋକପାତ କରିଛନ୍ତି। ସେ କହିଛନ୍ତି, ପ୍ରଧାନମନ୍ତ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦୀଙ୍କ ଦୂରଦୃଷ୍ଟି ସମ୍ପନ୍ନ ଆହ୍ୱାନ ପରେ ଏହା ଭାରତର ପାରମ୍ପରିକ ଜ୍ଞାନରେ ମୂଳ ଏକ ବିଶ୍ୱବ୍ୟାପୀ ସୁସ୍ଥତା ଆନ୍ଦୋଳନର ଆରମ୍ଭ ଥିଲା। ମନ୍ତ୍ରୀ କହିଛନ୍ତି, ଆମେ ୧୧ତମ ବର୍ଷରେ ପ୍ରବେଶ କରୁଥିବାରୁ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ୨୦୨୫ ଜେବଳ ଏକ ସ୍ମାରକୀ ନୁହେଁ, ଏହା ଆମର ପ୍ରୟାସକୁ ବୃଦ୍ଧି କରିବା ଏବଂ ସମାଜର ସମସ୍ତ ବର୍ଗଙ୍କ ନିକଟରେ ଯୋଗକୁ ଉପଲବ୍ଧ କରାଇବା ଦିଗରେ ଏକ ସାମୁହିକ ଆହ୍ୱାନ। ଆୟୁଷ ମନ୍ତ୍ରୀ କହିଛନ୍ତି, 'ଏକ ପୃଥିବୀ ଏକ ସ୍ୱାସ୍ଥ୍ୟ ପାଇଁ ଯୋଗ' ବିଷୟବସ୍ତୁ ଭାରତର ଜି-୨୦ ପ୍ରେସିଡେନ୍ସି ସମୟରେ ଉପସ୍ଥାପିତ ବିଶ୍ୱ ସ୍ୱାସ୍ଥ୍ୟ ଦୃଷ୍ଟିକୋଣ ସହିତ ସମନ୍ୱିତ ଏବଂ 'ସର୍ବେ ସନ୍ତୁ ନିରାମୟ'ର ଭାରତୀୟ ସଭ୍ୟତାବାଦୀ ନୀତିକୁ ପ୍ରତିଫଳିତ କରେ, ଯାହାର ଅର୍ଥ ହେଉଛି ସମସ୍ତେ ରୋଗ ମୁକ୍ତ ହୁଅନ୍ତୁ।

Nitidin • 21 Jun • Ministry of Ayush

International Yoga Day is being celebrated at Healthville, an ODM

4 • PG | 227 • Sqcm | 181777 • AVE | 505.03K • Cir | Bottom Left

Bhubaneshwar

ହେଲ୍ଥଭିଲେ, ଓଡିଏମ୍‌ରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ

ଭୁବନେଶ୍ୱର ,୨୦୧୬/ଏନ୍‌ଏନ୍‌ଏସ୍‌: ମୋରାରଜୀ ଦେସାଇ ଜାତୀୟ ଯୋଗ ସଂସ୍ଥା, ଆୟୁଷ୍ ମନ୍ତ୍ରାଳୟ, ଭାରତ ସରକାର ଓ ପୂର୍ବ ଭାରତର ସବୁଠାରୁ ବଡ଼ ପ୍ରାକୃତିକ ଚିକିତ୍ସାକେନ୍ଦ୍ର ହେଲ୍ଥଭିଲେଙ୍କ ସଂଯୁକ୍ତ ପ୍ରୟାସରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ କାର୍ଯ୍ୟକ୍ରମର ଶୁଭାରମ୍ଭ ହୋଇଛି, ଯାହା ଆସନ୍ତକାଲି ସମାପନ ହେବ। ଏହି ୧୧ତମ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ କାର୍ଯ୍ୟକ୍ରମରେ 'ହରିତ ଯୋଗ' ନାମକ ଏକ ବୈଶିଷ୍ଟ୍ୟପୂର୍ଣ୍ଣ କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜିତ ହେଲା ଯାହାର ମୂଳ ଉଦ୍ଦେଶ୍ୟ ଥିଲା 'ଏକ୍ ପେଡ୍ ମା'କେ ନାମ୍' - ମାଆ ଓ ମା ଧରିତ୍ରୀ ପାଇଁ ସ୍ନେହ, ସମ୍ମାନ ଓ ସମର୍ପଣ ଜଣାଇବା ସହିତ ପରିବେଶ ସଂରକ୍ଷଣ ଓ ମାନବ ସ୍ୱାସ୍ଥ୍ୟ ଉନ୍ନତିରେ ହରିତ କ୍ରାନ୍ତି ଓ ଯୋଗର ଭୂମିକାକୁ ପ୍ରଚାର, ପ୍ରସାର କରିବା।

ଏହି ଅବସରରେ ଓଡ଼ିଆ ଚଳଚ୍ଚିତ୍ର ଅଭିନେତା ସବ୍ୟସାଚୀ ମିଶ୍ର ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗଦେଇ ପରିବେଶ ସଂରକ୍ଷଣ ଓ ମାନବ ସ୍ୱାସ୍ଥ୍ୟର ଜାଗରୁକତା, ଆବଶ୍ୟକତା ବିଷୟରେ ବକ୍ତବ୍ୟ ରଖିଥିଲେ। ଓଡିଏମ୍ ଶିକ୍ଷା ସମୂହ ଓ ହେଲ୍ଥଭିଲ୍‌ର ପ୍ରତିଷ୍ଠାତା ଅଧ୍ୟକ୍ଷ ଡଃ ସତ୍ୟବ୍ରତ ମୀନକେତନ ସ୍ୱାଗତ ଭାଷଣ ଦେବା ସହ ଯୋଗ, ଶିକ୍ଷା ଓ ପର୍ଯ୍ୟାବରଣର ସମନ୍ୱୟତା ସମ୍ବନ୍ଧରେ ବିଶେଷ ଆଲୋକପାତ କରିଥିଲେ।ହେଲ୍ଥଭିଲ୍‌ର ମୁଖ୍ୟ ଚିକିତ୍ସା ଅଧିକାରୀ ଓ ନିର୍ଦ୍ଦେଶକ ଡ଼ ମିଲିନ୍ଦ ପରାଶରଙ୍କ ନିର୍ଦ୍ଦେଶନାରେ କମନ୍ ଯୋଗ ପ୍ରୋଟୋକଲ୍ ଅନୁଷ୍ଠିତ ହୋଇଥିଲା, ଯେଉଁଥିରେ ଛାତ୍ରଛାତ୍ରୀ, କର୍ମଚାରୀ ଓ ଯୋଗ ଆସକ୍ତମାନେ ଅଂଶଗ୍ରହଣ କରିଥିଲେ। ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ହେଲ୍ଥଭିଲ୍ କ୍ୟାମ୍ପସ ଓ ରାସ୍ତାପାଖରେ ବୃକ୍ଷ ରୋପଣ କାର୍ଯ୍ୟକ୍ରମ ମଧ୍ୟ ଅନୁଷ୍ଠିତ ହୋଇଥିଲା।

ଏହି କାର୍ଯ୍ୟକ୍ରମର ଦ୍ୱିତୀୟ ପର୍ଯ୍ୟାୟରେ ଓଡ଼ିଏମ୍ ଏମେରାଲ୍ଡ ପ୍ରେକ୍ଷାଳୟରେ ଏକ ସେମିନାର ଓ ପ୍ୟାନେଲ୍ ଆଲୋଚନା ମଧ୍ୟ ଆୟୋଜିତ ହୋଇଥିଲା। ଯାହାର ବିଷୟ ବସ୍ତୁ ଥିଲା 'ବିଦ୍ୟାଳୟ ପାଠ୍ୟକ୍ରମରେ ଯୋଗ ଏବଂ ପର୍ଯ୍ୟାବରଣ ଶିକ୍ଷା ଓ ରକ୍ଷାର ଆବଶ୍ୟକତା। ଏହି ଆଲୋଚନାରେ ପ୍ରକ୍ଷାତ ପରିବେଶବିତ୍ ଓ ଯୋଗ ଉତ୍ସାହୀ ମମତା ବିଶ୍ନାଇ, ରମାଦେବୀ ମହିଳା ବିଶ୍ୱବିଦ୍ୟାଳୟର ଆସୋସିଏଟ୍ ପ୍ରଫେସର ଡକ୍ଟର ସସ୍ମିତା କର, ପ୍ରାକୃତିକ ଚିକିତ୍ସା କେନ୍ଦ୍ର ହେଲ୍ଥଭିଲେର ନିର୍ଦ୍ଦେଶକ ଡକ୍ଟର ମିଲିଣ୍ଡ ପରାଶର, ହେଲ୍ଥଭିଲେର ଅନ୍ୟ କର୍ମକର୍ତ୍ତା, ଅନ୍ତଃରାଷ୍ଟ୍ରୀୟ ପ୍ରକୃତିକ ଚିକିତ୍ସା ସଂସ୍ଥାର ପ୍ରତିନିଧି ତଥା ଓ.ଡ଼ି.ଏମ୍ ପବ୍ଲିକ୍ ସ୍କୁଲର ଶିକ୍ଷକ-ଶିକ୍ଷିକା ଓ ଛାତ୍ରଛାତ୍ରୀ ଭାଗ ନେଇଥିଲେ।

Nitidin • 15 Jun • Ministry of Ayush

International Yoga Day : Patanjali intensifies Yoga Day campaign

2 • PG | 512 • Sqcm | 409378 • AVE | 505.03K • Cir | Bottom Left

Bhubaneshwar

ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ: ଜନସମ୍ପର୍କ ଅଭିଯାନକୁ ଜୋରଦାର କରିଛି ପତଞ୍ଜଳି

କୁରୁକ୍ଷେତ୍ର, ୧୪।୬/ଏଜେନ୍ସି: ପରମ ପୂଜ୍ୟ ଯୋଗଋଷି ସ୍ୱାମୀ ରାମଦେବଙ୍କ ମାର୍ଗଦର୍ଶନ ତଥା ହରିଆଣା ଯୋଗ କମିଶନ, ଆୟୁଷ ବିଭାଗ, ହରିଆଣାର ତତ୍ତ୍ୱାବଧାନରେ ଆୟୋଜିତ ୧୧ତମ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଇଁ ପତଞ୍ଜଳି ଯୋଗପୀଠର ଜନସମ୍ପର୍କ କାର୍ଯ୍ୟ ପରିଶୀଳନ ହୋଇଛି। କୁରୁକ୍ଷେତ୍ରର ଲୋକମାନେ ଉତ୍ସାହିତ ଯେ, ଯୋଗଗୁରୁ ବାବା ରାମଦେବ ନିଜେ ଏବଂ ମୁଖ୍ୟମନ୍ତ୍ରୀ ନାଏବ ସିଂ ସୈନୀ ସେମାନଙ୍କୁ ଯୋଗାସନ ଏବଂ ପ୍ରାଣାୟମ ଶିଖାଇବାକୁ ଆସୁଛନ୍ତି। ଉପଲକ୍ଷେ ଅଭିବ୍ୟକ୍ତିମୂଳକ ପତଞ୍ଜଳି ଯୋଗ ସମିତିର ମୁଖ୍ୟ କେନ୍ଦ୍ରୀୟ ପ୍ରଭାରୀ ଭାଇ ରାକେଶ କୁମାର ଓରଫ୍ ଭାରତ ସୂଚନା ଦେଇଛନ୍ତି। ସେ କହିଛନ୍ତି ଯେ ଏଥର ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ବହୁତ ମହାନ ଏବଂ ଐତିହାସିକ ହେବାକୁ ଯାଉଛି, ଯେଉଁଥିରେ ଦେଶର ସମସ୍ତ ରାଜ୍ୟର ସମସ୍ତ ସାଧକ ଯୋଗ ଅଭ୍ୟାସ କରିବେ ଏବଂ ସ୍ୱାସ୍ଥ୍ୟ ଲାଭ ପାଇବେ। ଏହାକୁ ନେଇ କାର୍ଯ୍ୟକର୍ତ୍ତା ବେଶ୍ ଉତ୍ସାହିତ ରହିଛନ୍ତି। ପ୍ରବଳ ଗରମରେ ମଧ୍ୟ କର୍ମକର୍ତ୍ତାମାନେ ଗାଁରୁ ଗାଁ, ଘର ଘର ଯାଇ ଲୋକଙ୍କ ମଧ୍ୟରେ ଯୋଗର ଗୁରୁତ୍ୱ ବୃଦ୍ଧି କରୁଛନ୍ତି। ୨୧ ଜୁନ୍‌ରେ ବୃହତ୍ତମ ସ୍ତରରେ ଆୟୋଜିତ ହେବାକୁ ଥିବା ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଇଁ ଲୋକଙ୍କୁ ନିମନ୍ତ୍ରଣ କରୁଛନ୍ତି। ଏହି ପରିପ୍ରେକ୍ଷୀରେ, ରାକେଶ ଇସମାଇଲାବାଦର ଅଗ୍ରୱାଲ ଧର୍ମଶାଳା ଏବଂ ଇସମାଇଲାବାଦର ଖେଡି ଶହୀଦ୍ ଗ୍ରାମର ଗ୍ରାମୀଣ ମନ୍ଦିରରେ ମଧ୍ୟ ସକାଳ ଯୋଗ ଶ୍ରେଣୀ ପରିଚାଳନା କରିଥିଲେ। ଅୟୋଜିତ ଏକ ବୈଠକରେ ଯୋଗଦେବା ପୂର୍ବତ ରାକେଶ କହିଥିଲେ ଯେ, ଆସାମୀ ୨ ଦିନ ମଧ୍ୟରେ ତହସିଲ ପେହୋୱାର ୪୦ ଟି ସ୍ଥାନରେ ପ୍ରଚାର କାର୍ଯ୍ୟ ସମାପ୍ତ କରିବାକୁ ପଡିବ। ଏହାକୁ ଅନୁଭବ କରି, ପତଞ୍ଜଳି ଯୁବ ଭାରତ ପଞ୍ଜାବର ରାଜ୍ୟ ପ୍ରଭାରୀ ସ୍ୱାମୀ ଜୈଶବ ଦେବ ଜୀ, ସତ୍ୟଗୁରୁ ଜୀ, ପୁରାଣ ସାରସା ଜୀ ପେହୋୱାର ସାରସା ଗ୍ରାମରେ ଯୋଗ ଅଭ୍ୟାସ କରିଥିଲେ। ଏହା ସହିତ, କର୍ମୀମାନେ ପେହୋୱାର ଲୌଟନୀ ଗ୍ରାମ, ଗୁରୁ ନାନକ କଲୋନୀ, ଗୀତା ମନ୍ଦେର ସ୍କୁଲ ଇତ୍ୟାଦି ସ୍ଥାନରେ ଯୋଗ ଅଭ୍ୟାସ କରିଥିଲେ ଏବଂ ସେମାନଙ୍କୁ ଏହି ଐତିହାସିକ ଘଟଣାର ଅଂଶ ହେବାକୁ ପ୍ରେରଣା ଦେଇଥିଲେ, ଯାହା ଦ୍ୱାରା ସେମାନେ ନିଶାମୁକ୍ତ, ଚାପମୁକ୍ତ ଏବଂ ସୁସ୍ଥ ଜୀବନ ଅଭିମୁଖେ ଅଗ୍ରସର ହୋଇପାରିବେ।

ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ଉଦ୍ଯାପନ ପରୋବର କୁରୁକ୍ଷେତ୍ର ପ୍ରସ୍ତୁତି ପାଇଁ, ମୁଖ୍ୟମନ୍ତ୍ରୀଙ୍କ ଗୃହ କ୍ଷେତ୍ର ଲାଡୱାର ଠାରେ ପ୍ରସ୍ତୁତି ଜୋରସୋରରେ ଚାଲିଛି। ହରିଆଣାର ସିରସା ଜିଲ୍ଲା ପ୍ରଭାରୀ ଜୟ ପ୍ରକାଶ ଏବଂ ସୋସିଆଲ ମିଡିଆ ସହ-ପ୍ରଭାରୀ ମୁଖ୍ୟ ଯୋଗ ଶିକ୍ଷକ ହେମରାଜ ସାପ୍ତା ତହସିଲ ଲାଡୱାର ଖରକାଲି ଗ୍ରାମରେ ଏକ ଯୋଗ ଶ୍ରେଣୀ ପରିଚାଳନା କରିଥିଲେ ଏବଂ ସ୍ଥାନୀୟ ବାସିନ୍ଦାଙ୍କୁ ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ମହୋତ୍ସବ କୁରୁକ୍ଷେତ୍ର ହରିୟାଣାରେ ପହଞ୍ଚିବା ପାଇଁ ପ୍ରେରଣା ଦେଇଥିଲେ। ପତଞ୍ଜଳି ଯୋଗ ସମିତି ଲାଡୱାର ତତ୍ତ୍ୱାବଧାନରେ ଲାଡୱା ଆର୍ଯ୍ୟ ସମାଜ ମନ୍ଦିରରେ ଯୋଗ ନୀତି ଅଭ୍ୟାସ କରିଥିଲେ ଯୋଗ ଶିକ୍ଷକ ଓମପ୍ରକାଶ ମାଲହୋତ୍ରା ଏବଂ ସୁନୀଲ ଗର୍ଗ ପତେହାବାଦର କର୍ମୀ ଭାଇ କମଲଜିତ ଏବଂ ଭାଇ ମଦନ ଗୋପାଳଙ୍କ ନେତୃତ୍ୱରେ, କୁରୁକ୍ଷେତ୍ର ଜିଲ୍ଲାର ଝାଁସା ଗ୍ରାମରେ ଯୋଗ ଶ୍ରେଣୀ ଆୟୋଜନ କରାଯାଇଥିଲା ଏବଂ ଏକ ଘରକୁ ଘର ଯୋଗାଯୋଗ ଅଭିଯାନ କରାଯାଇଥିଲା। ଜୟ ପ୍ରକାଶ ଏବଂ ହରିୟାଣା ସୋସିଆଲ ମିଡିଆ ସହ-ପ୍ରଭାରୀ ମୁଖ୍ୟ ଯୋଗ ଶିକ୍ଷକ ହେମରାଜ ସାପ୍ତା ତହସିଲ ଲାଡୱାର ଖରକାଲି ଗ୍ରାମରେ ଯୋଗ ଶ୍ରେଣୀ ପରିଚାଳନା କରିଥିଲେ, ଯୋଗ ସଚେତନତା ରାଲି ଏବଂ ଜନସମ୍ପର୍କ ଅଭିଯାନ ପରିଚାଳନା କରି ଲୋକଙ୍କୁ ପ୍ରେରଣା ଦେଇଥିଲେ। ସାଲପାଣି ଖୁର୍ଦରେ, ୮୧ ବର୍ଷୀୟ ସର୍ଦାର ଇବର ସିଂହ ଜୀ ଜନସମ୍ପର୍କ କରିଥିଲେ ଏବଂ ଯୋଗର ଲାଭ ଉପରେ ଆଲୋକପାତ କରିଥିଲେ।

କୁରୁକ୍ଷେତ୍ର ଦ୍ରୋଣାଚାର୍ଯ୍ୟ ଷ୍ଟାଡିୟମରେ ପୂର୍ବତନ ରାଜ୍ୟମନ୍ତ୍ରୀ ସୁଭାଷ ସୁଧା, ଡେପୁଟି କମିଶନର ନେହା ସିଂହ, ପୋଲିସ ଅଧୀକ୍ଷକ ନୀତିଶ ଅଗ୍ରୱାଲ ଏବଂ ସମସ୍ତ ଅଧିକାରୀ ଏବଂ କର୍ମଚାରୀଙ୍କ ଉପସ୍ଥିତିରେ ଯୋଗ ଅଭ୍ୟାସ କରାଯାଇଥିଲା। ଜିଲ୍ଲା ପତଞ୍ଜଳି ଜିଜ୍ଞାନ ସମିତିର ସଭାପତି ରାଧେଶ୍ୟାମ ଗୁପ୍ତା ଜିଲ୍ଲା ଆସ୍ଥାକୁ ଦିଆଯାଇଥିବା ଅଞ୍ଚଳରେ କୁରୁକ୍ଷେତ୍ରର ସୁରମି ତହସିଲ ପେହୱା ଜିଲ୍ଲାରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗଦିବସର ଯୋଗ ଅଭ୍ୟାସ କରିଥିଲେ। ସମୁନା ନଗର, ଯୁବ ଭାରତର ଜିଲ୍ଲା ପ୍ରଭାରୀ ଅଶ୍ୱିନୀ କୁମାର ମିଶ୍ର ଏବଂ ଅନୁପ ସିଂହ ଜୀ ଶାହାବାଦ ରୋଡ୍ ଅଞ୍ଚଳରେ ଦୋକାନରୁ ଦୋକାନ ପ୍ରଚାର ଅଭିଯାନକୁ ପ୍ରଭାବଶାଳୀ ଭାବରେ ସମାପ୍ତ କରିଥିଲେ। ଏହି ଜନସଚେତନତା ଅଭିଯାନ ଅଧୀନରେ, ସ୍ଥାନୀୟ ଦୋକାନୀ, ନାଗରିକ, ଯୁବକ, ବରିଷ୍ଠ ନାଗରିକ ଏବଂ ମହିଳାମାନଙ୍କୁ କାର୍ଯ୍ୟକ୍ରମର ମୁଖ୍ୟ ବୈଶିଷ୍ଟ୍ୟ, ମାଗଣା ପଞ୍ଜୀକରଣ ବ୍ୟବସ୍ଥା, ଯୋଗ ପ୍ରୋଟୋକଲ ଚାଲିମ, ପ୍ରମାଣପତ୍ର ବଣ୍ଟନ ଏବଂ ଯୋଗର ଶାରୀରିକ, ମାନସିକ ଏବଂ ସାମାଜିକ ଲାଭ ବିଷୟରେ ବିସ୍ତୃତ ସୂଚନା ଦିଆଯାଇଥିଲା। ସୁବର ଲାଲ ସାରନି, ସତୀଶ ଶର୍ମା, ଜାସ୍ମେଲ ପ୍ରମୁଖ ଏଥିରେ ପୂର୍ଣ୍ଣ ସହଯୋଗ କରିଥିଲେ। ପତଞ୍ଜଳି ସହ ଜଡିତ କାର୍ଯ୍ୟକର୍ତ୍ତାମାନେ ଜନସମ୍ପର୍କ କାର୍ଯ୍ୟକ୍ରମ ଅୟୋଜନ ପୂର୍ବକ ଶନ୍ତି କୃଷ୍ଣ, ପହେବା ଏବଂ ଏହାର ଆଖପାଖ ସମସ୍ତ ଗ୍ରାମ, ତହସିଲ୍‌ର ଲୋକମାନଙ୍କୁ ଯୋଗଦିବସରେ ସାମିଲ ହେବାକୁ ଆମନ୍ତ୍ରିତ କରିଥିଲେ।

ହରିଆଣା ରାଜ୍ୟ ଯୋଗାଯୋଗ ପ୍ରଭାରୀ ଭଉଣୀ ପ୍ରେମଲତା ଚିକାରାଙ୍କ ନେତୃତ୍ୱରେ ପରିବାରବାଦ୍ ଟିମ୍‌ରୁ ଭଉଣୀ ସନ୍ଧ୍ୟା, ପ୍ରେମଲତା, ସୁପ୍ରଭା, ମୁକେଶ ଲତା, ମିଥୁଲେଶ, କୁସୁମ ଲତା, ଉର୍ମିଳା ପ୍ରମୁଖ ଶାହାବାଦ୍ ତହସିଲ୍ ସ୍ଥିତ ବୈକୁଣ୍ଠପୁରୀ ହନୁମାନ ମନ୍ଦିରରେ ଭଉଣୀ ଭାଇଙ୍କୁ ଯୋଗାଭ୍ୟାସ ସହ ପ୍ରୋଟୋକଲ ପରିଚାଳନା କରାଯାଇଥିଲେ। ଏଥିସହ ଭଉଣୀ ଚିକାରା ଏବଂ ତାଙ୍କ ଟିମ୍ ଶାହାବାଦ ମାର୍କଣ୍ଡା ତହସିଲରେ ଥିବା ବ୍ୟାଙ୍କ ସାଇଡ୍ ମାର୍କେଟ୍ ଅଫ୍ ହାଉସିଂ ବୋର୍ଡ କଲୋନୀର ସମସ୍ତ ଦୋକାନ ଏବଂ ଘରଗୁଡ଼ିକରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସରେ ବୃହତ୍ତରଯୋଗକରଣ ଆସିବାକୁ ନିମନ୍ତ୍ରଣ ମଧ୍ୟ କରିଥିଲେ। ପେହୋବାରେ ଭଉଣୀ କିରଣ, ରେନୁ, ମନୋରମା, କୃଷ୍ଣା ପ୍ରମୁଖ ଯୋଗାଭ୍ୟାସ କରାଇଥିଲେ ଏବଂ ଏହାର ପ୍ରଚାର ପ୍ରସାର ମଧ୍ୟ କରିଥିଲେ। ସାଧ୍ୱୀ ଦେବରାଣୀ, ସାଧ୍ୱୀ ଦେବଗରିମା ପ୍ରମୁଖ ଥାଣେସର ଶାନ୍ତି ନାଗରରେ ଯୋଗଶ୍ରେଣୀ ପରିଚାଳନା କରିଥିଲେ ଏବଂ ମା-ଭଉଣୀଙ୍କୁ ଯୋଗାଭ୍ୟାସ କରାଇଥିଲେ। ମହିଳା ରାଜ୍ୟ ପ୍ରଭାରୀ ପ.ଘୋ.ସ ଭଉଣୀ ଅମର, ଭଉଣୀ ରାଜ ପୌଁର, ଡକ୍ଟର ସୁମନ କୃଷ୍ଣା ପ୍ରଜାପତି ଏବଂ ଡ. ନିରୁପମା ପ୍ରମୁଖ ପୁଣ୍ଡାଖ ସହର, ଜିନ୍ଦଲ ସ୍ଟେଡିଆଲ ସିଟି, ଜଲାଣ ନାଗରରେ ମା ଏବଂ ଭଉଣୀଙ୍କୁ ଯୋଗାଭ୍ୟାସ କରାଇଥିଲେ ଏବଂ ଯୋଗଦିବସ ଆମନ୍ତ୍ରିତ ମଧ୍ୟ କରିଥିଲେ। ହରିଆଣାର ମହିଳା ପତଞ୍ଜଳି ଯୋଗ ସମିତି ରାଜ୍ୟ ପ୍ରଭାରୀ ଅମର ରବିଶ, ରାଜ୍ୟ ସୋସିଆଲ ମିଡିଆ ପ୍ରଭାରୀ ପ୍ରଫେସର ନିରୁପମା ଭଟ୍ଟ, କୁରୁକ୍ଷେତ୍ରର ଜିଲ୍ଲା ପ୍ରଭାରୀ ଭଉଣୀ ମଞ୍ଜୁ ନରୱାଲ, ପତଞ୍ଜଳି ଯୋଗ ସମିତିର ଯୁବ ପ୍ରଭାରୀ ଅନୀଲ ଗୁପ୍ତା, ମିଡିଆ ପ୍ରଭାରୀ ବିକାଶ ଭଟନଗର, ସହରୀ ପ୍ରଭାରୀ ଅନୀଲ ରାଣା, ତହସିଲ୍ ପ୍ରଭାରୀ ଅଜୟ ପୋପଲି, ପତଞ୍ଜଳି ପରିବାର ହିସାରଙ୍କ ଆଜୀବନ ସଦସ୍ୟ ଯୋଗୀନ୍ଦର ଦଲାଲ, ଅଲିଗଡ ଯୁପି ପଶ୍ଚିମଗୁ ଜୟପ୍ରକାଶ ଆର୍ଯ୍ୟ, ଭାରତ ସ୍ୱାଭିମାନର ଜିଲ୍ଲା ପ୍ରଭାରୀ କୁଲଦୀପ ସିଂ ପ୍ରମୁଖ ପ୍ରଚାର କାର୍ଯ୍ୟରେ ସମ୍ପୂର୍ଣ୍ଣ ସହଯୋଗ କରିଥିଲେ।

Navgujarat Samay • 21 Jun • Ministry of Ayush

today world yoga day...group yoga practice at many place

12 • PG | 201 • Sqcm | 60152 • AVE | 188K • Cir | Middle Left

Ahmedabad

આજે વિશ્વ યોગ દિન...અનેક સ્થળે સામૂહિક યોગાભ્યાસ કાર્યક્રમો...

૧૧મા આંતરરાષ્ટ્રીય યોગદિનની ૨૧ જૂનને શનિવારે ગુજરાતભરમાં અનેક સ્થળે થશે. વડાપ્રધાન નરેન્દ્ર મોદીની જન્મભૂમિ વડનગરમાં રાજ્ય કક્ષાની ઉજવણી કરાશે. 'યોગ ફોર વન અર્થ-વન હેલ્થ' થીમ સાથે ઉજવાનારા આ યોગ દિવસ સાથે સમગ્ર ગુજરાતમાં ઉજવણીમાં 'સ્વસ્થ ગુજરાત- મેદસ્વીતામુક્ત ગુજરાત'નો ધ્યેય પણ રખાયો છે. યોગ દિનની પૂર્વ સંધ્યાએ લો ગાર્ડન સ્થિત એનસીસી હેડ ક્વાર્ટર્સમાં વિવિધ શાળા-કોલેજના એનસીસી કેડેટ્સે વિવિધ યોગાસનો કરવા સાથે યોગાભ્યાસ કર્યો હતો. અમદાવાદમાં પ્રહલાદનગર ગાર્ડનમાં શનિવારે સવારે ૭ વાગે યોજાનારા સામૂહિક યોગ કાર્યક્રમમાં કેન્દ્રીય ગૃહમંત્રી અમિતભાઇ શાહ સામેલ થશે. **તસવીરઃ પંકજ શુકલ**

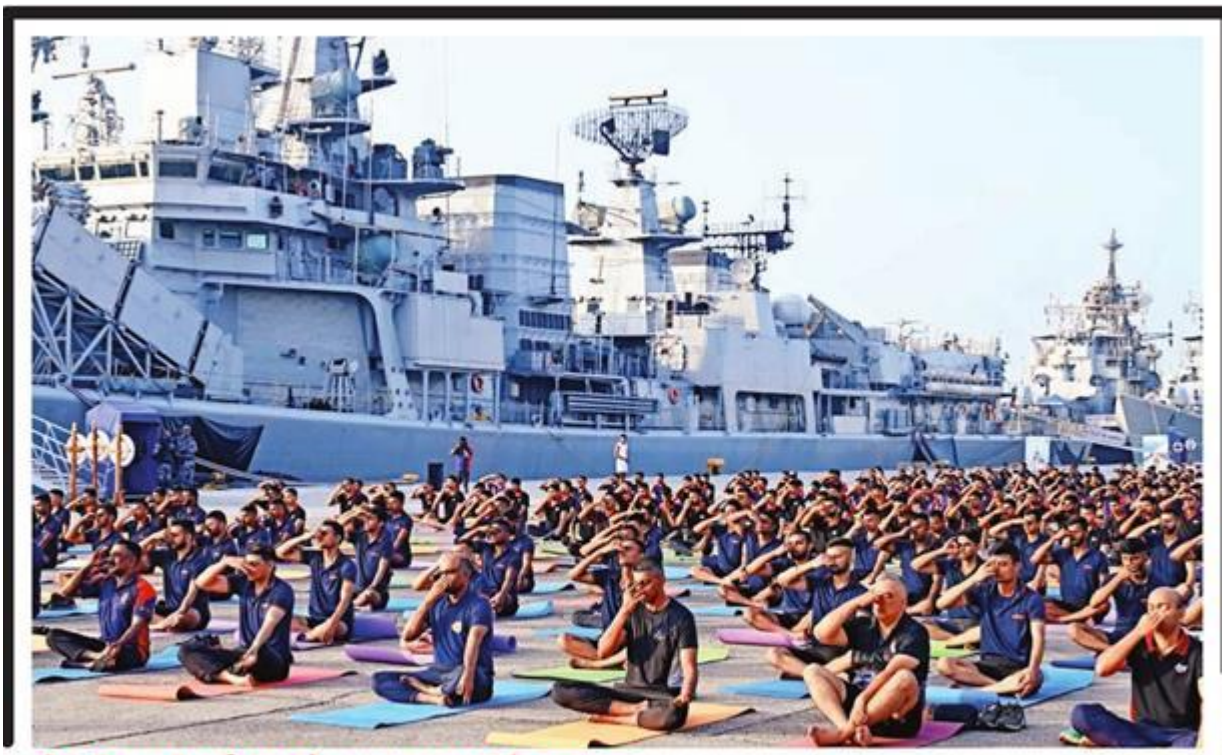
નવગુજરાત સમય

Navgujarat Samay • 21 Jun • Ministry of Ayush

The International Day of Yoga will be commemorated during the port call with a “joint yoga session o...

1 • PG | 182 • Sqcm | 54565 • AVE | 188K • Cir | Top Right

Ahmedabad



યોગ દિવસની પૂર્વસંધ્યાએ યુદ્ધ જહાજ પર યોગાભ્યાસ...

ભારત સહિત સમગ્ર વિશ્વમાં 21 જૂને યોગ દિવસની ઉજવણી કરવામાં આવે છે. ભારતીય નૌસેનાના જવાનોએ તેની પૂર્વસંધ્યાએ યુદ્ધજહાજ પર યોગ અને પ્રાણાયામ કર્યા હતા. વડાપ્રધાન નરેન્દ્ર મોદી શનિવારે વિશાખાપટ્ટનમમાં જ યોગ દિવસની ઉજવણી કરવાના છે.

Navbharat • 21 Jun • Ministry of Ayush

Yoga has had a profound impact on my life

6 • PG | 77 • Sqcm | 101224 • AVE | 675K • Cir | Middle Center

Mumbai • Pune

योग ने मेरे जीवन पर गहरा प्रभाव डाला

एक्शन स्टार और मार्शल आर्टिस्ट विद्युत जामवाल ने बेंगलुरु में स्वामी विवेकानंद योग अनुसंधान संस्थान की ओर से आयोजित अंतरराष्ट्रीय योग दिवस के उद्घाटन समारोह में शिरकत किया, जहां उन्होंने संस्कृत में भाषण दिया. उन्होंने योग को अपनी जिंदगी का अहम हिस्सा बताते हुए फैंस को नशे से दूर रहने की सलाह दी.

उन्होंने कहा, 'नशे से दूर रहना चाहिए. यह जिंदगी के हानिकारक है.' कलारीपयट्टू के एक्सपर्ट विद्युत ने कहा, 'योग भारत की धरोहर है. पतंजलि के योग सूत्रों ने मेरे जीवन पर गहरा प्रभाव डाला. संस्कृत में यह संदेश देना, जो योग ग्रंथों की मूल भाषा है, मेरे लिए एक शिष्य की तरह अपनी परंपरा को सम्मान देने जैसा है, जिसने मेरी जिंदगी, अनुशासन और उद्देश्य को आ का र दिया.'

विद्युत जामवाल

Navbharat • 21 Jun • Ministry of Ayush

Remove physical and mental disorders through yoga

4 • PG | 47 • Sqcm | 35250 • AVE | 675K • Cir | Middle Center | Mumbai Plus

Mumbai

योग से दूर करें शारीरिक और मानसिक विकार

■ **कल्याण,** (सं). 21 जून को अंतर्राष्ट्रीय योग दिवस के महान अवसर पर कल्याण डोंबिवली मनपा, आर्ट ऑफ लिविंग और एसकेडीसीएल के संयुक्त तत्वावधान में योग का आयोजन किया गया है. मनपा आयुक्त अभिनव गोयल की उपस्थिति में कल्याण स्टेशन के पास स्वर्गीय दिलीप कपोटे वाहन अड्डे की छठी मंजिल पर सुबह 7 से 8 बजे तक योग दिवस शिविर आयोजित किया गया है. मनपा अधिकारी और कर्मचारी योगाभ्यास का लाभ लेंगे, जिससे शारीरिक और मानसिक विकार को नियंत्रित करने का प्रयास करेंगे. कार्यकारी अभियंता रोहिणी लोकरे ने बताया कि प्रशिक्षक उपस्थित लोगों को योग प्रशिक्षण देंगे. उन्होंने कहा कि शिविर में योग से मानसिक-शारीरिक विकार दूर करें.

Navbharat • 21 Jun • Ministry of Ayush

Yoga queens of Bollywood

2 • PG | 335 • Sqcm | 443562 • AVE | 675K • Cir | Middle Right

Mumbai

बॉलीवुड की योगा क्वीन्स

फिटनेस और सुंदरता के लिए योग को बनाती हैं लाइफस्टाइल का हिस्सा

जब हेल्दी लाइफस्टाइल की बात होती है, तो बॉलीवुड सेलिब्रिटीज न सिर्फ अपने फैंस के लिए फिटनेस गोल्स सेट करते हैं, बल्कि योग के जरिए मेंटल और फिजिकल वेलनेस को भी बढ़ावा देते हैं. व्यस्त शूटिंग शेड्यूल और ग्लैमर से भरी जिंदगी के बीच ये सितारे अपने शरीर और मन को संतुलित रखने के लिए योग को अपनी दिनचर्या में शामिल करते हैं. खास बात ये है कि ये स्टार्स अक्सर अपने योगा सेशन की झलकियां सोशल मीडिया पर भी शेयर करते हैं, ताकि उनके फैंस भी इस हेल्दी प्रैक्टिस से प्रेरित हो सकें. बॉलीवुड में कई ऐसी एक्ट्रेसेस हैं, जिन्होंने योग को न सिर्फ अपनाया है, बल्कि इसे एक संपूर्ण जीवनशैली बना लिया है. इन दीवाज़ ने साबित कर दिया है कि फिटनेस का राज़ जिम की भारी मशीनों में नहीं, बल्कि योग की साधना में छिपा है. चाहे बात शारीरिक शक्ति की हो या मानसिक शांति की, योग इनका सीक्रेट मंत्र है. और यही वजह है कि ये न सिर्फ सिल्वर स्क्रीन पर चमकती हैं, बल्कि असल जिंदगी में भी हेल्दी और बैलेंस्ड लाइफ जीती हैं.

करीना कपूर

करीना कपूर खान भी योग की बड़ी समर्थक हैं. उन्होंने प्रेग्नेंसी के बाद अपनी फिटनेस को जिस तरह मेंटेन किया है, वह कई महिलाओं के लिए इंस्पिरेशन है. करीना नियमित योग से खुद को शेप में रखती हैं और अपने स्टाइल और एनर्जी से ये साबित करती हैं कि योग केवल शरीर नहीं, आत्मविश्वास को भी मजबूत बनाता है.

शिल्पा शेट्टी

फिटनेस और योगा की बात हो और शिल्पा शेट्टी का नाम न आए, ये मुमकिन नहीं. शिल्पा योग की जबरदस्त समर्थक हैं और उन्होंने अपनी फिटनेस के जरिए लाखों लोगों को प्रेरित किया है. एक्ट्रेस की सोशल मीडिया प्रोफाइल योगा सेशन्स, हेल्दी रेसिपीज और मोटिवेशनल कंटेंट से भरी हुई है. वे न सिर्फ खुद योग करती हैं, बल्कि दूसरों को भी इसे अपनाने के लिए प्रोत्साहित करती हैं.

दीपिका पादुकोण

हाल ही में मां बनी दीपिका पादुकोण के लिए योग सिर्फ एक्सरसाइज नहीं, बल्कि एक जीवनशैली है. एक इंटरव्यू में उन्होंने कहा, 'योग मेरे लिए सिर्फ एक्सरसाइज नहीं है, यह जीवन जीने का एक तरीका है. यह मुझे खुद से जोड़े रखता है, खासकर अशांत समय के दौरान.' उनकी ये सोच ही उन्हें एक बैलेंस्ड और सेंटरड पर्सन बनाती है.

अनुष्का शर्मा

अनुष्का शर्मा अपने ग्रेस और एलिगेंस के साथ-साथ फिटनेस के लिए भी जानी जाती हैं. वे योग को रोजमर्रा की ज़िंदगी का हिस्सा मानती हैं और धनुरासन जैसे योगासनों के जरिए अपनी शक्ति और ऊर्जा को बनाए रखती हैं. योग को दिए एक इंटरव्यू में उन्होंने कहा, 'योग मेरा सेंचुरी है, जो मुझे तेजी से भागती दुनिया में बैलेंस और पीस देता है.'

सारा अली खान

सारा अली खान ने भी फिटनेस की ओर एक गहरी प्रतिबद्धता दिखाई है. वे नियमित रूप से योग करती हैं और अपनी सोशल मीडिया पोस्ट्स के जरिए फैंस को फिटनेस के लिए प्रेरित करती हैं. उनकी योगा पोस्ट्स खासतौर पर यंग जनरेशन में काफी पॉपुलर हैं. उनका फैट टू फिट ट्रांसफॉर्मेशन अपने फैंस को बेशक आकर्षित करता रहा है.

मलाइका अरोड़ा

मलाइका अरोड़ा को देख कर यही लगता है कि उम्र सच में सिर्फ एक नंबर है. उनकी टोन्ड बॉडी और ग्लोइंग स्किन का राज योग है. मलाइका नियमित रूप से योग करती हैं और सोशल मीडिया पर अपनी योगा वीडियोज शेयर कर फैंस को भी एक बैलेंस्ड लाइफ जीने की प्रेरणा देती हैं. बता दें कि वे 51 वर्ष की हैं.

Navbharat • 21 Jun • Ministry of Ayush

Yoga sessions will be held at 100 tourist and 50 cultural places in the country

1 • PG | 268 • Sqcm | 354570 • AVE | 675K • Cir | Bottom Left

Mumbai • Pune

सेहत | आज अंतरराष्ट्रीय योग दिवस में होंगे दुनिया में कई आयोजन, योग विशेषज्ञ भी हिस्सा लेंगे

देश में 100 पर्यटन, 50 सांस्कृतिक स्थलों पर होगा योग सत्र

■ दिल्ली, एजेंसियां. संस्कृति मंत्रालय 21 जून को अंतरराष्ट्रीय योग दिवस के अवसर पर देशभर में 100 प्रसिद्ध स्थलों और 50 अन्य सांस्कृतिक स्थलों पर योग सत्र आयोजित करेगा, जिनमें यूनेस्को के कुछ विरासत स्थल भी शामिल हैं. इस दिन पूरी दुनिया के लोग इस बड़े आयोजन में शामिल होते हैं. मंत्रालय ने कहा कि ये सत्र आंध्र प्रदेश के विखापत्तनम में आयोजित किए जा रहे मुख्य समारोहों के साथ पूरक कार्यक्रमों के रूप में आयोजित किए जाएंगे. केंद्रीय संस्कृति और पर्यटन मंत्री गजेंद्र सिंह शेखावत राजस्थान के जोधपुर में ऐतिहासिक मेहरानगढ़ किले में अंतरराष्ट्रीय योग दिवस कार्यक्रम में भाग लेंगे. पर्यटन मंत्रालय ने कहा कि वह 21 जून को सुबह 6 से 8 बजे तक कुतुब मीनार परिसर के प्रतिष्ठित सन डायल लॉन में 'सामूहिक योग सत्र' का आयोजन करेगा, जो यूनेस्को का विश्व धरोहर स्थल भी है. मंत्रालय ने कहा कि इस वर्ष अंतरराष्ट्रीय योग दिवस की वैश्विक थीम 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' है जो मानव कल्याण और पारिस्थितिक संतुलन के बीच गहन संबंध को रेखांकित करती है.

इस योग दिवस की खास बातें

2025 की थीम है 'एक पृथ्वी, एक स्वास्थ्य के लिए योग'

1,00,000 स्थानों पर सामूहिक योग प्रदर्शन प्रदर्शित करता है 'योग संगम' कार्यक्रम पूरे भारत में

11वीं वर्षगांठ है इस वैश्विक उत्सव की

9 अन्य कार्यक्रम हैं योग बंधन, योग पार्क, योग समावेश, योग प्रभाव, योग कनेक्ट, हरित योग, योग अनप्लग्ड, योग महाकुंभ और समयोग

10 हस्ताक्षर कार्यक्रम शामिल हैं इस वर्ष के उत्सव में

विशाखापट्टनम में योग करेंगे PM

प्रधानमंत्री नरेंद्र मोदी शनिवार को आंध्र प्रदेश द्वारा आयोजित एक विशाल अंतरराष्ट्रीय योग दिवस कार्यक्रम में हिस्सा लेंगे. ये कार्यक्रम विशाखापट्टनम के आरके बीच से लेकर भोगापुरम तक फैले 26 किलोमीटर लंबे कॉरिडोर में होगा, जहां एक साथ 3 लाख से ज्यादा लोग योग कर सकेंगे.

दक्षिण अफ्रीका में शनिवार को हजारों योग प्रेमी 'अंतरराष्ट्रीय योग दिवस' (आईडीवाई) के अवसर पर यूनेस्को विश्व धरोहर स्थल 'क्रैडल ऑफ ह्यूमनकाइंड' में एकत्र होंगे. इस आयोजन में योग विशेषज्ञ भी भाग लेंगे. जोहानिसबर्ग में भारत के महावाणिज्य दूत महेश कुमार ने कहा कि यह स्थल सांस्कृतिक और मानव इतिहास की दृष्टि से अत्यंत मूल्यवान है. यहां योग दिवस मनाना प्राचीन भारतीय दर्शन और मानवता एवं प्रकृति के साथ सामंजस्य की भावना को दर्शाता है. प्रिटोरिया, जोहानिसबर्ग और डरबन में कई स्थानों पर योग कार्यक्रम आयोजित किए जाएंगे.

विश्व धरोहर स्थलों पर योग सत्र

- चराईदेव मोइदम, असम
- रानी की वाव और धोलावीरा, गुजरात
- हम्पी और पट्टाडकल, कर्नाटक
- खजुराहो स्मारक समूह, मध्य प्रदेश
- सांची स्तूप, मध्य प्रदेश
- कोणार्क का सूर्य मंदिर, ओडिशा
- एलीफेंटा गुफाएं, महाराष्ट्र
- तंजावुर का बृहदीश्वर मंदिर, तमिलनाडु

सांस्कृतिक और ऐतिहासिक स्थलों में आयोजन

- गोलकुंडा किला और सालारजंग संग्रहालय, हैदराबाद
- हुमायूं का मकबरा, पुराना किला और सफदरजंग मकबरा, दिल्ली
- जलियांवाला बाग, पंजाब
- चित्तौड़गढ़ और कुंभलगढ़ किले, राजस्थान
- लेह पैलेस,लद्दाख
- परी महल, श्रीनगर, जम्मू-कश्मीर
- बेकल किला, केरल
- हजारद्वारी तथा कूच बिहार पैलेस, बंगाल

Navbharat • 21 Jun • Ministry of Ayush

TV stars said that yoga gave direction to life

2 • PG | 226 • Sqcm | 299390 • AVE | 675K • Cir | Bottom Left

Mumbai

पूरी दुनिया जहां 11वें अंतर्राष्ट्रीय योग दिवस की तैयारी कर रही है, वहीं 2025 की थीम 'योगा फॉर वन अर्थ, वन हेल्थ' (एक धरती, एक स्वास्थ्य के लिए योग) ये याद दिलाती है कि हमारा अच्छा स्वास्थ्य और धरती का अच्छा स्वास्थ्य आपस में जुड़ा हुआ है. पुराने समय से चला आ रहा योग आज भी हमें अंदर से मजबूत बनाता है और सोच-समझ के साथ जीने का तरीका सिखाता है. इस बार टीवी कलाकारों ने बताया कि योग ने उनकी जिंदगी में क्या बदला और कैसे उन्होंने इसे अपने रोजमर्रा के जीवन में शामिल किया.

टीवी स्टार्स ने बताया योग ने दी जिंदगी को दिशा

माइंडफुल रहना केवल योगा मैट तक सीमित नहीं

'जमाई नं. 1' में रिद्धि का रोल निभा रहीं सिमरन कौर ने कहा, 'मेरे लिए योग अब सिर्फ फिटनेस का हिस्सा नहीं है, ये मेरे अच्छे स्वास्थ्य और इस धरती के अच्छे भविष्य के बीच का पुल बन गया है. मैं हमेशा से फिटनेस पसंद करती थी, लेकिन पहले यह सब कार्डियो और जिम तक ही सीमित था. धीरे-धीरे समझ आया कि असली फिटनेस वो है, जो शरीर, मन और प्रकृति, सबको जोड़ती है. योग ने मुझे सिखाया कि माइंडफुल रहना सिर्फ योगा मैट तक सीमित नहीं होता, ये हमारे खान-पान, पर्यावरण से जुड़ाव और दूसरों से व्यवहार में भी नजर आना चाहिए.'

योगा एक थेरेपी है

गीतांजलि मिश्रा, जोकि 'हप्पू की उलटन पलटन' में राजेश का किरदार निभा रही हैं, ने कहा, 'मेरे लिए योग एक बदलाव की तरह रहा है, लंबे शूट्स के बाद तनाव के चलते मुझे ओवरईटिंग की आदत पड़ गई थी. तब मैंने अपने रूटीन में 'पश्चिमोत्तानासन' को शामिल किया, जिसने मेरे नर्वस सिस्टम को शांत किया और इमोशनल क्रेविंग्स पर नियंत्रण पाने में मदद की. योगाभ्यासों ने मुझे अपने शरीर और भावनाओं के प्रति सजग बनाया है. योग मेरे लिए सिर्फ एक्सरसाइज नहीं, बल्कि एक थेरेपी है जो भीतर से पोषण देती है.'

धरती से जोड़ता है योग

'सरु' में अनिका का किरदार निभा रहीं अनुष्का मर्चंडे ने कहा, 'हर रविवार सुबह, सूरज निकलने से पहले, मैं और मेरी बहनें योगा मैट बिछा लेते हैं - ये आदत कई साल पहले शुरू की थी और अब ये हमारे लिए एक प्यारी परंपरा बन गई है. योग सिर्फ शरीर के लिए नहीं था, ये हमसे, अपनों से और इस धरती से जुड़ने जैसा था.'

एक साइलेंट स्ट्रेंथ

'भाबीजी घर पर हैं' में विभूति नारायण मिश्रा की भूमिका निभा रहे आसिफ शेख बताते हैं, 'हमारे प्रोफेशन में मानसिक और भावनात्मक संतुलन, शारीरिक फिटनेस जितना ही जरूरी है. योग मेरे लिए उस संतुलन की डोर बन गया है. 'वृक्षासन' मुझे लंबे शूट्स के दौरान भी जमीन से जोड़े रखता है, जबकि 'भुजंगासन' से मेरी रीढ़ मजबूत हुई है और ऊर्जा भी बढ़ी है-यह मेरा रोजाना का पावर बूस्ट है. मेरे लिए योग एक साइलेंट स्ट्रेंथ की तरह है-स्क्रीन पर भी और जिंदगी में भी.'

शरीर को मजबूत बनाया

'जागृति- एक नई सुबह' में सूरज का रोल निभा रहे विजयेंद्र कुमेरिया ने कहा, 'मैं हमेशा सोचता हूं कि योग ने मुझे कैसे बदला है, सिर्फ एक्टर के तौर पर नहीं, इंसान के तौर पर भी. शूटिंग के दिनों में मैं सूरज निकलने से पहले उठकर कुछ मिनट मैट पर बैठता था. वो कुछ मिनट मेरे लिए बहुत जरूरी हो गए थे, चाहे मैं कहीं भी रहूं. योग ने मेरे शरीर को मजबूत तो किया ही, मुझे अंदर से शांत और दूसरों के लिए दयालु भी बनाया.

Navbharat • 21 Jun • Ministry of Ayush

Yoga Sangam' organized today

5 • PG | 352 • Sqcm | 172451 • AVE | 85K • Cir | Middle Center

Pune

योग दिवस: आज 'योग संगम' का आयोजन

संत निरंकारी मिशन का आयोजन, पूरे भारत में 1,000 से ज्यादा स्थानों पर

■ **मुंबई** (सं). संत निरंकारी मिशन अंतर्राष्ट्रीय योग दिवस के अवसर पर शनिवार को पूरे भारत में 1,000 से ज़्यादा स्थानों पर एक साथ योग दिवस का भव्य आयोजन कर रहा है. मिशन की विभिन्न शाखाओं में ये आयोजन स्थानीय योग प्रशिक्षकों के मार्गदर्शन में खुले मैदानों और पार्कों में किए जाएंगे. इनमें श्रद्धालु, सेवादल स्वयंसेवक और स्थानीय नागरिक उत्साहपूर्वक भाग लेंगे. मुंबई में भी लगभग 50 से अधिक स्थानों पर योग दिवस के अवसर पर योग प्रशिक्षण कार्यक्रमों का आयोजन किया गया है. मिशन के स्थानीय प्रबंधकों ने निरंकारी भक्तों के साथ-साथ अन्य नागरिकों को भी इसमें शामिल होने का आह्वान किया है. बरसात के मौसम को देखते हुए, महानगर में विशेषकर ये आयोजन निरंकारी सत्संग भवनों में ही हो रहे हैं.

'एक पृथ्वी, एक स्वास्थ्य के लिए योग' का विषय : इस वर्ष संयुक्त राष्ट्र संघ द्वारा घोषित अंतरराष्ट्रीय योग दिवस का विषय 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' है. यह थीम संपूर्ण मानवता को संदेश देता.

मुंबई में 50 जगहों पर

केंद्रीय आयुर्वेद अनुसंधान संस्थान और आयुष मंत्रालय ने शनिवार को सुबह 5:30 बजे जेएनपीए टाउनशिप, सीआईएसएफ परिसर, उरण में अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में 'योग संगम' का आयोजन किया है. पोदार केंद्रीय आयुर्वेद अनुसंधान संस्थान के सहायक निदेशक डॉ. आर. गोविंदा रेड्डी ने बताया कि जवाहरलाल नेहरू बंदरगाह प्राधिकरण और भारत सरकार के बंदरगाह, पोत परिवहन और जलमार्ग मंत्रालय के सहयोग से यह आयोजन किया जा रहा है.

योग भारत की एक प्राचीन विद्या

■ इसी उद्देश्य को केंद्र में रखते हुए संत निरंकारी मिशन अपने आध्यात्मिक और सामाजिक प्रयासों के अंतर्गत योग को समग्र कल्याण का माध्यम मानते हुए निरंतर प्रयासरत है. संत निरंकारी मंडल के सचिव जोगिंदर सुखीजा ने जानकारी दी कि वर्ष 2015 से ही संत निरंकारी चैरिटेबल फाउंडेशन द्वारा योग दिवस का नियमित रूप से देशव्यापी आयोजन किया जा रहा है. यह पहल सतगुरु माता सुदीक्षा महाराज के आशीर्वाद से निरंतर विस्तारित हो रही है, जिनका मार्गदर्शन रहा है: 'स्वस्थ मन, सहज जीवन'.

■ उनके विचारों में यह स्पष्ट है कि मानव शरीर ईश्वर की एक अनुपम देन है, जिसे स्वस्थ और सशक्त बनाकर ही मानव अपने आध्यात्मिक और सामाजिक कर्तव्यों का सम्यक रूप से निर्वहन कर सकता है. बता दें कि योग भारत की एक प्राचीन विद्या है, जो न केवल शरीर को सबल बनाती है, बल्कि मन को शांत और आत्मा को जागृत करने की क्षमता भी रखती है. इसके नियमित अभ्यास से तनाव, असंतुलन, और रोगों से बचाव करते हुए व्यक्ति आत्मिक शांति और सामाजिक सौहार्द की दिशा में अग्रसर होता है. आज की भागदौड़ भरी जीवनशैली में ऐसे आयोजनों का मूल उद्देश्य यही है कि हम स्वयं के स्वास्थ्य को सर्वोच्च प्राथमिकता दें और एक सुखद, संतुलित, व शांतिपूर्ण जीवन जीने की ओर आगे बढ़ें.

Navbharat • 20 Jun • Ministry of Ayush

Yoga for health

2 • PG | 211 • Sqcm | 158074 • AVE | 675K • Cir | Top Center | Mumbai Plus

Mumbai

स्वास्थ्य के लिए योग

अंतरराष्ट्रीय योग दिवस पर संत निरंकारी मिशन का आयोजन

■ **मुंबई** (सं). संत निरंकारी मिशन अंतर्राष्ट्रीय योग दिवस के अवसर पर शनिवार को पूरे भारत में 1,000 से ज्यादा स्थानों पर एक साथ योग दिवस का भव्य आयोजन कर रहा है. मिशन की विभिन्न शाखाओं में ये आयोजन स्थानीय योग प्रशिक्षकों के मार्गदर्शन में खुले मैदानों और पार्कों में किए जाएंगे. इनमें श्रद्धालु, सेवादल स्वयंसेवक और स्थानीय नागरिक उत्साहपूर्वक भाग लेंगे. मुंबई में भी लगभग 50 से अधिक स्थानों पर योग दिवस के अवसर पर योग प्रशिक्षण कार्यक्रमों का आयोजन किया गया है. मिशन के स्थानीय प्रबंधकों ने निरंकारी भक्तों के साथ-साथ अन्य नागरिकों को भी इसमें शामिल होने का आह्वान किया है. बरसात के मौसम को देखते हुए, महानगर में विशेषकर ये आयोजन निरंकारी सत्संग भवनों में ही हो रहे हैं.

'एक पृथ्वी, एक स्वास्थ्य के लिए योग' का विषय : इस वर्ष संयुक्त राष्ट्र संघ द्वारा घोषित अंतरराष्ट्रीय योग दिवस का विषय 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' है. यह थीम संपूर्ण मानवता को संदेश देता है कि व्यक्ति का वास्तविक स्वास्थ्य तभी पूर्ण माना जाता है, जब वह शारीरिक, मानसिक, सामाजिक, और आध्यात्मिक रूप से संतुलित व जागरूक हो.

जेएनपीए में 'योग संगम'

केंद्रीय आयुर्वेद अनुसंधान संस्थान और आयुष मंत्रालय ने शनिवार को सुबह 5:30 बजे जेएनपीए टाउनशिप, सीआईएसएफ परिसर, उरण में अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में 'योग संगम' का आयोजन किया है. पोदार केंद्रीय आयुर्वेद अनुसंधान संस्थान के सहायक निदेशक डॉ. आर. गोविंदा रेड्डी ने बताया कि जवाहरलाल नेहरू बंदरगाह प्राधिकरण और भारत सरकार के बंदरगाह, पोत परिवहन और जलमार्ग मंत्रालय के सहयोग से यह आयोजन किया जा रहा है. लगभग 10 हजार योग प्रेमी उपस्थित रह सकते हैं.

योग: एक प्राचीन विद्या

■ इसी उद्देश्य को केंद्र में रखते हुए संत निरंकारी मिशन अपने आध्यात्मिक और सामाजिक प्रयासों के अंतर्गत योग को समग्र कल्याण का माध्यम मानते हुए निरंतर प्रयासरत है. संत निरंकारी मंडल के सचिव जोगिंदर सुखीजा ने जानकारी दी कि वर्ष 2015 से ही संत निरंकारी चैरिटेबल फाउंडेशन द्वारा योग दिवस का नियमित रूप से देशव्यापी आयोजन किया जा रहा है. यह पहल सतगुरु माता सुदीक्षा महाराज के आशीर्वाद से निरंतर विस्तारित हो रही है, जिनका मार्गदर्शन रहा है: 'स्वस्थ मन, सहज जीवन'.

■ उनके विचारों में यह स्पष्ट है कि मानव शरीर ईश्वर की एक अनुपम देन है, जिसे स्वस्थ और सशक्त बनाकर ही मानव अपने आध्यात्मिक और सामाजिक कर्तव्यों का सम्यक रूप से निर्वहन कर सकता है. बता दें कि योग भारत की एक प्राचीन विद्या है, जो न केवल शरीर को सबल बनाती है, बल्कि मन को शांत और आत्मा को जागृत करने की क्षमता भी रखती है. इसके नियमित अभ्यास से तनाव, असंतुलन, और रोगों से बचाव करते हुए व्यक्ति आत्मिक शांति और सामाजिक सौहार्द की दिशा में अग्रसर होता है. आज की भागदौड़ भरी जीवनशैली में ऐसे आयोजनों का मूल उद्देश्य यही है कि हम स्वयं के स्वास्थ्य को सर्वोच्च प्राथमिकता दें और एक सुखद, संतुलित, व शांतिपूर्ण जीवन जीने की ओर आगे बढ़ें.

Navbharat • 05 Jun • Ministry of Ayush

Patients and workers did yoga

2 • PG | 110 • Sqcm | 53808 • AVE | 85K • Cir | Middle Right

Pune

मरीजों व कर्मियों ने किया योग

'योगोत्सव' में 600 लोग हुए शामिल

■ पिंपरी, (सं.) केंद्र सरकार के आयुष मंत्रालय द्वारा देशभर में चलाए जा रहे योग प्रचार अभियान के अंतर्गत पिंपरी स्थित डॉ. डी.वाय. पाटील आयुर्वेद महाविद्यालय में आयोजित योगोत्सव को अभूतपूर्व प्रतिसाद मिला. इस विशेष आयोजन में 600 से अधिक प्रतिभागियों (विद्यार्थी, मरीज, कर्मचारी)ने सक्रिय रूप से हिस्सा लिया. इस अवसर पर महाविद्यालय के प्राचार्य डॉ. प्रशांत खाडे, कुलसचिव दिलीप मोहिते, तथा संशोधन संचालक डॉ. अस्मिता वेले उपस्थित रहे. योगोत्सव के दौरान सभी प्रतिभागियों ने ताड़ासन, वृक्षासन, भुजंगासन, अनुलोम-विलोम जैसे विभिन्न योगासनों, प्राणायाम और ध्यान सत्रों का अभ्यास किया.

योग का दैनिक जीवन में बड़ा महत्व

विशेषज्ञों ने इन योगासनों का डेमो प्रस्तुत कर प्रतिभागियों का मार्गदर्शन किया.प्राचार्य डॉ. प्रशांत खाडे ने अपने संबोधन में योग के दैनिक जीवन में महत्व और आयुर्वेद के संदर्भ में इसके उपयोग को रेखांकित किया. वहीं डॉ. अस्मिता वेले ने योग के वैज्ञानिक और शोध आधारित दृष्टिकोण पर प्रकाश डाला. यह योगोत्सव केंद्र सरकार के 100 दिन, 100 शहर, 100 आयोजन इस जनजागृति अभियान का एक हिस्सा है, जिसे अंतरराष्ट्रीय योग दिवस के पूर्व संध्या पर आयुष मंत्रालय द्वारा मोरारजी देसाई राष्ट्रीय योग संस्थान के माध्यम से पूरे देश में आयोजित किया जा रहा है. डॉ. उर्मिला शिर्के ने कार्यक्रम की संकल्पनात्मक व्याख्या की. डॉ. मनीषा ठाकरे, डॉ. पायल गौराना, डॉ. सरिता मुराडे और योग शिक्षिका शालिनी येडे ने कार्यक्रम का सफल आयोजन किया.

Vijaya Karnataka • 21 Jun • Ministry of Ayush

Yoga in cultural destinations

4 • PG | 244 • Sqcm | 243543 • AVE | 1.44M • Cir | Bottom Left

Bengaluru

ಆಂಧ್ರದ ವಿಶಾಖಪಟ್ಟಣಂನಲ್ಲಿ ಪ್ರಧಾನಿ ಮೋದಿ, ಸಿಎಂ, ಡಿಸಿಎಂ ಭಾಗಿ

ಸಾಂಸ್ಕೃತಿಕ ತಾಣಗಳಲ್ಲಿ ಯೋಗಾಯೋಗ

ಹೊಸದಿಲ್ಲಿ: ಯುನೆಸ್ಕೊ ಪಾರಂಪರಿಕ ತಾಣಗಳು ಸೇರಿದಂತೆ ದೇಶದ ಪ್ರಖ್ಯಾತ ಪ್ರವಾಸಿ ತಾಣಗಳಲ್ಲಿ, ಕೇಂದ್ರ ಸಂಸ್ಕೃತಿ ಸಚಿವಾಲಯ ಶನಿವಾರ ವಿಶ್ವ ಯೋಗ ದಿನವನ್ನು 150ಕ್ಕೂ ಹೆಚ್ಚು ಸ್ಥಳಗಳಲ್ಲಿ ಆಚರಿಸಲು ಸಿದ್ಧವಾಗಿದೆ.

ಆಂಧ್ರಪ್ರದೇಶದ ವಿಶಾಖಪಟ್ಟಣಂನಲ್ಲಿ ಆಯೋಜಿಸಿರುವ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಪ್ರಧಾನಿ ನರೇಂದ್ರ ಮೋದಿ ಅವರು ಭಾಗವಹಿಸಲಿದ್ದಾರೆ. ಇವರೊಂದಿಗೆ ಆಂಧ್ರ ಮುಖ್ಯಮಂತ್ರಿ ಚಂದ್ರಬಾಬು ನಾಯ್ಡು ಹಾಗೂ ಉಪ ಮುಖ್ಯಮಂತ್ರಿ ಪವನ್ ಕಲ್ಯಾಣ ಭಾಗಿಯಾಗಲಿದ್ದಾರೆ.

ಚಾರ್ಯೆದೊ ಮೈದಮ್ (ಅಸ್ಸಾಂ), ರಾಣಿ ಕಿ ವಾವ್ ಮತ್ತು ದೋಲಾವೀರ (ಗುಜರಾತ್), ಹಂಪಿ ಮತ್ತು ಪಟ್ಟದಕಲ್ಲು (ಕರ್ನಾಟಕ), ಖಜುರಾಹೊ ಸಾಂಚಿ ಸ್ತೂಪದ ಸ್ಮಾರಕಗಳು (ಮಧ್ಯಪ್ರದೇಶ), ಕೊನಾರ್ಕ್ ಸೂರ್ಯ ದೇಗುಲ (ಒಡಿಶಾ), ಎಲಿಫ್ಯಾಂಟಾ ಕೇವ್ಸ್ (ಮಹಾರಾಷ್ಟ್ರ), ತಂಜಾವೂರು ಬೃಹದೀಶ್ವರ ದೇವಾಲಯ (ತಮಿಳುನಾಡು)ಗಳಲ್ಲಿ ಪ್ರಮುಖ ಯೋಗ ಕಾರ್ಯಕ್ರಮ ನಡೆಯಲಿದೆ ಎಂದು ಕೇಂದ್ರ ಪ್ರವಾಸೋದ್ಯಮ ಸಚಿವ ಗಜೇಂದ್ರಸಿಂಗ್ ಶೇಖಾವತ್ ತಿಳಿಸಿದ್ದಾರೆ.

ಇದರೊಂದಿಗೆ ಪ್ರವಾಸೋದ್ಯಮ ಇಲಾಖೆಯು ದಿಲ್ಲಿಯ ಕುತುಬ್ ಮಿನಾರ್‌ನ ಬಳಿ ಬೆಳಗ್ಗೆ 6 ರಿಂದ 8 ಗಂಟೆವರೆಗೆ ಸಾಮೂಹಿಕ ಯೋಗ ದಿನಾಚರಣೆ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ ಎಂದು ತಿಳಿಸಿದೆ. 'ಒಂದು ಭೂಮಿ, ಒಂದು ಆರೋಗ್ಯಕ್ಕಾಗಿ ಯೋಗ' ಎಂಬುದು ಈ ವರ್ಷದ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆಯ ಧ್ಯೇಯವಾಕ್ಯವಾಗಿದೆ.

ಹೈದರಾಬಾದ್‌ನ ಎಲ್‌ಬಿ ಕ್ರೀಡಾಂಗಣದಲ್ಲಿ ಶುಕ್ರವಾರ ಯೋಗಾಭ್ಯಾಸ ನಿರತ ರಾಜ್ಯಪಾಲ ಜಿಷ್ಣು ದೇವ್ ವರ್ಮಾ, ಕೇಂದ್ರ ಸಚಿವ ಕಿಶನ್ ರೆಡ್ಡಿ, ನಟ ತೇಜಾ ಸಜ್ಜಾ, ನಟಿ ಮೀನಾಕ್ಷಿ ಚೌಧರಿ.

Vijaya Karnataka • 21 Jun • Ministry of Ayush

Yoga in state

3 • PG | 493 • Sqcm | 492882 • AVE | 1.44M • Cir | Bottom Center

Bengaluru

ರಾಜ್ಯದೆಲ್ಲೆಡೆ ಯೋಗ ಸಂಗಮ

ಜೂನ್ 21ರಂದು ವಿಶ್ವದೆಲ್ಲೆಡೆ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನವನ್ನು ಆಚರಿಸಲಾಗುತ್ತಿದೆ. ಬೆಂಗಳೂರು, ಮೈಸೂರು ಸೇರಿದಂತೆ ರಾಜ್ಯದೆಲ್ಲೆಡೆ 'ಒಂದು ಭೂಮಿ ಎಲ್ಲರ ಆರೋಗ್ಯಕ್ಕಾಗಿ ಯೋಗ' ಘೋಷವಾಕ್ಯದಲ್ಲಿ ವಿವಿಧ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ.

ಬೆಂಗಳೂರು: ವಿಶ್ವ ಯೋಗ ದಿನಾಚರಣೆ ಅಂಗವಾಗಿ ಜೂ. 21ರಂದು ರಾಜ್ಯದಲ್ಲಿ 'ಯೋಗ ಸಂಗಮ' ಎಂಬ ವಿಶೇಷ ಕಾರ್ಯಕ್ರಮವನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ. 11ನೇ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆಯಂದು ರಾಜ್ಯಾದ್ಯಂತ 5 ಲಕ್ಷ ಮಂದಿ ಯೋಗಾಭ್ಯಾಸ ನಡೆಸಲು ಸರಕಾರ ಅನುವು ಮಾಡಿಕೊಡುತ್ತಿದೆ' ಎಂದು ಆರೋಗ್ಯ ಸಚಿವ ದಿನೇಶ್ ಗುಂಡೂರಾವ್ ಹೇಳಿದರು.

'ಜೂ. 21ರ ಮುಂಜಾನೆ 6 ಗಂಟೆಯಿಂದ 8 ಗಂಟೆಯವರೆಗೆ 5000 ಜನರು ವಿಧಾನಸೌಧದ ಮೆಟ್ಟಿಲುಗಳ ಬಳಿ ಯೋಗಾಭ್ಯಾಸ ನಡೆಸಲಿದ್ದು, ರಾಜ್ಯಪಾಲ ಥಾವರ್‌ಚಂದ್ ಗೆಹ್ಲೋಟ್ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಚಾಲನೆ ನೀಡಲಿದ್ದಾರೆ. ಸಿಎಂ ಸಿದ್ದರಾಮಯ್ಯ, ಡಿಸಿಎಂ ಡಿ.ಕೆ.ಶಿವಕುಮಾರ್‌ಸೇರಿದಂತೆ ಶಾಸಕರು, ಸಂಸದರು, ಕ್ರೀಡಾಪಟುಗಳು, ತಾರೆಯರು ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳಲಿದ್ದಾರೆ ಎಂದು ಹೇಳಿದರು.

ನಾನಾ ಯೋಗ ಕಾರ್ಯಕ್ರಮ: ರಾಜ್ಯದ ಹಲವೆಡೆ ಯೋಗ ದಿನಾಚರಣೆಯ ಪ್ರಯುಕ್ತ ಯೋಗ ಪಾರ್ಕ್, ಯೋಗ ಧನುಷ್, ಹೂರು ಯೋಗ, ಯೋಗ ಮಹಾಕುಂಭ, ಯೋಗ ಸಂಯೋಗ, ಯೋಗ ಅನ್ ಪ್ಲಗ್‌ನಂತಹ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ರಾಜ್ಯದ ಆಯುಷ್ ಇಲಾಖೆಯಿಂದ ಆಯೋಜಿಸಲಾಗಿದೆ.

ಮಂತ್ರಾಲಯ ಶ್ರೀ ರಾಘವೇಂದ್ರ ಸ್ವಾಮಿಗಳ ಮಠದ ಮಧ್ವ ಕಾರಿಡಾರ್‌ನಲ್ಲಿ ಜೂ.18ರಂದು ವಿಶೇಷ ಯೋಗ ಕಾರ್ಯಕ್ರಮ ಜರುಗಿತು.

- 11ನೇ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ
- ವಿಧಾನ ಸೌಧದ ಮೆಟ್ಟಿಲ ಬಳಿ ಯೋಗಾಭ್ಯಾಸ
- ರಾಜ್ಯಾದ್ಯಂತ 5 ಲಕ್ಷ ಜನರಿಂದ ಯೋಗಾಭ್ಯಾಸ
- ಮೈಸೂರನ್ನು ಯೋಗ ಜಿಲ್ಲೆಯನ್ನಾಗಿ ರೂಪಿಸಲು ಕೇಂದ್ರಕ್ಕೆ ಪ್ರಸ್ತಾವನೆ

ರಾಜಾಂಗಣದಲ್ಲಿ ಯೋಗ

ಉಡುಪಿ: ಶ್ರೀಕೃಷ್ಣಮಠ, ಪರ್ಯಾಯ ಪುತ್ತಿಗೆ ಮಠ, ಪತಂಜಲಿ ಯೋಗ ಪೀಠ(ಹರಿದ್ವಾರ) ಸಹಯೋಗದಲ್ಲಿ ಜೂ. 21ರಂದು ಬೆಳಗ್ಗೆ 5.30ರಿಂದ 7 ಗಂಟೆಗೆ ರಾಜಾಂಗಣದಲ್ಲಿ ನಡೆಯಲಿದೆ. ಪರ್ಯಾಯ ಪುತ್ತಿಗೆ ಮಠದ ಶ್ರೀ ಸುಗುಣೇಂದ್ರತೀರ್ಥರು ಹಾಗೂ ಕಿರಿಯ ಯತಿ ಶ್ರೀ ಸುಶ್ರೀಂದ್ರತೀರ್ಥ ಶ್ರೀಪಾದರು ಕಾರ್ಯಕ್ರಮ ಉದ್ಘಾಟಿಸಿ ಆಶೀರ್ವಚನ ನೀಡುವರು.

ಪುರಭವನದಲ್ಲಿ ಯೋಗ ದಿನಾಚರಣೆ

ಮಂಗಳೂರು: ದಕ್ಷಿಣ ಕನ್ನಡ ಜಿಲ್ಲಾಡಳಿತ, ಆಯುಷ್ ಇಲಾಖೆ, ಆಯುಷ್ ಕಾಲೇಜುಗಳು ಹಾಗೂ ಯೋಗ ಸಂಘಟನೆಗಳ ಸಹಯೋಗದೊಂದಿಗೆ ಮಂಗಳೂರು ಪುರಭವನದಲ್ಲಿ ಜೂ. 21ರಂದು ಬೆಳಗ್ಗೆ 8ಕ್ಕೆ ಯೋಗ ದಿನಾಚರಣೆ ನಡೆಯಲಿದೆ.

ಯೋಗ ಮಹಾಕುಂಭ

ಮೈಸೂರಿನ ಅರಮನೆ ಆವರಣದಲ್ಲಿ 'ಯೋಗ ಮಹಾಕುಂಭ' ಎಂಬ ಕಾರ್ಯಕ್ರಮವನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದ್ದು, ಯೋಗ ದಿನಾಚರಣೆಯಂದು 15000 ಜನರು ಯೋಗಾಭ್ಯಾಸ ನಡೆಸಲಿದ್ದಾರೆ. 30 ಜಿಲ್ಲಾ ಕೇಂದ್ರಗಳಲ್ಲಿ 'ಯೋಗ ಸಂಗಮ' ಕಾರ್ಯಕ್ರಮ ಆಯೋಜಿಸಲಾಗಿದ್ದು, ಪ್ರತಿ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಕನಿಷ್ಠ 5000 ಮಂದಿ ಭಾಗವಹಿಸಲಿದ್ದಾರೆ. ಬೆಳಗ್ಗೆ 7 ಗಂಟೆಯಿಂದ 7.45ರವರೆಗೆ ರಾಜ್ಯದ 100 ಆರೋಗ್ಯ ಕೇಂದ್ರಗಳಲ್ಲಿ 45 ನಿಮಿಷಗಳ ಯೋಗ ಪ್ರಾತ್ಯಕ್ಷಿಕೆ ಪ್ರದರ್ಶನ ನಡೆಯಲಿದೆ ಎಂದು ವಿವರಿಸಿದರು.

ಸಾಮೂಹಿಕ ಯೋಗಾಭ್ಯಾಸ

ಚಿತ್ರದುರ್ಗ: ಜಿಲ್ಲಾಡಳಿತ, ಆಯುಷ್ ಇಲಾಖೆಯಿಂದ ನಗರದ ಹಳೇ ಮಾಧ್ಯಮಿಕ ಶಾಲಾ ಆವರಣದಲ್ಲಿ ಬೆಳಗ್ಗೆ 7ರಿಂದ 7.45ರವರೆಗೆ ಸುಮಾರು 2 ಸಾವಿರಕ್ಕೂ ಅಧಿಕ ಯೋಗಾಸಕ್ತರು ಸಾಮೂಹಿಕ ಯೋಗಾಭ್ಯಾಸದಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳುವರು. ನಂತರ ವೇದಿಕೆ ಕಾರ್ಯಕ್ರಮ ನಡೆಯಲಿದೆ.

ಹೊಸ್ಕಾಳಿ ಹಿರೇಕಲ್ಲಠ

ಹೊಸ್ಕಾಳಿ: ಪಟ್ಟಣದ ಹಿರೇಕಲ್ಲಠದಲ್ಲಿ ಜೂನ್ 21ರಂದು ಬೆಳಗ್ಗೆ 5.45ರಿಂದ 6.30 ರವರೆಗೆ ಲಘು ವ್ಯಾಯಾಮದ ಅಭ್ಯಾಸ ನಡೆಯಲಿದ್ದು, ನಂತರ 6.30ರಿಂದ ವೇದಿಕೆ ಕಾರ್ಯಕ್ರಮ. ಹಿರೇಕಲ್ಲಠದ ಡಾ.ಒಡೆಯರ್ ಚನ್ನವಲ್ಲಿಕಾರ್ಜುನ ಶಿವಾಚಾರ್ಯ ಸ್ವಾಮೀಜಿ ಸಾನ್ನಿಧ್ಯ ವಹಿಸುವರು.

ಈಶ್ವರೀಯ ವಿಶ್ವವಿದ್ಯಾಲಯದಲ್ಲಿ ಯೋಗ ಶಿಬಿರ

ಗದಗ: ನಗರದಲ್ಲಿ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ಅಂಗವಾಗಿ ಈಶ್ವರೀಯ ವಿಶ್ವವಿದ್ಯಾಲಯದಲ್ಲಿ ಯೋಗ ಮತ್ತು ಯೋಗಾಸನ ಉಚಿತ ಶಿಬಿರ ಆರಂಭವಾಗಿದ್ದು, ಜೂ. 30ರವರೆಗೆ ಬೆಳಗ್ಗೆ 6 ರಿಂದ 7.30ರ ವರೆಗೆ ನಗರದ ಮೂರು ಸ್ಥಳಗಳಲ್ಲಿ ನಡೆಯಲಿದೆ. ಗದಗದ ನಗರದ ಬಸವೇಶ್ವರನಗರದ ಬ್ರಹ್ಮಕುಮಾರೀಸ್ ಮೊ: 6360753992, ಸಿದ್ದರಾಮೇಶ್ವರ ನಗರದ ಬ್ರಹ್ಮಕುಮಾರೀಸ್ ಅಧ್ಯಾತ್ಮಿಕ ಸಂಸ್ಕೃತಿ ಭವನ ಮೊ: 8095679175, ಬೆಟಗೇರಿಯ ಬ್ರಹ್ಮಕುಮಾರೀಸ್ ಮೊ: 9632769950 ನಲ್ಲಿ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ. ಅಲ್ಲಿರುವ ಈಶ್ವರೀಯ ವಿಶ್ವವಿದ್ಯಾಲಯದ ಸಭಾಂಗಣದಲ್ಲಿ ಉಚಿತ ಯೋಗ ಶಿಬಿರ ನಡೆಯಲಿದೆ.

2.25 ಕೋಟಿ ಯೋಗಾಸಕ್ತರ ನೋಂದಣಿ

ಕೊಪ್ಪಳದಲ್ಲಿ: ಜೂನ್ 21ರಂದು ನಡೆಯಲಿರುವ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನದ 'ಯೋಗ ಸಂಗಮ' ಕಾರ್ಯಕ್ರಮಕ್ಕೆ 2.25 ಕೋಟಿಗೂ ಹೆಚ್ಚು ಮಂದಿ ನೋಂದಣಿ ಮಾಡಿಸಿಕೊಂಡಿದ್ದಾರೆ ಎಂದು ಆಯುಷ್ ಸಚಿವಾಲಯ ಜೂನ್ 18ರಂದು ತಿಳಿಸಿದೆ.

'ಪ್ರಧಾನಿ ಮೋದಿ ಭಾಗವಹಿಸುವ ಮುಖ್ಯ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಭಾಗವಹಿಸಲು 4ಲಕ್ಷಕ್ಕೂ ಅಧಿಕ ಯೋಗಾಸಕ್ತರು ಹೆಸರು ನೋಂದಾಯಿಸಿಕೊಂಡಿದ್ದಾರೆ. ದೇಶದಲ್ಲಿ ಯಾವುದೇ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಈವರೆಗೆ ಇಷ್ಟು ದೊಡ್ಡ ಪ್ರಮಾಣದಲ್ಲಿ ನೋಂದಣಿ ನಡೆದಿಲ್ಲ, ಇದೊಂದು ಗಿನ್ನೆಸ್ ದಾಖಲೆ ಆಗಲಿದೆ. ಇದು ಭಾರತದ ಸ್ವಾಸ್ಥ್ಯ ಪ್ರಯಾಣದಲ್ಲಿ ಬಹುದೊಡ್ಡ ಮೈಲಿಗಲ್ಲು' ಎಂದು ಸಚಿವಾಲಯ ಹೇಳಿದೆ. ಜೂನ್ 21ರಂದು ಮುಖ್ಯ ಕಾರ್ಯಕ್ರಮ 'ಯೋಗ ಸಂಗಮ' ಆಂಧ್ರಪ್ರದೇಶದ ವಿಶಾಖಪಟ್ಟಣದಲ್ಲಿ ನಡೆಯಲಿದೆ. ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಪ್ರಧಾನಿ ನರೇಂದ್ರ ಮೋದಿ, ಆಂಧ್ರಪ್ರದೇಶ ಮುಖ್ಯಮಂತ್ರಿ ಎನ್.ಚಂದ್ರಬಾಬು ನಾಯ್ಡು, ಕೇಂದ್ರ ಆಯುಷ್ ಖಾತೆ ಸಹಾಯಕ ಸಚಿವ ಪ್ರತಾಪ್ ರಾವ್ ಯಾದವ್ ಭಾಗವಹಿಸಲಿದ್ದಾರೆ. ದೇಶದ ಲಕ್ಷಾಂತರ ಸ್ಥಳಗಳಲ್ಲಿ ಬೆಳಗ್ಗೆ 6.30ರಿಂದ 7.45ರವರೆಗೆ ಏಕಕಾಲದಲ್ಲಿ ಯೋಗ ಪ್ರದರ್ಶನ ನಡೆಯಲಿದೆ.

ಬಾಗಲಕೋಟೆ ನವನಗರದ ಜಿಲ್ಲಾ ಕ್ರೀಡಾಂಗಣ

ಬಾಗಲಕೋಟೆ: ಜಿಲ್ಲಾಡಳಿತ, ಜಿಲ್ಲಾ ಪಂಚಾಯತಿ ಹಾಗೂ ಜಿಲ್ಲಾ ಆಯುಷ್ ಇಲಾಖೆ ಸಹಯೋಗದಲ್ಲಿ ಜೂ.21 ರಂದು ಬೆಳಗ್ಗೆ 6 ಕ್ಕೆ ನವನಗರದ ಜಿಲ್ಲಾ ಕ್ರೀಡಾಂಗಣದಲ್ಲಿ ಯೋಗ ದಿನಾಚರಣೆ ಕಾರ್ಯಕ್ರಮ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ. ಜಿಲ್ಲಾ ಉಸ್ತುವಾರಿ ಸಚಿವ ಆರ್.ಬಿ.ತಿಮ್ಮಾಪುರ ಕಾರ್ಯಕ್ರಮ ಉದ್ಘಾಟಿಸುವರು

ಕೊಪ್ಪಳದಲ್ಲಿ ನಾನಾ ಕಾರ್ಯಕ್ರಮ

ಕೊಪ್ಪಳ: ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ನಿಮಿತ್ತ ಜಿಲ್ಲಾ ಆಯುಷ್ ಇಲಾಖೆಯಿಂದ ಜೂ. 21ರಂದು ಬೆಳಗ್ಗೆ 6:30ಕ್ಕೆ ನಗರದ ತಾಲೂಕು ಕ್ರೀಡಾಂಗಣದಲ್ಲಿ ಜಿಲ್ಲಾಮಟ್ಟದ ಯೋಗ ಕಾರ್ಯಕ್ರಮ ಜರುಗಲಿದೆ. ಜಿಲ್ಲಾ ಮಟ್ಟದ ಇಲಾಖಾ ಅಧಿಕಾರಿಗಳು, ಸಿಬ್ಬಂದಿ ಹಾಗೂ ಸಾರ್ವಜನಿಕರು ಭಾಗವಹಿಸಲಿದ್ದಾರೆ.

Vijaya Karnataka • 21 Jun • Ministry of Ayush

Do Yoga keep Sadness away

3 • PG | 342 • Sqcm | 341883 • AVE | 1.44M • Cir | Top Center

Bengaluru

ಯೋಗ ಮಾಡಿ ದುಃಖವನ್ನು ದೂರವಿಡಿ

ಯೋಗಶಾಸ್ತ್ರದ ಪಿತಾಮಹ ಪತಂಜಲಿ ಅವರು ಹೇಳುತ್ತಾರೆ: 'ಯೋಗದ ಉದ್ದೇಶವೇ ದುಃಖ ಬರುವುದಕ್ಕಿಂತ ಮೊದಲು ಅದನ್ನು ತಡೆಯುವುದು'. ಲೋಭ, ಕೋಪ, ಅಸೂಯೆ, ದ್ವೇಷ ಅಥವಾ ನಿರಾಶೆ ಈ ಎಲ್ಲ ನಕಾರಾತ್ಮಕ ಭಾವನೆಗಳನ್ನು ಯೋಗದ ಮೂಲಕ ಸರಿಪಡಿಸಬಹುದಾಗಿದೆ ಅಥವಾ ಮಾರ್ಗದರ್ಶಿಸಬಹುದಾಗಿದೆ.

ಶ್ರೀ ಶ್ರೀ ರವಿಶಂಕರ್ ಗುರೂಜಿ
ಆರ್ಟ್ ಆಫ್ ಲಿವಿಂಗ್

ನೀವು ಸಂತೋಷದಲ್ಲಿರುವಾಗ, ನಿಮ್ಮ ಒಳಗೊಂದೊಂದು ವಿಸ್ತರಣೆಯ ಅನುಭವ ಆಗುತ್ತದೆಯೆಂದು ಗಮನಿಸಿದ್ದೀರಾ? ಆದರೆ ನಾವು ವಿಫಲರಾಗುವಾಗ ಅಥವಾ ಯಾರಾದರೂ ನಮ್ಮನ್ನು ಅವಮಾನಿಸಿದಾಗ, ನಮ್ಮೊಳಗಿನ ಏನೋ ಒಂದು ಅಂಶ ಕುಗ್ಗುತ್ತದೆಯೆಂಬ ಅನುಭವ ಬರುತ್ತದೆ. ಸಂತೋಷವಾಗಿದ್ದಾಗ ಅದು ವಿಸ್ತರಿಸುವಂತಿರುತ್ತದೆ, ದುಃಖದಲ್ಲಿದ್ದಾಗ ಅದು ಒತ್ತಿಕೊಳ್ಳಲ್ಪಡುವಂತಿರುತ್ತದೆ. ಯೋಗವೆಂದರೆ ಈ ಅಂಶದ ಮೇಲೆ ಗಮನ ಹರಿಸುವುದು.

ಅನೇಕ ಬಾರಿ ನಾವು ನಕಾರಾತ್ಮಕ ಭಾವನೆಗಳ ಮುಂದೆ ದೌರ್ಬಲ್ಯ ಅನುಭವಿಸುತ್ತೇವೆ. ಶಾಲೆಯಲ್ಲಾಗಲಿ, ಮನೆಯಲ್ಲಾಗಲಿ, ಯಾರೂ ಈ ಭಾವನೆಗಳನ್ನು ಹೇಗೆ ಹತ್ತಿಕ್ಕುವುದು ಎಂದು ನಮ್ಮನ್ನು ಬೋಧಿಸುತ್ತಿಲ್ಲ, ನಾವು ಬೇಸರಗೊಂಡಿದ್ದರೆ, ಬೇಸರಗೊಂಡವರೇ ಆಗಿ ಉಳಿಯುತ್ತೇವೆ ಅಥವಾ ಕಾಲವೇ ಅದನ್ನು ವಾಸಿ ಮಾಡುತ್ತದೆ ಎಂಬ ನಿರೀಕ್ಷೆಯಲ್ಲಿರುತ್ತೇವೆ. ಆದರೆ ಯೋಗದಲ್ಲಿದೆ ಈ ಮನಸ್ಸಿನ ಸ್ಥಿತಿಯನ್ನು ತಿರುಗಿಸುವ ಗುಟ್ಟಾದ ಶಕ್ತಿ. ಇದು ನಿಮಗೆ ಆಂತರಿಕ ಸ್ವಾತಂತ್ರ್ಯವನ್ನು ನೀಡುತ್ತದೆ. ನೀವು ಯಾವುದೇ ಸಂದರ್ಭದಲ್ಲಾದರೂ ಇಚ್ಛಿಸಿದ ರೀತಿಯಲ್ಲಿ ಭಾವಿಸುವ ಶಕ್ತಿಯನ್ನು ನಿಮಗೆ ಒದಗಿಸುತ್ತದೆ.

ಯೋಗವು ನಾವೆಲ್ಲರೂ ಹೆಚ್ಚು ಹೊಣೆಗಾರಿಕೆಯಿಂದ ಬದುಕಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ. ಇದನ್ನು ಕರ್ಮಯೋಗ ಎಂದು ಕರೆಯುತ್ತಾರೆ. ನಾವು ನಮ್ಮ ಜೀವನದಲ್ಲಿ ಹಲವಾರು ಪಾತ್ರಗಳನ್ನು ನಿರ್ವಹಿಸುತ್ತೇವೆ. ಈ ಪಾತ್ರವನ್ನು ಯೋಗಿಯಾಗಿ ಅಥವಾ ಅಯೋಗಿಯಾಗಿ, ಹೊಣೆಗಾರ ವ್ಯಕ್ತಿಯಾಗಿ ಅಥವಾ ನಿರ್ಲಕ್ಷಿಸುವ ವ್ಯಕ್ತಿಯಾಗಿ ನಿಭಾಯಿಸಬಹುದಾದ ಆಯ್ಕೆ ನಮ್ಮದಾಗಿದೆ. ನೀವು ಜವಾಬ್ದಾರಿಯುತ ಶಿಕ್ಷಕರಾಗಬಹುದು, ಕಾಳಜಿಯುತ ವೈದ್ಯರಾಗಬಹುದು, ಸಮಾಜದ ಬಗ್ಗೆ ಕಾಳಜಿ ಇರುವ ವ್ಯಾಪಾರಿಯಾಗಬಹುದು. ಕಾಳಜಿ, ಹಂಚಿಕೆ ಮತ್ತು ಹೊಣೆಗಾರಿಕೆ ಇವುಗಳನ್ನು ಯೋಗವು ನಮ್ಮಲ್ಲಿ ಬೆಳೆಸುತ್ತದೆ.

ಈ ಗುಣಗಳು ಪ್ರತಿಯೊಬ್ಬರಲ್ಲೂ ಇವೆ. ಆದರೆ ಅವುಗಳ ಪೋಷಣೆಯ ಅಗತ್ಯವಿದೆ. ಯೋಗದಿಂದ ಇವುಗಳು ಬೆಳೆಯುತ್ತವೆ, ಏಕೆಂದರೆ ಯೋಗ ನಿಮಗೆ ಹೆಚ್ಚು ಶಕ್ತಿಯನ್ನೂ, ಉತ್ಸಾಹವನ್ನೂ ನೀಡುತ್ತದೆ. ನೀವು ಯಾವಾಗ ಹೊಣೆಗಾರಿಕೆ ತೆಗೆದುಕೊಳ್ಳುವುದನ್ನು ಇಷ್ಟಪಡುತ್ತಿಲ್ಲ? ನೀವು ದಣಿದಿರುವಾಗ ಅಥವಾ ಒತ್ತಡದಲ್ಲಿರುವಾಗ. ಈ ಎರಡನ್ನೂ ನಿವಾರಿಸಿದರೆ, ನೀವು ಖಚಿತವಾಗಿ ಹೆಚ್ಚು ಹೊಣೆಗಾರಿಕೆಯನ್ನು ತೆಗೆದುಕೊಳ್ಳುತ್ತೀರಿ. ಅದೂ ಸಹ ಹಗುರತನದ ಭಾವದೊಂದಿಗೆ.

ಯೋಗದಿಂದ ಆತ್ಮವಿಶ್ವಾಸ ಹೆಚ್ಚಳ: ನಮ್ಮ ಜಗತ್ತಿನ ಅಸಮತೋಲಗಳ ಮೂಲಕ್ಕೆ ಹೋದಾಗ, ಅಲ್ಲಿ ಒತ್ತಡ, ಪರಸ್ಪರ, ವಿಶ್ವಾಸ ಮತ್ತು ಭಯವನ್ನೇ ಕಾಣುತ್ತೇವೆ. ಯೋಗವು ಈ ಮೂರನ್ನೂ ನಿವಾರಿಸುತ್ತದೆ. ಯೋಗದಿಂದ ನಿಮ್ಮ ಜ್ಞಾನದ ವ್ಯಾಪ್ತಿ ವಿಸ್ತರಿಸುತ್ತದೆ. ಭಯ ಮಾಯವಾಗುತ್ತದೆ. ನಿಮ್ಮೊಳಗಿನ ಆತನ ಭಾವನೆ ಹೆಚ್ಚಾಗುತ್ತದೆ. 'ನಾನೂ ಅವನಷ್ಟೇ ಭಾಗಿ', ಅವನೂ ನನ್ನಷ್ಟೇ ಭಾಗಿ'' ಎಂಬ ಬುದ್ಧಿ ಉಂಟಾಗುತ್ತದೆ. ತನ್ನ ಅಸ್ತಿತ್ವ ಕಳೆದುಕೊಳ್ಳುವ ಭಯ ಅಥವಾ ನಾಶವಾಗುವ ಭಯ ಇವು ಬಹಳ ಆಳವಿರುವ ಭಾವನೆಗಳಾಗಿವೆ. ಇವನ್ನು ನಿವಾರಿಸಲು ಯೋಗ ಅತ್ಯುತ್ತಮ ಮಾರ್ಗ.

ಯೋಗಿಯೆಂದರೆ ಯಾವುದೇ ಕ್ರಿಯೆಯನ್ನೂ ಎಚ್ಚರಿಕೆಯಿಂದ ಮಾಡುವವನು. ಏನು ಹೇಳುತ್ತಿದ್ದೇನೆ, ಏನು ಮಾಡುತ್ತಿದ್ದೆ ಎಂಬ ಅರಿವು ಇರುವಾಗ, ನೀವೊಬ್ಬ ಯೋಗಿಯಾಗಿರುತ್ತೀರಿ.

ವಿಜ್ಞಾನವೆಂದರೆ 'ಇದು ಏನು' ಎಂಬುದರ ತಾತ್ವಿಕ ವಿವರಣೆ. ಅರ್ಥದಲ್ಲಿ, ಯೋಗವೂ ಒಂದು ವಿಜ್ಞಾನವೇ, ಏಕೆಂದರೆ ಅದು 'ನಾನು ಯಾರು?' ಎಂಬ ಜ್ಞಾನವನ್ನು ಕ್ರಮಬದ್ಧವಾಗಿ ನೀಡುತ್ತದೆ.

ಯೋಗದ ಎಲ್ಲಾ ವೈಜ್ಞಾನಿಕ ಅಂಶಗಳು ಮಗುವಾಗಿದ್ದಾಗಲೇ ಇರುತ್ತವೆ. ನಾವೆಲ್ಲಾ ಮಗುವಾಗಿದ್ದಾಗ ಯೋಗಿಗಳಾಗಿದ್ದೆವು. ಮಗುಗಳು ನಿದ್ರಿಸುವಾಗ ಚಿನ್ ಮುದ್ರೆಯನ್ನು ಮಾಡುತ್ತವೆ. ಪ್ರಪಂಚದ ಎಲ್ಲ ಭಾಗಗಳಲ್ಲಿ ಮಗು ಮಲಗಿರುವಾಗ ಮೊದಲು ಕಾಲು ಎತ್ತುತ್ತವೆ, ನಂತರ ಹೊಟ್ಟೆಯ ಮೇಲೆ ಹೋಗಿ ಹಾವು ಆಸನದಂತೆಯೇ ಕತ್ತನ್ನು ಎತ್ತಲು ಪ್ರಯತ್ನಿಸುತ್ತವೆ. ಈ ಭೂಮಿಯ ಪ್ರತಿಯೊಬ್ಬ ಮಗುವೂ ಏನಾದರೂ ಒಂದು ಆಸನ ಮಾಡುತ್ತಿರುತ್ತದೆ.

ನಾವು ಉಸಿರಾಟ ಮಾಡುವ ರೀತಿ, ಮಗು ಉಸಿರಾಟ ಮಾಡುವ ರೀತಿಯಲ್ಲಿ, ಮಗು ಒತ್ತಡವಿಲ್ಲದ ಮನಸ್ಸಿನಿಂದ ಸಂತೋಷದಿಂದ ಉಸಿರಾಡುತ್ತದೆ. ಹಾಗಾಗಿ, ಯೋಗವೆಂದರೆ ನಿಜವಾಗಿ ನಮ್ಮ ಮೂಲದತ್ತ ಹಿಂದಿರುಗುವುದು, ಮತ್ತೆ ಮಗುವಾಗುವುದು.

Vijaya Karnataka • 19 Jun • Ministry of Ayush

2.25 crores Yoga registration for Yoga day

14 • PG | 123 • Sqcm | 122976 • AVE | 1.44M • Cir | Top Right

Bengaluru

ಯೋಗ ದಿನಕ್ಕೆ 2.25 ಕೋಟಿ ಯೋಗಾಸಕ್ತರ ನೋಂದಣಿ

ದಾಖಲೆಯ ನೋಂದಣಿ । ವಿಶಾಖಪಟ್ಟಣದಲ್ಲಿ ಮೋದಿ ಯೋಗಾಭ್ಯಾಸ

ಹೊಸದಿಲ್ಲಿ: ಜೂನ್ 21ರಂದು ನಡೆಯಲಿರುವ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನದ 'ಯೋಗ ಸಂಗಮ' ಕಾರ್ಯಕ್ರಮಕ್ಕೆ 2.25 ಕೋಟಿಗೂ ಹೆಚ್ಚು ಮಂದಿ ನೋಂದಣಿ ಮಾಡಿಸಿಕೊಂಡಿದ್ದಾರೆ ಎಂದು ಆಯುಷ್ ಸಚಿವಾಲಯ ಬುಧವಾರ ತಿಳಿಸಿದೆ.

''ಪ್ರಧಾನಿ ಮೋದಿ ಭಾಗವಹಿಸುವ ಮುಖ್ಯ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಭಾಗವಹಿಸಲು ನಾಲ್ಕು ಲಕ್ಷಕ್ಕೂ ಅಧಿಕ ಯೋಗಾಸಕ್ತರು ಹೆಸರು ನೋಂದಾಯಿಸಿಕೊಂಡಿದ್ದಾರೆ. ದೇಶದಲ್ಲಿ ಯಾವುದೇ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಈವರೆಗೆ ಇಷ್ಟು ದೊಡ್ಡ ಪ್ರಮಾಣದಲ್ಲಿ ನೋಂದಣಿ ನಡೆದಿಲ್ಲ. ಇದೊಂದು ಗಿನ್ನೆಸ್ ದಾಖಲೆ ಆಗಲಿದೆ. ಇದು ಭಾರತದ ಸ್ವಾಸ್ಥ್ಯ ಪ್ರಯಾಣದಲ್ಲಿ ಬಹುದೊಡ್ಡ ಮೈಲಿಗಲ್ಲು,'' ಎಂದು ಸಚಿವಾಲಯ ಹೇಳಿದೆ. ಜೂನ್ 21ರಂದು ಮುಖ್ಯ ಕಾರ್ಯಕ್ರಮ 'ಯೋಗ ಸಂಗಮ' ಆಂಧ್ರಪ್ರದೇಶದ ವಿಶಾಖಪಟ್ಟಣದಲ್ಲಿ ನಡೆಯಲಿದೆ. ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಪ್ರಧಾನಿ ನರೇಂದ್ರ ಮೋದಿ, ಆಂಧ್ರಪ್ರದೇಶ ಮುಖ್ಯಮಂತ್ರಿ ಎನ್.ಚಂದ್ರಬಾಬು ನಾಯ್ಡು, ಕೇಂದ್ರ ಆಯುಷ್ ಖಾತೆ ಸಹಾಯಕ ಸಚಿವ ಪ್ರತಾಪ್ ರಾವ್ ಯಾದವ್ ಭಾಗವಹಿಸಲಿದ್ದಾರೆ. ದೇಶದ ಲಕ್ಷಾಂತರ ಸ್ಥಳಗಳಲ್ಲಿ ಬೆಳಗ್ಗೆ 6.30ರಿಂದ 7.45ರವರೆಗೆ ಏಕಕಾಲದಲ್ಲಿ ಯೋಗ ಪ್ರದರ್ಶನ ನಡೆಯಲಿದೆ.

ಈ ವರ್ಷದ ಥೀಮ್‌ವಾಕ್ಯ 'ಒಂದು ಭೂಮಿ ಒಂದು ಆರೋಗ್ಯಕ್ಕಾಗಿ ಯೋಗ' ಯೋಗವನ್ನು ಜಾಗತಿಕ ಸುಸ್ಥಿರತೆ ಮತ್ತು ವೈಯಕ್ತಿಕ ಯೋಗಕ್ಷೇಮದೊಂದಿಗೆ ಜೋಡಿಸುವ ಸಂದೇಶದ ಬಗ್ಗೆ ಇರುವ ವ್ಯಾಪಕ ಉತ್ಸಾಹವನ್ನು ಪ್ರತಿಬಿಂಬಿಸುತ್ತದೆ. ರಾಜಸ್ಥಾನ, ಆಂಧ್ರಪ್ರದೇಶ, ಉತ್ತರ ಪ್ರದೇಶ, ಮಧ್ಯಪ್ರದೇಶ, ಗುಜರಾತ್ ಹಾಗೂ ಹಿಮಾಚಲ ಪ್ರದೇಶಗಳಲ್ಲಿ ಹೆಚ್ಚಿನ ಮಂದಿ ನೋಂದಣಿ ಮಾಡಿಕೊಂಡಿದ್ದಾರೆ.

Vijaya Karnataka • 18 Jun • Ministry of Ayush

Yoga on June 21st : Minister Dinesh

2 • PG | 165 • Sqcm | 165056 • AVE | 1.44M • Cir | Bottom Right

Bengaluru

ರಾಜ್ಯಾದ್ಯಂತ 5 ಲಕ್ಷ ಜನರಿಂದ ಯೋಗಭ್ಯಾಸ | ಮೈಸೂರನ್ನು ಯೋಗ ಜಿಲ್ಲೆಯನ್ನಾಗಿ ಘೋಷಿಸಲು ಕೇಂದ್ರಕ್ಕೆ ಪ್ರಸ್ತಾವನೆ

ಜೂನ್ 21ರಂದು ಯೋಗ ಸಂಗಮ: ಸಚಿವ ದಿನೇಶ್

■ **ವಿಕ ಸುದ್ದಿಲೋಕ** ಬೆಂಗಳೂರು

11ನೇ ಅಂತಾರಾಷ್ಟ್ರೀಯ ವಿಶ್ವ ಯೋಗ ದಿನಾಚರಣೆ ಅಂಗವಾಗಿ ಜೂ.21ರಂದು ರಾಜ್ಯದಲ್ಲಿ 'ಯೋಗ ಸಂಗಮ' ಎಂಬ ವಿಶೇಷ ಕಾರ್ಯಕ್ರಮವನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ ಎಂದು ಆರೋಗ್ಯ ಸಚಿವ ದಿನೇಶ್ ಗುಂಡೂರಾವ್ ಹೇಳಿದರು.

ಆರೋಗ್ಯ ಸೌಧದಲ್ಲಿ ಮಂಗಳವಾರ ಸುದ್ದಿಗೋಷ್ಠಿ ಮಾತನಾಡಿ, ''ರಾಜ್ಯದಾದ್ಯಂತ 5 ಲಕ್ಷ ಮಂದಿ ಯೋಗಭ್ಯಾಸ ನಡೆಸಲು ಸರಕಾರ ಅನುವು ಮಾಡಿಕೊಡುತ್ತಿದೆ. 'ಒಂದು ಭೂಮಿ ಒಂದು ಆರೋಗ್ಯಕ್ಕಾಗಿ ಯೋಗ' ಎಂಬ ಘೋಷವಾಕ್ಯದೊಂದಿಗೆ ಈ ಬಾರಿಯ ವಿಶ್ವ ಯೋಗ ದಿನಾಚರಣೆಯನ್ನುಆಚರಿಸಲಾಗುವುದು. ಜೂ.21ರ ಮುಂಜಾನೆ 6 ಗಂಟೆಯಿಂದ 8 ಗಂಟೆಯವರೆಗೆ 5000 ಜನರು ವಿಧಾನಸೌಧದ ಮೆಟ್ಟಿಲುಗಳ ಬಳಿ ಯೋಗಾಭ್ಯಾಸ ನಡೆಸಲಿದೆ,'' ಎಂದು ಹೇಳಿದರು.

ಮೈಸೂರು ಯೋಗ ಜಿಲ್ಲೆ: ''ರಾಜ್ಯದಲ್ಲಿ ಮೈಸೂರನ್ನು'ಯೋಗಜಿಲ್ಲೆಯನ್ನಾಗಿ'ಸಲು ಯೋಜನೆ ರೂಪಿಸಿ ಕೇಂದ್ರ ಸರಕಾರಕ್ಕೆ ಪ್ರಸ್ತಾವನೆ ಸಲ್ಲಿಸಲಾಗಿದೆ. ಜಿಲ್ಲೆಯ ಪ್ರತಿಯೊಂದು ಮನೆಯಲ್ಲಿ ಒಬ್ಬರಾದರೂ ಯೋಗಭ್ಯಾಸ ನಡೆಸುವಂತಾಗಬೇಕೆಂಬ ಗುರಿ ಹೊಂದಲಾಗಿದೆ,'' ಎಂದರು.

ಮೈಸೂರಿನ ಅರಮನೆ ಆವರಣದಲ್ಲಿ 'ಯೋಗ ಮಹಾಕುಂಭ' ಎಂಬ ಕಾರ್ಯಕ್ರಮ ವನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದ್ದು, ಯೋಗ ದಿನಾಚರಣೆ ಯಂದು 15000

ಜನರು ಯೋಗಭ್ಯಾಸ ನಡೆಸಲಿದ್ದಾರೆ. 30 ಜಿಲ್ಲಾ ಕೇಂದ್ರಗಳಲ್ಲಿ 'ಯೋಗ ಸಂಗಮ' ಕಾರ್ಯಕ್ರಮ ಆಯೋಜಿಸಲಾಗಿದೆ. ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಕನಿಷ್ಠ 5000 ಮಂದಿ ಭಾಗವಹಿಸಲಿದ್ದಾರೆ. ಬೆಳಗ್ಗೆ 7 ಗಂಟೆಯಿಂದ 7.45ರವರೆಗೆ ರಾಜ್ಯದ 100 ಆರೋಗ್ಯ ಕೇಂದ್ರಗಳಲ್ಲಿ 45 ನಿಮಿಷಗಳ ಯೋಗ ಪ್ರಾತ್ಯಕ್ಷಿಕೆ ಪ್ರದರ್ಶನ ನಡೆಯಲಿದೆ ಎಂದು ವಿವರಿಸಿದರು.

ಸಾಸಾ ಯೋಗ ಕಾರ್ಯಕ್ರಮ: ''ರಾಜ್ಯದ ಹಲವೆಡೆ ಯೋಗ ದಿನಾಚರಣೆಯ ಪ್ರಯುಕ್ತ ಯೋಗ ಪಾರ್ಕ್, ಯೋಗ ಧನುಷ್, ಹಸಿರು ಯೋಗ, ಯೋಗ ಮಹಾಕುಂಭ, ಯೋಗ ಸಂಯೋಗ, ಯೋಗ ಅನ್ ಪ್ಲಗ್ಡ್‌ನಂತಹ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ರಾಜ್ಯದ ಆಯುಷ್ ಇಲಾಖೆಯಿಂದ ಆಯೋಜಿಸಲಾಗಿದೆ. ಹಸಿರು ಯೋಗ ಕಾರ್ಯಕ್ರಮದಡಿ 1 ಲಕ್ಷ ಗಿಡಗಳನ್ನು ನೆಡಲಾಗುವುದು. 5000 ಶಾಲೆಗಳಲ್ಲಿ ಯೋಗ ಪ್ರೋಟೋಕಾಲ್ ಅನ್ನು ಮಾಡಲು ಕ್ರಮಕೈಗೊಳ್ಳಲಾಗಿದೆ. ಯೋಗ ಅನ್‌ಪ್ಲಗ್ಡ್ ಕಾರ್ಯಕ್ರಮದಡಿ ಈಗಾಗಲೇ ಯುವಕರಿಗೆ ಯೋಗ ತರಬೇತಿ ನೀಡಲಾಗಿದೆ,''ಎಂದರು.

ವಿಚಾರ ಸಂಕಿರಣ: ''ಜೂನ್ ಕೊನೆ ವಾರದಲ್ಲಿ 'ಒಂದು ವಿಶ್ವ ಒಂದು ಆರೋಗ್ಯದಲ್ಲಿ ಯೋಗದ ಪಾತ್ರ' ಎಂಬ ರಾಷ್ಟ್ರೀಯ ವಿಚಾರ ಸಂಕಿರಣವನ್ನು ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾಲಯದ ವಿಜ್ಞಾನ ಭವನದಲ್ಲಿ ಆಯೋಜಿಸಲಾಗಿದೆ. ಜುಲೈ ಮೊದಲ ವಾರದಲ್ಲಿ ನಿಮ್ಹಾನ್ಸ್ ಆಸ್ಪತ್ರೆ ಸಭಾಂಗಣದಲ್ಲಿ ಮಾನಸ ಯೋಗ, ಶ್ರೀ ಜಯದೇವ ಹೃದ್ರೋಗ ಸಂಸ್ಥೆ ಮೈಸೂರಿನಲ್ಲಿ ಕಾರ್ಡಿಯೋ ಯೋಗ ಹಾಗೂ ಕಿದ್ವಾಯಿ ಗ್ರಂಥಿ ಸಂಸ್ಥೆ ಬೆಂಗಳೂರಿನಲ್ಲಿ ಕಾರಿನೋ ಯೋಗ ಎಂಬ ಕಾರ್ಯಕ್ರಮವನ್ನು ಆಯೋಜಿಸಲು ಕ್ರಮಕೈಗೊಳ್ಳಲಾಗಿದೆ,'' ಎಂದು ಮಾಹಿತಿ ನೀಡಿದರು.

Rashtriya Sahara • 21 Jun • Ministry of Ayush

Agra: Women performing yoga at Dussehra Ghat behind the Taj Mahal ahead of International Yoga Day

10 • PG | 164 • Sqcm | 36091 • AVE | 562.46K • Cir | Middle Right

Jaipur

आगरा : अंतरराष्ट्रीय योग दिवस से पहले ताजमहल के पीछे दशहरा घाट पर योग करती महिलाएं।

Rashtriya Sahara • 21 Jun • Ministry of Ayush

Yoga Day will also be celebrated at UNESCO World Heritage Site

11 • PG | 138 • Sqcm | 30284 • AVE | 562.46K • Cir | Top Right

Jaipur

यूनेस्को विश्व धरोहर स्थल पर भी मनाया जाएगा योग दिवस

जोहान्सबर्ग (भाषा)। दक्षिण अफ्रीका में शनिवार को हजारों योग प्रेमी 'अंतरराष्ट्रीय योग दिवस' (आईडीवाई) के अवसर पर यूनेस्को विश्व धरोहर स्थल 'क्रैडल ऑफ ह्यूमनकाइंड' में एकत्र होंगे। इस आयोजन में योग विशेषज्ञ भी भाग लेंगे।

जोहान्सबर्ग में भारत के महावाणिज्य दूत महेश कुमार ने कहा, यह स्थल सांस्कृतिक और मानव इतिहास की दृष्टि से अत्यंत मूल्यवान है। यहां योग दिवस मनाना प्राचीन भारतीय दर्शन और मानवता एवं प्रकृति के साथ सामंजस्य की भावना को दर्शाता है। कुमार ने पिछले वर्ष वांडरर्स स्टेडियम में योग दिवस का नेतृत्व किया था, जहां 8,000 से अधिक लोग शामिल हुए थे। आईडीवाई के 11वें संस्करण से पहले, भारतीय उच्चायोग और इसके कर्मचारियों ने प्रिटोरिया, जोहानिसबर्ग और डरबन में कई स्थानों पर योग कार्यक्रम आयोजित किए हैं। सप्ताहांत में इन आयोजनों का समापन होगा, जिनमें क्रैडल ऑफ ह्यूमनकाइंड, संघ भवन और रॉयल नैटल नेशनल पार्क प्रमुख है। गांधीजी के ऐतिहासिक टॉलस्टॉय फार्म में भी स्थानीय और प्रवासी भारतीय समुदाय ने स्कूली बच्चों के साथ योगाभ्यास किया। डरबन में महावाणिज्य दूत थेल्मा डेविड ने कहा, 'अंतरराष्ट्रीय योग दिवस-2025 की थीम 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' को उत्साहपूर्वक साझा करते हुए क्षेत्र के कई शैक्षणिक संस्थानों के छात्रों सहित 300 से अधिक प्रतिभागियों को अनुभवी प्रशिक्षकों द्वारा मार्गदर्शन दिया गया और उन्हें अपने दैनिक जीवन में संतुलन और सद्भाव को बढ़ावा देने वाले योग अभ्यासों को अपनाने के लिए प्रोत्साहित किया गया। शिवानंद विश्व शांति फाउंडेशन के अध्यक्ष ईश्वर रामलक्ष्मण ने कहा कि शनिवार को डरबन समुद्र तट पर आयोजित अंतरराष्ट्रीय योग दिवस को ज़ुलु राजा मिसुजुलु काज़्वेलिथिनी और क्वाज़ुलु-नताल प्रांत के प्रधानमंत्री थामी एनदुली जैसी हस्तियों का समर्थन प्राप्त है।

कार्यक्रम में कई योग विशेषज्ञ भी होंगे शामिल

Rashtriya Sahara • 21 Jun • Ministry of Ayush

Today 3 lakh people will do yoga together in this 26 km corridor

3 • PG | 196 • Sqcm | 43091 • AVE | 562.46K • Cir | Bottom Center

Jaipur

26 किमी गलियारे में आज 3 लाख लोग एक साथ करेंगे योग

■ विशाखापत्तनम में आयोजित महा कार्यक्रम में प्रधानमंत्री नरेंद्र मोदी होंगे मुख्य अतिथि

अमरावती (भाषा)। प्रधानमंत्री नरेन्द्र मोदी आंध्र प्रदेश में शनिवार को विशाल अंतरराष्ट्रीय योग दिवस कार्यक्रम में भाग लेंगे जो बंदरगाह शहर विशाखापत्तनम के आर के बीच से भोगापुरम तक 26 किलोमीटर लंबे गलियारे में आयोजित किया जाएगा और वहां तीन लाख से अधिक लोग एक साथ योग कर सकेंगे। मुख्यमंत्री एन चंद्रबाबू नायडू ने कहा कि सुबह साढ़े छह बजे से आठ बजे तक निर्धारित इस कार्यक्रम को इस तरह से आयोजित किया जाएगा कि 'गिनीज वर्ल्ड रिकॉर्ड' सहित कई रिकॉर्ड स्थापित हों।

आंध्र प्रदेश सरकार का 21 जून को न केवल विशाखापत्तनम में बल्कि पूरे राज्य में एक साथ कई गतिविधियों का आयोजन कर, कई लाख लोगों को योगाभ्यास में शामिल कर रिकॉर्ड बनाने का लक्ष्य है।

दुनिया भर के कई देशों द्वारा मनाए जाने वाले 11वें अंतरराष्ट्रीय योग दिवस की विषयवस्तु 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' रखी गई है। नायडू ने कहा, "25,000 से अधिक आदिवासी छात्र 108 मिनट तक सूर्य नमस्कार करेंगे। इसका उद्देश्य सबसे बड़े समूह और सबसे अधिक लोगों द्वारा एक साथ सूर्य नमस्कार करने का रिकॉर्ड बनाना है। सरकार का लक्ष्य राज्य भर में एक लाख केंद्रों में योग सत्र आयोजित करना और विशाखापत्तनम में योग गतिविधियों में भाग लेने के लिए पांच लाख लोगों को आकर्षित करना है। विशाखापत्तनम में आर के बीच से भोगापुरम तक 26 किलोमीटर के क्षेत्र में व्यापक व्यवस्था किए जाने का उल्लेख करते हुए मुख्यमंत्री ने कहा कि इस दौरान एक साथ 3.19 लाख लोग योग कर सकते है।

उन्होंने कहा कि राज्य, देश और दुनिया भर के आठ लाख स्थानों से प्रतिभागियों के शामिल होने की उम्मीद है। उन्होंने कहा कि योग दिवस की गतिविधियों में भागीदारी के लिए दो करोड़ के अनुमान से भी अधिक 2.39 करोड़ लोगों ने पंजीकरण कराया है। योग दिवस से पहले दक्षिणी राज्य ने योग के बारे में जागरूकता पैदा करने के लिए एक महीने तक चले 'योगांध्र' अभियान की शुरुआत की, जिसमें भारत से उत्पन्न इस प्राचीन विधा से जुड़ी कई गतिविधियों का आयोजन किया गया।

81 पुरातात्विक महत्व के स्थलों पर योग कार्यक्रम

नई दिल्ली (वार्ता)। संस्कृति मंत्रालय की एजेंसी भारतीय पुरातत्व सर्वेक्षण (एसएसआई) ने शनिवार को अंतरराष्ट्रीय योग दिवस पर देश भर में ऐतिहासिक एवं पुरातात्विक महत्व के 81 संरक्षित स्मारकों के परिसरों में योग कार्यक्रम आयोजित करने की घोषणा की है। यह कार्यक्रम आयुष मंत्रालय के सहयोग से आयोजित किया जा रहा है। संस्कृति मंत्रालय ने शुक्रवार को बताया कि एएसआई योग दिवस समारोह पर इन सभी स्मारकों में सामान्य जन के लिए प्रवेश निःशुल्क रखेगा। योग दिवस पर मुख्य समारोह विशाखापत्तनम में होगा, जहां प्रधानमंत्री नरेन्द्र मोदी भी योग कार्यक्रम में शामिल होंगे।

Rashtriya Sahara • 21 Jun • Ministry of Ayush

Yoga has shown the world the path to health and balance: Mayor

2 • PG | 222 • Sqcm | 48779 • AVE | 562.46K • Cir | Top Center

Jaipur

योग ने पूरी दुनिया को स्वास्थ्य व संतुलन का मार्ग दिखाया : मेयर

■ सहारा न्यूज ब्यूरो

नई दिल्ली।

11वें अंतराष्ट्रीय योगा दिवस के उपलक्ष में दिल्ली नगर निगम मुख्यालय सिविक सेंटर के प्रांगण में योग कार्यक्रम का आयोजन किया गया। इस मौके पर मेयर राजा इकबाल सिंह, स्टैंडिंग कमेटी अध्यक्ष सत्या शर्मा, सदन नेता प्रवेश वाही, निगमायुक्त अश्विनी कुमार, अतिरिक्त आयुक्त जितेन्द्र कुमार, अतिरिक्त आयुक्त पंकज नरेश अग्रवाल आदि उपस्थित थे। निगम ने यह कार्यक्रम सेंट्रल कॉउंसिल फॉर रिसर्च इन योगा एंड नेचुरपैथी के सहयोग से आयोजित किया। इस दौरान बड़ी संख्या में निगम कर्मी भी मौजूद थे। कार्यक्रम का उद्देश्य आमजन में योग के प्रति जागरूकता फैलाना और स्वस्थ जीवनशैली को प्रोत्साहित करना था। योग सत्र का शुभारंभ सूर्य नमस्कार से हुआ। इसके बाद विभिन्न योगासन, प्राणायाम और ध्यान क्रियाएं कराई गईं।

मेयर राजा इकबाल ने कहा कि अंतरराष्ट्रीय योग दिवस केवल एक आयोजन नहीं बल्कि यह भारत की उस प्राचीन परंपरा का वैश्विक उत्सव है, जिसने पूरी दुनिया को स्वास्थ्य और संतुलन का मार्ग दिखाया है। योग भारतीय संस्कृति की अमूल्य धरोहर है, जो शरीर, मन और आत्मा को संतुलन प्रदान करता है। स्टैंडिंग कमेटी की चेयरमैन सत्या शर्मा ने कहा कि अंतरराष्ट्रीय योग दिवस हम सबको यह याद दिलाता है कि स्वस्थ जीवनशैली की ओर एक सरल, प्रभावी और वैज्ञानिक रास्ता हमारे अपने सांस्कृतिक मूल्यों में ही निहित है। मैं सभी नागरिकों से अपील करती हूं कि वे योग को अपने दैनिक जीवन का हिस्सा बनाएं और स्वस्थ भारत के निर्माण में योगदान दें।

■ योग को अपने दैनिक जीवन का हिस्सा बनाएं : सत्या शर्मा

■ प्रतिदिन योग को अपनाएं, एक स्वस्थ, सशक्त समाज निर्माण में सहभागी बनें : वाही

सदन नेता प्रवेश वाही ने कहा कि योग आत्म-अनुशासन, मन की एकाग्रता और शारीरिक स्फूर्ति का प्रतीक है। मैं सभी नागरिकों से आग्रह करता हूं कि वे प्रतिदिन योग को अपनाएं और एक स्वस्थ, सशक्त समाज के निर्माण में सहभागी बनें। इस वर्ष अंतरराष्ट्रीय योग दिवस 2025 की थीम है 'योगा फॉर वन अर्थ, वन हेल्थ।' यानी खुद के साथ-साथ समाज को भी स्वस्थ बनाना। जिस तरह पृथ्वी एक है, ठीक उसी प्रकार हमारा स्वास्थ्य भी एक ही है, जिसे हमें दुरुस्त रखने की आवश्यकता है। इस मौके पर निगम ने जीवन में योग के महत्व का संदेश दिया।

Rashtriya Sahara • 21 Jun • Ministry of Ayush
Internationa Yoga Day, 2025

8 • PG | 283 • Sqcm | 411361 • AVE | 390K • Cir | Bottom Center

Delhi

दुनिया ने जाना योग का महत्त्व

योग दिवस | अखिलेश आर्येन्दु

आज अंतरराष्ट्रीय योग दिवस है। योग के जरिए जिंदगी कैसे संतुलित और सुखद बन सकती है, योग को अपनाने के बाद दुनिया ने बेहतर तरीके से समझा है। अंतरराष्ट्रीय योग दिवस आयोजन के बाद दुनिया के देशों के नजरिए में कई बदलाव देखने को मिले हैं। दिमाग और शरीर, प्रति और इंसान, सेहत और संयम की एकता (योग) कराने का कार्य योग के जरिए आगे बढ़ रहा है। जिस तरह से इंसान ने अपने स्वार्थ में कुदरत को कई तरह से असंतुलित करने का कार्य किए हैं और उससे ग्लोबलवार्मिंग, सुनामी, ग्रीन हाउस गैसों का बढ़ता विनाशकारी असर, ऋतुचक्र में बदलाव और जीव-जंतुओं की गड़बड़ाती सेहत ने मानव सभ्यता के सामने सवाल खड़े किए हैं, ऐसे में योग का अपरिग्रह, संयम, शाकाहार और सुचिता का संदेश व महत्त्व बढ़ गया है।

आज तमाम समस्याओं का समाधान योग के जरिए तमाम देशों में होने लगे हैं। सबसे बड़ी बात यह है लोगों में वैदिक परंपरा के प्रति विश्वास पुख्ता हुआ है। 27 दिसम्बर 2014 में पहली बार जब भारत द्वारा 'विश्व योग दिवस' मनाने के प्रस्ताव को संयुक्त राष्ट्र संघ द्वारा मंजूरी मिली और 21 जून 2015 से जब पहली बार योग दिवस मनाया गया, तब से लेकर अब तक दुनिया में योग का विस्तार दो सौ से अधिक देशों में हुआ। भारत की इस प्राचीन आध्यात्मिक परंपरा को आज दुनिया में पहचान बन चुकी है, लेकिन योग उतना पुराना है जितना की वेद। वेद में योग के बारे में विस्तार से जिक्र किया गया है। जिसके बारे में ऋषि पातंजलि ने योगदर्शन में उसके शारीरिक, प्राणिक, मानसिक और आत्मिक संबंधों, उपयोगिता और असर को दर्शाया है। वेद के मुताबिक तप के जरिए सिद्धियां हासिल करने की बात हो या साधना के जरिए आत्मा-परमात्मा के मिलन की बात हो, योग ही उसका आधार है। दरअसल, योग दुनिया में आसन, प्राणायाम, व्यायाम, ध्यान, तक सीमित नहीं रह गया है, यह मंथन, विचार-विमर्श, सांस्कृतिक आयोजन और आनंद का उत्सव भी बन गया है। चीन, जापान, अमेरिका, जर्मनी और दूसरे देशों में इसकी लोकप्रियता घर-घर तक हो चुकी है। आज दुनिया में आपसी प्रतिद्वंद्विता

का दौर चल रहा है। रूस-यूक्रेन, ईरान-इस्राइल आपस में उलझे हुए हैं। इससे दुनिया पर प्रतिकूल असर पड़ रहा है। ऐसे दौर में योग के विश्वबंधुत्व का मानवता के कल्याण का संदेश, मकसद व महत्त्व और भी बढ़ जाता है। योग का दुनिया में फैलाव के बाद इसके शरीर, मन, विचार, समाज और आपसी मेल-मिलाप के बेहतरीन असर का परिणाम यह हुआ है कि करोड़ों लोगों की जीवनशैली में बदलाव आया है। जीवनशैली में आया बदलाव दुनिया की तमाम समस्याओं को कम करने में मददगार साबित हुआ है। भारतीय परंपरा में योग के अनगिनत स्वरूप देखने में आते हैं। क्रियायोग, राजयोग, सहजयोग के अलावा मंत्रयोग, हठयोग लययोग योग के ही अलग-अलग स्वरूप हैं। इनमें एक बात सामान्य है-सभी शरीर, मन, आत्मा, प्रति और ईश्वर के साथ एकता स्थापित करने की बात करते हैं। इसलिए दुनिया में जो लोग आत्मा, ईश्वर या तप वगैरह में यकीन नहीं करते वे भी अपनी शरीर, मन, इंद्रियों और विचारों को बेहतर बनाने के लिए योगाभ्यास करते हैं। इसी तरह जो लोग हिन्दू नहीं हैं वे भी सेहतमंद रहने और जीवनशैली में संतुलन बनाने के लिए योग करते हैं। हालांकि लोगों ने अपने मुताबिक मनमाने तरीके से योग के नियम के खिलाफ जाकर इसका अभ्यास करना शुरू कर दिया और उसके विपरीत असर से भी उन्हें रूबरू होना पड़ा है, लेकिन जो जानकार योग-गुरुओं की देखरेख में योग का अभ्यास करते हैं, उन्हें बेहतर परिणाम मिले हैं। योग दिवस का महत्त्व इसलिए है कि यह उन लोगों को भी जोड़ने का कार्य करता है जो व्यस्तताओं की वजह से सेहतमंद जिंदगी के लिए वक्त नहीं निकाल पाते।

दरअसल, योग आंतरिक जीवन में उत्सव का माहौल बनाने का कार्य करता है। योग का मकसद है 'सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामया। सर्वे भद्राणि पश्यन्तु मा कश्चित् दुःख भाग भवेत् तो है ही, 'यत्र विवं भवति एकनीडम्' भी है। यानी सभी सुखी हों, सभी निरोग हों, सभी एक दूसरे के प्रति बेहतर व्यवहार करें और किसी को दुख का हिस्सा न बनना पड़े। यह योग के जरिए ही संभव है। वैदिक दृष्टि सारे विश्व को एक परिवार मानने की रही है। यह दृष्टि वेद से दुनिया को मिली। योग इस दृष्टि को मूर्तरूप देने का कार्य करता है। आज दुनिया के विकसित और विकासशील देशों में योग का 'महानाद' गुंजायमान हो रहा है। और प्रत्येक व्यक्ति को सम्यक्-दृष्टि, सम्यक्-संकल्प और सम्यक्-कर्म करने के लिए प्रेरित कर रहा है। यही वजह है कि अमेरिका, जर्मनी, जापान, फ्रांस और चीन जैसे तमाम दे योग को अपने देश की शिक्षा के पाठ्यक्रमों में ही नहीं शामिल कर रहे हैं बल्कि एक लोगों को सेहतमंद रहने के लिए अभियान के रूप में आगे बढ़ा रहे हैं।

Rashtriya Sahara • 20 Jun • Ministry of Ayush
International Yoga Day

5 • PG | 93 • Sqcm | 135196 • AVE | 390K • Cir | Top Right

Delhi

21 जून को हर बूथ पर मनाया जाएगा योग दिवस

नोएडा (एसएनबी)। भाजपा नोएडा महानगर की बैठक वृहस्पतिवार को जिला कार्यालय सेक्टर-116 नोएडा में हुई। बैठक में मुख्य अतिथि के रूप में पूर्व राज्य सभा सांसद एवं नोएडा प्रभारी कांता कर्दम रहीं। बैठक के दौरान आगामी कार्यक्रमों सफल बनाने को लेकर चर्चा हुई। इसमें तय किया गया कि 21 जून को योग दिवस प्रत्येक बूथ पर मनाया जाएगा। इस बावत कांता कर्दम ने बताया कि 21 जून को अंतरराष्ट्रीय योग दिवस पूरे विश्व में मनाया जाएगा। नोएडा स्टेडियम में भी इसका आयोजन किया जाएगा। इसके साथ ही प्रत्येक बूथ पर योग दिवस मनाया जाएगा। इसके बाद 23 जून को बलिदान दिवस कार्यक्रम मनाया जाएगा। 25 जून को आपातकाल दिवस के चलते जिला गोष्ठी का आयोजन किया जाएगा और 29 जून को मन की बात कार्यक्रम का आयोजन हर बूथ पर किया जाए जाएगा। 6 जुलाई को श्यामा प्रसाद मुखर्जी के जन्म दिवस पर गोष्ठी का आयोजन किया जाएगा।

Rashtriya Sahara • 20 Jun • Ministry of Ayush

Adopting yoga will prevent many diseases: Narendra Kashyap

5 • PG | 119 • Sqcm | 26199 • AVE | 562.46K • Cir | Middle Center

Jaipur

योग अपनाने से होगा तमाम रोगों से बचाव : नरेन्द्र कश्यप

गाजियाबाद (एसएनबी)। ग्यारहवें अन्तर्राष्ट्रीय योग दिवस के उपलक्ष्य में चल रहे योग सप्ताह के पांचवे दिन एनडीआरएफ परिसर में जिला प्रशासन एवं आयुष विभाग में योग अभ्यास कार्यक्रम का आयोजन किया गया। कार्यक्रम में एनडीआरएफ जवानों सहित अनेक लोगों ने भाग लिया।

- एनडीआरएफ परिसर में योगाभ्यास व पौधरोपण कार्यक्रम में बोले राज्यमंत्री
- नियमित योग करने तथा संतुलित आहार से शरीर रहेगा निरोगी व ऊर्जावान

कार्यक्रम का उद्घाटन मुख्य अतिथि राज्यमंत्री स्वतंत्र प्रभार नरेन्द्र कश्यप एवं एनडीआरएफ के डीआईजी पीके तिवारी ने किया।

इस अवसर पर राज्यमंत्री नरेन्द्र कश्यप ने योग की महत्ता पर प्रकाश डालते हुए कहा कि दैनिक जीवन में योग को अपना लिया जाए तो तमाम रोगों से स्वतः ही बचाव संभव है।

हम नियमित योग तथा संतुलित आहार से अपने शरीर को निरोगी एवं ऊर्जावान बना सकते हैं। कार्यक्रम में उपस्थित योग साधकों को योगगुरु यश पाराशर एवं योग प्रशिक्षक गीतक संधू ने योगाभ्यास कराया। एनडीआरएफ के डीआईजी पीके तिवारी ने योग की कला का प्रदर्शन करने वाले बच्चों के एक समूह को अपनी तरफ से इनाम देकर प्रोत्साहित भी किया।

इस अवसर पर क्षेत्रीय आयुर्वेदिक एवं यूनानी अधिकारी डा. अशोक कुमार राणा, जिला कार्यक्रम प्रबंधक आयुष अर्चना श्रीवास्तव एवं आयुष विभाग के चिकित्साधिकारी तथा कर्मचारीगण भी उपस्थित रहे। कार्यक्रम के अंत में मुख्य अतिथियों व एनडीआरएफ के डीआईजी पीके तिवारी समेत अनेक लोगों ने मां के नाम एक पौधा अभियान के तहत पौधरोपण भी किया।

Rashtriya Sahara • 20 Jun • Ministry of Ayush

Municipal Corporation celebrated Green Yoga Day, planted trees

5 • PG | 53 • Sqcm | 11636 • AVE | 562.46K • Cir | Bottom Center

Jaipur

नगर निगम ने मनाया हरित योग दिवस, किया पौधारोपण

गाजियाबाद (एसएनबी)। बृहस्पतिवार को नगर निगम ने सेंट्रल पॉल्यूशन कंट्रोल बोर्ड अधिकारियों के साथ मिलकर हरित योगा डे मनाया। इसके तहत सिटी जोन के अंबेडकर पार्क, नवयुग मार्केट में पौधारोपण किया गया। इस मौके पर नगर आयुक्त विक्रमादित्य सिंह मलिक ने शहर वासियों से 21 जून विश्व योग दिवस पर योग के साथ-साथ पौधा रोपण करने की अपील भी की। उन्होंने कहा कि अधिक से अधिक पौधारोपण होने पर हवा स्वच्छ होगी तथा जीवन भी स्वस्थ होगा। इस कार्यक्रम में सीपीसीबी से डिविजनल हेड साइंटिस्ट ई शरणदीप सिंह तथा सतीश उपस्थित रहे। इस मौके पर गाजियाबाद नगर निगम के स्वास्थ्य विभाग ने एंटी स्मोक गन का डेमो भी दिया। अधिकारियों ने डेमो लेने के बाद ट्रिपल आर मुहिम पर भी चर्चा की तथा वेस्ट से आर्ट के तहत बने लोगो का अवलोकन किया। इस मौके पर मुख्य अभियंता निर्माण नरेंद्र कुमार चौधरी, नगर स्वास्थ्य अधिकारी डॉक्टर मिथिलेश, महाप्रबंधक जल कामाख्या प्रसाद आनंद भी उपस्थित रहे।

Rashtriya Sahara • 20 Jun • Ministry of Ayush

Uttarakhand Chief Minister Pushkar Singh Dhami performs yoga at an event organised in connection wit...

8 • PG | 157 • Sqcm | 34644 • AVE | 562.46K • Cir | Middle Left

Jaipur

अंतरराष्ट्रीय योग दिवस की तैयारी के सिलसिले में बृहस्पतिवार को देहरादून में आयोजित एक कार्यक्रम में योग करते उत्तराखंड के मुख्यमंत्री पुष्कर सिंह धामी।

Rashtriya Sahara • 20 Jun • Ministry of Ayush

Yoga Day will be celebrated at every booth on 21st June

5 • PG | 90 • Sqcm | 19791 • AVE | 562.46K • Cir | Top Right

Jaipur

21 जून को हर बूथ पर मनाया जाएगा योग दिवस

नोएडा (एसएनबी)। भाजपा नोएडा महानगर की बैठक बृहस्पतिवार को जिला कार्यालय सेक्टर-116 नोएडा में हुई। बैठक में मुख्य अतिथि के रूप में पूर्व राज्य सभा सांसद एवं नोएडा प्रभारी कांता कर्दन रहीं। बैठक के दौरान आगामी कार्यक्रमों सफल बनाने को लेकर चर्चा हुई। इसमें तय किया गया कि 21 जून को योग दिवस प्रत्येक बूथ पर मनाया जाएगा। इस बाबत कांता कर्दन ने बताया कि 21 जून को अंतरराष्ट्रीय योग दिवस पूरे विश्व में मनाया जाएगा। नोएडा स्टेडियम में भी इसका आयोजन किया जाएगा। इसके साथ ही प्रत्येक बूथ पर योग दिवस मनाया जाएगा। इसके बाद 23 जून को बलिदान दिवस कार्यक्रम मनाया जाएगा। 25 जून को आपातकाल दिवस के चलते जिला गोष्ठी का आयोजन किया जाएगा और 29 जून को मन की बात कार्यक्रम का आयोजन हर बूथ पर किया जाए जाएगा। 6 जुलाई को श्यामा प्रसाद मुखर्जी के जन्म दिवस पर गोष्ठी का आयोजन किया जाएगा।

Rashtriya Sahara • 19 Jun • Ministry of Ayush

Colours ka yoga day festival

11 • PG | 39 • Sqcm | 56420 • AVE | 390K • Cir | Middle Left

Delhi

कलर्स का योग दिवस उत्सव

नई दिल्ली। कलर्स रिश्ते के कलाकारों ने अंतरराष्ट्रीय योग दिवस उत्सव मनाया कलर्स रिश्ते पर खतरा... खतरा... खतरा... के अभिनेता एवं निर्माता हर्ष लिंबाचिया ने कहा, 'मेरे लिए योगा मस्ती और कॉमेडी के बीच व्यक्तिगत शांति पाने का तरीका बन गया है। जब हम जबरदस्त स्टंट, शरारतों और नॉन-स्टॉप हँसी से भरपूर शो, खतरा... खतरा... खतरा... की शूटिंग कर रहे थे, उस समय मेरे दिन काफी अप्रत्याशित और ऊर्जा से भरपूर थे। उसी समय जीवन में शांति और खुद से जुड़ने के लिए मैंने योगा करना शुरू किया। कलर्स रिश्ते के बैरिस्टर बाबू में अनिरुद्ध रॉय चौधरी का किरदार निभाने वाले पी. मिश्रा ने कहा, 'योगा जीवन में वह शांति लाया जिसकी मुझे जरूरत थी।

Rashtriya Sahara • 19 Jun • Ministry of Ayush

International Yoga Day

3 • PG | 57 • Sqcm | 82245 • AVE | 390K • Cir | Bottom Left

Delhi

अंतरराष्ट्रीय योग दिवस की तैयारियां शुरू

नई दिल्ली (एसएनबी)। एनडीएमसी क्षेत्र में अंतरराष्ट्रीय योग दिवस-2025 की तैयारियां शुरू हो गई हैं। परिषद के उपाध्यक्ष कुलजीत सिंह चहल ने कहा कि इस बार का योग दिवस काफी भव्य होगा। उन्होंने बताया कि आयोजन से पूर्व एनडीएमसी के तीन प्रमुख पार्कों में योगाभ्यास आज 18 जून से शुरू हो गया है जो 20 जून तक चलेगा। हालांकि योग दिवस पर परिषद क्षेत्र में कुल आठ जगह लोग योग करेंगे। प्रधानमंत्री नरेंद्र मोदी की इस सोच को वैश्विक स्वास्थ्य आंदोलन के रूप में आगे बढ़ाना है। उन्होंने बताया कि योग वाले प्रस्तावित स्थानों पर साफ-सफाई की तैयारियां शुरू हो गई हैं। इस कार्यक्रम से स्थानीय लोगों के साथ ही आरडब्ल्यूए के प्रतिनिधियों और मार्केट एसोसिएशन समेत अन्य संगठनों को भी जोड़ा जाएगा। उनकी कोशिश है कि इस आयोजन में सभी की भागीदारी सुनिश्चित हो। अंतरराष्ट्रीय योग दिवस का यह आयोजन विकसित भारत 2047 का हिस्सा है।

Rashtriya Sahara • 08 Jun • Ministry of Ayush

Yoga Day 11th Annual day celebration

3 • PG | 148 • Sqcm | 214796 • AVE | 390K • Cir | Middle Center

Delhi

योग दिवस की 11वीं वर्षगांठ मनाने की तैयारियां शुरू

नई दिल्ली (एसएनबी)। दिल्ली सरकार ने राजधानी में अंतरराष्ट्रीय योग दिवस की 11वीं वर्षगांठ को मनाने की तैयारी शुरू कर दी है।

शिक्षा मंत्री आशीष सूद ने बताया कि इसके लिए 11 स्थानों का चयन किया गया है। एक पेड़ मां के नाम अभियान को सरकार जनभागिता का अभियान बनाएगी। आशीष सूद ने बताया कि इस वर्ष अंतरराष्ट्रीय योग दिवस धूमधाम से मनाया जाएगा। इसकी तैयारियों को लेकर बैठक की अध्यक्षता करते हुए आशीष सूद ने सभी विभागों को जुटने के निर्देश दिए हैं। बैठक में मुख्य सचिव धर्मेंद्र कुमार, शिक्षा निदेशक, राजस्व विभाग, ऊर्जा विभाग,पर्यावरण, वन, दिल्ली नगर निगम और फायर विभाग के अधिकारी शामिल हुए। खासबात यह है कि इस आयोजन का edudel.nic.in <http://edudel.nic.in/ पर लाइव प्रसारण होगा।

- राजधानी भर में 11 स्थानों पर होगा योग का आयोजन : आशीष सूद
- प्रतिभागियों के लिए टी-शर्ट, मैट, जलपान और पानी की होगी समुचित व्यवस्था

उन्होंने बताया कि अंतरराष्ट्रीय योग दिवस का आयोजन केंद्र और दिल्ली सरकार साथ मिलकर करते हैं। इस बार 11वीं वर्ष गांठ है, इसको ध्यान में रखते हुए 21 जून को त्यागराज स्टेडियम, ईस्ट विनोद नगर स्पोर्ट्स कांप्लेक्स, झिलमिल कालोनी, बवाना, प्रह्लादपुर, भारत नगर, यमुना बैंक, नजफगढ़ स्टेडियम, द्वारका सेक्टर-6,अशोक नगर हॉकी स्टेडियम में योग कार्यक्रम का आयोजन किया जाएगा। हर जगह की जिम्मेदारी अलग-अलग मंत्री को दी जाएगी। योग दिवस का छात्रों,शिक्षकों के माध्यम से प्रचार प्रसार किया जाएगा। इस आयोजन में 20,000 योग प्रेमियों के हिस्सा लेने की उम्मीद है। इसमें प्रमुख रूप से छात्र, शिक्षक, योग प्रशिक्षक, एनएसएस/एनसीसी कैडेट्स, सिविल डिफेंस वॉलंटियर्स शामिल होंगे।

योग दिवस पर मुख्य आयोजन छत्रसाल स्टेडियम में होगा। वहां करीब 10,000 लोगों के शामिल होने की उम्मीद है। करीब 5,000 लोग भारतीय योग संस्थानों के स्वयं सेवक के रूप में शामिल होंगे। योग स्थल पर प्रतिभागियों के लिए टी-शर्ट, पानी, जलपान और योग मैट की सुविधा होगी। इसके साथ ही मेडिक सुविधा, एम्बूलेंस, अग्निशमन वाहन, मोबाइल शौचालय, सफाई, फॉगिंग, बिजली, पानी आदि की समुचित व्यवस्था होगी। सुरक्षा की जिम्मेदारी दिल्ली पुलिस और यातायात व्यवस्था की जिम्मेदारी यातायात पुलिस की होगी। सुरक्षा के मद्देनजर सभी स्थानों पर सीसीटीवी, ट्रैफिक साइनेज लगाए जा रहे हैं। उन्होंने सभी छात्रों एवं शिक्षकों से एक पेड़ मां के नाम लगाने की अपील की है। विश्व पर्यावरण दिवस पर शुरू हुआ पौधारोपण अभियान अगस्त के आखिर यानी तीन महीने तक चलेगा। पौधारोपण अभियान को लंबे समय तक चलाने का उद्देश्य दिल्ली को हरा-भरा बनाना है।

Rashtriya Sahara • 05 Jun • Ministry of Ayush

For peaceful sleep Do these yogasanas at night, digestion will improve

12 • PG | 253 • Sqcm | 366834 • AVE | 390K • Cir | Middle Right

Delhi

सुकून की नींद के लिए

रात में करें ये योगासन, पाचन क्रिया होगी बेहतर

नई दिल्ली (आईएएनएस)। ताजी हवा और उगते सूरज के बीच योगासन जिंदगी को बेहतर बनाने में मददगार होता है। हालांकि, क्या आप जानते हैं कि कुछ योग ऐसे भी होते हैं, जिन्हें आप रात के समय कर सकते हैं। इस लिस्ट में वज्रासन, सुप्त बद्ध कोणासन, सेतु बंधासन, शवासन और योग निद्रा ये कुछ ऐसे आसन हैं, जिन्हें करने से कई लाभ मिलते हैं।

योग ट्रेनर कविता अरोड़ा कहती हैं कि रात में खाने के तुरंत बाद कोई भी ऐसा योगासन नहीं करना चाहिए, जिससे पेट पर दबाव पड़े, क्योंकि इससे पाचन प्रक्रिया बाधित हो सकती

है और एसिडिटी जैसी समस्याएं हो सकती हैं। हालांकि, खाने के एक या दो घंटे बाद कुछ हल्के योगासन किए जा सकते हैं, जो थकान, तनाव और मांसपेशियों की जकड़न को दूर करने में मदद करते हैं। इससे पाचन क्रिया बेहतर होती है और अच्छी नींद भी आती है। उन्होंने बताया, खाने के तुरंत बाद केवल वज्रासन करना चाहिए। अन्य आसनों के लिए कम से कम एक घंटे का अंतराल रखना चाहिए, ताकि पाचन क्रिया प्रभावित न हो। सुप्त बद्धकोणासन, सेतु बंधासन, शवासन और योग निद्रा भी करना चाहिए।

योग विशेषज्ञों के अनुसार, रात के खाने के बाद 5 से 10 मिनट तक वज्रासन में बैठने से पाचन में सुधार होता है। इस आसन में बैठने से शरीर का रक्त संचार सही होता है और भोजन का पाचन तेजी से होता है। यह आसन जांघों और पैरों में रक्त प्रवाह को ठीक करता है, जिससे पाचन तंत्र को अधिक ऊर्जा मिलती है। ये आसन दिनभर की थकान, मांसपेशियों की जकड़न, तनाव और चिंता को कम करने में मदद करते हैं, साथ ही अच्छी नींद भी आने में सहायक हैं। वहीं, सुप्त बद्ध कोणासन को बिस्तर पर लेटकर किया जा सकता है। पैरों को तितली की तरह खोलकर और पकड़कर हल्के-हल्के अंदर-बाहर की ओर गति करें। यह आसन तनाव कम करता है, प्रजनन क्षमता को बढ़ाता है और पॉलीसिस्टिक ओवरी डिजीज (पीसीओडी) जैसी समस्याओं में भी लाभकारी है। सेतु बंधासन को गतिशील रूप से करें, जिसमें सांस लेते हुए कूल्हों को ऊपर उठाएं और सांस छोड़ते हुए नीचे लाएं। इसे स्थिर न रखें, क्योंकि खाने के बाद पेट पर अधिक दबाव नहीं डालना चाहिए। यह आसन रोग प्रतिरोधक क्षमता, पाचन और थायराइड के लिए फायदेमंद है। विशेषज्ञ 20 राउंड करने की सलाह देते हैं। शवासन में लेटकर योग निद्रा का अभ्यास करें।

यह माइंडफुलनेस को बढ़ाता है, डिप्रेशन को कम करता है और एकाग्रता में सुधार करता है। 10 से 15 मिनट की योग निद्रा तनाव और चिंता को दूर करने में प्रभावी है। योग निद्रा के बाद कुछ हल्के प्राणायाम जैसे भ्रामरी, अनुलोम-विलोम या ओम का उच्चारण किया जा सकता है। ये अभ्यास तनाव को कम करते हैं और अच्छी नींद लाने में मदद करते हैं। विशेषज्ञों का कहना है कि रात के खाने के बाद सही योगासन और प्राणायाम न केवल पाचन को बेहतर बनाते हैं, बल्कि दिनभर की थकान, मांसपेशियों की जकड़न और मानसिक तनाव को भी कम करते हैं। यह समग्र स्वास्थ्य को बढ़ावा देता है और सुबह तरोताजा महसूस करने में मदद करता है।

Dainik Bhaskar • 21 Jun • Ministry of Ayush

Digital detox... If you have too much screen time then these 8 yogas will make you healthy

8 • PG | 676 • Sqcm | 67645 • AVE | N/A • Cir | Middle Left

Mumbai

भागदौड़ भरी जिंदगी में हम हर पल स्क्रीन से घिरे हैं- जिससे शरीर थकता है और मन उलझ जाता है। पढ़िए कैसे योग हमें इससे बचा सकता है...

डिजिटल डिटॉक्स... अगर स्क्रीन टाइम ज्यादा है तो ये 8 योग बनाएंगे सेहतमंद

सौरभ बोथरा
आईआईटियन और योग प्रशिक्षक

भारतीय इंटरनेट यूजर्स औसतन रोज 7.3 घंटे स्क्रीन पर बिताते हैं। डिजिटल ओवरयूज से चिंता, नींद में कमी और 'डिजिटल डिप्रेशन' जैसी समस्याएं बढ़ रही हैं। जानिए 8 ऐसे योग जो स्क्रीन देखने से होने वाले तनाव को घटा सकते हैं।

1. भ्रामरी प्राणायाम- नर्वस सिस्टम शांत करने में मददगार

कैसे करें: आंखें बंद करें, कानों को अंगूठों से बंद करें और शेष उंगलियां माथे व आंखों पर रखें। सांस भरकर भंवरे जैसी आवाज निकालते हुए सांस छोड़ें।
लाभ: यह योग नर्वस सिस्टम को शांत करता है। थके मस्तिष्क को आराम देता है। इससे नींद बेहतर होती है।
समय: रात को सोने से पहले, 5 से 7 बार।

भ्रामरी प्राणायाम

2. त्राटक: आंखों की थकावट उतारकर एकाग्रता बढ़ाता है

कैसे करें: एक जलती हुई मोमबत्ती या दीपक की लौ को बिना पलक झपकाए 1-2 मिनट तक या क्षमता अनुसार देखें, फिर आंखें बंद कर उसी छवि को ध्यान में लाएं।
लाभ: आंखों की थकान और ध्यान भटकने की समस्या में फायदेमंद। एकाग्रता बढ़ाता है।
समय: शाम का समय उपयुक्त है।

त्राटक

3. उष्ट्रासन: पीठ दर्द और बेचैनी में राहत देता है

कैसे करें: घुटनों के बल बैठकर पीछे की ओर झुकें और दोनों हाथों से एड़ियों को पकड़ें।
लाभ: यह पेट और आंतों को फैलाता है। पीछे झुकने की प्रक्रिया से पीठ दर्द से राहत मिलती है।
समय: दिन में दो बार, 1 से 2 मिनट।

अंजलि मुद्रा

4. अर्ध मत्स्येन्द्रासन: रीढ़ की हड्डी को लचीला बनाता है

कैसे करें: बैठकर एक पैर को दूसरे के ऊपर से दूसरी ओर रखें, कमर घुमाएं और हाथ से पकड़ लें।
लाभ: रीढ़ की लचक बढ़ाता है, ऊर्जा का प्रवाह ठीक करता है, बैठने की खराब मुद्रा सुधारता है।
समय: सुबह/शाम, 30 सेकंड से 1 मिनट।

विपरीत करणी

5. विपरीत करणी: ब्लड सर्कुलेशन बेहतर करता है

कैसे करें: पीठ के बल लेटकर दोनों पैरों को दीवार के सहारे सीधा ऊपर की ओर रखें और हाथों को शरीर के बगल में ढीला छोड़ दें।
लाभ: आंखों व दिमाग को ठंडक मिलती है। स्क्रीन से थके व्यक्तियों की थकावट इससे उतरती है।
समय: शाम को 5 मिनट कर सकते हैं।

6. मौन और जाप: विचारों के भटकाव को रोकता है

कैसे करें: 'ॐ शांतिः शांतिः शांतिः' या पसंद के किसी मंत्र का का जाप 11, 21 या 108 बार करें।
लाभ: मस्तिष्क को गहराई से शांत करता है। विचारों के भटकाव को रोकता है यह योग।
समय: रोज सुबह 7 से 9 के बीच करें।

7. अंजलि मुद्रा: मानसिक रूप से संतुलित बनाता है यह योग

कैसे करें: बैठकर हाथ जोड़ें, आंखें बंद करें और करीब 5 मिनट सांस पर ध्यान केंद्रित करें।
लाभ: इस योग से मानसिक हलचल में कमी आती है। आंतरिक संतुलन बढ़ाता है। यह एक सरल डिजिटल डिटॉक्स अभ्यास है।
समय: सुबह या रात को कर सकते हैं।

8. शवासन: गहरी नींद और तनाव कम करने में लाभकारी

कैसे करें: पीठ के बल लेट जाएं, शरीर ढीला छोड़ दें, केवल सांसों को महसूस करें।
लाभ: स्क्रीन ओवरलोड के बाद रिलैक्स करने में मददगार। गहरी नींद देता है व तनाव मुक्त करता है।
समय: दिन के अंत में 5 से 10 मिनट।

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अगर भागदौड़ ज्यादा है... 10 मिनट के मिनी योग शरीर में लाएंगे स्फूर्ति

डॉ मिक्की मेहता
होलिस्टिक हेल्थ गुरु और योगाचार्य

हर वक्त हम सभी भागे जा रहे हैं। इस भागदौड़ के बीच केवल 10 मिनट के मिनी योग आपको नई ऊर्जा दे सकते हैं। आप अपने सभी काम करते हुए भी इसे कर सकते हैं। ये सरल योग हैं, जिन्हें कोई भी, किसी भी उम्र में आसानी से कर सकता है। योग हमारे शरीर और मन में एक लय लाता है। ये योग आपके दिल की धड़कन और रक्तचाप (ब्लड प्रेशर) को संतुलित कर सकते हैं, साथ ही श्वास की गति को धीमा करके मस्तिष्क को भी शांत करते हैं। यह कार्यक्षमता को 15-20% तक बढ़ा सकते हैं, जिससे काम की गति भी बढ़ेगी और काम की गुणवत्ता भी।

1) वज्रासन (1 मिनट)

कैसे करें: घुटनों को मोड़कर एड़ियों पर बैठें, पीठ सीधी रखें और हथेलियां घुटनों पर रखें। अपना ध्यान श्वास पर रखें और आंखें बंद करके सामान्य सांस लेते रहें।
लाभ: यह आसन पाचन सुधारता है, मन को शांत करता है, और ध्यान की तैयारी के लिए उपयुक्त है।

2) अनुलोम विलोम (2 मिनट)

कैसे करें: दाहिने हाथ के अंगूठे से दाहिनी नासिका बंद करें और बाईं नासिका से श्वास भरें, फिर बाईं नासिका बंद कर दाहिनी से श्वास छोड़ें। अब दाहिनी से श्वास लें और बाईं से छोड़ें।
लाभ: यह मानसिक संतुलन देता है, क्रोध, बेचैनी और घबराहट को शांत करता है।

3) बालासन (1 मिनट)

कैसे करें: वज्रासन से आगे झुकें, माथा जमीन पर लगाएं, हाथ आगे की ओर फैलाएं - बिल्कुल किसी शिशु की भांति।
लाभ: यह मुद्रा मानसिक शांति देती है, रीढ़ की हड्डी को विश्राम देती है, तनाव मिटाती है, और नींद की गुणवत्ता में भी सुधार करती है।

4) भुजंगासन (1 मिनट)

कैसे करें: पेट के बल लेटें, हाथों को कंधों के नीचे रखें और सांस भरते हुए सिर और छाती को ऊपर उठाएं। कोहनी थोड़ी मुड़ी रहें।
लाभ: यह आसन पीठ को मजबूत करता है। फेफड़ों को फैलाता है और शरीर में स्फूर्ति लाता है। यह रीढ़ का लचीलापन बढ़ाता है।

5) अर्ध चक्रासन (1 मिनट)

कैसे करें: सीधे खड़े होकर दोनों हाथ कमर पर रखें और सांस भरते हुए धीरे-धीरे पीछे की ओर झुकें। सिर को हल्का पीछे ले जाएं।
लाभ: यह थकान दूर करता है। रीढ़ को लचीलापन देता है। छाती को खोलता है और बैठने की खराब मुद्रा को सुधारता है।

6) ताड़ासन (2 मिनट)

कैसे करें: सीधे खड़े होकर दोनों हाथ ऊपर उठाएं और शरीर को अंगुलियों तक खींचें। एड़ियों को ऊपर उठाकर पूरे शरीर का भार पंजों पर लाएं और दृष्टि सामने रखें।
लाभ: यह आसन फेफड़ों को मजबूत करता है और एकाग्रता बढ़ाता है। साथ ही यह शरीर का संतुलन सुधारता है और मांसपेशियों में खिंचाव लाकर उन्हें सुदृढ़ बनाता है।

7) कपालभाति (2 मिनट)

कैसे करें: रीढ़ सीधी रखकर सुखासन या पद्मासन में बैठें। नाक से जोर से सांस बाहर छोड़ें और साथ में पेट को अंदर की ओर खींचें; सांस स्वतः वापस आएगी।
लाभ: यह शरीर के विषैले तत्वों को बाहर निकालता है और ऊर्जा प्रदान करता है। यह पेट की चर्बी कम करने, पाचन सुधारने और मन को साफ व सक्रिय करने में मदद करता है।

इलस्ट्रेशन : गौतम चक्रवर्ती

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The wheel of time stopped by yoga

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योग से थमा समय का पहिया

ऐसे फिल्मी कलाकार जो दिखने लगे हैं पहले से भी ज्यादा जवां

विशेष संवाददाता

योग सिर्फ एक व्यायाम नहीं, बल्कि एक जीवनशैली है। यह बात बॉलीवुड कलाकार न सिर्फ कहते रहे हैं बल्कि उसे अपनी जीवनशैली में अपना कर भी दिखाया है। उम्र बढ़ने के साथ जहां आमतौर पर चेहरे पर झुर्रियां और थकान के निशान नजर आते हैं, वहीं कई फिल्मी हस्तियों ने योग के जरिए 'एज रिवर्सिंग' का ऐसा उदाहरण पेश किया है, जिसने फैन्स और फिटनेस विशेषज्ञों को भी हैरान कर दिया है। फिल्म कलाकार आज योग को केवल व्यक्तिगत लाभ तक सीमित नहीं रख रहे बल्कि सोशल मीडिया पर अपने योग के वीडियो और प्रेरक संदेशों से लोगों को जोड़ रहे हैं। आज अंतरराष्ट्रीय योग दिवस पर बात उन कलाकारों की जिन्होंने योग के जरिए अपने शरीर पर उम्र के प्रभाव को मात दे दी है।

शिल्पा शेट्टी कुंद्रा

योग और फिटनेस की मिसाल शिल्पा शेट्टी ने हाल ही में अपना 50वां जन्मदिन मनाया। लेकिन उनकी उम्र का अंदाजा लगाना मुश्किल है। वह 25 वर्ष की अभिनेत्रियों को फिटनेस में टक्कर देती हैं। शिल्पा हर दिन प्राणायाम, सूर्य नमस्कार और चेहरे के विशेष योगासन करती हैं। उनका अपना योग एप भी है और वे खुद को 'योगिनी' कहती हैं।

मलाइका अरोड़ा

51 वर्षीय मलाइका अरोड़ा आज भी अपनी फ्लेक्सिबिलिटी और दमकती त्वचा के लिए जानी जाती हैं। वे 'एंटी-एजिंग योग' अपनाती हैं, जिसमें फेस योग, रीढ़ की हड्डी को मजबूत करने वाले आसन शामिल हैं। वे अपने योग क्लास के जरिए नियमित रूप से फिटनेस से जुड़े वीडियो साझा करती हैं और हजारों लोगों को प्रेरणा देती हैं।

अक्षय कुमार

57 साल की उम्र में भी अक्षय कुमार इंडस्ट्री के सबसे फिट अभिनेताओं में से एक हैं। सुबह 4:30 बजे उठना और दिन की शुरुआत प्राणायाम से करना उनकी दिनचर्या का हिस्सा है। वे कहते हैं, 'योग ने ही मुझे बीमारियों और मानसिक थकावट से दूर रखा है।'

करीना कपूर खान

मां बनने के बाद भी करीना कपूर खान की फिटनेस मिसाल बनी हुई है। 44 वर्षीय करीना अब भी उतनी ही खूबसूरत और ग्लैमरस लगती हैं। वह शक्ति वर्धक आसनों, फेस योग और ध्यान का नियमित अभ्यास करती हैं। उन्होंने अपने योग अभ्यास से ही जीरो फिगर पाकर कभी खूब सुर्खियां बटोरी थीं।

मिलिंद सोमन

59 साल के सुपरमॉडल मिलिंद सोमन बिना जिम गए सिर्फ योग और प्राकृतिक जीवनशैली से अपनी बेहतरीन फिटनेस बरकरार रखे हुए हैं। वे कहते हैं, योग मेरे लिए ध्यान का अनुभव है, जिससे आत्मा और शरीर दोनों को ऊर्जा मिलती है। उनकी लंबी दौड़ और सहनशक्ति युवा पीढ़ी के लिए प्रेरणा है।

सुष्मिता सेन

पूर्व मिस यूनिवर्स सुष्मिता सेन ने योग को सिर्फ फिटनेस नहीं, जीवन मंत्र के रूप में अपनाया है। 2023 में हार्ट अटैक आने के बाद उन्होंने डॉक्टर की सलाह पर 'व्हील ऑफ लाइफ' से दोबारा स्ट्रेचिंग शुरू की। वे एरियल योग, चक्रासन, शीर्षासन और किक बॉक्सिंग जैसी तकनीकों से न केवल स्वास्थ्य बल्कि आत्मबल भी अर्जित कर रही हैं।

संदीपा धर

अभिनेत्री संदीपा धर का मानना है योग केवल फिटनेस नहीं, एक गहरी आत्मिक यात्रा है। जब मैं योग करती हूं तो ऐसा लगता है मानो पूरा अस्तित्व शांति में डूब गया हो। उनका यह दृष्टिकोण दिखाता है कि योग केवल बाहरी नहीं, आंतरिक सुंदरता भी निखारता है।

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Why are morning yoga and pranayam like nectar

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सुबह योग और प्राणायाम क्यों हैं अमृत के समान?

सुबह उठते ही बिस्तर त्यागकर योग और प्राणायाम का अभ्यास करना हमारे शारीरिक और मानसिक स्वास्थ्य के लिए अत्यंत लाभकारी होता है। इस समय वातावरण में प्राणवायु सबसे अधिक सक्रिय होती है। वैज्ञानिक शोध बताते हैं कि सुबह के समय वायु में ऑक्सीजन का स्तर अधिक होता है। सूरज की पहली किरणों में वाइटल एनर्जी (Vital Photons) होती है, जो सूर्य के तीव्र होते ही वातावरण से क्षीण होने लगती है।

इसलिए सुबह की ताजी हवा में 10-15 मिनट बिताएं

सुबह-सुबह किसी पार्क, बालकनी, बीच या खुले मैदान में जहां ताजी हवा और सूर्य की पहली किरणें आसानी से मिलें- वहां बैठकर कम से कम 10–15 मिनट प्राणायाम जरूर करें। यह प्रकाश और शुद्ध वायु शरीर के लिए पहला और सबसे महत्वपूर्ण आहार बनती है- जो कोशिकाओं को ऊर्जा देती है, मस्तिष्क को सक्रिय करती है और दिन भर के तनाव से लड़ने की शक्ति प्रदान करती है।

सुबह की धूप में योग शरीर के लिए अमृत

सुबह कुछ मिनट आंखें बंद कर शरीर और चेहरे पर धूप का स्पर्श लें- यह विटामिन डी, नींद हार्मोन सिरोटोनिन और बॉडी क्लॉक के लिए अमृत के समान है।

Dainik Bhaskar • 21 Jun • Ministry of Ayush

Yoga Day will be celebrated today

4 • PG | 254 • Sqcm | 25401 • AVE | N/A • Cir | Top Center

Mumbai

आज मनाया जाएगा योग दिवस

भास्कर संवाददाता | ठाणे

ठाणे में अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में 21 जून, शनिवार को जिला परिषद की ओर से कई कार्यक्रमों का साथ ही विविध संस्थाओं और स्कूलों द्वारा योग शिविर का आयोजन किया गया है। जिला परिषद के उप मुख्य कार्यकारी अधिकारी प्रमोद काले ने बताया कि जल जीवन मिशन और स्वच्छ भारत मिशन के अंतर्गत ठाणे जिले के सभी ग्राम पंचायत में जिला परिषद द्वारा व्यापक योग शिविर का आयोजन किया गया है। साथ ही ग्राम स्वास्थ्य पोषण, जलापूर्ति और स्वच्छता समिति की सहायता से वृक्षारोपण, स्वच्छता अभियान और पर्यावरण पूरक कार्यक्रम किए जाएंगे।

मुख्य कार्यकारी अधिकारी रोहन घुगे ने बताया कि वर्ष 2025 में योग दिवस की 10वीं वर्षगांठ मनाई जा रही है। इसके लिए राष्ट्रीय स्तर पर 10 विशेष पहल शुरू की गई हैं, जिनमें ठाणे जिला सक्रिय भागीदारी निभाएगा। इन उपक्रमों के अंतर्गत शनिवार सुबह साढ़े छह बजे से पौने आठ तक पूरे देश में एक साथ योग सत्र आयोजित किए जाएंगे। प्रधानमंत्री नरेंद्र मोदी की उपस्थिति में यह कार्यक्रम विशाखापत्तनम से राष्ट्रीय प्रसारण के माध्यम से प्रसारित किया जाएगा। जिले की प्रत्येक ग्राम पंचायत में यह योग सत्र स्थानीय आयुष केंद्रों या ग्राम स्वास्थ्य समितियों के सहयोग से आयोजित होंगे।

मुंबई। अंतर्राष्ट्रीय योग दिवस की पूर्व संध्या पर समर्थ व्यायाम मंदिर, शिवाजी पार्क, दादर में योग सत्र का आयोजन किया गया।

विविध संस्थाओं द्वारा योग शिविर का आयोजनः

ठाणे में विविध संस्था द्वारा योग शिविर का आयोजन किया गया है। ठाणे के ढोकाली स्थित शरद पवार मिनी स्टेडियम में संस्कार सेवा भावी संस्था द्वारा पतांजलि योग समिति के सहयोग से योग शिविर का आयोजन किया गया है। आयोजक दत्ता घाडगे ने बताया कि शिविर में विधायक संजय केलकर सहित कई लोग उपस्थित होंगे। साथ ही शिवशांति प्रतिष्ठान द्वारा संस्थापक विनय कुमार सिंह द्वारा वागले एस्टेट में और भाजपा कसारवडवली मंडल द्वारा पानखंडा स्थित श्री जगन्नाथ देवस्थान में राम ठाकुर और ज्योति ठाकुर द्वारा योग शिविर आयोजित किया गया है।

मुंबई में अंतरराष्ट्रीय योग दिवस पर होंगे कई विशेष कार्यक्रम

वरिष्ठ संवाददाता | मुंबई

शनिवार को अंतरराष्ट्रीय योग दिवस के अवसर पर शहर भर में कई खास कार्यक्रम आयोजित किए जाएंगे। इस बार योग दिवस का थीम 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' रखा गया है, जो स्वास्थ्य, पर्यावरण और वैश्विक एकता का संदेश देता है। यह थीम भारत के 'एक पृथ्वी, एक परिवार, एक भविष्य' दृष्टिकोण से मेल खाती है, जिसे भारत ने जी ट्वेंटी अध्यक्षता के दौरान विश्व के सामने रखा था। वहीं, योग दिवस पर आईआईएम मुंबई (पवई परिसर) में भारतीय प्रबंधन संस्थान, मुंबई द्वारा सुबह 6:30 बजे से आयोजन किया जाएगा, जिसमें सैकड़ों विद्यार्थी और प्रोफेसर एक साथ योगाभ्यास करेंगे। उधर, साबू हॉल, आरजे एनएसएस यूनिट और आरजे एनसीसी यूनिट द्वारा श्री अम्बिका कुटीर के सहयोग से सुबह 10:30 बजे से दोपहर 12:00 बजे तक योग सत्र होगा। वरली में दिव्यज फाउंडेशन के आयोजन में अमृता फडणवीस की अगुवाई में विशेष कार्यक्रम होगा, जिसमें बीएमसी कमिश्नर भूषण गगराणी, अभिनेता अर्जुन कपूर और अभिनेत्री नुसरत भरुचा भी शामिल होंगी।

Dainik Bhaskar • 21 Jun • Ministry of Ayush

Yoga sessions organized at 100 tourist spots across the country including Elephanta Caves

6 • PG | 126 • Sqcm | 12581 • AVE | N/A • Cir | Bottom Left

Mumbai

एलिफेंटा गुफा समेत देश भर में 100 पर्यटन स्थलों पर योग सत्र का आयोजन

▪ योग दिवस के अवसर पर होगा योग सत्र का आयोजन

ब्यूरो | नई दिल्ली. संस्कृति मंत्रालय 11वें अंतरराष्ट्रीय योग दिवस के अवसर पर महाराष्ट्र के एलिफेंटा गुफा समेत देश भर में 100 प्रतिष्ठित पर्यटन स्थलों और 50 से अधिक सांस्कृतिक स्थलों पर योग सत्र आयोजित करेगा। संस्कृति मंत्रालय ने शुक्रवार को एक विज्ञप्ति जारी कर यह जानकारी दी। मंत्रालय ने बताया कि प्रधानमंत्री नरेंद्र मोदी, आंध्र प्रदेश के मुख्यमंत्री नारा चंद्रबाबू नायडू और उपमुख्यमंत्री पवन कल्याण सहित अन्य गणमान्य व्यक्तियों की उपस्थिति में 21 जून को आयुष मंत्रालय द्वारा विशाखापत्तनम में आयोजित किए जा रहे मुख्य मुख्य समारोह के ये कार्यक्रम पूरक होंगे। संस्कृति एवं पर्यटन मंत्री गजेन्द्र सिंह शेखावत राजस्थान के जोधपुर स्थित ऐतिहासिक मेहरानगढ़ किले में अंतर्राष्ट्रीय योग दिवस कार्यक्रम में भाग लेंगे।

यूनेस्को विश्व धरोहर स्थल जैसे चराइदेव मैदान (असम), रानी की वाव और धोलावीरा (गुजरात), हम्पी और पट्टदकल (कर्नाटक), खजुराहो स्मारक समूह और सांची स्तूप (मध्य प्रदेश), कोणार्क में सूर्य मंदिर (ओडिशा) और तंजावुर (तमिलनाडु) में बृहदेश्वर मंदिर परिसर में भी विशेष तौर पर योग दिवस का आयोजन किया जाएगा। प्रमुख सांस्कृतिक और ऐतिहासिक स्थलों में गोलकुंडा किला और सालारजंग संग्रहालय (हैदराबाद), हुमायूं का मकबरा, पुराना किला और सफदरजंग मकबरा (दिल्ली), जलियांवाला बाग (अमृतसर), चित्तौड़गढ़ और कुंभलगढ़ किले (राजस्थान), लेह पैलेस (लद्दाख), परी महल (श्रीनगर), बेकल किला (केरल), तथा हजारद्वारी और कूच बिहार महल (पश्चिम बंगाल) आदि स्थानों पर भी योग दिवस का आयोजन किया जाएगा।

Dainik Bhaskar • 21 Jun • Ministry of Ayush
International Yoga Day 2025

10 • PG | 349 • Sqcm | 157198 • AVE | 92.28K • Cir | Middle Left

Delhi

योग स्वतंत्र क्रिया है, चलते फिरते भी इसे कर सकते हैं

गीता में श्रीकृष्ण जब-जब योग पर बात करते, तो उनकी दृष्टि अर्जुन के रथ की ध्वजा पर विराजे हनुमान जी पर जाती थी। हनुमान जी सच्चे योगी हैं। अगर कोई योग को जानना चाहे तो हनुमान जी को इस दृष्टि से देखे। तो योग की मूल बात वही है, लेकिन तरीका अलग है। महिलाएं, बच्चे, युवा, बूढ़े अपने-अपने ढंग से योग को स्वीकार कर सकते हैं। अगर आप योगियों की तरह योग ना कर पाएं तो सामान्य गृहस्थ बनकर भी योग से जुड़ सकते हैं। रोना भी योग बन जाता है। भावनाएं और दबाव यदि बाहर निकाल दें, आंसुओं से, तो वह योग है। विनम्रता भी योग है। हंसना तो योग है ही। खाना बनाने और भोजन करने में भी योग उतर आता है। यदि सेवा करने लग जाएं तो योग घट गया। मौन तो योग की प्रतिनिधि क्रिया है। दूसरों के लिए अच्छा सोचिए, मन ही मन योग घट गया। अपने काम अपने हाथ से करिए, घर में भी, बाहर भी, योग हो गया। तो योग के कई रूप हैं, केवल हाथ-पैर हिलाना, आंख बंद करके, सीधी कमर करके बैठना ही योग नहीं है।

• Facebook:Pt. Vijayshankar Mehta

Dainik Bhaskar • 21 Jun • Ministry of Ayush

Healthy life can be achieved only through yoga, 35 centers in Jaipur

5 • PG | 210 • Sqcm | 1206055 • AVE | 2.34M • Cir | Middle Left

Jaipur

योग से ही मिलेगा निरोग जीवन, जयपुर में 35 केंद्र

जयपुर | राजस्थान स्वास्थ्य योग परिषद ट्रस्ट के संस्थापक आरडी बाहेती ने कहा कि पहला सुख निरोगी काया है। ऋषि-मुनियों की यह बात आज

के समय में और भी जरूरी हो गई है। उन्होंने कहा कि आज की अनियमित दिनचर्या और अशुद्ध खानपान से शरीर कमजोर हो रहा है। ऐसे में योग ही एकमात्र उपाय है जिससे स्वस्थ रहा जा सकता है। बाहेती ने बताया कि उन्होंने वर्ष 1972 में ऋषिकेश स्थित शिवानंद आश्रम से योगाचार्य की उपाधि ली थी। इसके बाद से हजारों साधकों को योग का प्रशिक्षण दे चुके हैं। उन्होंने बताया कि परिषद की ओर से जयपुर में 35 स्थानों पर निशुल्क योग कक्षाएं चलाई जा रही हैं।

Dainik Bhaskar • 21 Jun • Ministry of Ayush

Historical Yoga Confluence of Ayurveda Institute at Jantar Mantar today

2 • PG | 347 • Sqcm | 1995570 • AVE | 2.34M • Cir | Middle Right

Jaipur

'जंतर-मंतर' पर आयुर्वेद संस्थान का ऐतिहासिक योग संगम आज

जयपुर | आयुष मंत्रालय और राष्ट्रीय आयुर्वेद संस्थान मानद विश्वविद्यालय जयपुर के संयुक्त तत्वावधान में अंतरराष्ट्रीय योग दिवस के अवसर पर शनिवार सुबह 6 बजे जंतर-मंतर पर योग संगम-2025 का आयोजन होगा। संस्थान में अध्ययनरत देश के अन्य राज्यों से आए विद्यार्थियों भी शामिल होंगे। राष्ट्रीय आयुर्वेद संस्थान के कुलपति प्रो. संजीव शर्मा ने बताया कि भारत की प्राचीन योग परंपरा को वैश्विक मंच पर स्थापित करने और आयुर्वेद व योग के समन्वित स्वरूप को प्रस्तुत करने का एक सशक्त माध्यम बनेगा। योग विभाग की अध्यक्ष प्रो. दुर्गावती देवी ने कहा कि योग जीवन जीने की एक शैली है, जो अनुशासन, संतुलन और आत्मचिंतन सिखाती है। इसके माध्यम से हम युवा पीढ़ी को योग के मूल सिद्धांतों से जोड़ने का प्रयास कर रहे हैं। इसमें योग विशेषज्ञ, राष्ट्रीय आयुर्वेद संस्थान के चिकित्सक, शिक्षक, अधिकारी, कर्मचारी और विद्यार्थी बड़ी संख्या में उपस्थित रहेंगे।

Dainik Bhaskar • 21 Jun • Ministry of Ayush

In 8 years, about 22 thousand students have been trained in yoga, today they are teaching yoga in In...

2 • PG | 1091 • Sqcm | 6280201 • AVE | 2.34M • Cir | Top Center

Jaipur

अंतरराष्ट्रीय योग दिवस पर खास • संस्कृत विश्वविद्यालय के 'योग विभाग' की अंतरराष्ट्रीय स्तर पर पहचान बनीं

8 साल में करीब 22 हजार विद्यार्थी योग में प्रशिक्षित होकर निकले, आज देश-विदेश में करा रहे योगाभ्यास

सुरेन्द्र स्वामी | जयपुर

प्रदेश में संस्कृत और भारतीय परंपराओं के संरक्षण और संवर्धन के लिए समर्पित जगद्गुरु रामानंदाचार्य राजस्थान संस्कृत विश्वविद्यालय ने वर्ष-2017 में 'योग शिक्षा' के क्षेत्र में एक नई पहल प्रारंभ की थी। तत्कालीन मुख्यमंत्री वसुंधरा राजे के नेतृत्व में स्थापित यह योग विभाग आज प्रदेश ही नहीं, अंतरराष्ट्रीय स्तर पर भी अपनी पहचान बना चुका है। विभाग की स्थापना का उद्देश्य युवाओं को भारतीय प्राचीन ज्ञान योग विज्ञान से जोड़ना और व्यावसायिक विकल्प के रूप में प्रस्तुत करना। विभाग में वर्तमान में दो सहायक आचार्य कार्यरत हैं, जो विद्यार्थियों को गुणवत्तायुक्त शिक्षा प्रदान कर रहे हैं। विवि के कुलपति प्रो. रामसेवक दुबे ने कहा कि हमारा प्रयास है कि आने वाले समय में विभाग का विस्तार हो और शोध की दिशा में भी योग को आगे बढ़ाया जाए।

क्या-क्या पढ़ाया जा रहा है... विभाग में स्नातक (बीएससी), स्नातकोत्तर (एमएससी) और एक वर्षीय डिप्लोमा (पीजीडीवाईटी) जैसे विविध पाठ्यक्रम संचालित किए जा रहे हैं। यह पाठ्यक्रम छात्रों को शारीरिक, मानसिक और आध्यात्मिक रूप से सशक्त बनाने के साथ-साथ योग प्रशिक्षक, थेरेपिस्ट एवं शोधकर्ता के रूप में भी तैयार करते हैं। विद्यार्थियों को ताड़ासन, वृक्षासन, भुजंगासन, पश्चिमोत्तानासन, शवासन, प्राणायाम जैसे शारीरिक और मानसिक संतुलन बढ़ाने वाले योगाभ्यासों में दक्ष किया जाता है। साथ ही, महर्षि पतंजलि के लिखे योग दर्शन के साथ ही हठयोग प्रदीपिका, घेरंड संहिता और आधुनिक योग विज्ञान भी पढ़ाया जा रहा है।

अब तक इस विभाग से करीबन 2 हजार विद्यार्थी योग में प्रशिक्षित होकर निकल चुके हैं। ये छात्र न केवल राजस्थान और भारत के विभिन्न प्रदेशों में कार्यरत हैं, बल्कि 25 बाहरी देशों में भी योग का प्रचार-प्रसार कर रहे हैं। इससे न केवल विश्वविद्यालय का गौरव बढ़ा है, बल्कि भारतीय योग परंपरा को वैश्विक मंच पर मजबूती भी मिली है।

क्या कहते हैं एक्सपर्ट... विभागाध्यक्ष शास्त्री कोसलेंद्रदास ने बताया कि हमारा प्रयास है कि योग केवल एक शारीरिक अभ्यास न रहकर एक संपूर्ण जीवनशैली के रूप में विद्यार्थियों के जीवन में स्थान पाए। हमारे विभाग के विद्यार्थी आज देश-विदेश में योग का प्रसार कर रहे हैं, यह हमारे लिए गर्व की बात है। भविष्य में हम शोध व नवाचार को केंद्र में रखते हुए विभाग को और अधिक समृद्ध बनाने की दिशा में कार्य कर रहे हैं।

Dainik Bhaskar • 21 Jun • Ministry of Ayush

People practiced meditation and yoga in ward number 60

4 • PG | 386 • Sqcm | 2222966 • AVE | 2.34M • Cir | Middle Center

Jaipur

वार्ड नंबर 60 में लोगों ने किया ध्यान-योग अभ्यास

जयपुर | अंतरराष्ट्रीय योग दिवस से एक दिन पहले जगदंबा नगर वार्ड नंबर 60, करणी विहार मंडल में योग दिवस मनाया गया। इसमें डॉ मोनिका दुबे की ओर से लोगों को ध्यान व योग अभ्यास कराया गया। दुबे ने कहा कि निरंतर योग करने से विभिन्न बीमारियों को दूर किया जा सकता है। इस कार्यक्रम के आयोजक पं. उमेश उपाध्याय, आरएसएस के कार्यकर्ता शंकर बागड़ा, सर्वेश्वर चतुर्वेदी, शंकर लाल चौधरी, ओम प्रकाश सिंह, राम पारीक, राम कविया आदि कार्यकर्ताओं की मौजूद रहे। सभी योग प्रेमियों एवं प्रबुद्ध जन, माता- बहने, स्थानीय नागरिक बंधुओं स्कूली छात्र-छात्राओं ने बढ़ चढ़कर इस अन्तर्राष्ट्रीय योग दिवस आयोजन में भाग्य लिया।

वहीं स्मृति वन में योगी महेश द्वारा योग कराया जाएगा। आयोजन सुबह 6 से 7:30 बजे तक होगा।

Dainik Bhaskar • 21 Jun • Ministry of Ayush

State level program on Yoga Day in Jaisalmer

7 • PG | 191 • Sqcm | 1098433 • AVE | 2.34M • Cir | Middle Center

Jaipur

योग दिवस पर राज्यस्तरीय कार्यक्रम जैसलमेर में

जयपुर | अंतरराष्ट्रीय योग दिवस पर शनिवार को राज्य स्तरीय कार्यक्रम जैसलमेर में खुड़ी के रेतीले धोरों पर होगा। मुख्यमंत्री इस कार्यक्रम में शिरकत करते हुए आमजन के साथ योगाभ्यास करेंगे। योग दिवस के लिए सर्वाधिक 2.25 लाख से अधिक स्थानों पर योग के लिए रजिस्ट्रेशन कराया गया है। रजिस्ट्रेशन के लिए सरकारी संगठनों, शैक्षणिक संस्थानों, निजी संस्थाओं, निवासी कल्याण संघों, गैर सरकारी संगठनों, सामुदायिक समूहों और ऐसे अन्य सभी इच्छुक दलों को पंजीकरण के लिए आमंत्रित किया गया था। जिसमें राजस्थान रजिस्ट्रेशन में देशभर में प्रथम रहा जो ऐतिहासिक है।

Dainik Bhaskar • 21 Jun • Ministry of Ayush

Yoga gives the message of living a healthy life: Governor

5 • PG | 605 • Sqcm | 3483047 • AVE | 2.34M • Cir | Top Center

Jaipur

योग स्वस्थ जीवन जीने का देता है संदेश : राज्यपाल

भास्कर न्यूज | जयपुर

राज्यपाल हरिभाऊ बागड़े ने शुक्रवार को सेंट्रल पार्क में स्वयं योग करके आम जन को योग क्रियाएं करवाई। उन्होंने युवाओं और 50 वर्ष की उम्र से अधिक के लोगों के लिए योग और गति से जुड़ी विभिन्न शारीरिक मुद्राओं का प्रदर्शन कर स्वस्थ जीवन जीने का संदेश दिया। बागड़े ने कहा कि योग हजारों साल से चली आ रही हमारी संस्कृति है।

राज्यपाल ने शुक्रवार को सेंट्रल पार्क में राजस्थान कोऑपरेटिव फेडरेशन, सरस डेयरी की ओर से आयोजित सामूहिक योग एवं स्वास्थ्य शिविर कार्यक्रम में मुख्य अतिथि के रूप में भाग लिया। कार्यक्रम में योग शिक्षकों, कलाकारों और योग शिक्षण से जुड़े प्रतिभावान बच्चों को प्रशस्ति पत्र और अपनी ओर से नकद पुरस्कार प्रदान कर सम्मानित भी किया। उद्योग, खेल एवं युवा मामले विभाग मंत्री राज्यवर्धन सिंह राठौड़ ने कहा कि योग मन, बुद्धि और शरीर की एकता स्थापित करता है। कार्यक्रम के आयोजक और राजस्थान कोऑपरेटिव डेयरी फेडरेशन की प्रशासन एवं प्रबंध संचालक श्रुति भारद्वाज ने मुख्य अतिथि एवं विशिष्ट अतिथियों का अभिनंदन किया। इस अवसर पर विधायक गोपाल शर्मा, जयपुर डेयरी के अध्यक्ष ओम प्रकाश पूनियां, एमडी मनीष फौजदार भी मौजूद रहे। योगाचार्य डॉ. महेंद्र सिंह राव ने योग के गुर सिखाए।

Dainik Bhaskar • 21 Jun • Ministry of Ayush

Greater Corporation will create a world record of 30 hours of continuous yoga with one thousand yoga...

6 • PG | 1142 • Sqcm | 6572998 • AVE | 2.34M • Cir | Bottom Center

Jaipur

योग महोत्सव-2025 • इंदिरा गांधी पंचायती राज संस्थान में आज योग-यज्ञ-पौधरोपण का संगम..संकल्प के साथ बांटेंगे पौधे

ग्रेटर निगम एक हजार योगाचार्यों के साथ 30 घंटे अखंड योग का बनाएगा विश्व कीर्तिमान

सोशल रिपोर्टर | जयपुर

योग महोत्सव-2025 के कार्यक्रमों की श्रृंखला के तहत ग्रेटर निगम महापौर और योग ब्रांड एंबेसडर डॉ. सौम्या गुर्जर की पहल पर शनिवार को एक बार फिर ग्रेटर निगम सैकडों योग संस्थाओं के साथ मिलकर अखंड योग विश्व कीर्तिमान का इतिहास रचने जा रहा है। एक हजार योगाचार्यों के साथ मिलकर 30 घंटे यानी 1800 मिनट का अखंड योग करेगा।

बता दें कि पिछले वर्ष 1611 मिनट अखंड योग का विश्व कीर्तिमान बनाया गया था। इस वर्ष 100 से अधिक संस्थाओं के एक हजार योगाचार्य एक ही छत के नीचे बिना रुके बिना थके अखंड योग करेंगे। इस योग महोत्सव-2025 की खास बात यह है कि योग के साथ 11 घंटे अनवरत गोमय यज्ञ भी किया जाएगा। साथ ही पौधरोपण भी किया जाएगा। योग-यज्ञ-पौधरोपण का संगम होगा। यह कार्यक्रम शनिवार दोपहर 12 बजे इंदिरा गांधी पंचायती राज संस्थान में आयोजित किया जाएगा, जो अगले दिन रविवार शाम 6 बजे तक अनवरत रूप से जारी रहेगा। इस योग महोत्सव में भागीदार बनने वाले आमजन को एक पौधा लगाने का संकल्प दिलाते हुए पौधे वितरित किए जाएंगे। महापौर ने आमजन से अपील की कि वे अखंड योग विश्व कीर्तिमान के साक्षी बने और योग दिवस पर अपने निकटतम स्थल पर जाकर योग करें।

▪ सहज योग केंद्र की ओर से अंतरराष्ट्रीय योग दिवस पर शनिवार को निर्मला देवी ट्रस्ट के माध्यम से शहर में कई जगह नए साधकों के लिए निशुल्क आत्म-साक्षात्कार व ध्यान का सूक्ष्म अनुभव कराए जाएंगे। सहज योग ट्रस्ट के महासचिव रमेश गुप्ता ने बताया है कि मानसरोवर केंद्र के साथ-साथ रिजर्व बैंक ऑफ इंडिया बजाज नगर कॉलोनी,, महात्मा गांधी राजकीय विद्यालय रूपा रामपुरा टोंक फटक आदि जगहों पर जन-सामान्य के लिए यह कार्यक्रम होगा। इस कार्यक्रम में भाग लेने वाले सभी नए साधकों को निःशुल्क कुंडलिनी की जागृति एवं ध्यान के सूक्ष्म अनुभव कराए जाएंगे।

योग ब्रांड एंबेसडर डॉ. सौम्या गुर्जर जवाहर सर्किल पर योग करते हुए।

Dainik Bhaskar • 21 Jun • Ministry of Ayush

Do Bhakti Yoga in the morning, Tadasana in the afternoon and Nidra Yoga in the evening; this removes...

29 • PG | 382 • Sqcm | 468217 • AVE | 2.34M • Cir | Top Center | City Bhaskar

Jaipur

योग और म्यूजिक रिसर्च • संगीत के साथ योग करने वाले लोगों की मानसिक स्थिति होती है बेहतर

सुबह भक्ति योग, दोपहर में ताड़ासन और शाम को निद्रा योग करें; इससे दूर होता है डिप्रेशन

सिटी रिपोर्टर | जयपुर

योग और संगीत- दोनों भारत की सांस्कृतिक आत्मा हैं। 21 जून को इंटरनेशनल योग डे और वर्ल्ड म्यूजिक डे एक साथ मनाए जाते हैं। हाल ही आई एक वैज्ञानिक रिसर्च इन दोनों के मेल को मानसिक स्वास्थ्य के लिए वरदान बता रही है। पबमेड में प्रकाशित स्टडी के मुताबिक संगीत के साथ किया गया योग न सिर्फ स्ट्रेस कम करता है, बल्कि डिप्रेशन और एंग्जाइटी को भी घटाता है। रिसर्च बताती है कि जब योगासनों और प्राणायाम को धीमे, मेलोडिक संगीत के साथ किया जाता है, तो शरीर में कोर्टिसोल (तनाव हार्मोन) का स्तर काफी घट जाता है। इस क्लिनिकल ट्रायल में प्रतिभागियों को दो समूहों में बांटा गया। एक समूह ने केवल योग किया, जबकि दूसरे ने योग के दौरान शांत, मेडिटेटिव संगीत सुना। 12 हफ्ते में दूसरे समूह की मानसिक स्थिति बेहतर पाई गई। उनकी नींद में सुधार हुआ और जीवन की गुणवत्ता में बढ़ोतरी देखी गई।

रिसर्चर्स का कहना है कि संगीत से मस्तिष्क की वेव्स स्थिर होती हैं। जब इसे योगाभ्यास से जोड़ा जाता है, तो यह थैरेप्यूटिक प्रभाव पैदा करता है। डिप्रेशन, पीटीएसडी और क्रॉनिक स्ट्रेस से जूझ रहे लोगों के लिए ये तरीका प्राकृतिक उपचार का विकल्प बन सकता है। योगा एक्सपर्ट की मदद से हम आपको तीनों पहर के योगासनों के बारे में बता रहे हैं, जो डिप्रेशन से उबरने में काफी मदद करेंगे।

भक्ति योग करते हुए।

भक्ति योग : सुबह 10-15 मिनट

आध्यात्मिक संगीत के साथ दिन की शुरुआत करें। भक्ति योग से सकारात्मक ऊर्जा और मानसिक स्थिरता मिलती है। ये शरीर और आत्मा की गहरी एक्सरसाइज है। जब मन शांत होता है, तो इंसान पूरी तरह से वर्तमान में जीता है।

ताड़ासन: दोपहर में 2-3 मिनट

दोपहर के भोजन के डेढ़-दो घंटे बाद सॉफ्ट म्यूजिक के साथ करें। यह आसन आलस्य को दूर करता है, कमर और पीठ के दर्द में राहत देता है और मानसिक स्पष्टता बढ़ाता है। रोज का छोटा अभ्यास, बड़ा फायदा।

योग निद्रा: रात में 10-15 मिनट

साउंड हीलिंग के साथ करें योग निद्रा। खाने से पहले या बाद में भी संभव। यह क्रिया मनोविकार दूर करे, घटाए सिरदर्द और दिलाए गहरी नींद- मानसिक शांति का सरल रास्ता।

एक्सर्ट • योगाचार्य ढाकाराम

Dainik Bhaskar • 21 Jun • Ministry of Ayush

Performed yoga in front of human figure installations

27 • PG | 370 • Sqcm | 453633 • AVE | 2.34M • Cir | Middle Right | City Bhaskar

Jaipur

योगाभ्यास • 7 साल से हर रविवार पार्कों में कर रहे प्रैक्टिस, सेंट्रल पार्क में 20 योगासन किए

मानव आकृति इंस्टॉलेशन्स के सामने किया योग

सिटी रिपोर्टर | एक तरफ सेंट्रल पार्क की प्राकृतिक सुंदरता और दूसरी तरफ पत्थरों पर मानव आकृति इंस्टॉलेशन्स। इनके समक्ष युवाओं ने योग का अभ्यास किया। विश्व योग दिवस के अवसर पर योगा टीचर्स की टीम के साथ यह संदेश किया अगर योग ऐसे वातावरण में किया जाए तो ज्यादा कारगर है।

ट्रेनर अभिषेक जांगिड़ के नेतृत्व में उनकी टीम ने 20 से अधिक योगासनों का अभ्यास किया। इस दौरान उन्होंने कहा कि श्वास और शरीर का संतुलन ही योग है। योग करें नहीं, बल्कि सीखे कि किस व्यक्ति के लिए कौनसा योग बेहतर हैं।

उन्होंने बताया कि पिछले सात वर्षों पर से वे शहर के कई प्रमुख पार्कों में हर रविवार को जाकर लोगों को योगा की प्रेक्टिस करवाते हैं और इसका महत्व बताते हैं। उनके साथ योगा इंस्ट्रक्टर विकास कुमार गोदारा, तनु, शैलजा शर्मा और विकास जांगिड़ ने भी योग किया।

शीर्षासन से शरीर में रक्त का संतुलन

कुछ योगासनों का महत्व बताते हुए कहा कि शीर्षासन से शरीर में रक्त का संतुलन बनता है। यह हेयर और फेस की स्किन के लिए लाभदायक है। हनुमान आसन एक बैलेंसिंग आसन है जो थाइ और पैर की मसल्स को मजबूत बनाता है। वृश्चिकासन से बाजू, पीठ, गर्दन और बेक बोन में खिचाव लाता है। तनाव कम करने में सहायक है। सिर दर्द, नेत्र विकार और ध्यान के लिए फायदेमंद हैं। वहीं पार्श्वकोणासन घुटने, एंकल्स और थाई के साथ हिप जॉइंट्स को मजबूत बनाने में सहायक है।

Dainik Bhaskar • 21 Jun • Ministry of Ayush

Practice of yoga and meditation techniques

2 • PG | 56 • Sqcm | 324026 • AVE | 2.34M • Cir | Bottom Left

Jaipur

योगा और ध्यान की विधियों का कराया अभ्यास

जयपुर | श्री मुनिसुव्रतनाथ फाउंडेशन की ओर से सांगानेर स्थित बॉटनिकल गार्डन में एक दिवसीय योग शिविर का आयोजन किया गया। कमेटी अध्यक्ष मैना गंगवाल ने बताया की योग विशेषज्ञ कुमुद गौड़ ने उपस्थित प्रतिभागियों को योगासन, प्राणायाम और ध्यान की विभिन्न विधियों का अभ्यास कराया। कार्यक्रम के दौरान समिति सदस्यों ने पक्षियों के लिए परिंडे भी लगाए और इसमें नियमित पानी डालने की जिम्मेदारी ली। इस दौरान लोगों ने पौधरोपण कर पर्यावरण संरक्षण का संकल्प लिया। इस दौरान रितु, नवीन बड़जात्या, मोना, डॉ. प्रीति, दीपा, सविता, हेमंत ज्योति, तिथि, अर्णव सहित अन्य लोग मौजूद रहे।

Dainik Bhaskar • 21 Jun • Ministry of Ayush
Special on World Yoga Day

14 • PG | 1200 • Sqcm | 6904949 • AVE | 2.34M • Cir | Middle Left

Jaipur

विश्व योग दिवस पर विशेष

भागदौड़ भरी जिंदगी में हम हर पल स्क्रीन से घिरे हैं- जिससे शरीर थकता है और मन उलझ जाता है। पढ़िए कैसे योग हमें इससे बचा सकता है...

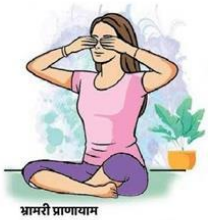
डिजिटल डिटॉक्स... अगर स्क्रीन टाइम ज्यादा है तो ये 8 योग बनाएंगे सेहतमंद

सौरभ बोथरा
आईआईटियन और योग प्रशिक्षक

भारतीय इंटरनेट यूजर्स औसतन रोज 7.3 घंटे स्क्रीन पर बिताते हैं। डिजिटल ओवरयूज से चिंता, नींद में कमी और 'डिजिटल डिप्रेशन' जैसी समस्याएं बढ़ रही हैं। **जानिए 8 ऐसे योग जो स्क्रीन देखने से होने वाले तनाव को घटा सकते हैं।**

1. भ्रामरी प्राणायाम- नर्वस सिस्टम शांत करने में मददगार

कैसे करें : आंखें बंद करें, कानों को अंगूठों से बंद करें और शेष उंगलियां माथे व आंखों पर रखें। सांस भरकर भंवरे जैसी आवाज निकालते हुए सांस छोड़ें।
लाभ : यह योग नर्वस सिस्टम को शांत करता है। थके मस्तिष्क को आराम देता है। इससे नींद बेहतर होती है।
समय : रात को सोने से पहले, 5 से 7 बार।



भ्रामरी प्राणायाम

2. त्राटक : आंखों की थकावट उतारकर एकाग्रता बढ़ाता है

कैसे करें : एक जलती हुई मोमबत्ती या दीपक की लौ को बिना पलक झपकाए 1-2 मिनट तक या क्षमता अनुसार देखें, फिर आंखें बंद कर उसी छवि को ध्यान में लाएं।
लाभ: आंखों की थकान और ध्यान भटकने की समस्या में फायदेमंद। एकाग्रता बढ़ाता है।
समय: शाम का समय उपयुक्त है।

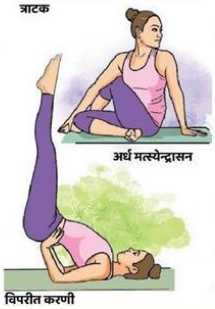
त्राटक

3. उष्ट्रासन : पीठ दर्द और बेचैनी में राहत देता है

कैसे करें : घुटनों के बल बैठकर पीछे की ओर झुकें और दोनों हाथों से एड़ियों को पकड़ें।
लाभ : यह पेट और आंतों को फैलाता है। पीछे झुकने की प्रक्रिया से पीठ दर्द से राहत मिलती है।
समय : दिन में दो बार, 1 से 2 मिनट।

4. अर्ध मत्स्येन्द्रासन : रीढ़ की हड्डी को लचीला बनाता है

कैसे करें : बैठकर एक पैर को दूसरे के ऊपर से दूसरी ओर रखें, कमर घुमाएं और हाथ से पकड़ लें।
लाभ : रीढ़ की लचक बढ़ाता है, ऊर्जा का प्रवाह ठीक करता है, बैठने की खराब मुद्रा सुधारता है।
समय : सुबह/शाम, 30 सेकंड से 1 मिनट।



अर्ध मत्स्येन्द्रासन

विपरीत करणी

5. विपरीत करणी : ब्लड सर्कुलेशन बेहतर करता है

कैसे करें : पीठ के बल लेटकर दोनों पैरों को दीवार के सहारे सीधा ऊपर की ओर रखें और हाथों को शरीर के बगल में ढीला छोड़ दें।
लाभ : आंखों व दिमाग को ठंडक मिलती है। स्क्रीन से थके व्यक्तियों की थकावट इससे उतरती है।
समय : शाम को 5 मिनट कर सकते हैं।

6. मौन और जाप : विचारों के भटकाव को रोकता है

कैसे करें : 'ॐ शांतिः शांतिः शांतिः' या पसंद के किसी मंत्र का जाप 11, 21 या 108 बार करें।
लाभ : मस्तिष्क को गहराई से शांत करता है। विचारों के भटकाव को रोकता है यह योग।
समय : रोज सुबह 7 से 9 के बीच करें।

7. अंजलि मुद्रा : मानसिक रूप से संतुलित बनाता है यह योग

कैसे करें : बैठकर हाथ जोड़ें, आंखें बंद करें और करीब 5 मिनट सांस पर ध्यान केंद्रित करें।
लाभ : इस योग से मानसिक हलचल में कमी आती है। आंतरिक संतुलन बढ़ाता है। यह एक सरल डिजिटल डिटॉक्स अभ्यास है।
समय : सुबह या रात को कर सकते हैं।

8. शवासन : गहरी नींद और तनाव कम करने में लाभकारी

कैसे करें : पीठ के बल लेट जाएं, शरीर ढीला छोड़ दें, केवल सांसों को महसूस करें।
लाभ : स्क्रीन ओवरलोड के बाद रिलैक्स करने में मददगार। गहरी नींद देता है व तनाव मुक्त करता है।
समय : दिन के अंत में 5 से 10 मिनट।

अगर भागदौड़ ज्यादा है...10 मिनट के मिनी योग शरीर में लाएंगे स्फूर्ति

डॉ. मिक्की मेहता
होलिस्टिक हेल्थ गुरु और योगाचार्य

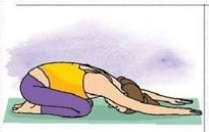
हर वक्त हम सभी भागे जा रहे हैं। इस भागदौड़ के बीच केवल 10 मिनट के मिनी योग आपको नई ऊर्जा दे सकते हैं। आप अपने सभी काम करते हुए भी इसे कर सकते हैं। ये सरल योग हैं, जिन्हें कोई भी, किसी भी उम्र में आसानी से कर सकता है। योग हमारे शरीर और मन में एक लय लाता है। ये योग आपके दिल की धड़कन और रक्तचाप (ब्लड प्रेशर) को संतुलित कर सकते हैं, साथ ही श्वास की गति को धीमा करके मस्तिष्क को भी शांत करते हैं। यह कार्यक्षमता को 15–20% तक बढ़ा सकते हैं, जिससे काम की गति भी बढ़ेगी और काम की गुणवत्ता भी।

1) वज्रासन (1 मिनट)

कैसे करें : घुटनों को मोड़कर एड़ियों पर बैठें, पीठ सीधी रखें और हथेलियां घुटनों पर रखें। अपना ध्यान श्वास पर रखें और आंखें बंद करके सामान्य सांस लेते रहें।
लाभ: यह आसन पाचन सुधारता है, मन को शांत करता है, और ध्यान की तैयारी के लिए उपयुक्त है।

2) अनुलोम विलोम (2 मिनट)

कैसे करें: दाहिने हाथ के अंगूठे से दाहिनी नासिका बंद करें और बाईं नासिका से श्वास भरें, फिर बाईं नासिका बंद कर दाहिनी से श्वास छोड़ें। अब दाहिनी से श्वास लें और बाईं से छोड़ें।
लाभ: यह मानसिक संतुलन देता है, क्रोध, बेचैनी और घबराहट को शांत करता है।



3) बालासन (1 मिनट)

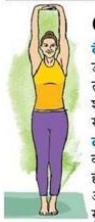
कैसे करें: वज्रासन से आगे झुकें, माथा जमीन पर लगाएं, हाथ आगे की ओर फैलाएं - बिल्कुल किसी शिशु की भांति।
लाभ: यह मुद्रा मानसिक शांति देती है, रीढ़ की हड्डी को विश्राम देती है, तनाव मिटाती है, और नींद की गुणवत्ता में भी सुधार करती है।

4) भुजंगासन (1 मिनट)

कैसे करें: पेट के बल लेटें, हाथों को कंधों के नीचे रखें और सांस भरते हुए सिर और छाती को ऊपर उठाएं। कोहनी थोड़ी मुड़ी रहें।
लाभ: यह आसन पीठ को मजबूत करता है। फेफड़ों को फैलाता है और शरीर में स्फूर्ति लाता है। यह रीढ़ का लचीलापन बढ़ाता है।

5) अर्ध चक्रासन (1 मिनट)

कैसे करें: सीधे खड़े होकर दोनों हाथ कमर पर रखें और सांस भरते हुए धीरे-धीरे पीछे की ओर झुकें। सिर को हल्का पीछे ले जाएं।
लाभ: यह थकान दूर करता है। रीढ़ को लचीलापन देता है। छाती को खोलता है और बैठने की खराब मुद्रा को सुधारता है।



6) ताड़ासन (2 मिनट)

कैसे करें: सीधे खड़े होकर दोनों हाथ ऊपर उठाएं और शरीर को अंगुलियों तक खींचें। एड़ियों को ऊपर उठाकर पूरे शरीर का भार पंजों पर लाएं और दृष्टि सामने रखें।
लाभ: यह आसन फेफड़ों को मजबूत करता है और एकाग्रता बढ़ाता है। साथ ही यह शरीर का संतुलन सुधारता है और मांसपेशियों में खिंचाव लाकर उन्हें सुदृढ़ बनाता है।

7) कपालभाति (2 मिनट)

कैसे करें: रीढ़ सीधी रखकर सुखासन या पद्मासन में बैठें। नाक से जोर से सांस बाहर छोड़ें और साथ में पेट को अंदर की ओर खींचें; सांस स्वतः वापस आएगी।
लाभ: यह शरीर के विषैले तत्वों को बाहर निकालता है और ऊर्जा प्रदान करता है। यह पेट की चर्बी कम करने, पाचन सुधारने और मन को साफ व सक्रिय करने में मदद करता है।

इलस्ट्रेशन : गौतम चक्रवर्ती

सुबह योग और प्राणायाम क्यों हैं अमृत के समान?

सुबह उठते ही बिस्तर त्यागकर योग और प्राणायाम का अभ्यास करना हमारे शारीरिक और मानसिक स्वास्थ्य के लिए अत्यंत लाभकारी होता है। इस समय वातावरण में प्राणवायु सबसे अधिक सक्रिय होती है। वैज्ञानिक शोध बताते हैं कि सुबह के समय वायु में ऑक्सीजन का स्तर अधिक होता है। सूरज की पहली किरणों में वाइटल एनर्जी (Vital Photons) होती है, जो सूर्य के तीव्र होते ही वातावरण से क्षीण होने लगती है।

इसलिए सुबह की ताजी हवा में 10-15 मिनट बिताएं

सुबह-सुबह किसी पार्क, बालकनी, बीच या खुले मैदान में जहां ताजी हवा और सूर्य की पहली किरणें आसानी से मिलें- वहां बैठकर कम से कम 10–15 मिनट प्राणायाम जरूर करें। यह प्रकाश और शुद्ध वायु शरीर के लिए पहला और सबसे महत्वपूर्ण आहार बनती है- जो कोशिकाओं को ऊर्जा देती है, मस्तिष्क को सक्रिय करती है और दिन भर के तनाव से लड़ने की शक्ति प्रदान करती है।

सुबह की धूप में योग शरीर के लिए अमृत

सुबह कुछ मिनट आंखें बंद कर शरीर और चेहरे पर धूप का स्पर्श लें- यह विटामिन डी, नींद हार्मोन सिरोटोनिन और बॉडी क्लॉक के लिए अमृत के समान है।

समी योग विशेषज्ञ की सलाह और मार्गदर्शन में करें।

Dainik Bhaskar • 21 Jun • Ministry of Ayush

These yogasanas are included in the routine of celebs

10 • PG | 301 • Sqcm | 1734289 • AVE | 2.34M • Cir | Middle Right

Jaipur

योग दिवस: सचिन को वीरभद्रासन और करीना को चक्रासन पसंद

सेलेब्स के रूटीन में शामिल ये योगासन

आज योग दिवस है। योग अब आम लाइफस्टाइल का हिस्सा बन चुका है। आयुष मंत्रालय की रिपोर्ट के अनुसार भारत में करीब 41% लोगों ने योग को अपनी जीवन शैली का हिस्सा बनाया है। योग अमेरिका में भी प्रसिद्ध हो रहा है।

स्टेस्टिटा की रिपोर्ट के अनुसार 6 में से 1 अमेरिकी भी योग करते हैं। यानी करीब 3.5 करोड़ लोग। सोशल मीडिया पर योग से जुड़े ट्रेंड्स भी पॉपुलर होते हैं। खासकर भारत में कई सेलिब्रिटी योग के चलन को बढ़ावा देते हैं। जानते हैं भारतीय सेलेब्स के पसंदीदा योगासन कौन से हैं?

वरुण धवन
नौकासन
यह पेट और जांघों की चर्बी कम करता है, पाचन तंत्र को मजबूत बनाता है।

करीना कपूर
चक्रासन
चक्रासन रीढ़ की लचीलापन बढ़ाता है, शरीर में ऊर्जा संचारित करता है।

आलिया भट्ट
कपोतासन
कपोतासन पीठ को खोलता है, पेल्विक मसल्स को टोन करता है।

सचिन तेंदुलकर: वीरभद्रासन
शरीर को मजबूती देता है, जांघ, पीठ और कंधों को टोन करता है।

Dainik Bhaskar • 21 Jun • Ministry of Ayush

Today on the occasion of International Yoga Day, yoga practice in palaces and forts

27 • PG | 44 • Sqcm | 54421 • AVE | 2.34M • Cir | Middle Center | City Bhaskar

Jaipur

आज इंटरनेशनल योगा डे के अवसर पर महल व किलों में योगाभ्यास

सिटी रिपोर्टर | इंटरनेशनल योगा डे के अवसर पर शनिवार को राजस्थान स्टेट आर्कियोलॉजी के महल व किलों में सुबह 6:30 बजे से योगाभ्यास किए जाएंगे। इसमें आमेर महल, हवा महल व अल्बर्ट हॉल के बाहरी हिस्से, जंतर-मंतर सहित अन्य स्थानों पर योग अभ्यास करवाए जाएंगे। इसमें विभाग के अधिकारी और एम्पलॉयज हिस्सा लेंगे। इसी के साथ हैल्दी लाइफस्टाइल का संदेश दिया जाएगा।

Dainik Bhaskar • 21 Jun • Ministry of Ayush

Yoga's 'Jiwa Dhauti' activity is effective in cleaning the mouth and activating the brain

29 • PG | 77 • Sqcm | 94396 • AVE | 2.34M • Cir | Middle Right | City Bhaskar

Jaipur

योग की 'जिव्हा धौती' क्रिया मुंह की सफाई और मस्तिष्क को सक्रिय करने में कारगर

सिटी रिपोर्टर | जीभ शरीर की सबसे मजबूत मांसपेशी मानी जाती है। योगा एक्सपर्ट अतुल व्यास के अनुसार जीभ पर करीब 48 संवेदी रिसेप्टर्स होते हैं, जिनसे जुड़े 15 से 50 हजार तंतु मस्तिष्क को सक्रिय करते हैं। जीभ तापमान, दर्द, स्पर्श और दबाव के प्रति अत्यधिक संवेदनशील होती है। स्वास्थ्य विशेषज्ञों का मानना है कि जीभ शरीर के समग्र स्वास्थ्य, विशेष रूप से पाचन तंत्र की स्थिति को दर्शाती है। योग में जीभ की सफाई और स्वास्थ्य बनाए रखने के लिए 'जिव्हा धौती' को बेहद प्रभावी माना गया है। यह तकनीक जीभ का लचीलापन बढ़ाने के साथ मानसिक सक्रियता को भी बढ़ाती है।

'जिव्हा धौती' तकनीक : दाईं और बाईं तरफ से जीभ के अगले हिस्से को क्रमशः दोनों हाथों की तर्जनी और मध्यमा उंगलियों से ऊपर और अंगूठे से नीचे की ओर पकड़ें। इस पकड़ के साथ जीभ की अंदरूनी सतह से नोक की तरफ दूध दोहने जैसे मूवमेंट से 4-5 बार मालिश करें। इसके बाद जीभ की नोक को थोड़ा मजबूती से पकड़कर धीरे से बाहर खींचें और तुरंत छोड़ें। इस प्रक्रिया को भी 4-5 बार दोहराएं।

Dainik Bhaskar • 21 Jun • Ministry of Ayush

Syllabus ke rootin mein shamil ye yogashan

10 • PG | 688 • Sqcm | 854238 • AVE | 446.92K • Cir | Middle Right

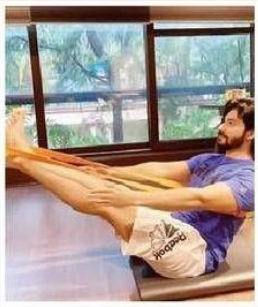
Chandigarh

योग दिवस: सचिन को वीरभद्रासन और करीना को चक्रासन पसंद

सेलेब्स के रूटीन में शामिल ये योगासन

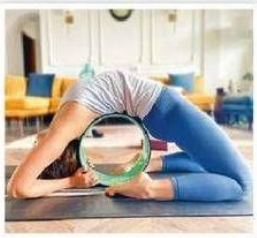
आज योग दिवस है। योग अब आम लाइफस्टाइल का हिस्सा बन चुका है। आयुष मंत्रालय की रिपोर्ट के अनुसार भारत में करीब 41% लोगों ने योग को अपनी जीवन शैली का हिस्सा बनाया है। योग अमेरिका में भी प्रसिद्ध हो रहा है।

स्टेस्टिटा की रिपोर्ट के अनुसार 6 में से 1 अमेरिकी भी योग करते हैं। यानी करीब 3.5 करोड़ लोग। सोशल मीडिया पर योग से जुड़े ट्रेंड्स भी पॉपुलर होते हैं। खासकर भारत में कई सेलिब्रिटी योग के चलन को बढ़ावा देते हैं। जानते हैं भारतीय सेलेब्स के पसंदीदा योगासन कौन से हैं?

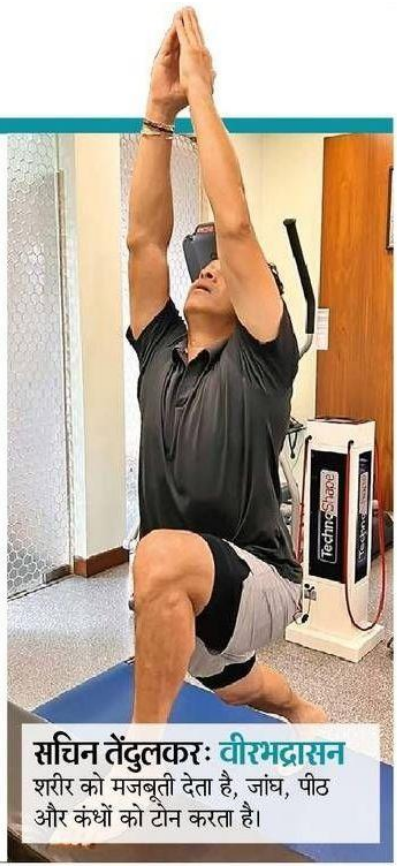


वरुण धवन
नौकासन
यह पेट और जांघों की चर्बी कम करता है, पाचन तंत्र को मजबूत बनाता है।

करीना कपूर
चक्रासन
चक्रासन रीढ़ की लचीलापन बढ़ाता है, शरीर में ऊर्जा संचारित करता है।



आलिया भट्ट
कपोतासन
कपोतासन पीठ को खोलता है, पेल्विक मसल्स को टोन करता है।



सचिन तेंदुलकर: वीरभद्रासन
शरीर को मजबूती देता है, जांघ, पीठ और कंधों को टोन करता है।

Dainik Bhaskar • 21 Jun • Ministry of Ayush

Navy practiced before Yoga Day

16 • PG | 139 • Sqcm | 172804 • AVE | 446.92K • Cir | Middle Right

Chandigarh

योग दिवस से पहले नौसेना ने किया अभ्यास

मुंबई | अंतरराष्ट्रीय योग दिवस से एक दिन पहले भारतीय नौसेना के जवानों ने शुक्रवार को देशभर में योग अभ्यास में भाग लिया। नौसेना के जहाजों, तटीय ठिकानों और समुद्री क्षेत्रों में तैनात जवानों ने सामूहिक रूप से योग कर फिटनेस और मानसिक संतुलन का संदेश दिया। नौसेना ने कहा कि योग शारीरिक स्वास्थ्य, मानसिक मजबूती और अनुशासन को बढ़ाता है।

Dainik Bhaskar • 20 Jun • Ministry of Ayush

11th Varshgaath par 12 hazaar log karege yogabhyash

2 • PG | 879 • Sqcm | 1091714 • AVE | 446.92K • Cir | Top Center

Chandigarh

तिरंगा पार्क सेक्टर-17

इंटरनेशनल योग डे कल • एनजीओ-धार्मिक संस्थाएं ले रही हिस्सा, पीजीआई में टूटेगा पिछला रिकॉर्ड

11वीं वर्षगांठ पर 12 हजार लोग करेंगे योगाभ्यास

सिटी रिपोर्टर | चंडीगढ़

इंटरनेशनल योग डे शनिवार को है। इस बार इस दिन की 11वीं वर्षगांठ है। इस मौके पर शहरवासी इस दिन को ऐतिहासिक बनाने के लिए शहर के सभी 108 सरकारी स्कूल, 17 गवर्नमेंट और प्राइवेट कॉलेज, दो दर्जन के करीब एनजीओ और धार्मिक संस्थाएं बढ़-चढ़कर हिस्सा ले रही हैं।

इस बार योगाभ्यास का रिकॉर्ड बनाने का लक्ष्य भी रखा गया है। शहर के 12 हजार लोग योगाभ्यास करेंगे। पीजीआई भी इस बार अपना पिछला रिकॉर्ड तोड़ने जा रहा है। पिछली बार 1924 डॉक्टर्स और हेल्थ केयर वर्कर्स ने एकसाथ योगाभ्यास किया था। इस बार 3000 का लक्ष्य रखा गया है। प्रशासन ने तिरंगा पार्क सेक्टर-17 को खास अंदाज में सजाया है। यहां पर 1900 लोग एक साथ योगाभ्यास करेंगे। पुलिस लाइन सेक्टर-26 में 250, बॉटेनिकल गार्डन सारंगपुर में 350 लोग योग करेंगे। सेक्रेटरी हेल्थ अजय चगती ने धार्मिक संस्थाओं और एनजीओ से योग दिवस को सफल बनाने का आह्वान किया।

एक हजार आंगनबाड़ी वर्कर्स के लिए रॉक गार्डन में वेन्यू

इस बार आंगनवाड़ी वर्कर्स के लिए अलग रॉक गार्डन में विशेष वेन्यू बनाया गया है। इसमें एक हजार आंगनबाड़ी वर्कर्स अपनी पारंपरिक पिंक ड्रेस में योग अभ्यास करेंगे। प्रशासन की ओर से इन आंगनवाड़ी वर्कर्स के लिए अलग से इंतजाम किया गया है। हालांकि इस बार योग डे के दिन बारिश की आशंका है, लेकिन प्रतिभागियों में इस दिन को लेकर उत्साह है।

यहां होंगे बड़े आयोजन

- 48 हेल्थ एंड वेलनेस सेंटर
- 17 गवर्नमेंट और प्राइवेट कॉलेज
- 5 सेंटर पतंजलि- सेक्टर-40 रामलीला ग्राउंड के नजदीक, सेक्टर-43 सी की मार्केट पार्किंग एरिया, रामदरबार, ग्रीन बेल्ट से-38 वेस्ट, मनोहर पार्क न्यू चंडीगढ़
- ब्रह्माकुमारीज सेक्टर-33
- भारतीय योग संस्थान
- पतंजलि, महिला पतंजलि योग समिति
- गवर्नमेंट योग कॉलेज, सेक्टर-23
- ब्रह्माकुमारीज ईश्वरीय विश्वविद्यालय सेक्टर-33

Dainik Bhaskar • 20 Jun • Ministry of Ayush
International Yoga Day

4 • PG | 251 • Sqcm | 112769 • AVE | 92.28K • Cir | Middle Left

Delhi

अंतरराष्ट्रीय योग दिवस के सफल आयोजन के लिए तैयार जामिया

नई दिल्ली | जामिया मिल्लिया इस्लामिया (जेएमआई) में अंतरराष्ट्रीय योग दिवस के सफल आयोजन के लिए खेल-कूद एवं क्रीड़ा विभाग तथा संस्कृत विभाग 21 जून को अंतिम समारोह के लिए तैयार होने के लिए विभिन्न योग प्रशिक्षण सत्र आयोजित कर रहे हैं। यह आयोजन कुलपति प्रो. मजहर आसिफ और रजिस्ट्रार प्रो. मोहम्मद महताब आलम रिजवी के निर्देशन और नेतृत्व में किया जा रहा है। अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में जामिया योग परिक्रमा, नामक योगाभ्यास नियमित रूप से चल रहे हैं। इसका उद्देश्य कर्मचारियों के शारीरिक, मानसिक एवं भावनात्मक स्वास्थ्य को उत्तम बनाना तथा योग के प्रति जागरूकता फैलाना है।

Dainik Bhaskar • 20 Jun • Ministry of Ayush

RCDF; Yoga program will be held in Central Park today

3 • PG | 65 • Sqcm | 372966 • AVE | 2.34M • Cir | Middle Left

Jaipur

आरसीडीएफ; आज सेंट्रल पार्क में होगा योग कार्यक्रम

जयपुर | अंतरराष्ट्रीय योग दिवस से एक दिन पहले राजस्थान को-ऑपरेटिव डेयरी फेडरेशन की ओर सामूहिक योग सत्र शुक्रवार शाम 5:30 बजे सेंट्रल पार्क के गेट नं. 3 स्थित लोन पर होगा।

फेडरेशन की सीएमडी श्रुति भारद्वाज ने बताया कि इसमें योगाचार्य डॉ. महेंद्र सिंह राव की ओर से प्राणायाम, ध्यान एवं सरल योगासनों का अभ्यास सिखाया जाएगा। प्रतिभागियों को जीवन में योग की उपयोगिता और उनके व्यावहारिक पक्षों से भी परिचय कराया जाएगा। मुख्य अतिथि राज्यपाल हरिभाऊ किशनराव बागडे, विशिष्ट अतिथि मंत्री राज्यवर्धन सिंह राठौड़, गोपालन, पशुपालन एवं डेयरी मंत्री जोराराम कुमावत, गृह एवं गोपालन राज्यमंत्री जवाहर सिंह बेढ़म होंगे। योग अभ्यास के बाद सरस प्रोडक्ट नमकीन छाछ और मीठी लस्सी निशुल्क वितरण किया जाएगा।

निःशुल्क करा सकेंगे जांचः आरसीडीएफ की ओर निःशुल्क जांच शिविर भी लगेगा,

Dainik Bhaskar • 19 Jun • Ministry of Ayush

11 lakh se adhik ne kiya samuhik yogabhiyash ke liye panjikaran

2 • PG | 112 • Sqcm | 138754 • AVE | 446.92K • Cir | Bottom Left

Chandigarh

11 लाख से अधिक ने किया सामूहिक योगाभ्यास के लिए पंजीकरण

चंडीगढ़ | सीएम नायब सिंह सैनी ने 11वें अंतरराष्ट्रीय योग दिवस को पीएम नरेंद्र मोदी के एक पृथ्वी, एक स्वास्थ्य के लिए योग संदेश को आत्मसात करते हुए प्रदेश को "योग युक्त, नशा मुक्त" बनाने के संकल्प के साथ ऐतिहासिक पहल की है। इसका परिणाम है कि अब तक 21 जून को योगाभ्यास करने के लिए प्रदेशभर में 11 लाख से अधिक लोगों ने रजिस्ट्रेशन करवाया है। 21 जून को राज्य के सभी 22 जिलों में योग कार्यक्रमों का आयोजन होगा। जिसमें लगभग 11 लाख से अधिक नागरिक एक साथ भाग लेकर योग के प्रति आस्था व सहभागिता को दर्शाएंगे।

Dainik Bhaskar • 19 Jun • Ministry of Ayush
International Yoga Day

1 • PG	105 • Sqcm	47472 • AVE	92.28K • Cir	Middle Left

Delhi

रिकॉर्ड: योग दिवस के लिए 4 लाख से ज्यादा रजिस्ट्रेशन

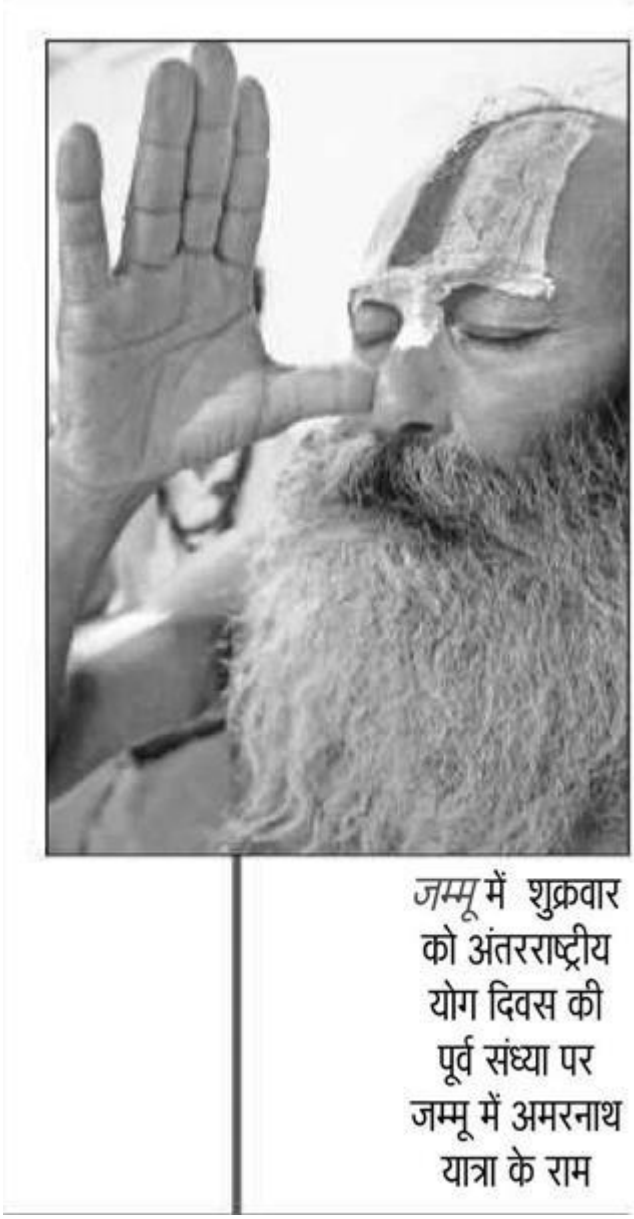
नई दिल्ली | 11वें अंतरराष्ट्रीय योग दिवस के 'योग संगम' कार्यक्रम के लिए अब तक 4 लाख से ज्यादा लोगों ने रजिस्ट्रेशन कराया है। आयुष मंत्रालय के मुताबिक, देश में पहली बार किसी कार्यक्रम में इतनी बड़ी संख्या में भागीदारी की पुष्टि हुई है। 21 जून को सुबह 6:30 से 7:45 बजे तक योग प्रदर्शन होगा।

Jansatta • 21 Jun • Ministry of Ayush

International Yoga Day

13 • PG | 134 • Sqcm | 49752 • AVE | 132.36K • Cir | Top Right

Kolkata



जम्मू में शुक्रवार को अंतरराष्ट्रीय योग दिवस की पूर्व संध्या पर जम्मू में अमरनाथ यात्रा के राम

Jansatta • 21 Jun • Ministry of Ayush

PM will celebrate international yoga day in Visakhapatnam

1,16 • PG | 650 • Sqcm | 240527 • AVE | 132.36K • Cir | Bottom Right,Top Left

Kolkata

प्रधानमंत्री मोदी आज विशाखापत्तनम में करेंगे योग

नई दिल्ली, 20 जून (ब्यूरो)।

प्रधानमंत्री नरेंद्र मोदी आंध्र प्रदेश के विशाखापत्तनम में शनिवार को अंतरराष्ट्रीय योग दिवस के मुख्य कार्यक्रम में भाग लेंगे, जो बंदरगाह शहर के आरके बीच से भोगापुरम तक 26 किलोमीटर लंबे गलियारे में आयोजित किया जाएगा। वहां तीन लाख से अधिक लोग एक साथ योग कर सकेंगे। मुख्यमंत्री चंद्रबाबू नायडू ने कहा कि सुबह साढ़े छह बजे से आठ बजे तक निर्धारित कार्यक्रम को इस तरह से आयोजित किया जाएगा कि 'गिनीज वर्ल्ड रेकार्ड' सहित कई रेकार्ड स्थापित हों।

-पूरी खबर पेज 16

अंतरराष्ट्रीय योग दिवस आज

प्रधानमंत्री मोदी विशाखापत्तनम में करेंगे योग

जनसत्ता ब्यूरो
नई दिल्ली, 20 जून।

प्रधानमंत्री नरेंद्र मोदी आंध्र प्रदेश में शनिवार को अंतरराष्ट्रीय योग दिवस कार्यक्रम में भाग लेंगे जो बंदरगाह शहर विशाखापत्तनम के आरके बीच से भोगापुरम तक 26 किलोमीटर लंबे गलियारे में आयोजित किया जाएगा। वहां तीन लाख से अधिक लोग एक साथ योग कर सकेंगे।

मुख्यमंत्री एन चंद्रबाबू नायडू ने कहा कि सुबह साढ़े छह बजे से आठ बजे तक निर्धारित कार्यक्रम को इस तरह से आयोजित किया जाएगा कि 'गिनीज वर्ल्ड रेकार्ड' सहित कई रेकार्ड स्थापित हों। आंध्र प्रदेश सरकार का 21 जून को न केवल विशाखापत्तनम में बल्कि पूरे राज्य में एक साथ कई गतिविधियों का आयोजन कर, कई लाख लोगों को योगाभ्यास में शामिल कर रेकार्ड बनाने का लक्ष्य है। दुनिया भर के कई देशों द्वारा मनाए जाने वाले 11वें अंतरराष्ट्रीय योग दिवस की विषयवस्तु 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' रखी गई है। नायडू ने कहा कि 25,000 से अधिक आदिवासी छात्र 108 मिनट तक सूर्य नमस्कार करेंगे। इसका उद्देश्य सबसे अधिक लोगों द्वारा एक साथ सूर्य नमस्कार करने का रेकार्ड बनाना है।मुख्यमंत्री ने कहा कि सभी प्रतिभागियों को योग दिवस पर सुबह छह से साढ़े छह बजे के बीच अपने-अपने निर्धारित स्थानों पर पहुंच जाना चाहिए।

विशाखापत्तनम में कार्यक्रम के लिए व्यापक सुरक्षा व्यवस्था की जा रही है। डीजीपी हरीश कुमार गुप्ता ने पहले कहा कि 1200 से अधिक सीसीटीवी व ड्रोन 26 किलोमीटर के उस हिस्से पर नजर रखेंगे जहां हजारों लोग योग करेंगे। सुरक्षा के लिए करीब 10000 पुलिसकर्मी तैनात किए गए हैं। इस आयोजन के दौरान सुरक्षा सुनिश्चित करने के लिए उच्च प्रौद्योगिकी से लैस एक पुलिस नियंत्रण कक्ष बनाया गया है। इस आयोजन में बड़ी संख्या में लोगों के भाग लेने की उम्मीद है।

100 पर्यटन व 50 सांस्कृतिक स्थलों पर चलेगा योग सत्र

संस्कृति मंत्रालय 21 जून को अंतरराष्ट्रीय योग दिवस पर देशभर में 100 प्रसिद्ध स्थलों और 50 अन्य सांस्कृतिक स्थलों पर योग सत्र आयोजित करेगा, जिनमें यूनेस्को के कुछ स्थल भी शामिल हैं।

दक्षिण अफ्रीका में मनाया जाएगा योग दिवस

दक्षिण अफ्रीका में हजारों योग प्रेमी अंतरराष्ट्रीय योग दिवस पर यूनेस्को विश्व धरोहर स्थल 'क्रैडल आफ ह्यूमनकाइंड' में एकत्र होंगे। जोहानिसबर्ग में भारत के महावाणिज्य दूत महेश कुमार ने कहा कि यह स्थल सांस्कृतिक और मानव इतिहास की दृष्टि से अत्यंत मूल्यवान है।

Jansatta • 21 Jun • Ministry of Ayush
Internationa Yoga Day, 2025

10 • PG | 118 • Sqcm | 79425 • AVE | 223.14K • Cir | Middle Center

Delhi

भारत आज 191 देशों में करेगा योग दिवस कार्यक्रम आयोजित

जनसत्ता ब्यूरो
नई दिल्ली, 20 जून।

अंतरराष्ट्रीय योग दिवस के अवसर पर भारत आज विश्वभर के 191 देशों के 1,300 से अधिक स्थानों पर 2,000 से अधिक योग कार्यक्रम आयोजित करेगी।

भारतीय सांस्कृतिक संबंध परिषद (आइसीसीआर) द्वारा जारी एक बयान के अनुसार, पाकिस्तान स्थित भारतीय उच्चायोग भी इस्लामाबाद में योग कार्यक्रम आयोजित कर रहा है। आइसीसीआर की महानिदेशक के नंदिनी सिंगला ने कहा, अंतरराष्ट्रीय योग दिवस पर हम दुनिया के लगभग हर देश को योग से जोड़ रहे हैं। अमेरिका के कई शहरों में कार्यक्रम आयोजित किए जा रहे हैं। आइसीसीआर 'योग बंधन' नामक कार्यक्रम भी आयोजित कर रही है, जिनमें ब्राजील, अर्जेंटीना, रूस, चीन, दक्षिण अफ्रीका, मलेशिया, श्रीलंका, इंडोनेशिया, सिंगापुर और दक्षिण कोरिया सहित 15 देशों के 17 योग गुरुओं और प्रशिक्षकों की भागीदारी रहेगी।

Jansatta • 20 Jun • Ministry of Ayush

International Yoga Day

4 • PG | 71 • Sqcm | 47618 • AVE | 223.14K • Cir | Middle Right

Delhi • Kolkata

योग दिवस के कारण कल मेट्रो सेवा सुबह चार बजे से

जनसत्ता संवाददाता
नई दिल्ली, 19 जून।

अंतरराष्ट्रीय योग दिवस (21 जून) के अवसर पर दिल्ली मेट्रो सुबह चार बजे से सेवा शुरू करेगी। दिल्ली मेट्रो की ओर से दी गई जानकारी के मुताबिक, अंतर्राष्ट्रीय योग दिवस, 2025 के अवसर पर योग उत्साही लोगों की आवाजाही को सुविधाजनक बनाने के लिए दिल्ली मेट्रो सेवाएं 21 जून 2025 (शनिवार) को सभी प्रारंभिक स्टेशनों से सुबह चार बजे से शुरू होंगी। दिल्ली मेट्रो ने यह भी कहा कि दैनिक समय सारिणी के अनुसार सुबह चार बजे से यात्री सेवाएं शुरू होने तक सभी लाइनों पर 30 मिनट के अंतराल पर सेवाएं उपलब्ध रहेंगी।

Dharitri • 21 Jun • Ministry of Ayush

International Yoga Day is being celebrated at Healthville, an ODM

11 • PG | 201 • Sqcm | 83073 • AVE | 1.57M • Cir | Top Right

Bhubaneshwar

୨ଦିନିଆ ଯୋଗ ମହୋତ୍ସବର ଶୁଭାରମ୍ଭ

ଭୁବନେଶ୍ୱର,୨୦।୬ (ଅଭୟ ବାଣ)

ମୋରାରଜୀ ଦେଶାଇ ଜାତୀୟ ଯୋଗ ସଂସ୍ଥା, ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ ଏବଂ ହେଲ୍‌ଥଭିଲେର ମିଳିତ ସହଯୋଗରେ ଶୁକ୍ରବାର ଏକ ୨ ଦିନିଆ ମେଗା ଯୋଗ ମହୋତ୍ସବର ଶୁକ୍ରବାର ହୋଇଯାଇଛି। ବିଶେଷକରି ୧୧ତମ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ଉପଲକ୍ଷେ ଆୟୋଜିତ 'ହରିତ୍ ଯୋଗ' ନାମକ ଏକ ବୈଶିଷ୍ଟ୍ୟପୂର୍ଣ୍ଣ କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜିତ ହୋଇଥିଲା, ଯାହାର ମୂଳ ଉଦ୍ଦେଶ୍ୟ ଥିଲା– ଏକ୍ ପେଡ୍ ମା'କେ ନାମ– ମାଆ ଓ ମା ଧରିତ୍ରୀ ପାଇଁ ସ୍ନେହ, ସମ୍ମାନ ଓ ସମର୍ପଣ ଜଣାଇବା ସହ ପରିବେଶ ସଂରକ୍ଷଣ ଓ ମାନବ ସ୍ୱାସ୍ଥ୍ୟ ଉନ୍ନତିରେ ହରିତ୍ କ୍ରାନ୍ତି ଓ ଯୋଗର ଭୂମିକାକୁ ପ୍ରଚାରପ୍ରସାର କରିବା। ଏହି ଅବସରରେ ଓଡ଼ିଆ ଚଳଚ୍ଚିତ୍ର ଅଭିନେତା ସବ୍ୟସାଚୀ ମିଶ୍ର ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗଦେଇଥିଲେ। ସେହିଭଳି ଓଡିଏମ୍ ଶିକ୍ଷା ସମୂହ ଓ ହେଲ୍‌ଥ ଭିଲେର ପ୍ରତିଷ୍ଠାତା ଅଧ୍ୟକ୍ଷ ଡ. ସତ୍ୟବ୍ରତ ମୀନକେତନ କାର୍ଯ୍ୟକ୍ରମର ସ୍ୱାଗତ ଉଦ୍‌ବୋଧନ ଦେଇଥିଲେ। ଏଥିରେ ସେ ଯୋଗ, ଶିକ୍ଷା ଓ ପର୍ଯ୍ୟାବରଣର ସମନ୍ୱୟ ସମ୍ବନ୍ଧରେ ବିଶେଷ ଭାବେ ଆଲୋକପାତ କରିଥିଲେ। ସେହିଭଳି ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟର ଆଭିମୁଖ୍ୟକୁ ସଫଳକରିବା ପାଇଁ ହରିତ୍ କ୍ରାନ୍ତିରେ ଭାଗନେବାକୁ ସମସ୍ତଙ୍କୁ ଉତ୍ସାହିତ କରାଇଥିଲେ। ସେହିପରି ହେଲ୍‌ଥଭିଲେର ମୁଖ୍ୟ ଚିକିତ୍ସା ଅଧିକାରୀ ଓ ନିର୍ଦ୍ଦେଶକ ଡ. ମିଲିନ୍ଦ ପରାଶରଙ୍କ ନିର୍ଦ୍ଦେଶନାରେ କମନ୍ ଯୋଗ ପ୍ରୋଟୋକଲ୍ ଅନୁଷ୍ଠିତ ହୋଇଥିଲା। ଏଥିରେ ଛାତ୍ରୀଛାତ୍ର, କର୍ମଚାରୀ ଓ ଯୋଗ ଆସକ୍ତମାନେ ସହସ୍ରରେ ଅଂଶଗ୍ରହଣ କରିଥିଲେ। ଅପରପକ୍ଷରେ ସମସ୍ତ ଅଂଶଗ୍ରାହୀ ଓ ଓଡିଏମ୍ ପବ୍ଲିକ ସ୍କୁଲର ଛାତ୍ରୀଛାତ୍ରମାନେ ଏକ ସଂଯୁକ୍ତ ଗ୍ରୀନ୍ ପ୍ଲେଜ୍ ନେଇ, ପରିବେଶ ସୁରକ୍ଷା ପାଇଁ ନିଜର ଦାୟିତ୍ୱ ତୁଲାଇବା ପାଇଁ ସତ୍ୟପାଠ କରିଥିଲେ। ଉକ୍ତ କାର୍ଯ୍ୟକ୍ରମରେ ହେଲ୍‌ଥଭିଲେ କ୍ୟାମ୍ପସ ଓ ରାସ୍ତା ପାଖରେ ଚାରାରୋପଣ କାର୍ଯ୍ୟକ୍ରମ ମଧ୍ୟ ଅନୁଷ୍ଠିତ ହୋଇଥିଲା। ଏଥରେ ଅଂଶଗ୍ରାହୀମାନେ ନିଜ ମାଆ ଓ ମା ଧରିତ୍ରୀକୁ ଗଭୀର କୃତଜ୍ଞତା ଜଣାଇ ତାଙ୍କ ନାମରେ ଗଛ ଲଗାଇଥିଲେ। ଉକ୍ତ କାର୍ଯ୍ୟକ୍ରମର ଦ୍ୱିତୀୟ ପର୍ଯ୍ୟାୟରେ ଓଡିଏମ୍ ଏମେରାଲ୍ଡ ପ୍ରେକ୍ଷାଳୟଠାରେ ଏକ ସେମିନାର ଓ ପ୍ୟାନେଲ ଡିସ୍‌କ୍ସନ ମଧ୍ୟ ଆୟୋଜିତ ହୋଇଥିଲା। ଏହି ଆଲୋଚନା ଚକ୍ରର ବିଷୟବସ୍ତୁ ବିଦ୍ୟାଳୟ ପାଠ୍ୟକ୍ରମରେ ଯୋଗ ଓ ପର୍ଯ୍ୟାବରଣ ଶିକ୍ଷା ଓ ରକ୍ଷାର ଆବଶ୍ୟକତା ରହିଥିଲା। ଏହି ଅବସରରେ ପ୍ରଖ୍ୟାତ ପର୍ଯ୍ୟାବରଣବିତ୍ ଓ ଯୋଗ ଉତ୍ସାହୀ ମମତା ବିଶ୍ୱାଳ, ରମାଦେବୀ ମହିଳା ବିଶ୍ୱବିଦ୍ୟାଳୟର ଆସୋସିଏଟ୍ ପ୍ରଫେସର ଡ. ସସ୍ମିତା କର,ହେଲ୍‌ଥଭିଲେର ନିର୍ଦ୍ଦେଶକ ଡା. ମିଲିନ୍ଦ ପରାଶର, ହେଲ୍‌ଥଭିଲେର ଅନ୍ୟ କର୍ମକର୍ତ୍ତା ଓ ଅନ୍ତଃରାଷ୍ଟ୍ରୀୟ ପ୍ରାକୃତିକ ଚିକିତ୍ସା ସଂସ୍ଥାର ପ୍ରତିନିଧି ତଥା ଓଡିଏମ୍ ପବ୍ଲିକ୍ ସ୍କୁଲର ଶିକ୍ଷକଶିକ୍ଷୟିତ୍ରୀ ଏବଂ ଛାତ୍ରୀଛାତ୍ରମାନେ ଉପସ୍ଥିତ ଥିଲେ।

Dharitri • 15 Jun • Ministry of Ayush

Patanjali intensifies Yoga Day campaign

5 • PG | 102 • Sqcm | 42149 • AVE | 1.57M • Cir | Top Right

Bhubaneshwar

ଯୋଗ ଦିବସ ପାଇଁ ପତଞ୍ଜଳିର ଜନସମ୍ପର୍କ ଅଭିଯାନ

ଭୁବନେଶ୍ୱର,୧୪।୬ (ଅନୁରାଧା ମହାରଣା)

ଯୋଗଗୁରୁ ରାମଦେବ ବାବାଙ୍କ ତତ୍ତ୍ୱାବଧାନରେ ହରିୟାଣା ଯୋଗ ଆୟୋଗ ପକ୍ଷରୁ ୧୧ତମ ଅନ୍ତରାଷ୍ଟ୍ରୀୟ ଯୋଗ ଦିବସ ପାଳନ ନେଇ ଜନ ସମ୍ପର୍କ ଅଭିଯାନ ଜାରି ରହିଛି। ଏନେଇ ପତଞ୍ଜଳି ପକ୍ଷରୁ ପ୍ରସ୍ତୁତି ତ୍ୱରାନ୍ୱିତ ହୋଇଥିବାବେଳେ ହରିୟାଣା କୁରୁକ୍ଷେତ୍ର ବାସୀଙ୍କ ମଧ୍ୟରେ ଉତ୍ସାହ ଦେଖିବାକୁ ମିଳିଛି। ପତଞ୍ଜଳି ଯୋଗ ସମିତିର କେନ୍ଦ୍ରୀୟ ପ୍ରଭାରୀ ରାକେଶ କୁମାର ଯୋଗ ଦିବସ ପାଳନ ସମ୍ପର୍କରେ ଆୟୋଜିକ କର୍ମକର୍ତା ବୈଠକରେ ବିସ୍ତୃତ ସୂଚନା ଦେଇଛନ୍ତି। ନିଶାମୁକ୍ତ, ଚିନ୍ତାମୁକ୍ତ ଏବଂ ସ୍ୱସ୍ଥ ଜୀବନଶୈଳୀ ଉପରେ ସେ ଗୁରୁତ୍ୱାରୋପ କରିଥିଲେ। ସିରସା ଜିଲା ପ୍ରଭାରୀ ଜୟ ପ୍ରକାଶ ଏବଂ ସୋସିଆଲ ମିଡିଆ ସହ ପ୍ରଭାରୀ ହେମରାଜ ସପେରା ଲାଡବା ତହସିଲ ଖରକାଳୀ ଗ୍ରାମବାସୀଙ୍କୁ ଯୋଗ ଦିବସ ପାଳନରେ ସାମିଲ ହୋଇବାକୁ ଆହ୍ୱାନ ଦେଇଥିଲେ। ଲାଡବାଠାରେ ଯୋଗଶିକ୍ଷକ ଓମ୍‌ପ୍ରକାଶ ମାଲହୋତ୍ରା ଏବଂ ସୁନୀଲ ଗର୍ଗ ଯୋଗ ପ୍ରୋଟୋକଲର ଅଭ୍ୟାସ କରାଇଥିଲେ। ଏହା ବ୍ୟତୀତ ଅନ୍ୟାନ୍ୟ ଜିଲାର ଗାଁ ଗାଁରେ ପ୍ରଚାର ଅଭିଯାନ ଜାରି ରହିଥିବା ସମିତି ପକ୍ଷରୁ ସୂଚନା ଦିଆଯାଇଛି।

Divya Bhaskar • 21 Jun • Ministry of Ayush
Special on World Yoga Day

4 • PG | 765 • Sqcm | 114814 • AVE | 316.29K • Cir | Middle Left

Mumbai

વિશ્વ યોગ દિવસ પર વિશેષ

ભાગદોડથી ભરપૂર જીવનમાં આપણે દરેક ક્ષણે ઘેરાયેલા રહીએ છીએ- જેથી શરીર થાકે છે અને મન ગૂંચવાઈ જાય છે. વાંચો યોગ આપણને કેવી રીતે બચાવી શકે છે...

ડિજિટલ ડિટોક્સ... જો સ્ક્રીન ટાઈમ વધુ છે તો આ 8 યોગ બનાવશે તંદુરસ્ત

સૌરભ બોથરા
આઈઆઈટિયન અને યોગ પ્રશિક્ષક

ભારતીય ઈન્ટરનેટ યુઝર્સ સરેરાશ રોજ 7.3 કલાક સ્ક્રીન પર પસાર કરે છે. ડિજિટલ ઓવરયુઝથી ચિંતા, ઊંઘમાં ઘટાડો અને 'ડિજિટલ ડિપ્રેશન' જેવી સમસ્યાઓ વધી રહી છે. જાણો 8 એવા યોગ જે સ્ક્રીન જોવાથી થતા તણાવને ઘટાડી શકે છે.

1. ભ્રામરી પ્રાણાયામ: નર્વસ સિસ્ટમ શાંત કરવામાં મદદરૂપ

રીત: આંખ બંધ કરો. કાનને અંગૂઠાથી બંધ કરો અને બાકીની આંગળીઓ માથા અને આંખ પર મૂકો. શ્વાસ ભરીને ભમરા જેવો અવાજ કાઢીને શ્વાસ છોડો.
ફાયદો: આ યોગ નર્વસ સિસ્ટમને શાંત કરે છે. થાકેલા મગજને આરામ આપે છે. ઊંઘ સુધરે છે.
સમય: રાત્રે ઊંઘતા પહેલા 5થી 7 વાર

ભ્રામરી પ્રાણાયામ

2. ત્રાટક: આંખોનો થાક ઉતારીને એકાગ્રતા વધારે છે

રીત: એક સળગતી મિણબત્તી કે દીવાની વાટને પાંપણ ઝપકાવ્યા વગર 1-2 મિનિટ સુધી કે ક્ષમતા મુજબ જુઓ. પછી આંખ બંધ કરી એ છબીને ધ્યાનમાં લાવો.
ફાયદો: આંખોનો થાક અને ધ્યાન ભટકવાની સમસ્યામાં ફાયદાકારક. એકાગ્રતા વધારે છે.
સમય: સાંજે સ્ક્રીનથી અંતર બનાવીને

ત્રાટક

3. ઉષ્ટ્રાસન: પીઠનો દુઃખાવો અને બેચેનીમાં રાહત આપે છે

રીત: ઘૂંટણિયે બેસીને પાછળની તરફ ઝૂકો અને બંને હાથ વડે એડી પકડો.
ફાયદો: આ પેટ અને આંતર ડાંને ફેલાવે છે. પાછળ ઝુકવાની પ્રક્રિયાથી પીઠના દુઃખાવામાં રાહત મળે છે.
સમય: દિવસમાં બે વાર, 1થી 2 મિનિટ

4. અર્ધ મત્સ્યેન્દ્રાસન: કરોડરજ્જુને લવચીક બનાવે છે

રીત: જમીન પર બેસી એક પગને બીજા ઉપર મૂકી કમરને ફેરવો અને હાથ વડે પકડો.
ફાયદો: કરોડરજ્જુ લવચીક બને છે. ઊર્જા પ્રવાહ સુધરે છે. બેસવાની ખરાબ મુદ્રા સુધારે છે.
સમય: સવાર/સાંજ, 30 સેકન્ડથી 1 મિનિટ

અંજલિ મુદ્રા

5. વિપરીત કરણી: બ્લડ સર્કયુલેશન સુધારે છે

રીત: પીઠ પર સુઈ જઈને બંને પગને દિવાલના ટેકે સીધી દિશામાં રાખો અને હાથને શરીરના બગલમાં ઢીલું છોડી દો.
ફાયદો: આંખો અને મગજને ઠંડક મળે છે. સ્ક્રીનથી થાકેલા વ્યક્તિઓનો થાક ઉતરે છે.
સમય: સાંજે 5 મિનિટ કરી શકાય

6. મૌન અને જાપ: વિચારોનો ભટકાવ અટકાવે છે

રીત: 'ઓમ શાંતિ...શાંતિ..શાંતિ' કે મનપસંદ મંત્રનો જાપ 11, 21 કે 108 વાર કરો.
ફાયદો: મગજને ઊંડે સુધી શાંત પાડે છે. આ યોગ વિચારોનો ભટકાવ અટકાવે છે.
સમય: દરરોજ સવારે 7થી 9ની વચ્ચે કરો

7. અંજલિ મુદ્રા: આ યોગ માનસિક રીતે સંતુલિત બનાવે છે

રીત: બેસીને હાથ જોડો, આંખો બંધ કરો અને લગભગ 5 મિનિટ શ્વાસ પર ધ્યાન કેન્દ્રિત કરો.
ફાયદો: સવારે કે રાત્રે કરી શકાય
સમય: 00000000000000

8. શવાસન: ગાઢ નિદ્રા અને તણાવ ઘટાડવામાં ફાયદાકારક

રીત: પીઠના બળે સુઈ જાઓ, શરીર ઢીલું છોડો, માત્ર શ્વાસ અનુભવો.
ફાયદો: સ્ક્રીન ઓવરલોડ પછી રિલેક્સ થવામાં મદદ કરે છે. ગાઢ નિદ્રા આપે છે, તણાવમુક્ત કરે છે.
સમય: દિવસના અંતમાં 5થી 10 મિનિટ

વિપરીત કરણી

જો ભાગદોડ વધુ છે...10 મિનિટના મિની યોગ શરીરમાં સ્ફૂર્તિ લાવશે

ડૉ. મિક્કી મહેતા
હોલિસ્ટિક હેલ્થ ગુરુ અને યોગાચાર્ય

ભાગદોડવાળા જીવનમાં માત્ર 10 મિનિટના મિની યોગ તમને નવી ઊર્જા આપી શકે છે. તમે પોતાના બધા જ કામ કરતા રહીને પણ તેને કરી શકો છો. આ યોગાસન સરળ છે, જેને કોઈપણ વ્યક્તિ, કોઈપણ ઉમરે સરળતાથી કરી શકે છે. યોગ આપણા શરીર અને મનમાં એક લય પેદા કરે છે. યોગ તમારા હૃદયના ધબકારા અને બ્લડ પ્રેશરને સંતુલિત કરી શકે છે, સાથે જ શ્વાસની ગતિને ધીમી કરીને મગજને પણ શાંત કરે છે. તે કાર્યક્ષમતાને 15–20% સુધી વધારી શકે છે- જેના લીધે કામની ગતિ પણ વધશે અને કામની ગુણવત્તા પણ.

1) વજાસન (1 મિનિટ)

રીત: ઘૂંટણને વાળીને એડી પર બેસો, પીઠ સીધી રાખો અને હથેળીને ઘૂંટણ પર મૂકો. તમારું ધ્યાન શ્વાસ પર રાખો અને આંખ બંધ કરીને સામાન્ય શ્વાસ લેતા રહો.
ફાયદો: આ પાચન સુધારે છે, મનને શાંત કરે છે અને ધ્યાનની તૈયારી માટે ઉચિત છે.

2) અનુલોમ - વિલોમ (2 મિનિટ)

રીત: જમણા હાથના અંગૂઠાથી જમણી નાસિકા બંધ કરો અને ડાબી નાસિકાથી શ્વાસ લો. પછી ડાબી નાસિકા બંધ કરીને જમણીમાંથી શ્વાસ છોડો. હવે જમણીમાંથી શ્વાસ લો અને ડાબીમાંથી છોડો.
ફાયદો: આ માનસિક સંતુલન આપે છે, ગુસ્સો, બેચેની અને ગભરામણ શાંત કરે છે.

3) બાલાસન (1 મિનિટ)

રીત: વજાસનથી આગળ ઝૂકો, માથું જમીન પર મૂકો. હાથ આગળની તરફ ફેલાવો. બિલકુલ નાના બાળકની જેમ.
ફાયદો: આ મુદ્રા માનસિક શાંતિ આપે છે. કરોડરજ્જુને આરામ આપે છે, તણાવ દૂર કરે છે અને ઊંઘની ગુણવત્તા સુધારે છે.

4) ભુજંગાસન (1 મિનિટ)

રીત: પેટના બળે સુઈ જાઓ, હાથને ખભાની નીચે રાખો અને શ્વાસ લેતા જઈ માથું અને છાતી ઊપર ઊંચકો. કોણી થોડી વળેલી રહે.
ફાયદો: પીઠને મજબૂત કરે છે, ફેફસાં ફેલાવે છે અને શરીરમાં સ્ફૂર્તિ લાવે છે. કરોડરજ્જુની લવચીકતા વધારે છે.

5) અર્ધચક્રાસન (1 મિનિટ)

રીત: સીધા ઊભા રહીને બંને હાથ કમર પર મૂકો અને શ્વાસ લેતા જઈને ધીમે-ધીમે પાછળની તરફ વાંકા વળો. માથું થોડું પાછળ લઈ જાઓ.
ફાયદો: થાક દૂર કરે છે અને કરોડરજ્જુ લવચીક બનાવે છે. છાતી પહોળી કરે છે અને બેસવાની ખરાબ મુદ્રા સુધારે છે.

6) તાડાસન (2 મિનિટ)

રીત: સીધા ઊભા રહીને બંને હાથ ઊપર ઊંચા કરો અને શરીરને આંગળીઓ સુધી ખેંચો. એડીને ઊંચી કરી સંપૂર્ણ શરીરનો ભાર પંજા પર લાવો અને દ્રષ્ટિ સામે રાખો.
ફાયદો: આ આસન ફેફસાંને મજબૂત કરે છે અને એકાગ્રતા વધારે છે. શરીરનું સંતુલન સુધરે છે અને માંસપેશીઓમાં ખેંચાવ લાવીને તેમને મજબૂત બનાવે છે.

7) કપાલભાતિ (2 મિનિટ)

રીત: કરોડરજ્જુ સીધી રાખીને સુખાસન કે પદ્માસનમાં બેસો. નાક વડે જોરથી શ્વાસ બહાર છોડો અને સાથે પેટને અંદર તરફ ખેંચો. શ્વાસ આપમેળે પાછો આવશે.
ફાયદો: શરીરના ઝેરી તત્વોને બહાર કાઢે છે અને ઊર્જા પૂરી પાડે છે. પેટની ચરબી ઘટાડવા, પાચન સુધારવા અને મનને સાફ તથા સક્રિય કરવામાં મદદ કરે છે.

છબસ્ટ્રેશન: ગૌતમ ચક્રવર્તી

સવારે યોગ અને પ્રાણાયામ શા માટે અમૃત સમાન છે?

સવારે જાગતા જ પથારી ત્યાગીને યોગ અને પ્રાણાયામનો અભ્યાસ કરવો આપણા શારીરિક અને માનસિક તંદુરસ્તી માટે ફાયદાકારક રહે છે. એ સમયમાં વાતાવરણમાં પ્રાણવાયુ સૌથી વધુ સક્રિય હોય છે. વૈજ્ઞાનિક રિસર્ચ જણાવે છે કે, સવારના સમયે વાયુમાં ઓક્સિજનનું સ્તર વધુ હોય છે અને સૂર્યનાં પ્રથમ કિરણોમાં વાઈટેલ એનર્જી (Vital Photons) હોય છે, જે સૂર્યના તીવ્ર થતાં જ વાતાવરણમાંથી ક્ષીણ થવા લાગે છે.

સવારના તાજગીપૂર્ણ વાતાવરણમાં 10-15 મિનિટ વિતાવો

સવાર-સવારમાં કોઈ બગીચો, બાલકની, બીચ કે ખુલ્લા મેદાનમાં જ્યાં તાજી હવા અને સૂર્યનાં પ્રથમ કિરણો સરળતાથી મળે- ત્યાં બેસીને ઓછામાં ઓછી 10-15 મિનિટ પ્રાણાયામ જરૂર કરો. આ શુદ્ધ વાયુ અને પ્રકાશ શરીર માટે પ્રથમ અને સૌથી મહત્વનો આહાર બને છે- જે કોશિકાઓને ઊર્જા આપે છે, મગજને સક્રિય કરે છે અને દિવસભરના તણાવ સામે લડવાની તાકાત પૂરી પાડે છે.

સવારના તડકામાં યોગ શરીર માટે અમૃત

સવારે થોડી મિનિટ આંખ બંધ કરીને શરીર અને ચહેરા પર તડકાનો સ્પર્શ લો- જે વિટામિન-ડી, ઊંઘના હોર્મોન સિરોટોનિન અને બોડી ક્લોક માટે અમૃત સમાન છે.

નોંધ: બધા યોગાસન વિશેષજ્ઞની સલાહ અને માર્ગદર્શનમાં કરો.

Divya Bhaskar • 21 Jun • Ministry of Ayush

Yoga is the path to true encounter with oneself. It awakens the soul and fills the body with energy.

1 • PG	38 • Sqcm	5656 • AVE	316.29K • Cir	Top Right

Mumbai

Divya Bhaskar • 21 Jun • Ministry of Ayush

This yoga is included in the daily routine of celebrities.

8 • PG | 164 • Sqcm | 24572 • AVE | 316.29K • Cir | Middle Right

Mumbai

યોગ દિવસ • સચિનને વીરભદ્રાસન અને કરીનાને ચક્રાસન પસંદ

આ યોગ સેલેબ્સની દિનચર્યામાં સામેલ

આજે યોગ દિવસ છે. યોગ હવે સામાન્ય જીવનશૈલીનો એક ભાગ બની ગયો છે. આયુષ મંત્રાલયના અહેવાલ મુજબ, ભારતમાં લગભગ 41% લોકોએ યોગને તેમની જીવનશૈલીનો ભાગ બનાવી દીધો છે. અમેરિકામાં પણ યોગ લોકપ્રિય બની રહ્યો છે. સ્ટેસ્ટિટાના રિપોર્ટ મુજબ, 6માંથી 1 અમેરિકન પણ યોગ કરે છે. એટલે કે લગભગ 3.5 કરોડ લોકો. યોગ સંબંધિત ટ્રેન્ડ્સ સોશિયલ મીડિયા પર પણ લોકપ્રિય છે. ખાસ કરીને ભારતમાં ઘણી સેલિબ્રિટીઝ યોગના ટ્રેન્ડને પ્રોત્સાહન આપે છે.

વરુણ ધવન
ઉત્તાનપાદાસન
તે પેટ અને જાંઘની ચરબી ઘટાડે છે અને પાચનતંત્રને મજબૂત બનાવે છે.

કરીના કપૂર
ચક્રાસન
ચક્રાસન કરોડરજ્જુ માટે ફાયદાકાર છે, શરીરમાં ઊર્જાનો સંચાર કરે છે.

આલિયા ભટ્ટ
કપોતાસન
કપોતાસન પીઠ માટે લાભદાયી છે, પેલ્વિક સ્નાયુઓને ટોન કરે છે.

સચિન તેંડુલકર: વિરભદ્રાસન
શરીરને મજબૂત કરે છે, જાંઘ, પીઠ અને ખભાને ટોન કરે છે.

Divya Bhaskar • 19 Jun • Ministry of Ayush

Record: More than 4 lakh registrations for Yoga Day

1 • PG | 19 • Sqcm | 2919 • AVE | 316.29K • Cir | Middle Left

Mumbai

રેકોર્ડ: યોગ દિવસ માટે 4 લાખથી વધુ રજીસ્ટ્રેશન

નવી દિલ્હી । 11મા આંતરરાષ્ટ્રીય યોગ દિવસના 'યોગ સંગમ' કાર્યક્રમ માટે અત્યાર સુધીમાં 4 લાખથી વધુ લોકોએ રજિસ્ટ્રેશન કરાવ્યું છે. આયુષ મંત્રાલયના જણાવ્યા અનુસાર, દેશમાં પહેલીવાર કોઈ પણ કાર્યક્રમ માટે આટલી મોટી સંખ્યામાં સહભાગીઓની પુષ્ટિ કરાઈ છે.

Divya Bhaskar • 15 Jun • Ministry of Ayush

Hebuild's Har Ghar Yoga Initiative Announcement

4 • PG | 31 • Sqcm | 4592 • AVE | 316.29K • Cir | Bottom Center

Mumbai

હેબિલ્ડની હર ઘર યોગ ઉપક્રમની ઘોષણા

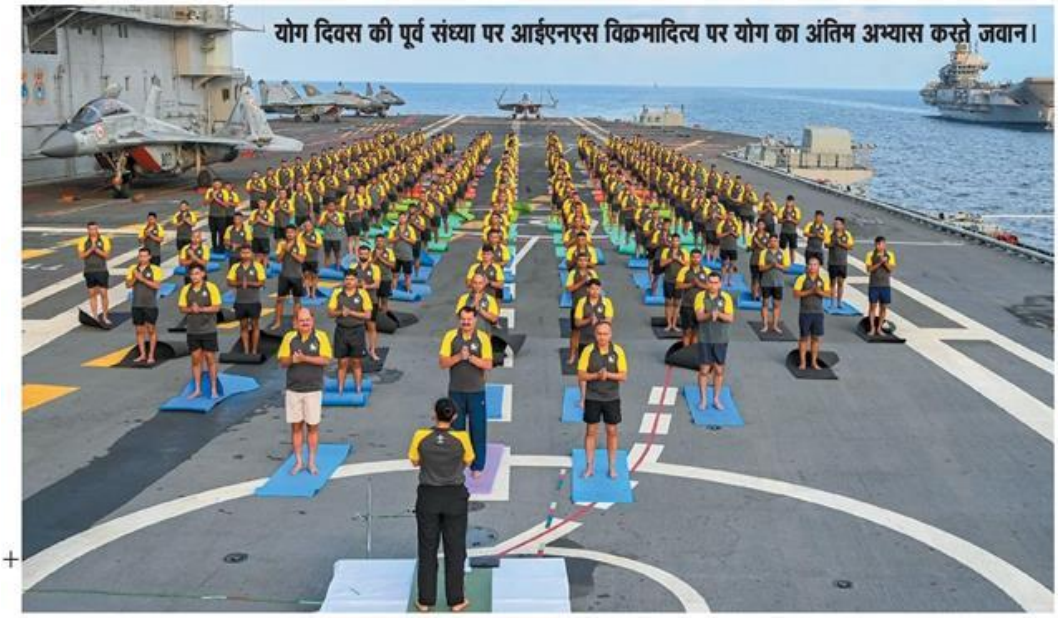
પ્રથમ હેબિટ બિલ્ડિંગ પ્લેટફોર્મ હેબિલ્ડ દ્વારા નવો ઉપક્રમ હર ઘર યોગનો શુભારંભ કરાયો છે. યોગ ફોર વન અર્થ, વન હેલ્થ થીમ ધરાવતા આંતરરાષ્ટ્રીય યોગ દિવસ 2025 પૂર્વે શરૂ કરાયેલો આ ઉપક્રમ સર્વાંગીણ આરોગ્ય માટે વૈશ્વિક પડકારો સાથે સંલગ્ન છે. સીઈઓ અને સહ-સંસ્થાપક સૌરભ બોથરાએ જણાવ્યું કે યોગ ટાસ્ક નહીં પણ એક દિવસના સેલિબ્રેશન જેવું લાગું જોઈએ. હર ઘર યોગ સાથે અમે યોગ થકી વેલનેસ સહજ સાધ્ય, મફત અનુભવ અને સૌથી મહત્ત્વ સાતત્યતાપૂર્ણ કરી રહ્યા છીએ.

Pratahkal • 21 Jun • Ministry of Ayush

Today the world will salute yoga with the message of 'one earth one health

1 • PG | 408 • Sqcm | 330884 • AVE | 1M • Cir | Top Left

Jaipur



योग दिवस की पूर्व संध्या पर आईएनएस विक्रमादित्य पर योग का अंतिम अभ्यास करते जवान।

'एक पृथ्वी एक स्वास्थ्य' के संदेश संग आज योग को प्रणाम करेगी दुनिया

प्रधानमंत्री नरेन्द्र मोदी विशाखापत्तनम में करेंगे योग

नई दिल्ली (एजेंसी)। संस्कृति मंत्रालय शनिवार को अंतरराष्ट्रीय योग दिवस के अवसर पर देशभर में 100 प्रसिद्ध स्थलों और 50 अन्य सांस्कृतिक स्थलों पर योग सत्र आयोजित करेगा, जिनमें यूनेस्को के कुछ विरासत स्थल भी शामिल हैं। मंत्रालय ने कहा कि ये सत्र आंध्र प्रदेश के विखापत्तनम में आयोजित किए जा रहे मुख्य समारोहों के साथ पूरक कार्यक्रमों के रूप में आयोजित किए जाएंगे। पर्यटन मंत्रालय ने एक बयान में कहा कि वह 21 जून को सुबह 6 से 8 बजे तक कुतुब मीनार परिसर के प्रतिष्ठित सन डायल लॉन में 'सामूहिक योग सत्र' का आयोजन करेगा, जो यूनेस्को का विश्व धरोहर स्थल भी है। मंत्रालय ने कहा कि इस वर्ष अंतरराष्ट्रीय योग दिवस की वैश्विक थीम 'एक पृथ्वी एक स्वास्थ्य के लिए योग' है जो मानव कल्याण और पारिस्थितिक संतुलन के बीच गहन संबंध को रेखांकित करती है। संयुक्त राष्ट्र महासभा ने 11 दिसंबर, 2014 को 21 जून को अंतरराष्ट्रीय योग दिवस के रूप में मनाए जाने की घोषणा की थी। बता दें कि विशाखापत्तनम में आयोजित मुख्य समारोह में प्रधानमंत्री नरेन्द्र मोदी के साथ राज्य के मुख्यमंत्री चंद्रबाबू नायडू और उपमुख्यमंत्री पवन कल्याण भी शामिल होंगे। बयान में कहा गया कि यूनेस्को के जिन विश्व धरोहर स्थलों में योग सत्र आयोजित किए जाएंगे, उनमें चराईदेव मोइदम (असम), रानी की वाव और धोलावीरा (गुजरात), हम्पी और पट्टाडकल (कर्नाटक), खजुराहो स्मारक समूह और सांची स्तूप (मध्य प्रदेश), कोणार्क का सूर्य मंदिर (ओडिशा), एलीफेंटा गुफाएं (महाराष्ट्र) और तंजावुर का बृहदीश्वर मंदिर (तमिलनाडु) शामिल हैं। संस्कृति मंत्रालय ने कहा कि वह 11वें अंतरराष्ट्रीय योग दिवस के अवसर पर देश भर में 100 पर्यटन-आधारित प्रसिद्ध स्थलों और 50 से अधिक सांस्कृतिक स्थलों पर योग सत्र आयोजित करेगा। केंद्रीय संस्कृति और पर्यटन मंत्री गजेंद्र सिंह शेखावत राजस्थान के जोधपुर में ऐतिहासिक मेहरानगढ़ किले में अंतरराष्ट्रीय योग दिवस कार्यक्रम में भाग लेंगे।

अन्य स्थलों पर भी होगा आयोजित

मंत्रालय ने कहा कि कुछ अन्य प्रमुख सांस्कृतिक और ऐतिहासिक स्थल जैसे गोलकुंडा किला और सालारजंग संग्रहालय (हैदराबाद), हुमायूं का मकबरा, पुराना किला और सफदरजंग मकबरा (दिल्ली), जलियांवाला बाग (पंजाब), चित्तौड़गढ़ और कुंभलगढ़ किले (राजस्थान), लेह पैलेस (लद्दाख), परी महल (श्रीनगर, जम्मू-कश्मीर), बेकल किला (केरल), और हजारद्वारी तथा कूच बिहार पैलेस (पश्चिम बंगाल) जैसे अन्य स्थलों पर भी सत्र आयोजित किए जाएंगे।

Pratahkal • 21 Jun • Ministry of Ayush

Yoga ambassadors will be appointed in every school in the state

12 • PG | 131 • Sqcm | 105848 • AVE | 1M • Cir | Bottom Left

Jaipur

राज्य के हर स्कूल में योग एंबेसडर बनाए जाएंगे

जयपुर (कासं)। राजस्थान में हर गली और मोहल्ले तक योग को पहुंचाने के लिए शिक्षा विभाग प्रदेशभर में 65 हजार स्टूडेंट्स को योग एंबेसडर बनाएगा। यह योग एंबेसडर अपने स्कूल में स्टूडेंट्स और टीचर्स को योग अभ्यास करवाएंगे। आसपास के इलाकों में रहने वाले लोगों के साथ ग्रामीणों को भी योग की ट्रेनिंग देंगे।

65 हजार छात्रों को जोड़ा जाएगा; छात्रों और टीचर्स को योगा करवाएंगे

नजदीकी स्कूल में कर सकेंगे योग अभ्यास : माध्यमिक शिक्षा विभाग के निदेशक आशीष मोदी ने बताया- 21 जून को दुनियाभर में अंतर्राष्ट्रीय योग दिवस मनाया जाएगा। प्रदेश के सभी स्कूलों में पढ़ने वाले स्टूडेंट्स के साथ ही उन्हें पढ़ाने वाले टीचर्स और अन्य स्टाफ योग दिवस पर योग करेंगे। फिलहाल छुट्टियां चल रही हैं, जिसकी वजह से काफी लोग अपने घर पर मौजूद नहीं है। ऐसे में वह लोग जहां भी हैं, उस स्थान पर स्टूडेंट्स और टीचर्स अपने नजदीकी स्कूल में पहुंच वह योग करेंगे।

स्टूडेंट्स, टीचर्स के साथ जनता को देगा योगा ट्रेनिंग : आशीष मोदी ने बताया- योग को लेकर जो बच्चा सबसे ज्यादा जागरूक होगा, उस स्टूडेंट को स्कूल स्तर पर ही विशेष ट्रेनिंग दी जाएगी। यह स्टूडेंट न सिर्फ एक दिन बल्कि पूरे साल लगातार स्टूडेंट्स, टीचर्स को योग सिखाएंगे। वे शिक्षा विभाग के ब्रांड एंबेसडर का काम करेंगे।

Pratahkal • 21 Jun • Ministry of Ayush

People are excited about Yoga Day not only in the country but also abroad

11 • PG | 344 • Sqcm | 278594 • AVE | 1M • Cir | Top Left

Jaipur

देश ही नहीं विदेशों में भी योग दिवस को लेकर लोगों में उल्लास

अमेरिका में हो रहीं खास तैयारियां

नई दिल्ली (एजेंसी)। 21 जून को देश-विदेश में 11वां अंतर्राष्ट्रीय योग दिवस मनाने की तैयारी उत्साहपूर्ण तरीके से चल रही है। भारत से लेकर अमेरिका तक में इस दिवस के लिए लोगों के मन में एक अलग उत्साह देखने को मिल रहा है। बात अगर भारत की तैयारियों की करें तो संस्कृति मंत्रालय भी 21 जून को 11वां अंतर्राष्ट्रीय योग दिवस पूरे देश में बड़े उत्साह के साथ मनाने जा रहा है।

संस्कृति मंत्रालय इस दिन भारत के 100 प्रसिद्ध पर्यटन स्थलों और 50 सांस्कृतिक स्थलों पर एक साथ योग सत्र आयोजित किए जाएंगे। बता दें कि मुख्य कार्यक्रम आंध्र प्रदेश के विशाखापट्टनम में होगा, जहां प्रधानमंत्री नरेंद्र मोदी खुद योग सत्र का नेतृत्व करेंगे। उनके साथ आंध्र प्रदेश के मुख्यमंत्री चंद्रबाबू नायडू और उपमुख्यमंत्री पवन कल्याण भी शामिल होंगे।

भारतीय दूतावास ने आयोजित किया कार्यक्रम

बात अगर अमेरिका में इस दिवस को धूम-धाम की करें तो, अंतरराष्ट्रीय योग दिवस से पहले भारतीय दूतावास ने वाशिंगटन में योग सत्र का आयोजन किया। इस अवसर में भारी मात्रा में वहां लोग उपस्थित हुए और योग सत्र में हिस्सा लिया।

'स्वास्थ्य जीवन के लिए योग बहुआयामी तरीका'

वाशिंगटन में आयोजित योग दिवस के अवसर पर आनंद मार्ग योग एवं ध्यान केंद्र के आचार्य मधुवर्तानंद अवधूत ने योगा की विशेषता पर जोर दिया। उन्होंने कहा कि पहले योगी भगवान शिव थे, जो 7000 साल पहले इस धरती पर आए थे। आचार्य ने कहा कि योग के तीन अलग-अलग भाग हैं। योग आसन, योग दर्शन और योग साधना। उन्होंने कहा कि योग स्वस्थ जीवन जीने का एक बहुआयामी तरीका है। योग विश्व शांति ला सकता है और यह मानव समाज को एकजुट कर सकता है।

भारत में योग सत्र के लिए चुने गए स्थान

कौन-कौन से होंगे ऐतिहासिक स्थल?

अब बात अगर ऐतिहासिक स्थलों की करें तो इसमें गोलकोंडा किला और सालारजंग म्यूजियम (हैदराबाद), हुमायूं का मकबरा, पुराना किला, सफदरजंग का मकबरा (दिल्ली), जलियांवाला बाग (अमृतसर), चित्तौड़गढ़ और कुम्भलगढ़ किले (राजस्थान), लेह पैलेस (लद्दाख), परी महल (श्रीनगर), बेकल किला (केरल), कूचबिहार और हजारद्वारी महल (पश्चिम बंगाल) जैसे स्थानों के नाम शामिल हैं।

अब बात पुरातत्व विभाग के कार्यक्रम की

वहीं अब अगर बात पुरातत्व विभाग की तरफ से आयोजित कार्यक्रम की करें तो पुरातत्व विभाग (एएसआई) भी पंजाब और हरियाणा के 5 ऐतिहासिक स्थलों पर योग कार्यक्रम करेगा। इसमें बठिंडा किला, शमशेर खान का मकबरा, बटाला, महाराजा रणजीत सिंह का किला, फगवाड़ा, जलियांवाला बाग, अमृतसर और टूटा हुआ किला, हांसी (हरियाणा) का नाम शामिल है।

संस्कृति मंत्रालय की तरफ से योग दिवस जिन ऐतिहासिक और संस्कृतिक स्थानों पर मनाने की तैयारी चल रही है। इनमें कई यूनेस्को द्वारा मान्यता प्राप्त विश्व धरोहर स्थल जैसे कि चराइदेव मोइदम (असम), रानी की वाव और धोलावीरा (गुजरात), हम्पी और पट्टदकल (कर्नाटक), खजुराहो और सांची (मध्य प्रदेश), सूर्य मंदिर, कोणार्क (ओडिशा), एलिफेंटा गुफाएं (महाराष्ट्र), बृहदेश्वर मंदिर, तंजावुर (तमिलनाडु) शामिल है।

Pratahkal • 17 Jun • Ministry of Ayush

Yoga has become a part of the lifestyle of 41 percent of people in the country

11 • PG | 247 • Sqcm | 200037 • AVE | 1M • Cir | Bottom Right

Jaipur

योग के कारण 24.6 प्रतिशत लोगों ने फिटनेस में सुधार माना

36.2 प्रतिशत लोग रोगों के बावजूद नियमित करते हैं योग

आयुष सर्वे

देश में 41 प्रतिशत लोगों की जीवनशैली का हिस्सा बना योग

नई दिल्ली (एजेंसी)। संयुक्त राष्ट्र के 21 जून को अंतरराष्ट्रीय योग दिवस घोषित किए जाने के एक दशक बाद 41 प्रतिशत से अधिक लोगों ने अपनी जीवनशैली में योग को किसी न किसी रूप में शामिल कर लिया है। आयुष मंत्रालय द्वारा कराए गए ताजा सर्वेक्षण के अनुसार इसमें शामिल 24.6 प्रतिशत लोगों ने योग के कारण अपनी फिटनेस में सुधार का अनुभव किया, जबकि 16.9 प्रतिशत ने तनाव स्तर में कम होना माना। लगभग एक चौथाई ने स्वास्थ्य संबंधी जानकारी प्राप्त करने का दावा किया।

आयुष मंत्रालय के इस सर्वेक्षण में 34 राज्यों और केंद्र शासित प्रदेशों के 30,084 परिवारों को शामिल किया गया, जिसमें शहरी और ग्रामीण दोनों क्षेत्रों का समावेश था। अंतरराष्ट्रीय योग दिवस के एक दशक का प्रभाव 'सर्वेक्षण निष्कर्ष' शीर्षक वाले इस सर्वेक्षण में यह भी सामने आया कि 11.2 प्रतिशत लोग नियमित रूप से योग का अभ्यास करते हैं। 13.4 प्रतिशत लोग कभी-कभी योग करते हैं, जबकि 75.5 प्रतिशत लोग योग का अभ्यास नहीं करते हैं। सीसीआरवाइएन के निदेशक डा. राघवेंद्र राव ने स्पष्ट किया कि 11.2 प्रतिशत लोग नियमित रूप से योग का अभ्यास करते हैं। ये वे लोग हैं जो योग कक्षाओं में जाते हैं और नियमित रूप से सत्रों में भाग लेते हैं। उन्होंने कहा, जब हम कहते हैं कि 41 प्रतिशत से अधिक लोगों ने योग को अपनी जीवनशैली में अपनाया है तो इसका मतलब है कि वे भक्ति योग (प्रार्थना) या ध्यान और आत्म-अभ्यास जैसे विभिन्न रूपों में योग का अभ्यास करते हैं ताकि मन को शांत किया जा सके।

योग अभ्यास में शहरी नागरिक व पुरूष आगे : शहरी क्षेत्रों में 12.6 प्रतिशत लोग नियमित रूप से योग करते हैं, जबकि ग्रामीण क्षेत्रों में यह आंकड़ा 10.4 प्रतिशत है। 11.6 प्रतिशत नियमित योग करने वाले पुरूष हैं, जबकि 10.7 प्रतिशत महिलाएं हैं। योग के प्रति जागरूकता 18-24 वर्ष उम्र वर्ग में सबसे अधिक पाई गई। योग का अभ्यास करने के मामले में 65 वर्ष और उससे अधिक उम्र के लोगों का हिस्सा 17 प्रतिशत था। योग करने वाले 36.2 प्रतिशत लोग मधुमेह, उच्च रक्तचाप, हृदय रोग और गैस्ट्रिक आदि समस्याओं से पीड़ित रहे। 39.3 प्रतिशत को सामान्य योग प्रोटोकाल के बारे में जागरूकता है और पिछले एक दशक में एक तिहाई (33.4 प्रतिशत) लोगों ने कम से कम एक सामुदायिक अंतरराष्ट्रीय योग दिवस कार्यक्रम में भाग लिया है। यह सर्वेक्षण केंद्रीय योग और प्राकृतिक चिकित्सा अनुसंधान परिषद और योलो 9 टेक्नोलाजीज ने किया था।

Kannada Prabha • 21 Jun • Ministry of Ayush

11th International Yoga day

1 • PG | 100 • Sqcm | 65875 • AVE | 341.56K • Cir | Top Right

Bengaluru

Kannada Prabha • 21 Jun • Ministry of Ayush

5 lakhs people Yoga in state on today

8 • PG | 126 • Sqcm | 83318 • AVE | 341.56K • Cir | Middle Center

Bengaluru

ಇಂದು ರಾಜ್ಯದಲ್ಲಿ 5 ಲಕ್ಷ ಜನರಿಂದ ಯೋಗ

ಅಂ.ರಾ.ಯೋಗ ದಿನಾಚರಣೆ | ವಿಧಾನಸೌಧ ಆವರಣದಲ್ಲೂ ಕಾರ್ಯಕ್ರಮ

• **ಕನ್ನಡಪ್ರಭ ವಾರ್ತೆ** ಬೆಂಗಳೂರು

ರಾಜ್ಯಾದ್ಯಂತ ಶನಿವಾರ 11ನೇ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆಗೆ ಆಯುಷ್ ಇಲಾಖೆ ಸೇರಿ ವಿವಿಧ ಸಂಘ-ಸಂಸ್ಥೆಗಳು ಸಕಲ ಸಿದ್ಧತೆ ಮಾಡಿಕೊಂಡಿದ್ದು, ಐದು ಲಕ್ಷ ಮಂದಿ ಭಾಗಿಯಾಗಲಿದ್ದಾರೆ. ಆಯುಷ್ ಇಲಾಖೆಯಿಂದ ವಿಧಾನಸೌಧದ ಆವರಣ ಸೇರಿ ರಾಜ್ಯಾದ್ಯಂತ ಲಕ್ಷಾಂತರ ಮಂದಿ ಯೋಗ ಆಚರಣೆಗೆ ಸರ್ಕಾರ ವ್ಯವಸ್ಥೆ ಮಾಡಿಕೊಟ್ಟಿದೆ. ರಾಜ್ಯದ 100 ಆರೋಗ್ಯ ಕೇಂದ್ರಗಳಲ್ಲಿ 45 ನಿಮಿಷಗಳ ಯೋಗ ಪ್ರಾತ್ಯಕ್ಷಿಕೆ ಪ್ರದರ್ಶನ ಮಾಡಲಾಗುತ್ತದೆ.

ವಿಧಾನಸೌಧದ ಮುಂದೆ ಆಯೋಜಿಸಿರುವ ರಾಜ್ಯಮಟ್ಟದ 'ಯೋಗ ಸಂಗಮ' ಕಾರ್ಯಕ್ರಮವನ್ನು ರಾಜ್ಯಪಾಲ ಥಾವರ್‌ಚಂದ ಗೆಹಲೋತ್ ಉದ್ಘಾಟಿಸಲಿದ್ದು, ಮುಖ್ಯಮಂತ್ರಿ ಸಿದ್ದರಾಮಯ್ಯ ಸೇರಿ ಸರ್ಕಾರದ ಸಚಿವ, ಶಾಸಕರು, ಚಲನಚಿತ್ರ ತಾರೆಯರು ಭಾಗವಹಿಸಲಿದ್ದಾರೆ. ಬೆಳಗ್ಗೆ 7 ರಿಂದ 7.45ರವರೆಗೆ ಯೋಗ ಪ್ರಾತ್ಯಕ್ಷಿಕೆ ನಡೆಯಲಿದೆ. 5 ಸಾವಿರ ಯೋಗಪಟುಗಳು ಪಾಲ್ಗೊಳ್ಳಲಿದ್ದಾರೆ, 'ಒಂದು ಭೂಮಿ ಒಂದು ಆರೋಗ್ಯಕ್ಕಾಗಿ ಯೋಗ' ದೃಷ್ಟಿಕೋನದಡಿ ಈ ಕಾರ್ಯಕ್ರಮ ಆಯೋಜಿಸಲಾಗಿದೆ.

ಅಕ್ಷರ ಯೋಗ ಕೇಂದ್ರ ಬೆಂಗಳೂರಿನ ಅರಮನೆ ಮೈದಾನದಲ್ಲಿ ವಿಶ್ವದ ಅತಿದೊಡ್ಡ ಯೋಗ ಕಾರ್ಯಕ್ರಮ ಆಯೋಜಿಸುವ ಮೂಲಕ 12ನೇ ಗಿನ್ನೆಸ್ ವಿಶ್ವದಾಖಲೆ ನಿರ್ಮಾಣಕ್ಕೆ ಮುಂದಾಗಿದೆ. ಈ ಯೋಗ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ 80ಕ್ಕೂ ಅಧಿಕ ದೇಶದ ಪ್ರತಿನಿಧಿಗಳು ಭಾಗವಹಿಸಲಿದ್ದಾರೆ. ಬೆಳಗ್ಗೆ 9 ಗಂಟೆಗೆ ಈ ಕಾರ್ಯಕ್ರಮ ಆರಂಭಗೊಳ್ಳಲಿದೆ.

ನಿಮ್ಹಾನ್ಸ್ ಮೈದಾನದಲ್ಲಿ ಬೆಳಗ್ಗೆ 7 ಗಂಟೆ ಆಯೋಜಿಸಿರುವ ಯೋಗ ದಿನಾಚರಣೆಯನ್ನು ಕೇಂದ್ರ ಸರ್ಕಾರದ ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆಯ ನಿರ್ದೇಶಕ ಡಾ.ಎಲ್. ಸ್ವಸ್ತಿಚರಣ್ ಉದ್ಘಾಟಿಸಲಿದ್ದಾರೆ.

ಮೈಸೂರು, ಬೆಳಗಾವಿ, ಧಾರವಾಡ ಸೇರಿ ಎಲ್ಲ ಜಿಲ್ಲೆಗಳಲ್ಲಿ ಜಿಲ್ಲಾಮಟ್ಟದ ಕಾರ್ಯಕ್ರಮ ಆಯೋಜಿಸಲಾಗಿದೆ. ವಿಶ್ವವಿದ್ಯಾಲಯ, ಶಾಲಾ-ಕಾಲೇಜುಗಳಲ್ಲಿ ಯೋಗ ದಿನಾಚರಣೆಗೆ ಸಿದ್ಧತೆ ಮಾಡಿಕೊಳ್ಳಲಾಗಿದೆ.

Kannada Prabha • 21 Jun • Ministry of Ayush

Today 11th Yoga day

11 • PG | 145 • Sqcm | 95466 • AVE | 341.56K • Cir | Middle Right

Bengaluru

ಇಂದು 11ನೇ ಯೋಗ ದಿನ: ಆಂಧ್ರ ತೀರದಲ್ಲಿ ಮೋದಿ ಭಾಗಿ

ವಿಶಾಖಪಟ್ಟಣ ಕರಾವಳಿಯಲ್ಲಿ ಮುಖ್ಯ ಸಮಾರಂಭ 26 ಕಿ.ಮೀ. ತೀರದುದ್ದಕ್ಕೂ ದಾಖಲೆಯ ಯೋಗ

ಅಮರಾವತಿ: ವಿಶ್ವವು 11ನೇ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗದಿನಾಚರಣೆಯನ್ನು ಶನಿವಾರ ಆಚರಿಸಲಿದ್ದು, ಭಾರತದ ಮುಖ್ಯ ಸಮಾರಂಭ ಆಂಧ್ರ ಪ್ರದೇಶದ ವಿಶಾಖಪಟ್ಟಣಂನ ಆರ್.ಕೆ. ಕಡಲತೀರದಲ್ಲಿ ಆಯೋಜನೆಯಾಗಿದೆ. ಇದರಲ್ಲಿ ಪ್ರಧಾನಿ ನರೇಂದ್ರ ಮೋದಿಯವರು ಭಾಗವಹಿಸಲಿದ್ದಾರೆ. ಈ ಬೃಹತ್ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ವಿಶ್ವದಾಖಲೆಯ 3ರಿಂದ 5 ಲಕ್ಷ ಜನ ಭಾಗಿಯಾಗುವ ನಿರೀಕ್ಷೆಯಿದೆ.

ವಿಶಾಖಪಟ್ಟಣಂನಿಂದ ಭೋಗಾಪುರಂವರೆಗೆ, ಒಂದಲ್ಲ, ಎರಡಲ್ಲ 26 ಕಿ.ಮೀ. ನಷ್ಟಿರುವ ಕಡಲತೀರದುದ್ದಕ್ಕೂ ಶನಿವಾರ ಬೆಳಗ್ಗೆ 6 ಗಂಟೆಯಿಂದ 8 ಗಂಟೆಯವರೆಗೆ ಯೋಗಾಭ್ಯಾಸ ನಡೆಯಲಿದೆ.

'ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ 25,000 ಬುಡಕಟ್ಟು ವಿದ್ಯಾರ್ಥಿಗಳು 108 ಸೂರ್ಯನಮಸ್ಕಾರ ಮಾಡಲಿದ್ದಾರೆ. ಅತಿಹೆಚ್ಚು ಜನ ಸೇರಿದ ಮತ್ತು ಏಕಕಾಲಕ್ಕೆ ಅನೇಕ ಮಂದಿ ಸೂರ್ಯನಮಸ್ಕಾರ ಮಾಡಿದ ಗಿನ್ನೆಸ್ ವಿಶ್ವದಾಖಲೆ ನಿರ್ಮಿಸುವ ಗುರಿಯಿದೆ. ಈಗಾಗಲೇ ನಿರೀಕ್ಷೆಗೂ ಮೀರಿ 2.39 ಕೋಟಿ ಮಂದಿ ನೋಂದಾಯಿಸಿಕೊಂಡಿದ್ದಾರೆ' ಎಂದು ಆಂಧ್ರ ಸಿಎಂ ಚಂದ್ರಬಾಬು ನಾಯ್ಡು ಹೇಳಿದ್ದಾರೆ.

ವೈಜಾಗ್‌ನಲ್ಲಿ ಪ್ರಧಾನಿ ಮೋದಿ ಆಗಮನ.

ಭದ್ರತೆಗಾಗಿ ಕಡಲತೀರದುದ್ದಕ್ಕೂ 1200 ಸಿಸಿಟಿವಿ ಕ್ಯಾಮೆರಾಗಳನ್ನು ಅಳವಡಿಸಲಾಗಿದ್ದು, 10000 ಪೊಲೀಸರನ್ನು ನಿಯೋಜಿಸಲಾಗುವುದು. ಹೈಟೆಕ್ ಪೊಲೀಸ್ ನಿಯಂತ್ರಣ ಕೊಠಡಿಯನ್ನೂ ಸ್ಥಾಪಿಸಲಾಗಿದೆ.

1 ತಿಂಗಳು ಯೋಗಾಂಧ್ರ ಅಭಿಯಾನ: ಯೋಗದ ಬಗ್ಗೆ ಜಾಗೃತಿ ಮೂಡಿಸಲು 1 ತಿಂಗಳು ಯೋಗಾಂಧ್ರ ಅಭಿಯಾನ ಆಯೋಜಿಸಲಾಗಿತ್ತು. ಇದರಡಿಯಲ್ಲಿ ಗ್ರಾಮ ಮಟ್ಟದಿಂದ ರಾಜ್ಯ ಮಟ್ಟದವರೆಗೆ 15,000 ಸ್ಪರ್ಧೆ ನಡೆಸಲಾಗಿದೆ. 1 ಕೋಟಿಗೂ ಅಧಿಕ ಮಂದಿ ಪ್ರಮಾಣಪತ್ರ ಪಡೆದಿದ್ದಾರೆ.

191 ದೇಶಗಳಲ್ಲಿ ಯೋಗ ದಿನ: ಜಗತ್ತಿನಾದ್ಯಂತ 191 ದೇಶ 1300 ನಗರಗಳಲ್ಲಿ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನ ನಡೆಯಲಿದೆ.

Kannada Prabha • 21 Jun • Ministry of Ayush

Vachananda Sri Yoga day

8 • PG | 124 • Sqcm | 82008 • AVE | 341.56K • Cir | Middle Right

Bengaluru

ಪ್ಯಾಂಗಾಂಗ್ ಸರೋವರ ತಟದಲ್ಲಿ ವಚನಾನಂದ ಶ್ರೀ ಯೋಗ ದಿನಾಚರಣೆ

ಲೇಹ್-ಲಡಾಕ್‌ನಲ್ಲಿರುವ ಸರೋವರ | ಕಿರಣ್ ಬೇಡಿ, ಇತರ ಗಣ್ಯರು ಭಾಗಿ

• **ಕನ್ನಡಪ್ರಭ ವಾರ್ತೆ** ಬೆಂಗಳೂರು

ಶ್ವಾಸಯೋಗ ಸಂಸ್ಥೆ ಕೇಂದ್ರ ಆಯುಷ್ ಇಲಾಖೆ, ಮಹಾಬೋಧಿ ಅಂತರಾಷ್ಟ್ರೀಯ ಧ್ಯಾನ ಕೇಂದ್ರದ ಸಹಯೋಗದಲ್ಲಿ ಶ್ವಾಸಗುರು ವಚನಾನಂದ ಸ್ವಾಮೀಜಿ ಯವರ ಮಾರ್ಗದರ್ಶನದಲ್ಲಿ ಲೇಹ್ ಲಡಾಕ್‌ನ ಪ್ಯಾಂಗಾಂಗ್ ಸರೋವರ ತಟದಲ್ಲಿ ಶುಕ್ರವಾರ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ಆಚರಿಸಲಾಯಿತು.

ಕೊರೆಯುವ ಚಳಿಯಲ್ಲಿ ಶ್ವಾಸಗುರು ವಚನಾನಂದ ಸ್ವಾಮೀಜಿ ಮಾರ್ಗದರ್ಶನ ದಲ್ಲಿ ಮಾಜಿ ಲೆಫ್ಟಿನೆಂಟ್ ಗವರ್ನರ್‌ಡಾ. ಕಿರಣ್ ಬೇಡಿ ಹಾಗೂ ಬಿಕ್ಕು ಸಂಘಸೇನಾ ಅವರು ಸೇರಿ ನೂರಾರು ಮಂದಿ ಯೋಗ ಪಟುಗಳು ಯೋಗಾಭ್ಯಾಸ ಮಾಡಿದರು.

ಈ ವೇಳೆ ವಚನಾನಂದಸ್ವಾಮೀಜಿ ಅವರೊಂದಿಗೆ ಸಂವಾದ ನಡೆಸಿದ ಕಿರಣ್ ಬೇಡಿ ಅವರು, ಈಶ್ವರ ಕೃಪೆಯಿಂದ ಇಂತಹ ಉತ್ತಮ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದೇನೆ. ಎಲ್ಲರೂ ಸೇರಿ ಚಮತ್ಕಾರ ಹಾಗೂ ವಿಶ್ವದಾಖಲೆ ಸೃಷ್ಟಿಸಿದ್ದೀರಿ. ಯೋಗ ಇದಕ್ಕಿಂತಲೂ ಹೆಚ್ಚು ಪ್ರಚಾರವಾಗಬೇಕು.ನೀವು ಡಾಕ್ಯು ಮೆಂಟರಿ ಮಾಡಿದ್ದೀರಿ. ನದಿ ತಟದಲ್ಲಿ ಅದ್ಭುತ ಯೋಗ ಕಾರ್ಯಕ್ರಮ ನಡೆಸಿ ದ್ದೀರಿ. ಇದು ಐತಿಹಾಸಿಕ. ಇಂತಹ ವಿಷಯ ಗಳು ಎಲ್ಲೆಡೆ ಹರಡಬೇಕು ಎಂದರು.

Kannada Prabha • 21 Jun • Ministry of Ayush

Yoga achivement for self-improvement

10 • PG | 447 • Sqcm | 295175 • AVE | 341.56K • Cir | Top Center

Bengaluru

ಜೀವನ ನಡೆಸುವ, ಮನಸ್ಸನ್ನು ನಿರ್ವಹಿಸುವ ಕೌಶಲ್ಯ | ದುಃಖ ಬರುವ ಮುಂಚೆಯೇ ತಡೆಯುವುದು ಯೋಗ

ಆತ್ಮೋದ್ಧಾರಕ್ಕೂ ಯೋಗ ಸಾಧನ

ಶ್ರೀ ಶ್ರೀ ರವಿಶಂಕರ್ ಗುರೂಜಿ
ಆರ್ಟ್ ಆಫ್ ಲಿವಿಂಗ್

ಯೋಗದ ಉದ್ದೇಶವು 'ಹೇಯಂ ದುಃಖ ಮನಾಗತಂ' ಎಂದರೆ, ದುಃಖವನ್ನು, ಅದು ಬರುವ ಮುಂಚೆಯೇ ತಡೆಯುವುದು. ಯೋಗ ರೋಗ ನಿವಾರಕವಾಗಿದೆ. ಆದರಿಂದ ನಮ್ಮ ಸಮಸ್ಯೆಗಳಿಗೆ ಪರಿಹಾರ ಸಿಗುತ್ತದೆ.

ಯೋಗವು ನಮ್ಮಲ್ಲಿ ನಾವು ರೂಢಿಸಿಕೊಳ್ಳಬೇಕಾಗಿರುವ ಶಿಸ್ತು. ಆದು ಯಾವುದೇ ರೀತಿಯ ಹೇರಿಕೆಯಲ್ಲ. ನಮ್ಮ ಮನಸ್ಸಿನ ಪ್ರವೃತ್ತಿಗಳ ಮೇಲೆ ಹತೋಟಿಯನ್ನು ಸಾಧಿಸುವುದೇ ಯೋಗ.

ಮನಸ್ಸು ಎಂದರೇನೇ ಸಂಘರ್ಷ. ಎಲ್ಲಿ ನಮ್ಮ ಮನಸ್ಸು ಇರುವುದೋ ಅಲ್ಲಿ ಸಂಘರ್ಷವು ಇದ್ದೇ ಇರುತ್ತದೆ. ಹೊರಗೆ ಯಾವುದೇ ರೀತಿಯ ಸಂಘರ್ಷವಿಲ್ಲದಿದ್ದರೆ, ಮನಸ್ಸು ಒಳಗಿನಿಂದ ಒಂದನ್ನು ಸೃಷ್ಟಿಸುತ್ತದೆ. ಸಂಬಂಧವೇ ಇಲ್ಲದ ವಿಷಯಗಳನ್ನು ಜೋಡಿಸಿ ನಮ್ಮನ್ನು ಯೋಚನಾ ಸುಳಿಯಲ್ಲಿ ಸಿಲುಕುವಂತೆ ಮಾಡುತ್ತದೆ. ಇದನ್ನೇ 'ಮಾಯೆ' ಎನ್ನುವುದು.

ಸಮಯ ಮತ್ತು ಮನಸ್ಸು ಒಂದಕ್ಕೊಂದು ಬೆಸೆದುಕೊಂಡಿದೆ. ನಾವು ಸಂತೋಷವಾಗಿರುವಾಗ, ಸಮಯ ಕಳೆಯುವುದೇ ತಿಳಿಯುವುದಿಲ್ಲ. ಆದೇ ದುಃಖಿತರಾಗಿರುವಾಗ, ಪ್ರತಿ ಕ್ಷಣವೂ ತುಂಬಾ ದೀರ್ಘವಾಗಿಯೂ ಭಾರವಾಗಿಯೂ ಅನ್ನಿಸುತ್ತದೆ. ಒತ್ತಡವೆಂದರೆ, ಮಾಡಲು ಸಾಕಷ್ಟು ಕೆಲಸವಿದ್ದು, ಸಮಯ ಮತ್ತು ಶಕ್ತಿಯ ಅಭಾವವಿರುವುದೇ ಆಗಿದೆ. ನಾವು ಸಂಪತ್ತನ್ನು ಗಳಿಸುವಲ್ಲಿ ನಮ್ಮ ಅರ್ಧ ಆರೋಗ್ಯವನ್ನು ಕಳೆದುಕೊಳ್ಳುತ್ತೇವೆ ಮತ್ತು ಗಳಿಸಿದ ಸಂಪತ್ತಿನ ಅರ್ಧವನ್ನು, ಆದೇ ಆರೋಗ್ಯವನ್ನು ಮರಳಿ ಪಡೆಯಲು ವ್ಯಯ ಮಾಡುತ್ತೇವೆ. ಬಿಕ್ಕಟ್ಟುಗಳಿಂದ ತುಂಬಿರುವ ಇಂದಿನ ಜಗತ್ತಿನಲ್ಲಿ, ಸಾಕಷ್ಟು ಸಕಾರಾತ್ಮಕತೆಯ ಅಗತ್ಯವಿದೆ. ಅದರಿಂದಲೇ ನಾವು ಶಕ್ತಿಯನ್ನು ಪಡೆಯಲು ಸಾಧ್ಯ. ಇದನ್ನು ಸಾಧಿಸುವುದಾದರೂ ಹೇಗೆ?

ಯೋಗವು ಮನುಕುಲಕ್ಕೆ ಒಂದು ವರದಾನವಾಗಿದೆ. ಆದರೆ ದುರದೃಷ್ಟವಶಾತ್ ಇಂದು ಯೋಗ ಎಂದರೆ ಕೇವಲ ದೇಹವನ್ನು ದಣಿಸುವ ವ್ಯಾಯಾಮವೆಂದು ಪರಿಗಣಿಸಲಾಗುತ್ತಿದೆ. ದೈಹಿಕ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳುವ ಸಾಧನವಾಗಿ ನೋಡಲಾಗುತ್ತಿದೆ. ಯೋಗದ ಸಂಸ್ಥಾಪಕರು ಹೇಳಿರುವಂತೆ, ಯೋಗದ ಉದ್ದೇಶವು 'ಹೇಯಂ ದುಃಖ ಮನಾಗತಂ' ಎಂದರೆ, ದುಃಖವನ್ನು, ಅದು ಬರುವ ಮುಂಚೆಯೇ ತಡೆಯುವುದು. ಯೋಗವು ರೋಗನಿವಾರಕವಾಗಿದೆ. ಆದರಿಂದ ನಮ್ಮ ಸಮಸ್ಯೆಗಳಿಗೆ ಪರಿಹಾರ ಸಿಗುತ್ತದೆ ಮತ್ತು ನಮ್ಮ ಆತ್ಮೋದ್ಧಾರಕ್ಕೂ ಅದು ಸಾಧನವಾಗಿದೆ.

ಯೋಗದಿಂದ ನಮ್ಮ ಮನಸ್ಸು ಆನಂದಮಯವಾಗುತ್ತದೆ ಮತ್ತು ಬುದ್ಧಿಯು ಚುರುಕಾಗುತ್ತದೆ. ಆದ್ದರಿಂದಲೇ ನಾವೆಲ್ಲರೂ ಯೋಗವನ್ನು ಮಾಡಬೇಕಾಗಿದೆ. ಕೆಲವೊಮ್ಮೆ ನಾವು ನಮ್ಮ

ಸೋಮಾರಿತನದಿಂದ ಯೋಗವನ್ನು ಮಾಡದಿದ್ದರೆ ಮತ್ತೆ ಕೆಲವೊಮ್ಮೆ ನಮಗೆ ಸಾಕಷ್ಟು ಕೆಲಸವಿರುವ ನೆಪವನ್ನು ಹಿಡಿದುಮಾಡುವುದಿಲ್ಲ. ನೆನಪಿಡಬೇಕಾದವಿಷಯವೆಂದರೆ ಯೋಗಾಭ್ಯಾಸಕ್ಕಾಗಿ ನಾವು ಯಾವುದೇ ಸಮಯವನ್ನು ಮೀಸಲಿಟ್ಟರೂ ಆದರಿಂದ ಪ್ರಯೋಜನವೇ ಆಗುವುದು.

ಯೋಗ ಎಂದರೆ ಕುಶಲತೆ. ಅದು ನಮ್ಮ ಜೀವನವನ್ನು ನಡೆಸುವ ಕೌಶಲ್ಯ, ಮನಸ್ಸನ್ನು ನಿರ್ವಹಿಸುವ ಕೌಶಲ್ಯ, ಜನರೊಂದಿಗೆ ಬೆರೆಯುವ ಕೌಶಲ್ಯ, ನಮ್ಮನ್ನು ನಾವು ಅರಿತುಕೊಳ್ಳುವ ಕೌಶಲ್ಯ. ಧ್ಯಾನ ಮತ್ತು ಪ್ರಾಣಾಯಾಮವು ಇಲ್ಲದಿದ್ದರೆ, ಯೋಗವು ಕೇವಲ ವ್ಯಾಯಾಮದಂತಾಗುತ್ತದೆ.

ನಮ್ಮೊಳಗೆ ಮೂಲಭೂತ ರೂಪಾಂತರ

ಯಮ, ನಿಯಮ, ಪ್ರಾಣಾಯಾಮ, ಆಸನ, ಪ್ರತ್ಯಾಹಾರ, ಧಾರಣ, ಧ್ಯಾನ ಮತ್ತು ಸಮಾಧಿ ಇವು ಯೋಗದ ಎಂಟು ಅಂಗಗಳು. ಈ ಎಂಟು ಅಂಗಗಳನ್ನು ನಾವು ಅಳವಡಿಸಿಕೊಂಡಾಗ, ನಮ್ಮೊಳಗೆ ಒಂದು ಮೂಲಭೂತ ರೂಪಾಂತರವನ್ನು ಕಾಣಬಹುದು. ದೌರ್ಬಲ್ಯದಿಂದ ಶಕ್ತಿಯ ಕಡೆಗೆ ಮತ್ತು ದುಃಖದಿಂದ ಸಂತೋಷ ಮತ್ತು ಆರೋಗ್ಯಕರ ಜೀವನದ ಕಡೆಗೆ ಮುನ್ನಡೆಯಬಹುದು. ಇದನ್ನು ಆಚರಣೆಗೆ ತರಲು ಯಾವುದೇ ನಿರ್ದಿಷ್ಟ ಪಂಥ ಅಥವಾ ಧರ್ಮಕ್ಕೆ ಸೇರಿರಬೇಕಾದ ಅಗತ್ಯವಿಲ್ಲ.

ಸವಾಲುಗಳು ವ್ಯಕ್ತಿಯನ್ನು ಬೆಳೆಯಲು ಮತ್ತು ತನ್ನೊಳಗಿನ ಜಾಣ್ಮೆಯನ್ನು ಅನ್ವೇಷಿಸಲು ಪ್ರೇರೇಪಿಸುತ್ತದೆ. ನಮ್ಮ ಸಾಮರ್ಥ್ಯದ ಬಗ್ಗೆ ನಮಗೆ ಯಾವಾಗ ಅರಿವಿರುವುದಿಲ್ಲವೋ, ಆಗ ನಮಗೆ ಸಂಕಟ ಉಂಟಾಗುತ್ತದೆ. ಸವಾಲುಗಳು, ನಮ್ಮ ಶೌರ್ಯ, ಸಹಾನುಭೂತಿ, ಕ್ರಿಯಾಶೀಲತೆ ಮತ್ತು ಮಹತ್ತರ ಧ್ಯೇಯದ ಕುರಿತು ನಮಗಿರುವ ಬದ್ಧತೆಯನ್ನು ವ್ಯಕ್ತಪಡಿಸುವ ಒಂದು ಮಾರ್ಗವಾಗಿದೆ. ಆರ್ಟ್ ಆಫ್ ಲಿವಿಂಗ್ ಸಹಾಯಕಾರಿಯಾಗುವುದು ಇಲ್ಲಿಯೇ. ನಾವು ವ್ಯಕ್ತಿಯ ಆತ್ಮ ವಿಶ್ವಾಸವನ್ನು ಮತ್ತು ಅವರ ಆಂತರಿಕ ಶಕ್ತಿಯನ್ನು ಹೆಚ್ಚಿಸುವಲ್ಲಿ, ದುಃಖವನ್ನು, ಒಂಟಿತನವನ್ನು ಕಡಿಮೆ ಮಾಡುವಲ್ಲಿ ಮತ್ತು ಸಮಾಜದಲ್ಲಿ ಒಗ್ಗಟ್ಟಿನ ಭಾವನೆಯನ್ನು ಬೆಳೆಸುವಲ್ಲಿ ಕೆಲಸ ಮಾಡುತ್ತಿದ್ದೇವೆ.

ನಕಾರಾತ್ಮಕತೆಗೆ ಯೋಗ ಮದ್ದು

ಜೀವನದಲ್ಲಿ ಹೆಚ್ಚು ದುಃಖವನ್ನು ಅನುಭವಿಸುತ್ತಿರುವಾಗಲೇ, ಅಲ್ಲಿ ಹೆಚ್ಚಿನ ಸಕಾರಾತ್ಮಕತೆಯ ಅವಶ್ಯಕತೆಯಿರುತ್ತದೆ. ನಾವು ಎಲ್ಲೆಲ್ಲಿ ಜನರಲ್ಲಿ ನಕಾರಾತ್ಮಕತೆಯನ್ನು ಕಾಣುತ್ತೇವೋ, ಅಲ್ಲೆಲ್ಲಾ ಅವರನ್ನು ಯೋಗವನ್ನು ಮಾಡಲು ಪ್ರೇರೇಪಿಸಬೇಕು. ಅಷ್ಟೇ ಅಲ್ಲದೇ ಸಕಾರಾತ್ಮಕವಾಗಿರುವ ಜನರನ್ನೂ ಸಹ, ಅವರಲ್ಲಿನ ಸಕಾರಾತ್ಮತೆಯನ್ನು ಉಳಿಸಿಕೊಳ್ಳಲು ಯೋಗವನ್ನು ಅಭ್ಯಾಸ ಮಾಡುವಂತೆ ಪ್ರೇರೇಪಿಸಬೇಕು. ಸೂರ್ಯ ನಮಸ್ಕಾರ ಮಾಡುವುದರಿಂದ ರೋಗನಿರೋಧಕ ಶಕ್ತಿಯು ಹೆಚ್ಚುತ್ತದೆ ಮತ್ತು ಅದು ದೇಹಕ್ಕೆ ಶಕ್ತಿ ಮತ್ತು ಚೈತನ್ಯವನ್ನು ನೀಡುತ್ತದೆ. ಪದ್ಮಾಸನವು ದೇಹವನ್ನು ಮೃದುವಾಗಿಸುವ ಯೋಗಾಸನಗಳ ಒಂದು ಸರಣಿಯಾಗಿದೆ. ಇದನ್ನು ಮಾಡುವುದರಿಂದ ಮನಸ್ಸು ಹಗುರಾಗುತ್ತದೆ ಮತ್ತು ಆತ್ಮವು ಪ್ರಕಾಶಮಾನವಾಗುತ್ತದೆ. ಸೂಕ್ಷ್ಮ ಯೋಗ ತಂತ್ರವು ನಮ್ಮ ದೇಹದ ಹೊರಗಿನ ಹಾಗೂ ಒಳಗಿನ ಭಾಗಗಳಲ್ಲಿ ಆಳವಾದ ರೂಪಾಂತರವನ್ನು ತರುವಲ್ಲಿ ಮತ್ತು ನಮ್ಮಲ್ಲಿನ ಸೂಕ್ಷ್ಮವಾದ ಶಕ್ತಿಯ ವಾಹಿನಿಗಳನ್ನು ತೆರವುಗೊಳಿಸುವಲ್ಲಿ ಸಹಕಾರಿಯಾಗಿದೆ.

ಆಯುರ್ವೇದವು ಯೋಗದೊಂದಿಗೆ ಸಮೀಕರಣಗೊಳ್ಳುತ್ತದೆ. ಪ್ರಾಚೀನವಾದ ಈ ವಿಜ್ಞಾನವು ನಮ್ಮ ದೈಹಿಕ ಮತ್ತು ಮಾನಸಿಕ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಲು ಸಹಕಾರಿಯಾಗುತ್ತದೆ. ನಮ್ಮ ಪ್ರಕೃತಿಗೆ ಅನುಗುಣವಾಗಿ ಉತ್ತಮವಾದ ಸಾತ್ವಿಕ ಆಹಾರವನ್ನು ಸೇವಿಸುವುದು ಅವಶ್ಯಕ. ಹೆಚ್ಚು ತಾಮಸವಾದ ಅಥವಾ ರಾಜಸವಾದ ಆಹಾರವನ್ನು ಸೇವಿಸುತ್ತಿದ್ದರೆ, ಅದು ನಮ್ಮ ಯೋಗ ಸಾಧನೆಗೆ ಅಡ್ಡಿಯಾಗುತ್ತದೆ. ಆದರಿಂದ ಧ್ಯಾನವು ಅಷ್ಟು ಪರಿಣಾಮಕಾರಿಯಾಗಿರುವುದಿಲ್ಲ. ತಾಜಾ ಹಣ್ಣು ಮತ್ತು ತರಕಾರಿಗಳು, ಕಿಚಡಿಯಂತಹ ಸರಳವಾದ ಆಹಾರವನ್ನು, ನಮ್ಮಲ್ಲಿನ ಆಮ ಶಮನ ಮಾಡುವುದಕ್ಕಾಗಿ ಆಯುರ್ವೇದವು ಶಿಫಾರಸು ಮಾಡುತ್ತದೆ.

Mumbai Tarun Bharat • 21 Jun • Ministry of Ayush

Ancient and real yoga from India

4 • PG | 216 • Sqcm | 26986 • AVE | 17.73K • Cir | Top Left

Mumbai

भारतातील प्राचीन आणि वास्तविक योग

योगमाहात्म्य

राजयोगिनी ब्रह्माकुमारी वासंती दीदी

आज दि. २१ जून. हा दिवस 'आंतरराष्ट्रीय योग दिन' आणि 'जागतिक संगीत दिन' म्हणून जगभरात साजरा केला जातो. त्यानिमित्ताने आसनांच्या पलीकडील योगाची आध्यात्मिक अनुभूती उलगडणारा आणि योग आणि संगीताच्या स्वरानुबंधाची गुंफण करणारे हे दोन लेख...

'आंतरराष्ट्रीय योग दिवस' हा दरवर्षी दि. २१ जून रोजी जगभरात साजरा केला जातो. संयुक्त राष्ट्रांनी याला मान्यता दिली आहे. या विशाल विश्वात योगाचे अनेक प्रकार प्रचलित आहेत. या योगाच्या अनेक प्रकारांची चर्चा ऐकून लोकांच्या मनात एक प्रश्न निर्माण होतो की, यापैकी खरा योग कोणता? त्यांना हे जाणून घ्यायचे आहे की, ज्या योगाने मनुष्याला मनःशांती मिळते, तो भगवंताशी एकरूप होऊन उत्सव साजरा करतो, अपार आनंद मिळतो आणि त्याची अवस्था अव्यक्त आणि स्थिर असते, तो योग कोणता? ते विचारतात की, ज्या योगामुळे पापे जळून जातात आणि मनुष्याला भविष्यात मोक्ष किंवा जीवनमुक्ती (देव-पद) मिळू शकते आणि अपार पवित्रता, दिव्यत्व आणि आध्यात्मिक आनंद मिळू शकतो, त्या योगाची ओळख काय? या सर्व प्रश्नांची अचूक उत्तरे मिळवण्यासाठी प्रथम 'योग' या शब्दाचा खरा अर्थ जाणून घेणे आवश्यक आहे.

योग म्हणजे काय?

भारत ही अध्यात्माची भूमी आहे. इथे अनेक प्रकारचे योग प्रचलित आहेत. हठयोग, राजयोग, ध्यानयोग, भक्तियोग इत्यादी. पण, खरा योग कोणता? असा योग जो आत्म्याला शांतता देतो, देवाशी जोडतो, पापांपासून मुक्त करतो आणि परमसुखाची अनुभूती देतो? 'योग' म्हणजे आत्म्याचे परमात्म्याशी जोडणे. केवळ श्वासावर नियंत्रण ठेवणे, डोळे मिटून बसणे किंवा काही विशिष्ट आसने करणे म्हणजे योग नव्हे. योगाचा खरा अर्थ आहे, आपल्या मनाला देवाच्या स्मरणात, त्याच्या प्रेमात, त्याच्या मार्गदर्शनात एकाग्र करणे. योग म्हणजे आत्मा आणि परमात्म्याचे मिलन. आपण म्हणतो, तोच माझा बाप, तोच माझी आई आहे. पण, आज हे नाते केवळ बोलण्यापुरते उरले आहे. प्रत्यक्ष जगण्यात देवाशी संबंध नाही, म्हणूनच सुख आणि शांती दूर गेली आहे.

योग म्हणजे ईश्वरीय स्मृतीत राहणे. योग ही केवळ एक तांत्रिक प्रक्रिया नाही. जसे आपण आपल्या वडिलांना ओळखतो, त्यांचे कर्तृत्व, स्वभाव, घर, मूल्य जाणतो, तसेच परमपित्याचे ओळखणे, हेच खरे ज्ञान आणि त्या ज्ञानातून येणारा विश्वास आणि स्मृती हीच खरी योगसाधना.

जसे एखादा प्रिय व्यक्ती मनात सतत असतो आणि त्याच्या आठवणीने प्रेरणा मिळते, तसेच जर देवाची आठवण आपल्या मनात असेल, तर आपण आपोआप त्याच्याशी जोडले जातो. मन आणि बुद्धी दोन्ही परमात्म्याच्या स्मरणात मग्न झाल्या की, तोच खरा 'बुद्धियोग' आहे. ही स्मृती केवळ भावनिक नसून, ज्ञानावर आधारलेली असते. म्हणूनच ब्रह्माकुमारीजमध्ये योग शिकवताना ज्ञानयोग, राजयोग, बुद्धियोग असे विविध प्रकार एकत्रित केले जातात.

देवाच्या श्रेष्ठ मतावर चालणे म्हणजे योग. आपला खरा संबंध त्या व्यक्तीशी असतो, ज्याच्या सल्ल्यानुसार आपण चालतो. जर मुलगा वडिलांच्या मतावर चालत नसेल, तर केवळ नाते आहे म्हणणे व्यर्थ ठरते. तसेच, जर आपण देवाच्या मतांऐवजी आपल्या इच्छेप्रमाणे किंवा मायेच्या प्रभावाने वागत असू, तर आपला योग खोटा ठरतो.

देव म्हणतो, माझ्या स्मरणात राहा, माझ्याशी अपार प्रेम जोडा आणि माझ्या मतावर चालत राहा. मी तुम्हाला उत्तम मार्ग दाखवीन, ज्यामुळे तुम्ही दुःख सागर पार कराल. अर्थात, योग म्हणजे एकेकाळी शिकवलेले; पण नंतर विसरलेले खूप गूढ आणि श्रेष्ठ ज्ञान पुन्हा शिकवण्याची ईश्वरी योजना आहे. ही योजना यशस्वी होते, तेव्हाच आत्मा आणि परमात्मा यांचा खरा योग होतो.

सहज, सर्वश्रेष्ठ आणि व्यवहार्य योग

आजच्या काळात जेव्हा देव स्वतः अवतरतो आणि आपले नाव, रूप, निवासस्थान, कार्य आणि मत स्पष्ट करतो, तेव्हाच खरा योग शक्य होतो. ब्रह्माकुमारीजच्या शिक्षणानुसार परमपिता परमात्मा, परमधामातून पृथ्वीवर येतो आणि आपल्या ज्ञानाने आत्म्यांना जागृत करतो. या योगासाठी ना आसन, ना प्राणायाम, ना घर सोडावे लागते. आपण आपले कर्तव्य करत करत, मनाने देवाशी जोडले जाऊ शकतो. म्हणूनच याला 'सहज राजयोग' म्हणतात. हे योग सर्व योगांमध्ये श्रेष्ठ आहे. याने आत्मा पवित्र होतो, विकारांवर विजय मिळवतो आणि भविष्यात स्वर्गासारखे जीवन प्राप्त करतो.

या योगांना विविध नावांनी ओळखले जाते - १) ज्ञान योग-ज्ञानावर आधारित योग, २) कर्म योग-कर्म करत करत स्मरणात राहणे, ३) संन्यास योग-वासनांचा त्याग, ४) समत्व योग-सुख-दुःख, मान-अपमानात एकसमान राहणे, ५)राजयोग-सर्व योगांचा राजा, ६)सहज योग-सहजतेने साधला जाणारा योग.

आंतरराष्ट्रीय योग दिन हा दिवस खूप महत्त्वाचा आहे. कारण, तो आपल्याला निरोगी आणि शांत राहण्याची आठवण करून देतो. सर्वांना आंतरराष्ट्रीय योग दिनाच्या हार्दिक शुभेच्छा! ◆◆

ओम शांती!

(लेखक मुख्य संचालिका, प्रजापिता ब्रह्माकुमारी ईश्वरीय विश्वविद्यालय, नाशिक आहेत.)

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Yoga and Music: Collective practice of self

4 • PG | 218 • Sqcm | 27236 • AVE | 17.73K • Cir | Top Right

Mumbai

योग आणि संगीत: अंतर्मनाची एकत्रित साधना

आज दि. २१ जून. हा दिवस 'आंतरराष्ट्रीय योग दिन' आणि 'जागतिक संगीत दिन' म्हणून जगभरात साजरा केला जातो. त्यानिमित्ताने आसनांच्या पलीकडील योगाची आध्यात्मिक अनुभूती उलगडणारा आणि योग आणि संगीताच्या स्वरानुबंधाची गुंफण करणारे हे दोन लेख...

योगसाधना
स्वाती मुळे

योग म्हणजे शारीरिक, मानसिक आणि आध्यात्मिक एकरूपतेची प्रक्रिया, तर संगीत म्हणजे आत्म्याशी संवाद साधण्याचे माध्यम. ही दोन्ही साधने मानवी आयुष्य अधिक समृद्ध, शांत आणि संतुलित करणारी आहेत. या दोन सृजनशील प्रवाहांची सांगड म्हणजेच मन, शरीर आणि आत्म्याचे समन्वय साधणारी एक अद्भुत साधना होय.

योग आणि संगीत : सुरांचे आणि श्वासांचे नाते

योगातील प्राणायाम आणि ध्यान यांच्या प्रक्रियेत श्वास हा केंद्रबिंदू असतो. श्वासांची लय, त्याचा प्रवाह हेच तर संगीताचे मूळ आहे. संगीतही लय, सूर, ताल या त्रयीतूनच जन्म घेतो. योगसाधना करताना सौम्य संगीत विशेषतः शास्त्रीय संगीत, भूप, यमन, हंसध्वनी यांसारख्या रागांचा स्पर्श मनात शांतता निर्माण करतो. संगीताचा प्रभाव मनावर जितका सखोल तितकाच तो योगसाधनेत साहाय्यभूत ठरतो.

ध्यानात संगीत आणि संगीतात ध्यान

ध्यान करताना जर पार्श्वभूमीला नादयोगाचे मंत्र, ओंकाराचे उच्चार किंवा शांत करणारे संगीत असेल, तर मन अधिक स्थिर होते. नाद म्हणजे ध्वनी आणि 'नादयोग' हा योगाचा एक प्रकार आहे; ज्यात ध्वनीच्या कंपनांद्वारे आत्मशुद्धी साधली जाते. हेच संगीताचे खरे स्वरूप आहे, जे मनाची अराजकता दूर करून स्थैर्य आणते.

आधुनिक काळातील महत्त्व

आजच्या धकाधकीच्या जीवनात तणाव, चिंता, अस्वस्थता वाढली आहे. अशा वेळी योग आणि संगीत दोघेही नैसर्गिक, कोणत्याही औषधांशिवाय उपचार करणारी शक्ती ठरतात. विद्यार्थ्यांपासून ज्येष्ठांपर्यंत प्रत्येकासाठी ही दोन साधने अत्यंत उपयुक्त आहेत.

दि. २१ जून रोजीचा संदेश: समरसतेची साधना

दि. २१ जून रोजी एकाच वेळी 'आंतरराष्ट्रीय योग दिन' आणि 'संगीत दिन' साजरा होतो. हा योगायोग नव्हे, तर एक संदेश आहे. शरीर आणि आत्मा यांच्यातील ताळमेळ साधण्यासाठी योग आणि संगीत यांची सांगड घालणे, ही काळाची गरज आहे. आज आपण सर्वांनी हा संकल्प करायला हवा की, दररोज काही वेळ स्वतःसाठी, मनशांतीसाठी देऊया.

आपण योग आणि संगीत या दोघांचे एकत्रित रूप विशेषतः आपल्या गरजेनुसार (जसे की तणाव कमी करणे, झोप सुधारणे, एकाग्रता वाढवणे इत्यादी) कसे वापरू शकतो ते बघू.

१) तनाव कमी करण्यासाठी योग + संगीत

योग्य योगप्रकार:

- बंधन नियंत्रण (प्राणायाम) : अनुलोम-विलोम, भ्रामरी
- शांत आसने : बालासन, शवासन, सुखासन
- ध्यान (Meditation) : मनावर लक्ष केंद्रित करणे
- योग्य संगीत : राग भूपाली, यमन, हंसध्वनी
- साधने : बासरी, तंबोरा, सिंगिंग बाऊल्स

मंत्र : ॐ शांती शांती, शिव मंत्र

कसा वापरायचा?

- प्राणायाम करताना मंद तंबोरा किंवा भूपाली ऐका.
- ध्यान करताना ओंकार जप ऐकावा. (हळू आवाजात)
- संध्याकाळी दिवे मंद करून श्वासनात शांत संगीत ऐका.

२) झोपेची गुणवत्ता सुधारण्यासाठी योग + संगीत

योग्य योगप्रकार :

- योगनिद्रा (Yoganidra) – guided relaxation – वज्रासन, पवनमुक्तासन, शवासन
- योग्य संगीत : राग शंकरा, मालकंस, अहिर भैरव
- नादयोग संगीत : सिंगिंग बाऊल्स, gentle rain sounds

मंत्र : ॐ नमः शिवाय – soft chanting

कसा वापरायचा?

- झोपण्यापूर्वी १५ मिनिटांची योगनिद्रा करा (guided)
- हलके instrumental संगीत background ला ठेवा.
- झोपताना फक्त 'breathing music' लावून डोळे मिटा

३) एकाग्रता वाढवण्यासाठी योग + संगीत

योग्य योगप्रकार :

- त्राटक (नजरेने एक बिंदू पाहणे)
- वज्रासन, सिद्धासन, पद्मासन, नाडी शोधन प्राणायाम
- योग्य संगीत : राग दरबारी, तोडी, बिलावल
- साधने : सरोद, सतार, वीणा

मंत्र : गायत्री मंत्र, ॐ उच्चार (दीर्घ)

कसा वापरायचा?

- अभ्यास करताना कमी आवाजामध्ये बिलावल राग
- त्राटक करताना एकच नाद (single drone) ऐका
- ध्यानाची मंत्रजपाच्या पाच मिनिटांनी सुरुवात करा

काही टिप्स

- संगीतविना शब्दांचे (instrumental chanting) असणे जास्त उपयुक्त. ते फार मोठ्या आवाजात नको. मनात शांतता टिकवणे महत्त्वाचे.
- नियमितता ठेवा : दररोज ठराविक वेळी योग आणि संगीत वापरल्यास प्रभाव जास्त पडतो.

अशाप्रकारे दैनंदिन जीवनात योग आणि संगीत यांची सांगड घालून आपण आनंदी आणि निरामय जीवन जगू शकतो. ◆◆

(लेखक योग प्राध्यापक, योग व निसर्गोपचारतज्ज्ञ, संगीत विशारद आहेत.)
९०२८९५१९९३

Mumbai Tarun Bharat • 21 Jun • Ministry of Ayush

Yoga session' on a large scale in Thane district

2 • PG | 77 • Sqcm | 9658 • AVE | 17.73K • Cir | Top Center

Mumbai

ठाणे जिल्ह्यात व्यापक स्तरावर 'योगसत्र'

आंतरराष्ट्रीय योग दिनानिमित्त आयोजन

कल्याण, दि. २०: प्रतिनिधी

जिल्हा परिषद, ठाणेअंतर्गत आरोग्य विभागामार्फत ११वा आंतरराष्ट्रीय योग दिन शनिवार, दि. २१ जून रोजी देशभरात साजरा होत असून, यानिमित्त जिल्ह्यातील ग्रामपंचायती, शाळा, आरोग्य संस्था आणि सार्वजनिक ठिकाणी विशेष योगसत्रांचे आयोजन करण्यात आले आहे. ठाणे जिल्ह्यातील नागरिकांनी, कर्मचारी वर्गाने, विद्यार्थी आणि स्वयंसेवी संस्थांनी या कार्यक्रमात सहभागी व्हावे, असे आवाहन जिल्हा परिषदेचे मुख्य कार्यकारी अधिकारी रोहन घुगे यांनी केले आहे.

योग दिनाची वैशिष्ट्ये

■ शनिवार, दि. २१ जून रोजी सकाळी ६.३० ते ७.४५ या वेळेत 'योग संगम.' ■ विशाखापट्टनम, आंध्र प्रदेश येथून थेट प्रक्षेपण पंतप्रधान नरेंद्र मोदी यांच्या उपस्थितीत. ■ प्रत्येक सहभागी संस्थेने https://yoga.ayush.gov.in/yoga-sangam या पोर्टलवर नोंदणी करून सहभाग प्रमाणपत्र प्राप्त करावे. ■ 'जल जीवन मिशन' व 'स्वच्छ भारत मिशन (ग्रामीण)'चे आयोजन ■ टप्पा-२अंतर्गत विविध स्वच्छता, वृक्षारोपण आणि पर्यावरणीय उपक्रम योग दिनासोबत राबवले जाणार. ■ 'एक पृथ्वी एक आरोग्यासाठी योग' या संकल्पनेवर साजरा करण्यात येणार आहे.

हरित उपक्रमांची जोड

योग सत्रांसोबतच प्रत्येक ठिकाणी 'हरित योग' संकल्पनेतून वृक्षारोपण, परिसर स्वच्छता, आरोग्य जनजागृती व शाश्वत विकासाचे उपक्रम राबवले जाणार आहेत. यामध्ये ग्राम आरोग्य पोषण व स्वच्छता समित्या, आयुष केंद्रे, शाळा व युवक मंडळे सहभागी होतील.

योग ही समतोल साधणारी प्रक्रिया

"योग ही जीवनशैली आहे. ती केवळ आरोग्यासाठीच नव्हे, तर मन, शरीर व समाज यांच्यातील समतोल साधणारी शास्त्रशुद्ध प्रक्रिया आहे. ठाणे जिल्ह्यातील अंगणवाडी, प्राथमिक आरोग्य केंद्र, उपकेंद्र, खासगी दवाखाने येथे प्रत्येक नागरिकाने या राष्ट्रीय अभियानात सक्रिय सहभाग घ्यावा.

– डॉ. गंगाधर परगे, जिल्हा आरोग्य अधिकारी

Pragativadi • 21 Jun • Ministry of Ayush

Call for “Yoga Yukt, Nasha Mukt Haryana”

13 • PG	47 • Sqcm	11674 • AVE	1.11M • Cir	Bottom Left

Bhubaneshwar

ଯୋଗଯୁକ୍ତ-ନିଶାମୁକ୍ତ ହରିୟାନା ଲାଗି ଆହ୍ୱାନ

■ କୁରୁକ୍ଷେତ୍ର, ତା ୨୦।୬

ସ୍ଥାନୀୟ ବ୍ରହ୍ମସରୋବର କୂଳରେ ହରିୟାନାର ରାଜ୍ୟସ୍ତରୀୟ ଅନ୍ତର୍ରାଷ୍ଟ୍ରୀୟ ଯୋଗ ଦିବସ ପାଳନ କରାଯାଉଛି । ଯୋଗ ଗୁରୁ ରାମଦେବ ଏହାର ନେତୃତ୍ୱ ନେଉଛନ୍ତି । ଶନିବାର ଅନୁଷ୍ଠିତ ହେବାକୁ ଯାଉଥିବା ଏହି ସମାରୋହରେ ହରିୟାନା ମୁଖ୍ୟମନ୍ତ୍ରୀ ନାଏବ ସିଂହ ସୈନୀ ମୁଖ୍ୟ ଅତିଥିଭାବେ ଯୋଗ ଦେବେ । ସ୍ୱାସ୍ଥ୍ୟମନ୍ତ୍ରୀ ଆରତୀ ସିଂହଦେଓ ସମାରୋହରେ ଅଧ୍ୟକ୍ଷତା କରିବେ । ହରିୟାନା ଯୋଗ ଆୟୋଗ ଏବଂ ରାଜ୍ୟ ସରକାରଙ୍କ ଆୟୁଷ ବିଭାଗ ସହଯୋଗରେ ପତଞ୍ଜଳି ପକ୍ଷରୁ ଏହି ସମାରୋହ ଆୟୋଜନ କରାଯାଉଛି । ଏଥିଲାଗି ବ୍ୟାପକ ବ୍ୟବସ୍ଥା ହୋଇଛି । ପତଞ୍ଜଳି ପକ୍ଷରୁ ଏଠାରେ ଯୋଗ ସହିତ ବିଭିନ୍ନ ରୋଗର ନିରାକରଣ ନିମନ୍ତେ ପଞ୍ଚକର୍ମ ଏବଂ ଅନ୍ୟାନ୍ୟ ଥେରାପି ସମ୍ପର୍କରେ ଲୋକଙ୍କୁ ଶିକ୍ଷା ପ୍ରଦାନ କରାଯିବ ।

Pragativadi • 18 Jun • Ministry of Ayush

Yoga recognized in worldwide

14 • PG | 157 • Sqcm | 39236 • AVE | 1.11M • Cir | Middle Center

Bhubaneshwar

ସାରା ବିଶ୍ୱରେ ଯୋଗ ସ୍ୱୀକୃତି ପାଇଛି

■ ନୂଆଦିଲ୍ଲୀ, ୭।୧୭।୧୭

ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ (ଆଇଡିୱାଇ) ୨୦୨୫ ସମ୍ମାରୋହର ଏକ ଅଂଶ ଭାବରେ, ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ ଅଧୀନରେ ଥିବା ମୋରାରଜୀ ଦେଶାଇ ଜାତୀୟ ଯୋଗ ପ୍ରତିଷ୍ଠାନ (ଏମଡିଏନଆଇୱାଇ) ୧୭ ଜୁନ୍, ୨୦୨୫ ରେ ବିଶ୍ୱସ୍ତରୀୟ କାର୍ଯ୍ୟକ୍ରମ 'ଯୋଗ ବନ୍ଧନ' ର ଉଦଘାଟନୀ କାର୍ଯ୍ୟକ୍ରମ ସଫଳତାର ସହ ଆୟୋଜନ କରିଛି। ଏହି ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ପଦକ୍ଷେପ, ଆଇଡିୱାଇ ୨୦୨୫ ଅଧୀନରେ ୧୦ ଟି ସ୍ୱାକ୍ଷର କାର୍ଯ୍ୟକ୍ରମ ମଧ୍ୟରୁ ଗୋଟିଏ, ଯୋଗ କ୍ଷେତ୍ରରେ ଅନୁଷ୍ଠାନ-ରୁ-ଅନୁଷ୍ଠାନ ଭାଗିଦାରୀ ମାଧ୍ୟମରେ ବିଶ୍ୱ ସହଯୋଗକୁ ମଜବୁତ କରିବା ପାଇଁ ଭାରତର ପ୍ରତିବଦ୍ଧତାକୁ ଦର୍ଶାଏ।

'ଯୋଗ ବନ୍ଧନ' ସମଗ୍ର ବିଶ୍ୱରୁ ବିଶ୍ୱ ଯୋଗ ଆମ୍ବାସଡରମାନଙ୍କୁ ଏକାଠି କରିଥିଲା ଏବଂ ଯୋଗ ମାଧ୍ୟମରେ ସାଂସ୍କୃତିକ ବିନିମୟ, ଶୈକ୍ଷିକ ବାର୍ତ୍ତାଳାପ ଏବଂ ବିଶ୍ୱ କଲ୍ୟାଣ ପାଇଁ ଏକ ସହଭାଗୀ ଦୃଷ୍ଟିକୋଣ ପାଇଁ ଏକ ମଞ୍ଚ ଭାବରେ କାର୍ଯ୍ୟ କରିଥିଲା। ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ଯୋଗ ଏକାଡେମିକ୍, ଅଭ୍ୟାସକାରୀ, ଷ୍ଟୁଡିଓ ପ୍ରତିଷ୍ଠାତା, ଲେଖକ ଏବଂ ୧୫ ଟି ଦେଶକୁ ପ୍ରତିନିଧିତ୍ୱ କରୁଥିବା ସ୍ୱସ୍ଥତା ବିଶେଷଜ୍ଞଙ୍କ ସମେତ ବିଶିଷ୍ଟ ଆନ୍ତର୍ଜାତୀୟ ପ୍ରତିନିଧିଙ୍କ ଉତ୍ସାହଜନକ ଅଂଶଗ୍ରହଣ ଦେଖିବାକୁ ମିଳିଥିଲା।

ଉଦଘାଟନୀ ଅଧିବେଶନରେ ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟର ସଚିବ ବୈଦ୍ୟ ରାଜେଶ କୋଟେଚା ଯୋଗ ଦେଇଥିଲେ। ନିଜର ମୁଖ୍ୟ ଅଭିଭାଷଣରେ ସେ ଯୋଗକୁ ବୈଶ୍ୱିକ ସ୍ୱସ୍ଥତା ଆଲୋଚନାର ଅଗ୍ରଭାଗରେ ରଖିବାରେ ଭାରତର ଦୂରଦୃଷ୍ଟିସମ୍ପନ୍ନ ନେତୃତ୍ୱ ଉପରେ ଆଲୋକପାତ କରିଥିଲେ। ଜାତୀୟ ନମୁନା ସର୍ବେକ୍ଷଣ କାର୍ଯ୍ୟାଳୟ (ଏନ୍ଏସ୍ଏସ୍ଓ) ର ତଥ୍ୟ ବିଷୟରେ ଉଲ୍ଲେଖ କରି ସେ ଉଲ୍ଲେଖ କରିଥିଲେ ଯେ ଭାରତର ଗ୍ରାମାଞ୍ଚଳ ଏବଂ ସହରାଞ୍ଚଳ ଜନସଂଖ୍ୟାର ପ୍ରାୟ ୯୫ ପ୍ରତିଶତ ଆୟୁଷ ବ୍ୟବସ୍ଥା ବିଷୟରେ ଅବଗତ ଅଛନ୍ତି, ଏବଂ ଜନସଂଖ୍ୟାର ପ୍ରାୟ ୩୫ ପ୍ରତିଶତ ସକ୍ରିୟ ଭାବେ କୌଣସି ନା କୌଣସି ପ୍ରକାରର ଯୋଗ ଅଭ୍ୟାସ କରୁଛନ୍ତି।

ତାଙ୍କର ବ୍ୟାପକ ବିଦେଶ ଯାତ୍ରାର ଅନୁଭୂତି ବାଣ୍ଟି ଶ୍ରୀ କୋଟେଚା କହିଥିଲେ ଯେ ଯୋଗ ସାରା ବିଶ୍ୱରେ ମାନ୍ୟତା ପାଇଛି। ସେ ଆଇଡିୱାଇ ୨୦୨୫ର ସ୍ୱାକ୍ଷର କାର୍ଯ୍ୟକ୍ରମ, ଯେପରିକି 'ହରିତ ଯୋଗ', 'ଯୋଗ କନେକ୍ଟ' ଏବଂ 'ସାମ୍ପ୍ରୋଗ' ଅଧୀନରେ ନିଆଯାଇଥିବା ପ୍ରମୁଖ ପଦକ୍ଷେପ ବିଷୟରେ ବିସ୍ତୃତ ଭାବେ ବର୍ଣ୍ଣନା କରିଥିଲେ, ଏବଂ ଏହା ମଧ୍ୟ ଉଲ୍ଲେଖ କରିଥିଲେ ଯେ ବିଶ୍ୱବ୍ୟାପୀ ୩୍ ୩୍ ଇଚ୍ଛୁକ ଅଧିକ କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜନ ହୋଇସାରିଛି, ଯାହା ସୂଚାଇ ଦେଇଥିଲା ଯେ ଜୁନ ୨୧ ତାରିଖରେ ଆଇଡିୱାଇ ୨୦୨୫ର ମୁଖ୍ୟ କାର୍ଯ୍ୟକ୍ରମ ଅନୁଷ୍ଠିତ ହେବା ବେଳକୁ ଏହି ସଂଖ୍ୟା ୫ ଲକ୍ଷକୁ ବୃଦ୍ଧି ପାଇପାରେ।

ସେ ଯୋଗ ସାର୍ଟିଫିକେସନ୍ ବୋର୍ଡ (ୱାଇସିବି) ଗିରିଭୂମିର ଉନ୍ନତିକରଣ ବିଷୟରେ ମଧ୍ୟ କହିଥିଲେ, ଯାହାଦ୍ୱାରା ବିଶ୍ୱସ୍ତରରେ ଯୋଗ ପେସାଦାରଙ୍କ ବର୍ଦ୍ଧିତ ଚାହିଦା ପୂରଣ ହୋଇପାରିବ ଏବଂ ପାରସ୍ପରିକ ସହଯୋଗ ଏବଂ ଅଭିବୃଦ୍ଧି ପାଇଁ ୱାଇସିବି ସହିତ ଯୋଡ଼ି ହେବା ଲାଗି ଅନ୍ତର୍ଜାତୀୟ ପ୍ରତିନିଧିମାନଙ୍କୁ ପ୍ରୋତ୍ସାହିତ କରାଯାଇପାରିବ।

Pragativadi • 15 Jun • Ministry of Ayush

International Yoga summit inaugurated

14 • PG | 284 • Sqcm | 71002 • AVE | 1.11M • Cir | Top Left

Bhubaneshwar

ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ସମ୍ମିଳନୀ ଉଦଘାଟିତ

■ ନୂଆଦିଲ୍ଲୀ, ଜାନ୍ୟ୪।୬

ଭାରତ ସରକାରଙ୍କ ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟର କେନ୍ଦ୍ରୀୟ ଯୋଗ ଏବଂ ପ୍ରାକୃତିକ ଚିକିତ୍ସା ଗବେଷଣା ପରିଷଦ (ସିସିଆରୱାଇଏନ) ବିଜ୍ଞାନ ଭବନରେ ଏକ ବିଶ୍ୱସ୍ତରୀୟ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ କାର୍ଯ୍ୟକ୍ରମ 'ଯୋଗ କନେକ୍ଟ' ଆୟୋଜନ କରିଥିଲା, ଯାହା ୧୧ତମ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ (ଆଇଡିୱାଇ) ୨୦୨୫ର ଅବଗଣନାରେ ଏକ ପ୍ରମୁଖ ମାଇଲଖୁଣ୍ଟ। 'ଏକ ପୃଥିବୀ, ଏକ ସ୍ୱାସ୍ଥ୍ୟ ପାଇଁ ଯୋଗ' ବିଷୟବସ୍ତୁ ଉପରେ ଧ୍ୟାନ କେନ୍ଦ୍ରିତ କରି ଏହି କାର୍ଯ୍ୟକ୍ରମ ବ୍ୟକ୍ତିଗତ ଏବଂ ବିଶ୍ୱ କଲ୍ୟାଣରେ ଯୋଗର ପରିବର୍ତ୍ତନକାରୀ ଶକ୍ତିକୁ ମଜବୁତ କରିବା ପାଇଁ ନୀତି ନିର୍ଦ୍ଧାରକ, ଯୋଗ ଗୁରୁ, ବୈଜ୍ଞାନିକ ଏବଂ ସୁସ୍ଥତା ଚିନ୍ତାଧାରାର ନେତାମାନଙ୍କୁ ଏକାଠି କରିଥିଲା। ଏହି ଅବସରରେ ଏକ ସର୍ଗେ ରିପୋର୍ଟ ମଧ୍ୟ ଜାରି କରାଯାଇଥିଲା, ଯେଉଁଥିରେ ଆଇଡିୱାଇର ଏକ ଦଶନ୍ଧିର ପ୍ରଭାବର ମୂଲ୍ୟାଙ୍କନ ଉପରେ ଆଲୋକପାତ କରାଯାଇଥିଲା।

କେନ୍ଦ୍ର ସଂସ୍କୃତି ଏବଂ ପର୍ଯ୍ୟଟନ ମନ୍ତ୍ରୀ ଗଜେନ୍ଦ୍ର ସିଂ ଶେଖାୱତ ଏବଂ କେନ୍ଦ୍ର ଆୟୁଷ ରାଷ୍ଟ୍ରମନ୍ତ୍ରୀ (ସ୍ୱାଧୀନ) ଏବଂ କେନ୍ଦ୍ର ସ୍ୱାସ୍ଥ୍ୟ ଏବଂ ପରିବାର କଲ୍ୟାଣ ରାଷ୍ଟ୍ରମନ୍ତ୍ରୀ ପ୍ରତାପରାଓ ଯାଦବଙ୍କ ଦ୍ୱାରା ପ୍ରଦୀପ ପ୍ରଜ୍ୱଳନ ସହିତ କାର୍ଯ୍ୟକ୍ରମ ଆରମ୍ଭ ହୋଇଥିଲା। ଏହି ଅବସରରେ ହରିଦ୍ୱାରର ପତଞ୍ଜଳି ଯୋଗପୀଠର ପ୍ରତିଷ୍ଠାତା-

ସଭାପତି ସ୍ୱାମୀ ରାମଦେବ, ଲୋନାଭଲା ଭେଟେରାନ୍ୟାଧାମାର ସିଇଓ ଡଃ। ଭାରତୀୟ ଯୋଗ ସଂଘର ସାଧାରଣ ସମ୍ପାଦକ ସୁବୋଧ ତିୱାରୀ, ଯୋଗ ପ୍ରତିଷ୍ଠାନର ନିର୍ଦ୍ଦେଶକ ଡ. ହଂସାଜୀ ଯୋଗେନ୍ଦ୍ର, ପରମାର୍ଥ ନିକେତନର ଆଧ୍ୟାତ୍ମିକ ମୁଖ୍ୟ ସ୍ୱାମୀ ଚିଦାନନ୍ଦ ସରସ୍ୱତୀ, ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟର ସଚିବ ବୈଦ୍ୟ ରାଜେଶ କୋଟେଚାଙ୍କ ସମେତ ଅନେକ ବିଶିଷ୍ଟ ବ୍ୟକ୍ତି ଯୋଗ ଦେଇଥିଲେ।

ସମାବେଶକୁ ସମ୍ବୋଧିତ କରି କେନ୍ଦ୍ର ଆୟୁଷ ରାଷ୍ଟ୍ରମନ୍ତ୍ରୀ (ସ୍ୱାଧୀନ) ପ୍ରତାପରାଓ ଯାଦବ ସ୍ୱାସ୍ଥ୍ୟ ଏବଂ ସୁସ୍ଥତା ବ୍ୟବସ୍ଥାରେ ଯୋଗକୁ ମୁଖ୍ୟଧାରାରେ ଆଣିବା ପାଇଁ ମନ୍ତ୍ରଣାଳୟର ପ୍ରୟାସ ବିଷୟରେ ସୂଚନା ପ୍ରଦାନ କରିଥିଲେ। ସେ କହିଛନ୍ତି ଯେ ମନ୍ତ୍ରଣାଳୟ ଏକ ଦେଶବ୍ୟାପୀ ପ୍ରଭାବ ସର୍ବେକ୍ଷଣ କରିଛି ଏବଂ ଦର୍ଶାଇଛି। ଅଧ୍ୟୟନରୁ ଜଣାପଡିଛି ଯେ ଯୋଗ ମଧୁମେହ, ହୃଦରୋଗ, ଜର୍ଜଟ ଆରୋଗ୍ୟ ଏବଂ ବୟସ୍କଙ୍କ ଯତ୍ନ ପରିଚାଳନାରେ ସହାୟକ ହୋଇଥାଏ। ସେ ଦକ୍ଷତା ବିକାଶ ଏବଂ ନିଯୁକ୍ତି କ୍ଷେତ୍ରରେ ଯୋଗର ପ୍ରାସଙ୍ଗିକତା ଉପରେ ଗୁରୁତ୍ୱାରୋପ କରି ଏହାକୁ ବିଶ୍ୱ ଯୋଗ କ୍ରାନ୍ତି ଏବଂ ସୁସ୍ଥତା କ୍ଷେତ୍ରରେ ଭାରତର ନେତୃତ୍ୱ ପଛରେ ଏକ ପ୍ରେରକ ଶକ୍ତି ବୋଲି କହିଛନ୍ତି।

କେନ୍ଦ୍ର ସଂସ୍କୃତି ଏବଂ ପର୍ଯ୍ୟଟନ ମନ୍ତ୍ରୀ ଗଜେନ୍ଦ୍ର ସିଂ ଶେଖାୱତ ଯୋଗକୁ ଚିତି (ବ୍ୟକ୍ତିଗତ ଚେତନା) ରୁ ରାଷ୍ଟ୍ରଚିତି (ଜାତୀୟ ଚେତନା) କୁ ଉନ୍ନୀତ କରିବାରେ ପ୍ରଧାନମନ୍ତ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦିଙ୍କ ଦୂରଦୃଷ୍ଟିକୁ ପ୍ରଶଂସା କରିଛନ୍ତି। ସେ କହିଥିଲେ ଯେ ଯୋଗ ସଂଯୋଗ ହେଉଛି ଯୋଗକୁ ଏକ କାର୍ଯ୍ୟକଳାପ ଭାବେ ନୁହେଁ, ବରଂ ଏକ ଜୀବନଶୈଳୀ ଭାବେ ଗ୍ରହଣ କରିବାର ଆହ୍ୱାନ। ଜୁନ୍ ୨୧ ରେ ଆସନ୍ତୁ ଆମେ ଭାରତର କାଳଜୟୀ ଜ୍ଞାନ ପ୍ରତି ପ୍ରକୃତ ଶ୍ରଦ୍ଧାଞ୍ଜଳି ଭାବରେ ଆଇଡିୱାର ୨୦୨୫ ପାଳନ କରିବା।

ଏହି ଅବସରରେ ସ୍ୱାମୀ ରାମଦେବ କହିଥିଲେ ଯେ, ଆଜି ୨୦୦ଟି ଦେଶରେ ପାଖାପାଖି ୨ ବିଲିୟନ ଲୋକ ଯୋଗ ଅଭ୍ୟାସ କରୁଛନ୍ତି। ଆମେ ଆଶା କରୁଛୁ ଯେ ଆଗାମୀ ପାଞ୍ଚ ବର୍ଷ ମଧ୍ୟରେ ଏହି ସଂଖ୍ୟା ୫ ବିଲିୟନକୁ ବୃଦ୍ଧି ଯାଇବ। ଏହା କେବଳ ଯୋଗର ବୈଶ୍ୱିକ ସ୍ୱୀକୃତି ନୁହେଁ ବରଂ ବିଶ୍ୱବ୍ୟାପୀ ଭାରତର ବର୍ଦ୍ଧିତ ସାଂସ୍କୃତିକ ପ୍ରଭାବକୁ ମଧ୍ୟ ପ୍ରତିଫଳିତ କରୁଛି। ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ଅନେକ ପ୍ରଭାବଶାଳୀ ପ୍ରକାଶନ ଏବଂ ଜ୍ଞାନ ସମ୍ବଳର ଉନ୍ମୋଚନ ମଧ୍ୟ ହୋଇଥିଲା।

Pragativadi • 15 Jun • Ministry of Ayush

Patanjali intensifies Yoga Day campaign

14 • PG	71 • Sqcm	17679 • AVE	1.11M • Cir	Middle Left

Bhubaneshwar

ଯୋଗ ଦିବସରେ ପତଞ୍ଜଳିର ଜନସମ୍ପର୍କ ଅଭିଯାନ

କୁରୁକ୍ଷେତ୍ର,ତା ୧୪।୬ :
ଅନ୍ତଃରାଷ୍ଟ୍ରୀୟ ଯୋଗ ଦିବସରେ ପତଞ୍ଜଳି ପକ୍ଷରୁ ଜନସମ୍ପର୍କ ଅଭିଯାନ ହରିୟାନାର କୁରୁକ୍ଷେତ୍ରରେ ଆୟୋଜିତ ହୋଇଯାଇଛି। ଯୋଗ ଗୁରୁ ରାମଦେବଜୀଙ୍କ ଦିଗଦର୍ଶନରେ ଆୟୋଜିତ ଏକ କାର୍ଯ୍ୟକ୍ରମରେ ହରିୟାନା ଯୋଗ ଆୟୋଗ, ରାଜ୍ୟ ଆୟୁଷ ବିଭାଗ ପ୍ରମୁଖ ସହଯୋଗ କରିଥିଲେ। ଏହି ଅବସରରେ ବାବା ରାମଦେବ କହିଥିଲେ ଯେ, ଯୋଗ ଭାରତୀୟ ସଂସ୍କୃତି ଏବଂ ପରମ୍ପରାର ଅନନ୍ୟ ବାହକ। ଏହା ଉଭୟ ଶରୀର ,ବଂ ମନର ସୁସ୍ଥତା ଲାଗି ଏକାନ୍ତ ଅନିବାର୍ଯ୍ୟ। ସୁସ୍ଥତା ହିଁ ଋଦ୍ଧିର ଏକମାତ୍ର ପଥ। ଏଥିପ୍ରତି ସମଗ୍ର ବିଶ୍ୱରେ ସଚେତନତା ଏବଂ ଆଗ୍ରହ ବଢୁଛି। ଏହା ସମାଜର ଆଧାତ୍ମିକ ପରିବେଶ ମଧ୍ୟ ସୃଷ୍ଟି କରିଥାଏ। ହରିୟାନରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳନ ଲାଗି ଉତ୍ସାହ ସ୍ୱାଗତଯୋଗ୍ୟ ବୋଲି ସେ କହିଥିଲେ। ଏହି ଅବସରରେ ସାଧ୍ୱୀ ଦେବବାଣୀ, ସାଧ୍ୱୀ ଦେବଗରଜା, ଡାକ୍ତର ନିରୁପମା, ବହେନ ଅମରଜୀ, ଡାକ୍ତର ସୁମନ କୃଷ୍ଣା ପ୍ରମୁଖ ସାମିଲ ହୋଇ ଯୋଗ ସଚେତନତା ଅଭିଯାନକୁ ଲୋକପ୍ରିୟକରିବା ଲାଗି ଆହ୍ୱାନ କରିଥିଲେ।

Janmabhumi • 21 Jun • Ministry of Ayush

District level program of International Yoga Day will be held today at Smritivan, Bhuj

5 • PG | 45 • Sqcm | 18122 • AVE | 34.89K • Cir | Bottom Center

Mumbai

ભુજના સ્મૃતિવન ખાતે આજે આંતરરાષ્ટ્રીય યોગ દિવસનો જિલ્લા કક્ષાનો કાર્યક્રમ યોજાશે

ભુજ, તા. ૨૦ : યોગને વૈશ્વિક સ્વીકૃતિ અપાવનાર વડાપ્રધાન નરેન્દ્ર મોદીની પ્રેરણાને અનુસરીને રાજ્ય સરકારના રમતગમત, યુવા અને સાંસ્કૃતિક પ્રવૃત્તિઓ વિભાગ દ્વારા ૨૧મી જૂને ૧૧મા આંતરરાષ્ટ્રીય યોગ દિવસની ઉજવણી અંતર્ગત કચ્છમાં જિલ્લા કક્ષાનો કાર્યક્રમ સ્મૃતિવન ખાતે સવારે છ વાગ્યે યોજાશે. યોગા ફોર વન અર્થ, વન હેલ્થ નામે આયોજિત આ કાર્યક્રમમાં કેબિનેટ મંત્રી કુંવરજીભાઇ બાવળિયાની પ્રેરક ઉપસ્થિતિ સાથે વિશેષ અતિથિપદે સાંસદ વિનોદભાઇ ચાવડા, જિ.પં. પ્રમુખ જનકસિંહ જાડેજા, ધારાસભ્યો વગેરે ઉપસ્થિત રહેશે.

Janmabhumi • 21 Jun • Ministry of Ayush

Over three lakh people will do yoga with the Prime Minister at 'Yogandhra

9 • PG | 1844 • Sqcm | 737546 • AVE | 34.89K • Cir | Middle Left,Top Left

Mumbai

યોગ : કર્મસુ કૌશલમ્

જીવનના તમામ પાસામાં સંવાદિતા લાવે યોગ

યોગ એક સંસ્કૃત શબ્દ 'યુજ' પરથી ઊતરી આવ્યો છે જેનો અર્થ છે જોડાણ- યોગ. પ્રાચીન ભારતમાં વિકસિત આંતરિક વિજ્ઞાન છે જેમાં વિભિન્ન પદ્ધતિઓ દ્વારા શરીર અને મન વચ્ચે ઐક્ય સાધીને આત્મસાક્ષાત્કાર કરી શકાય છે. અષ્ટાંગ યોગ, જ્ઞાનયોગ, ભક્તિયોગ, કર્મયોગ, કુંડલિની યોગ અને હઠ યોગ. આ બધા યોગનું અંતિમ ચરણ તો સમાધિ જ છે એટલે કે પરમેશ્વર સાથેનો સમન્વય.

અષ્ટાંગ યોગ : આ યોગનું નિર્માણ મહર્ષિ પતંજલિએ કર્યું છે. જેમાં આત્મસાક્ષાત્કારની આઠ સીડીઓ બતાવી છે એટલે તેને અષ્ટાંગ યોગ કહેવામાં આવે છે. જે આ પ્રમાણે છે.

યમ, નિયમ, આસન, પ્રાણાયામ, પ્રત્યાહાર, ધારણા, ધ્યાન અને સમાધિ યમ. આપણું સામાજિક વર્તન કેવું હોવું જોઈએ તે શીખવે છે. તેમાં અહિંસાને પ્રથમ સ્થાન આપ્યું છે. ત્યાર બાદ સત્ય- અસત્ય, બ્રહ્મચર્ય અને પરિગ્રહ આવે છે.

નિયમ- યમ આપણને સામાજિક વર્તન શીખવાડે છે જ્યારે નિયમ આપણાં વિકાસ માટે છે. પહેલો નિયમ છે શૌચ- સંતોષ. તપ, સ્વાધ્યાય, ઈશ્વર પરિધાનનો સમાવેશ થાય છે.

આસન : આસન એટલે શરીરનું સહજ અને સુખરૂપ હલનચલન, પતંજલિએ કુદરત એટલે કે પ્રાણીઓ, ઝાડ-પાન જેની જે ખાસીયત હોય તેના પરથી આસનો લીધાં છે. જેમ કે બિલાડીની કરોડરજ્જુ બહુ મજબૂત હોય છે તેના ઉપરથી માંજરાસન આવ્યું તેવી રીતે ગરુડાસન, ઉસ્ત્રાસન, ગૌમુખાસન લીધું છે. આસનો આપણામાં, પ્રકૃત્તિમાં અને વિશ્વમાં રહેલી એકરૂપતાની શોધ છે. આસનો કરવાથી તંદુરસ્તી તો પ્રાપ્ત થાય છે સાથે સાથે મન શાંત રહે છે, શરીર સુડોળ અને લચીલું બને છે.

પ્રાણાયામ : પ્રાણ + અયામ. પ્રાણ જેના ઉપર આપણું જીવન ટકયું છે તેનો આયામ એટલે પ્રાણાયામ. પ્રાણાયામ વૈજ્ઞાનિક પદ્ધતિથી વિકસિત થયા છે અને તે ઘણાં પ્રકારનાં છે. જેમ કે શીતલી, શીતકારી, ચંદ્રભેદી પ્રાણાયામ- જે પહેલાંના સમયમાં ઋષિમુનિઓ ગરમીથી બચવા કરતા, કારણ કે તે શરીરને ઠંડક આપે છે. કપાલભાતિ, ભસ્ત્રિકા જેવા પ્રાણાયામ શરીરમાંથી વિષ બહાર ફેંકે છે. અનુલોમ વિલોમ શરીરનું તાપમાન સંતુલિત રાખે છે. આ રીતે શ્વાસોશ્વાસની વ્યવસ્થિત પ્રક્રિયા કરવાથી લોહી તથા મગજને વધુ પ્રાણવાયુ મળે છે. કાચબો ઓછા શ્વાસ લે છે પણ લાંબુ જીવે છે કારણ

'યોગાંધ્ર'માં ત્રણ લાખથી વધુ લોકો વડા પ્રધાન સાથે યોગ કરશે

આંતરરાષ્ટ્રીય યોગ દિવસ નિમિત્તે વડા પ્રધાન નરેન્દ્ર મોદી આંધ્રપ્રદેશના વિશાખાપટ્ટનમમાં આયોજિત કાર્યક્રમમાં ભાગ લેશે. આ કાર્યક્રમ શહેરના આર કે બીચથી ભોગાપુરમ સુધીના ૨૬ કિલોમીટર લાંબા કોરિડોરમાં આયોજિત કરવામાં આવ્યો છે. ત્યાં ત્રણ લાખથી વધુ લોકો એકસાથે યોગ કરશે. આંધ્રપ્રદેશના મુખ્ય પ્રધાન એન ચંદ્રબાબુ નાયડુએ જણાવ્યું હતું કે સવારે ૬:૩૦ થી ૮ વાગ્યા સુધી ચાલનારો કાર્યક્રમ એવી રીતે યોજાશે કે ગિનીસ વર્લ્ડ રેકોર્ડ સહિત અનેક રેકોર્ડ સ્થાપિત થશે.

આંધ્ર પ્રદેશ સરકાર ૨૧ જૂને માત્ર વિશાખાપટ્ટનમમાં જ નહીં પરંતુ સમગ્ર રાજ્યમાં એક સાથે અનેક પ્રવૃત્તિઓનું આયોજન કરીને, લાખો લોકોને યોગ અભ્યાસમાં સામેલ કરીને રેકોર્ડ બનાવવાનો લક્ષ્ય રાખ્યો છે. વિશ્વભરના ઘણા દેશો દ્વારા ઊજવવામાં આવતા ૧૧મા આંતરરાષ્ટ્રીય યોગ દિવસની થીમ 'એક પૃથ્વી, એક સ્વાસ્થ્ય માટે યોગ' રાખવામાં આવી છે. નાયડુએ કહ્યું, ૨૫,૦૦૦ થી વધુ આદિવાસી વિદ્યાર્થીઓ ૧૦૮ મિનિટ સુધી સૂર્ય નમસ્કાર કરશે. આનો ઉદ્દેશ્ય સૌથી મોટા સમૂહ અને સૌથી વધુ સંખ્યામાં લોકો એકસાથે સૂર્ય નમસ્કાર કરે તેવો રેકોર્ડ બનાવવાનો છે. સરકારનો હેતુ રાજ્યભરમાં એક લાખ કેન્દ્રોમાં યોગ સત્રોનું આયોજન કરવાનો અને વિશાખાપટ્ટનમમાં યોગ પ્રવૃત્તિઓમાં ભાગ લેવા માટે પાંચ લાખ લોકોને આકર્ષવાનો છે. વિશાખાપટ્ટનમમાં આર કે બીચથી ભોગાપુરમ સુધીના ૨૬ કિમી વિસ્તારમાં વ્યાપક વ્યવસ્થા કરવામાં આવી છે. અહીં ૩.૧૯ લાખ લોકો એકસાથે યોગ કરી શકશે. રાજ્ય, દેશ અને વિશ્વભરનાં આઠ લાખ સ્થળોથી સહભાગીઓ જોડાય તેવી અપેક્ષા છે. તેમણે કહ્યું કે યોગ દિવસની પ્રવૃત્તિઓમાં ભાગ લેવા માટે ૨.૩૯ કરોડ લોકોએ નોંધણી કરાવી છે.

યોગ દિવસ પહેલાં, યોગ વિશે જાગૃતિ લાવવા માટે એક મહિના સુધી 'યોગાંધ્ર' ઝુંબેશ શરૂ કરાઈ હતી જેમાં ગ્રામ્ય સ્તરથી રાજ્ય સ્તર સુધી ૧૫,૦૦૦ યોગ સ્પર્ધાઓનું આયોજન કરવામાં આવ્યું હતું, ૫૪૫૧ પ્રશિક્ષકોએ આ પ્રયાસમાં યોગદાન આપ્યું હતું અને વિવિધ યોગ કાર્યક્રમોના એક કરોડથી વધુ સહભાગીઓને પ્રમાણિત કરવામાં આવ્યા હતા. મેગા ઇવેન્ટના સુચારૂ સંચાલન માટે ૧૦૦૦ લોકોની ક્ષમતાવાળા ૩૨૬ 'કમ્પાર્ટમેન્ટ' તૈયાર કરવામાં આવ્યા છે અને ૩.૩૨ લાખ ટી-શર્ટ અને પાંચ લાખ યોગ મેટની વ્યવસ્થા કરવામાં આવી છે. અધિકારીઓએ ૨૧ જૂને યોગ પ્રવૃત્તિઓ માટે રાજ્યભરમાં ૧.૩ લાખથી વધુ સ્થળોની ઓળખ અને નોંધણી કરાવી છે જ્યારે વિશાખાપટ્ટનમમાં ૩૦,૦૦૦ લોકો માટે વૈકલ્પિક વ્યવસ્થા કરવામાં આવી છે.

દરમિયાન, વિશાખાપટ્ટનમમાં કાર્યક્રમ માટે વિસ્તૃત સુરક્ષા વ્યવસ્થા કરવામાં આવી રહી છે. ૧૨૦૦થી વધુ સીસીટીવી કેમેરા અને ડ્રોન ૨૬ કિલોમીટરના પટ પર નજર રાખશે જ્યાં હજારો લોકો યોગ કરશે. સુરક્ષા માટે લગભગ ૧૦,૦૦૦ પોલીસકર્મીઓને તહેનાત કરવામાં આવ્યા છે. કાર્યક્રમ દરમિયાન સંકલન અને સુરક્ષા સુનિશ્ચિત કરવા માટે ઉચ્ચ ટેકનોલોજીથી સજ્જ પોલીસ કંટ્રોલ રૂમ સ્થાપિત કરવામાં આવ્યો છે. કાર્યક્રમમાં મોટી સંખ્યામાં લોકો હાજરી આપે તેવી અપેક્ષા છે.

યોગઉદ્યોગ : આરોગ્ય અને અર્થતંત્રનું મિલન

ભારત યોગનું જન્મસ્થાન છે. આ પ્રાચીન શારીરિક અને માનસિક વિદ્યા આજે માત્ર આધ્યાત્મિક માર્ગ પુરું પાડતું જ્ઞાન રહી નથી પણ આખો યોગઉદ્યોગ વિકસી બહુમૂલ્ય બજાર બની ચૂકી છે. વિશ્વભરમાં યોગ ઉદ્યોગ ઝડપથી વિકસિત થઈ રહ્યો છે તથા આરોગ્યપ્રેમીઓ, ટ્રેનર્સ અને ઉદ્યોગકારો માટે નવી તકો ઊભી કરી રહ્યો છે.

યોગઉદ્યોગનો આકાર

યોગ ધીમે ધીમે દુનિયામાં મોટો વ્યવસાય બની રહ્યો છે. કેન્દ્રિય આયુષ મંત્રાલય અને એલાઈડ માર્કેટ રિસર્ચના અભ્યાસ અનુસાર, ૨૦૨૦માં યોગનો વ્યવસાય જ્યાં ત્રણ લાખ કરોડ રૂપિયાનો હતો, હવે તે વધીને પાંચ લાખ કરોડ સુધી પહોંચી ગયો છે. અંદાજિત સમય પહેલાં જ યોગે વિશ્વનાં વ્યવસાયિક ક્ષેત્રમાં પોતાનું સ્થાન મજબૂત કરી દીધું છે.

આજના યુગમાં યોગ માત્ર મેટ પર બેસીને આસનો કરવા એ માત્ર ઘરે કરવામાં આવતી સામાન્ય ક્રિયા રહી નથી. યોગમાં સ્ટુડિયોઝ, ઓનલાઈન ક્લાસ, યોગ વેર, યોગ ટેકનોલોજી (જેમ કે ઍપ્સ અને સ્માર્ટ મેટ્સ), યોગ ટૂરિઝમ અને યોગ થેરાપીનો સમાવેશ થયો છે. ૨૦૨૪માં યોગ ઉદ્યોગ વૈશ્વિક સ્તરે ૧૩૫ અબજ ડોલર સુધી પહોંચ્યો છે. ભારતમાં પણ યોગ ઉદ્યોગ દર વર્ષે આશરે ૧૦ ટકાની વૃદ્ધિ સાથે આગળ વધી રહ્યો છે.

યોગ ઇન્ડસ્ટ્રી

યોગ શિક્ષણ અને તાલીમ : અનેક યુવાન યોગ સર્ટિફિકેશન લઈને યોગ શિક્ષક બનવા માંડે છે.

યોગ ટુરિઝમ : ઋષીકેશ, ધરમશાલા, કેરળ જેવાં સ્થળોએ યોગ રીટ્રીટ્સ વિશ્વભરના યોગપ્રેમીઓને આકર્ષે છે.

યોગ કપડાં અને સાધનો, યોગા પેન્ટ્સ, મેટ્સ, બ્લોક્સ જેવી વસ્તુઓની માગ વધી છે.

ઓનલાઈન યોગ પ્લેટફોર્મ્સ : યુટ્યુબ ચેનલ, ઝૂમ વર્કશોપ અને ઍપ્સના કારણે યોગ ઘરમાં બેઠા કરવા શક્ય બન્યા છે.

સરકાર અને યોગ

ભારત સરકારે યોગના પ્રચાર માટે અનેક પગલાં લીધાં છે. ભારતના પ્રયાસોથી જ ૨૧મી જૂનને આંતરરાષ્ટ્રીય યોગ દિવસ તરીકે ઊજવવાની

ઋષિમુનિઓ ગરમીથી બચવા કરતા, કારણ કે તે શરીરને ઠંડક આપે છે. કપાલભાતિ, ભસ્ત્રિકા જેવા પ્રાણાયામ શરીરમાંથી વિષ બહાર ફેંકે છે. અનુલોમ વિલોમ શરીરનું તાપમાન સંતુલિત રાખે છે. આ રીતે શ્વાસોશ્વાસની વ્યવસ્થિત પ્રક્રિયા કરવાથી લોહી તથા મગજને વધુ પ્રાણવાયુ મળે છે. કાયઓ ઓછા શ્વાસ લે છે પણ લાંબુ જીવે છે કારણ કે તે ઊંડા શ્વાસ લે છે. જે વ્યક્તિ નિયમિત પ્રાણાયામ કરે છે તે ઊંડા શ્વાસ લે છે જેથી મન શાંત રહે છે, આયુષ્ય વધે છે અને ઊંઘ સારી આવે છે.

પ્રત્યાહાર : (પાછું ખેંચવું) વિષયોમાંથી ઈન્દ્રિયોને પાછી ખેંચવી.

ધારણા : કોઈપણ ધ્યેય ઉપર ધ્યાન કેન્દ્રિત કરીને તેને મેળવવાની કોશિશ એટલે ધારણા.

ધ્યાન : શિસ્તપૂર્વક ચિત્તમાં એકાગ્રતા લાવવી.

સમાધિ : ઈશ્વર સાથે એકાકાર થઈ જવું તે સમાધિ.

આ રીતે પતંજલિએ યમ, નિયમ દ્વારા આંતરિક અને બાહ્ય શુદ્ધિ સમજાવી પછી આસન, પ્રાણાયામ દ્વારા શારીરિક અને માનસિક શક્તિઓ વધારાવી ત્યારબાદ ધારણા, ધ્યાન અને સમાધિ દ્વારા પ્રભુમાં લીન થઈ જતાં શીખવાડ્યું.

વિદ્યા ઉપાર્જિત કરવી તે છે જ્ઞાન યોગ. જ્ઞાન થાય છે પછી ભક્તિ દ્વારા ઈશ્વર સાથે જોડાણ થાય છે. પોતાના સર્વ કર્મ પ્રભુને સમર્પિત કરીને ભક્તિભાવથી જપ, તપ, ભજન, કિર્તન કરે છે તે ભક્તિ યોગ છે. જ્ઞાન અને ભક્તિ યોગ સિક્કાની બે બાજુ છે.

કર્મમાં કુશળતા જ યોગ છે. જે કર્મ નિઃસ્વાર્થ ભાવથી કરવામાં આવે તે જીવનના અંતિમ લક્ષ તરફ લઈ જાય છે.

યોગ ચિત્તવૃત્તિ નિરોધ એટલે ચિત્તવૃત્તિને યોગ દ્વારા રોકવી. યોગ વિચાર તરંગોનો નિરોધ કરી આપણને આત્મા તરફ લઈ જાય છે. કુંડલિની યોગ ચક્ર પર આધારિત છે. હઠયોગમાં હ એટલે સૂર્ય અને ઠ એટલે ચંદ્ર, આ યોગમાં સૂર્ય-ચંદ્રનું સમન્વય વર્ણવ્યું છે. આપણાં શરીરમાં પણ સુર્ય નાડી અને ચંદ્ર નાડી છે. ધ્યાન પ્રાપ્તિ માટે આ બંને નાડીઓનું સક્રીય હોવું જરૂરી છે.

યોગ વ્યક્તિના શરીર, મન, લાગણી અને ઉર્જાના સ્તર પર કામ કરે છે આથી તેને ચાર ભાગમાં વિભાજિત કરેલ છે. કર્મ યોગ જ્યાં શરીરનો ઉપયોગ છે, જ્ઞાન યોગમાં બુદ્ધિ અને ભક્તિ યોગમાં લાગણી દર્શાવી છે જ્યારે ક્રિયા યોગમાં ઊર્જા વપરાય છે.

અર્વાચીન કાળમાં યોગ ખૂબ જ પ્રચલિત હતો પણ વર્ષો જતાં ભારતમાં આનું મહત્ત્વ ઓછું થઈ ગયું પરંતુ જ્યારે પશ્ચિમના દેશોએ આનું અધ્યયન કર્યું ત્યારે તેમની રુચિ વધી અને ત્યાં યોગનો ફેલાવો થવા લાગ્યો પણ 'યોગ' શબ્દ રૂપાંતરિત થઈને 'યોગા' થઈ ગયો. પતંજલિએ મુખ્ય ૮૪ આસનો જ વર્ણવેલા જેમાંથી અસંખ્ય આસનો થઈ ગયા છે. યોગ જીવનના તમામ પાસાઓમાં સંવાદિતા લાવે છે માટે જ આરોગ્યવર્ધક છે. વિશ્વના લોકોને સમજાઈ ગયું છે કે રોગપ્રતિકારક શક્તિ વધારવાનો અને જીવનભર તંદુરસ્ત રહેવાનો એકમાત્ર સલામત ઉપાય યોગ જ છે.

-નયના શાહ

આંતરરાષ્ટ્રીય યોગ દિન

વિશ્વમાં યોગના પ્રચારમાં યોગદાન આપનારા ભારતીય યોગગુરુઓ

૧૯૨ દેશોમાં ૨૧મી જૂને આંતરરાષ્ટ્રીય યોગ દિવસ તરીકે ઊજવાય છે. પ્રાચીન સમયમાં આદ્ય ગુરુ શંકરાચાર્યએ ભારતમાં ભ્રમણ કરીને અદ્વૈત વેદાંત અને યોગનો ઉપદેશ આપ્યો હતો. આ પરંપરા મુજબ શ્રી અરવિંદથી માંડીને સ્વામી વિવેકાનંદ પણ યોગના અભ્યાસુ હતા. યોગ ભારતની પ્રાચીન વિદ્યા જ નહીં જીવનશૈલી છે જેને ઋષિમુનિઓએ જનસામાન્ય સુધી પહોંચાડી હતી.

આધુનિક સમયમાં ભારતના યોગગુરુઓ યોગને વિશ્વના તખ્તા પર લઈ ગયા અને કરોડો લોકોને યોગ કરતા કર્યા છે. છેલ્લા બે દાયકામાં ભારતમાં બાબા રામદેવે યોગને આયુર્વેદ ચિકિત્સા સાથે જોડી તેને પ્રચલિત કર્યો છે. તે અગાઉ અનેક યોગગુરુઓ ભારતની યોગવિદ્યાનો દુનિયાને પરિચય આપતા રહ્યા છે જેમાં તિરુમલાઇ કૃષ્ણમાચાર્યથી માંડીને મહર્ષિ યોગી સુધીનો સમાવેશ થાય છે.

તિરુમલાઇ કૃષ્ણમાચાર્ય આધુનિક યોગના પિતા માનવામાં આવે છે. હઠયોગ અને વિન્યાસને પુનઃ સ્થાપિત કરવાનો શ્રેય તેમને જ મળે છે. મૈસૂરના મહારાજાના રાજ્યમાં યોગ સેન્ટર શરૂ કરીને ભારતમાં યોગને નવી ઓળખ આપી હતી.

રશિયાની પ્રસિદ્ધ અભિનેત્રી ઈન્દ્રાદેવીને યોગ શીખવ્યો હતો. ઈન્દ્રાદેવીએ આ યોગ અમેરિકામાં હોલીવૂડના અભિનેતા - અભિનેત્રીઓને શીખવ્યો હતો.

તિરુમલાઇ કૃષ્ણમાચાર્ય પાસે આયુર્વેદનું પણ ખૂબ નોલેજ હોવાથી તેમણે અનેક દર્દીઓને સારવાર આપી સાજા કર્યા હતા. તિરુમલાઇ યોગના પ્રચાર માટે ભારત ભ્રમણ કર્યું હતું.

બી કે એસ આયંગરે પતંજલિના યોગ સૂત્રોને નવી જ રીતે રજૂ કર્યા

બી કે એસ આયંગરે યોગને વિશ્વભરમાં ઓળખ આપવામાં મહત્વનો ફાળો આપ્યો છે. તેમને આયંગર યોગ પણ વિકસાવ્યો હતો. આયંગર યોગ સ્કૂલના માધ્યમથી તેમણે દુનિયાભરના લોકોને યોગ પ્રત્યે જાગૃત કર્યા હતા. ૨૦૦૪માં ટાઇમ મેગેઝિને વિશ્વની ૧૦૦ પ્રભાવશાળી વ્યક્તિઓમાં સમાવેશ કર્યો હતો. આયંગરે પ્લતંજલિના યોગ સૂત્રોને નવી જ રીતે પારિભાષિત કર્યા હતાં. તેમના લાઇટ ઓન યોગ નામના પુસ્તકને યોગનું બાઇબલ કહેવામાં આવે છે.

પરમહંસ યોગાનંદે અમેરિકામાં યોગના પ્રચારમાં મોટું યોગદાન આપ્યું

પરમહંસ યોગાનંદે પશ્ચિમના દેશોને મેડિટેશન અને ક્રિયા યોગથી પરિચિત કરાવ્યા હતા. તેઓ આધુનિક યોગ જગતના પ્રભાવશાળી યોગ ગુરુઓમાં સ્થાન ધરાવે છે.

પરમહંસ યોગાનંદે તેમના જીવનનો મહત્વનો સમય અમેરિકામાં યોગના પ્રચાર અને પ્રસારમાં ગાળ્યો હતો.

ધીરેન બ્રહ્મચારીએ દૂરદર્શનના માધ્યમથી યોગ શીખવ્યો

ઈન્દિરા ગાંધીના યોગ ટીચર તરીકે જાણીતા ધીરેન બ્રહ્મચારીએ દૂરદર્શનના માધ્યમથી ભારતમાં યોગના પ્રચાર-પ્રસારમાં મહત્વનો ફાળો આપ્યો હતો. તેમણે દેશમાં વિવિધ સ્થળોએ યોગ આશ્રમ અને યોગ શરૂ કરાવ્યા હતા. એક સમયે રાજકીય વર્તુળોમાં તેમનું મોટું નામ હતું. રાજકારણીઓ અને મહાનુભાવો અવાર નવાર તેમના આશીર્વાદ લેતા હતા.

સ્વામી શિવાનંદે યોગ સાથે કર્મ અને ભક્તિને જોડી પ્રચાર કર્યો

વ્યવસાયે ડોક્ટર એવા સ્વામી શિવાનંદ સરસ્વતીએ યોગ અને વેદાંત પર ખૂબ જ ઊંડું સંશોધન કર્યું હતું. તેમણે યોગ વેદાંત માટે પોતાનું સંપૂર્ણ જીવન સમર્પિત કરી દીધું હતું. યોગ સાથે કર્મ અને ભક્તિને જોડીને વિશ્વમાં યોગનો પ્રચાર કર્યો હતો. બાળકને યોગ શિખવવા માટે યોગ સ્કૂલો પણ શરૂ કરી હતી.

વસ્તુઓની માગ વધી છે.

ઓનલાઈન યોગ પ્લેટફોર્મ્સ : યુટ્યુબ ચેનલ, ઝૂમ વર્કશોપ અને એપ્સના કારણે યોગ ઘરમાં બેઠા કરવા શક્ય બન્યા છે.

સરકાર અને યોગ

ભારત સરકારે યોગના પ્રચાર માટે અનેક પગલાં લીધાં છે. ભારતના પ્રયાસોથી જ ૨૧મી જૂનને આંતરરાષ્ટ્રીય યોગ દિવસ તરીકે ઊજવવાની પહેલને યુનાઈટેડ નેશન્સમાં પણ માન્યતા મળી હતી. આયુષ મંત્રાલય દ્વારા યોગ અને પ્રાકૃતિક સારવારને પ્રોત્સાહન મળે છે અને દેશભરમાં યોગથી જોડાયેલી કારકિર્દી માટેના રસ્તા ખુલ્યા છે.

પડકારો

યોગ ઉદ્યોગની આ વૃદ્ધિ સાથે કેટલીક સમસ્યાઓ પણ ઊભી થઈ છે. યોગના વ્યાપારીકરણના કારણે મૂળ તત્ત્વો ગુમાવા લાગ્યાં છે. પ્રમાણભૂત શિક્ષણ વગરના ટ્રેનર્સ દ્વારા ભૂલભર્યા માર્ગદર્શનો અપાઈ રહ્યાં છે. યોગને ફેશન તરીકે જોવામાં આવે છે જેથી તેનો સાચો અર્થ ખોવાઈ જાય છે.

યોગ માત્ર શરીર અને મન માટે જ નહીં પણ આજના સમયમાં તે અર્થતંત્ર માટે પણ લાભદાયક છે. જો યોગ્ય રીતે માર્ગદર્શન મળે અને પરંપરા જળવાઈ રહે તો. યોગ ઉદ્યોગ માત્ર પૈસાનું સાધન નહીં પણ આત્મવિશ્વાસ અનુભવનું પ્રવેશદ્વાર બની શકે છે.

યોગ ઉપકરણોની વેચાણ વૃદ્ધિ

વિશ્વભરમાં યોગ કરવા માટે યોગ મેટનો ઉપયોગ વધી રહ્યો છે. જેના કારણે યોગ મેટનો વ્યવસાય ઝડપથી વિકાસ પામી રહ્યો છે. યુકે, યુરોપ, અને અમેરિકા જેવા દેશોમાં તેનો વપરાશ ખાસો વધ્યો છે. હવે ભારતમાં પણ યોગ મેટના વેચાણમાં વધારો થયો છે. સૌથી વધુ યોગ મેટ જર્મની, ચીન અને યુએસએમાં બનાવવામાં આવે છે. પહેલાં તેને સ્ટીકી મેટ તરીકે ઓળખવામાં આવતું હતું, હવે તેને યોગા મેટ તરીકે ઓળખવામાં લાગે છે. નાઇક અને રિબોક જેવી મોટી કંપનીઓ યોગ મેટ બનાવે છે અને તેમનો વ્યવસાય બિલિયન ડોલરની હદ પાર કરી ચૂક્યો છે.

ભારતે ચીન પાસેથી ખરીદી હતી યોગ મેટ

પહેલા આંતરરાષ્ટ્રીય યોગ દિવસે ભારતે ચીન પાસેથી અંદાજે એક કરોડ યોગ મેટ ખરીદી હતી. આજે આ મેટનું ઉત્પાદન ભારત સિવાય ઘણા દેશોમાં શરૂ થઈ ગયું છે. આમ છતાં આશ્ચર્યની વાત છે કે યોગમેટ જેવું ઉપકરણ હજુ પણ ભારતમાં વ્યાપક રીતે ઉત્પાદનથી નથી બનતું. યોગ ઉદ્યોગ હવે રીટ્રીટ્સ, કપડાં, મેટ, બ્લોક્સ અને અન્ય સામાનના વેચાણ માટે નવા માર્ગો ખોલી રહ્યો છે.

ભારતમાં યોગઉદ્યોગનું મૂલ્ય ₹ ૪૯૦ અબજ

ભારતમાં યોગ માર્કેટ ૪૯૦ અબજ રૂપિયાનું થઈ ગયું છે. તેમાં વેલનેસ સેવાઓ, યોગ સ્ટુડિયોઝ અને ફિટનેસ સ્ટુડિયોઝનો સમાવેશ થાય છે. આંતરરાષ્ટ્રીય માર્કેટ રિસર્ચ મુજબ, ભારતીય યોગ ઉદ્યોગ ઝડપથી ૮૭૫ અબજ સુધી પહોંચી શકે છે. ૨૦૧૫થી ૨૦૧૯ સુધીમાં કેન્દ્રિય આયુષ મંત્રાલયે યોગ દિવસની ઉજવણી માટે ૧૩૭ કરોડ ખર્ચ્યા છે. અમેરિકામાં યોગનો વ્યવસાય ૧૨ અબજ ડોલર (સંભાવિત ૧.૫ લાખ યોગ વ્યવસાયકારો), બ્રિટનમાં ૧.૧૫ અબજ ડોલર, ચીન ૬.૬ અબજ ડોલર તથા ઓસ્ટ્રેલિયાની ૬૨૧ કરોડની યોગ માર્કેટ છે.

યોગ વસ્ત્રોના વૈશ્વિક બજારનું મૂલ્ય આશરે ૩૧.૧ અબજ ડોલર છે, જ્યારે યોગ મેટનું બજાર ૧૩ અબજ ડોલરનું છે. યોગ રિટ્રીટ અને વેલનેસ ટૂરિઝમ સાથે મળીને યોગ ઉદ્યોગ ૯૧૫ અબજ ડોલરનો છે. વિશ્વભરમાં યોગ માટે વિવિધ એપ્લિકેશન્સ પણ વિકસાવવામાં આવ્યાં છે જે અબજો રૂપિયાની આવક મેળવી રહી છે.

Janmabhumi • 21 Jun • Ministry of Ayush

Navy personnel will perform yoga

10 • PG | 115 • Sqcm | 45821 • AVE | 34.89K • Cir | Top Right

Mumbai

નૌકાદળના જવાનો કરશે યોગ : આજે ૧૧મો આંતરરાષ્ટ્રીય યોગ દિવસની ઉજવણી કરવામાં આવી રહી છે. આ વખતનું સૂત્ર છે સ્વયં અને સમાજ માટે યોગ. ભારતીય નૌકાદળ યોગ અંગે ક્વીઝ, પોસ્ટર, ચિત્રકામ સ્પર્ધા તથા વકતૃત્વ સ્પર્ધાનું આયોજન કર્યું છે. યુદ્ધ જહાજ ખાતે યોગાસન કરતા જવાનો

Janmabhumi • 21 Jun • Ministry of Ayush

TV actors call for adopting a yoga-based lifestyle

11 • PG | 281 • Sqcm | 112458 • AVE | 34.89K • Cir | Middle Left

Mumbai

યોગ આધારિત જીવનશૈલી અપનાવવાની હાકલ કરે છે ટીવી કલાકારો

•તરરાષ્ટ્રીય યોગ દિને ટીવી કલાકારો યોગ આધારિત જીવનશૈલી અપનાવવાની હાકલ કરે છે. ઝી ટીવીના કલાકારો જેમ કે, સરુની અનુષ્કા મર્ચન્ડે, જાને અન્જાને હમ મિલેંગી સહજ રાજપૂત, જાગૃતિ- ઈક નયી સુબહનો વિજયેન્દ્ર કુમેરિયા તથા જમાઈ નં.૧ની સિમરન કૌર કઈ રીતે યોગ તેની શારીરિક, માનસિક તથા ભાવનાત્મક રીતે અસર કરે તેના વિશે ચર્ચા કરે છે, સાથોસાથ પર્યાવરણ પ્રત્યે વધુ સભાનતા દાખવીને એક સભાન જીવનશૈલી તરફ આગળ વધવાની પ્રેરણા પણ આપે છે.

સિમરન કૌરે કહ્યું કે, મારા માટે યોગ ફિટનેસથી કંઈક વધુ છે- તે અંગત સ્વાસ્થ્ય તથા પૃથ્વીની સુખાકારીને જોડતો સેતૂ છે. હું હંમેશા શારીરિક રીતે ચુસ્ત રહેવા ઇચ્છું છું, તો પહેલા હું કાર્ડિઓ અને સખત તાલીમ લેતી હતી. સમય જતા મને અનુભવ થયો કે, સાચી સુખાકારી તો, આંતરિક જ છે- તેમાં શરીર, મન તથા સ્વભાવનું સંરેખિત કરવાનું હોય છે. હવે મારી સવાર ૧૦-૧૫ મિનિટના ધ્યાન અને ઊંડી શ્વાચ્છોશ્વાસની ક્રિયાથી થાય છે.

અનુશ્કા મર્ચન્ડે દર રવિવારે સૂર્યોદય થતાં જ બહેનો સાથે યોગા કરવા બેસે છે. તેણે કહ્યું કે, વર્ષો પહેલા આ પરંપરાની શરૂઆત કરી હતી અને હવે તે અમારી સાથે જોડાઈ ગઈ છે. વ્યાયમ, હાસ્ય તથા શાંત ચિંતનની વચ્ચે અમે એકબીજાથી કરીથી જોડાઈએ છીએ- પેતાની જાત સાથે જ નહીં પણ એકબીજાની સાથે.

વિજયેન્દ્ર કુમેરિયાએ કહ્યું હતું કે, યોગે કલાકાર તરીકે જ નહીં પરંતુ એક વ્યક્તિ તરીકે મારું ઘડતર કર્યું છે. મને યાદ છે કે, શૂટિંગની વ્યસ્તતા છતાં પણ સૂર્યોદય પહેલા જાગીને થોડો સમય યોગ તો કરું જ છું. હું ગમે ત્યાં પણ હોઉં તો પણ થોડી કસરત, થોડા ઊંડા શ્વાચ્છોશ્વાસ તથા મૌન મને શાંતિ આપે છે. યોગે મારું શરીર જ મજબૂત બનાવ્યું છે એવું નથી પણ મને વધુ શાંત તથા જાગૃત બનવામાં મદદ કરી છે. હું ખરેખર માનું છું કે, આપણે જે શાંતિનો અનુભવ અંદર કરીએ છે તેની અંદર બહાર પણ ઉપચાર કરવાની શક્તિ છે. સહજ રાજપૂત સ્વીકારે છે કે યોગ મારા જીવનનો મુખ્ય ઉદ્દેશ રહ્યો છે. તેણે કહ્યું કે, યોગ મને રોજિંદા જીવનની ભાગદોડ વચ્ચે કેન્દ્રિત રહેવામાં મદદ કરે છે. આ વર્ષની યોગ દિવસની થીમ એક પૃથ્વી, એક સ્વાસ્થ્ય માટે યોગએ મને વ્યક્તિગત સુખાકારીથી આગળ વિચારવા માટે પ્રેરિત કરી છે. તેણે મને યાદ અપાવ્યું કે, આપણા સ્વાસ્થ્યની સાથે આપણી આસપાસની દુનિયા પણ જોડાયેલી છે. હાલમાં હું ઘણી વખત અમારા મકાનના બગીચામાં કે ટેરેસ પર યોગ કરું છું. પ્રકૃતિ સાથે સુમેળ રાખીને શ્વાસ લેવાનો આનંદ જ વેગળો હોય છે.

Janmabhumi • 19 Jun • Ministry of Ayush

International Yoga day: Preparations on final stage

7 • PG | 781 • Sqcm | 0 • AVE | N/A • Cir | Top Center
Kochi

അന്താരാഷ്ട്ര യോഗദിനാചരണം; ഒരുക്കങ്ങൾ അവസാനഘട്ടത്തിൽ

പ്രധാനമന്ത്രി വിശാഖപട്ടണത്ത്

ന്യൂദൽഹി: പതിനൊന്നാം അന്താരാഷ്ട്ര യോഗദിനാചരണത്തിന് ഒരുക്കങ്ങൾ അവസാനഘട്ടത്തിൽ. ഏക ഭൂമി ഏക ആരോഗ്യത്തിനായി യോഗ എന്നതാണ് ഈ വർഷത്തെ യോഗദിന സന്ദേശം. അന്താരാഷ്ട്ര യോഗ ദിനമായ 21ന് രാജ്യത്തെ ഒരു ലക്ഷം കേന്ദ്രങ്ങളിലാണ് യോഗ സംഗമം.

ആന്ധ്രയിലെ വിശാഖപട്ടണത്ത് രാവിലെ 6.30 മുതൽ 7.45വരെ യോഗദിനാചരണത്തിന് പ്രധാനമന്ത്രി നരേന്ദ്ര മോദി നേതൃത്വം നൽകും. മുഖ്യമന്ത്രി ചന്ദ്രബാബുനായിഡു, കേന്ദ്ര ആയുഷ് വകുപ്പ് സഹമന്ത്രി പ്രതാപ് റാവു ജാദവ് തുടങ്ങിയവരുൾപ്പെടെ പ്രമുഖർ പങ്കെടുക്കും. ഇതേസമയം രാജ്യത്തിന്റെ വിവിധ ഭാഗങ്ങളിൽ ലക്ഷക്കണക്കിന് ആളുകൾ യോഗസംഗമങ്ങളിൽ പങ്കെടുക്കും. ചരിത്രത്തിലെ ഏറ്റവും വലിയ കൂട്ടായ യോഗ പ്രദർശനമായി ഇത് മാറും.

യോഗയുടെ വ്യാപ്തി സമൂഹത്തിലെ എല്ലാ വിഭാഗങ്ങളിലേക്കും വ്യാപിപ്പിക്കേണ്ടതിനായുള്ള ആഹ്വാനമാണ് യോഗസംഗമമെന്ന് കേന്ദ്രമന്ത്രി പ്രതാപ് റാവു ജാദവ് അഭിപ്രായപ്പെട്ടു.

രജിസ്ട്രേഷൻ അഞ്ചു ലക്ഷം കടന്നു; കേരളത്തിൽ ആറായിരത്തിൽ താഴെ

ന്യൂദൽഹി: യോഗ ദിനാചരണത്തിലെ പ്രധാന പരിപാടിയായ യോഗ സംഗമത്തിനുള്ള രജിസ്ട്രേഷൻ അഞ്ചു ലക്ഷം കടന്നു. 5,15,251 രജിസ്ട്രേഷൻ പൂർത്തിയായി. 1,56,097 രജിസ്ട്രേഷനുമായി രാജസ്ഥാനാണ് ഒന്നാമത്. 79,097 രജിസ്ട്രേഷനോടെ ആന്ധ്രപ്രദേശ് രണ്ടാമതും 38,076 രജിസ്ട്രേഷനോടെ ഉത്തർപ്രദേശ് മൂന്നാമതുമാണ്. മധ്യപ്രദേശ് 35,389, ആസാം 20,545, ഗുജറാത്ത് 17,722, മഹാരാഷ്ട്ര 16,379 സംസ്ഥാനങ്ങൾ പിന്നാലെയുണ്ട്.

ജമ്മുകശ്മീർ, ഛത്തീസ്ഗഡ്, ഹിമാചൽ പ്രദേശ്, ബിഹാർ, ഝാർഖണ്ഡ്, പഞ്ചാബ്, ഒഡീഷ, തെലങ്കാന, തമിഴ്നാട്, കർണാടക, ഹരിയാന എന്നിവ 18 വരെ സ്ഥാനങ്ങളിലാണ്. 5741 രജിസ്ട്രേഷനുമായി കേരളം 19-ാം സ്ഥാനത്തുണ്ട്. സ്ഥാപനങ്ങൾ, സംഘടനകൾ, ഗ്രൂപ്പുകൾ എന്നിവയ്ക്കു യോഗ സംഗമത്തിൽ പങ്കെടുക്കാം. രജിസ്റ്റർ ചെയ്യുന്നതിന് tthps://yoga.ayush. gov.in/yogasangam സന്ദർശിക്കുക.

പ്രധാനമന്ത്രി നരേന്ദ്ര മോദിയുടെ ആഹ്വാനത്തെ തുടർന്ന് 2014ൽ ആണ് ഐക്യരാഷ്ട്ര പൊതുസഭ ജൂൺ 21 അന്താരാഷ്ട്ര യോഗ ദിനമായി അംഗീകരിച്ചത്. തുടർന്ന് 2015 മുതൽ ജൂൺ 21 അന്താരാഷ്ട്ര യോഗ ദിനമായി ആചരിക്കുന്നു.

Mumbai Samachar • 21 Jun • Ministry of Ayush

International Yoga Day

6 • PG | 127 • Sqcm | 94935 • AVE | 271.15K • Cir | Top Center

Mumbai

આંતરરાષ્ટ્રીય યોગ દિવસઃ આંતરરાષ્ટ્રીય યોગ દિવસ અગાઉ નેશનલ કેડેટ કોર્પ્સ (એનસીસી)ના કેડેટોએ શુક્રવારે ગુજરાતના અમદાવાદસ્થિત એનસીસીના વડામથકે યોગની પ્રેક્ટિસ કરી હતી. (એજન્સી)

Mumbai Samachar • 21 Jun • Ministry of Ayush

Yogasan

5 • PG | 80 • Sqcm | 59652 • AVE | 271.15K • Cir | Middle Center

Mumbai

યોગાસનઃ આંતરરાષ્ટ્રીય યોગ દિન નિમિત્તે દાદરના શિવાજી પાર્ક ખાતે સામૂહિક યોગ સત્રનું આયોજન કરવામાં આવ્યું હતું જેમાં ઘણી મહિલાઓએ ભાગ લીધો હતો. (જયપ્રકાશ કેળકર)

Mumbai Samachar • 17 Jun • Ministry of Ayush

These yoga poses are beneficial in digestion related problems.

5 • PG | 653 • Sqcm | 489734 • AVE | 271.15K • Cir | Bottom Left

Mumbai

આ યોગાસનો પાચન સંબંધિત સમસ્યામાં લાભદાયી છે

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બદલાયેલી લાઇફસ્ટાઇલ, વધતા આધુનિકીકરણ અને કાર્યસ્થળ પર બેઠાડુ જીવન શૈલીના કારણે અનેક રોગ ઘર કરી જાય છે. તેમાંનો એક દૈનિક જીવનમાં સતાવતો રોગ એટલે પાચનની સમસ્યા. પહેલા મોટી ઉમરે સતાવતી સમસ્યા હવે બાળકોથી લઈને કોઈ પણ ઉંમરમાં જોવા મળે છે. તેના માટે ફકીથી લઈને દવાઓ સુધી ઉપચાર તો લોકો કરે છે, પણ જો તેની સાથે અમુક પ્રકારના યોગ આસનનો પણ અજમાવવામાં આવે તો લાંબે ગાળે ઘણો ફાયદો થાય છે.

ચાલો, જાણીએ એવાં કેટલાંક સરળ આસન, જે પાચન સંબંધી તકલીફોમાં રાહત આપી શકે,જેમકે ....

પવન મુક્તાસન

નામ સુચવે છે તેમ પેટમાં થ ય લ ા ગેસનો ભરાવો મુક્ત કરવા આ આસન ઉપયોગી છે. આ આસન પેટ, નિતંબ, જાંઘ અને કુલ્હાને આરામ આપે છે. આંતરડાને આરામ આપવાથી, તમને ગેસ દૂર કરવામાં મદદ મળી શકે છે અને બાથરૂમ જવાનું સરળ બને છે. આ આસન કરવાથી પેટનું ફૂલવું અને ફસાયેલા ગેસને સંકોચન અને મુક્તિ દ્વારા દૂર કરવામાં પણ મદદ મળી શકે છે.

તમારી પીઠ પર સૂઈ જાઓ પછી તમારા ઘૂંટણને વાળો અને તમારા પગને ૯૦ ડિગ્રી પર લાવો. હાથને તમારી પિંડીની આસપાસ એવી રીતે વીંટાળી દો, જેથી પગનું દબાણ પેટ પર આવે. શ્વાસ ચાલુ રાખો અને તમારા પેટને વિસ્તૃત કરો.

શ્વાસ બહાર કાઢો, જેથી પેટ અંદર જાય અને ફરી તમારા પગ પેટ તરફ દબાય. ૩ થી ૪ મિનિટ આ રીતે કરતા રહો અને પછી હાથની સાંકળી છોડીને પગને ફરી સીધા જમીન પર ધીમે ધીમે મૂકી દો.

પાદ હસ્તાસન

આ આસન ઊભા રહીને કરવાનું છે. પાદ હસ્તાસન પાચન અંગોને સંકુચિત કરે છે અને પરિભ્રમણને ઉત્તેજિત કરે છે જે પાચન ક્રિયા વધારવામાં મદદ કરે છે.

ઊભા રહેવાની સ્થિતિમાં તમારા પગ એવી રીતે રાખો, જેથી બે પગ વચ્ચે થોડું અંતર રહે; બંને હાથને શરીરની સીધમાં ઉપર લઇ જાઓ. એક ઊંડો શ્વાસ લઈને, શ્વાસ છોડતા છોડતા કમરથી શરીરને આગળની તરફ વાળો તમારા હાથના પંજા જમીનને સ્પર્શ કરાવવાની કોશિશ કરો.

સામાન્ય રીતે હાથ પગના સમાંતરે રહે તે મુજબ આસન થાય છે.

તમારી ક્ષમતા હોય તેટલું જ વળવું. જો હાથ જમીનને ન સ્પર્શે તો પગ સુધી કે પિંડી સુધી જ્યાં પહોંચે ત્યાં સ્પર્શ કરો.

આ આસન કરતી વખતે તમારા પેટ તરફ ધ્યાન આપો અને શ્વાસોચ્છવાસ ચાલુ રાખો.

૨ થી ૩ મિનિટ આસનની સ્થિતિમાં રહો. પછી ધીમે ધીમે શ્વસ લેતા લેતા ફરીથી હાથને ઉપર તરફ લઇ જતા શરીરને પણ ઉપર લઇ આવો.

પશ્ચિમોત્તાસન

આ આસન પાદ હસ્તાસન જેવું જ છે, પણ તે બેઠેલી સ્થિતિમાં કરવાનું છે. આ આસન પેટનું ફૂલવું ઘટાડવામાં અને પાચન સુધારવામાં મદદ કરી શકે છે. આ ઉપરાંત, તે શરીરની ચેતાને શાંત કરવામાં અને માનસિક ચિંતા ઘટાડવામાં મદદ કરી શકે છે.

આસન કરવા પગને આગળ તરફ લાંબા કરીને બેસો.

પછી બંને હાથને શ્વાસ લેતા લેતા શરીરની સીધમાં માથા તરફ ઉપર લઇ જાઓ.

હવે હાથોને સીધા રાખીને કમરથી શરીરને પગ તરફ વાળો અને બંને હાથોથી પગના તળિયા પકડવાની કોશિશ કરો.

હાથ જેટલા આગળ લઇ શકો તેટલા જ કરવા. તળિયા સુધી ન પહોંચે તો પગના ઉપરના ભાગને પકડવા કોશિશ કરો.

માથું પગ ઉપર ટેકવી દેવું. જો એટલું ન ઝૂકી શકાય તો જેટલું નીચે જઈ શકાય તેટલું જવું જેથી પેટ ઉપર દબાણનો અનુભવ થાય.

આસન દરમિયાન શ્વાસોચ્છવાસ ચાલુ રાખવા. ૨ થી ૩ મિનિટ આસનની સ્થિતિમાં રહો. પછી ધીમે ધીમે શ્વસ લેતા લેતા ફરીથી હાથને ઉપર તરફ લઇ જતા શરીરને પણ ઉપર લઇ આવો.

વજ્રાસન

આ આસન બહુ સરળ છે. વજ્રાસન પાચનમાં સુધારો કરવામાં અને પેટમાં ગેસ ઘટાડવામાં મદદ કરી શકે છે. તે તમારા પેટના સ્નાયુઓને મજબૂત બનાવવામાં પણ મદદ કરે છે.

તમારા ઘૂંટણને વાળીને ઘૂંટણિયે બેસો.

તમારા પગને હિપ્સ કરતાં થોડા પહોળા કરીને, એકબીજાથી અલગ કરો, તમારા પગના તળિયા આકાશ તરફ રહે તેવી રીતે પગ પાછળની તરફ વળેલા હોવા જોઈએ.

તમને વધુ સમય આ રીતે બેસવામાં કષ્ટ હોય તો પગની ઘૂંટી નીચે ટુવાલ કે કોઈ નરમ કપડું રાખવું જેથી તેના પર દબાણ ન આવે.

પીઠ અને ગરદન સીધા રાખીને બેસો. ખભા પણ ઢીલા મૂકી દો, અને હાથ ને જાંઘ ઉપર સરળતાથી રહેવા દો.

આ વિવિધ આસન ઉપરાંત, ભુજંગાસન અને અર્ધ મત્સ્યેન્દ્રાસન પણ ઉપયોગી સાબિત થાય છે.

ધ્યાન રાખો કે જો તમને કમરની, પીઠની કે ગરદનની સમસ્યાઓ હોય, કે ઘૂંટણને લગતી સમસ્યા હોય તો નિષ્ણાતની સલાહ લઈને જ આસનો કરવા હિતકર છે. ■

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તંદુરસ્તી-મનદુરસ્તી
ભાણદેવ

યોગાસન એટલે યોગ કે યોગાસનનો અભ્યાસ એટલે યોગાભ્યાસ

(ગતાંકથી ચાલુ)

વસ્તુતઃ યોગાસન તો યોગના આઠ અંગોમાંનું ત્રીજું અંગ છે, આઠમાંનું એક અંગ છે અને તે પણ પ્રારંભિક અંગ છે. યોગાસનનો અભ્યાસ તો યોગાભ્યાસનો પ્રારંભ છે, તેથી યોગાસન એટલે યોગ કે યોગાસનનો અભ્યાસ એટલે યોગાભ્યાસ, તેમ માનવાની ભૂલ કરવી જોઈએ નહિ.

યોગવિષયક આ ભ્રામક માન્યતાઓનું નિરસન કર્યા પછી હવે આપણે જોઈએ કે યોગ યથાર્થતઃ શું છે.

૩. શાસ્ત્રોમાં યોગાસનઃ

યોગશાસ્ત્રોમાં યોગાસનના સ્વરૂપ વિશે અનેક ઉલ્લેખો જોવા મળે છે. આમાંના મહત્ત્વપૂર્ણ ઉલ્લેખોને સમજવાથી આપણને યોગાસનના યથાર્થ સ્વરૂપને સમજવામાં સહાય મળશે. તેથી આપણે અહીં જોઈએ કે યોગાસન વિશે શાસ્ત્રોમાં શું કહેવામાં આવેલ છે.

(૧) સ્થિરસુખમાસનમ્। - યોગસૂત્ર ; ૨-૪૬

'સુખપૂર્વકની સ્થિર સ્થિતિને આસન કહેવામાં આવે છે.'

(૨) પ્રયત્નશૈથિલ્યાનન્ત સમાપત્તિભ્યામ્। - યોગસૂત્ર ; ૨-૪૮

'પ્રયત્ન ઓછો કરવાથી અને અનંત પર ધ્યાન કરવાથી તે સિદ્ધ થાય છે.'

(૩) ततो द्वन्द्वानभिघातः। - યોગસૂત્ર ; ૨-૪૯

'તેના અભ્યાસથી દ્વંદ્વોના આઘાતમાંથી મુક્તિ મળે છે.'

(૪) कुर्यात्तदासनं स्थैर्यमारोग्यं चाङ्गलाघवम् - હઠપ્રદીપિકા ; ૧-૧૭

'તે આસન (શરીર અને મનની) સ્થિરતા અને આરોગ્ય તથા લાઘવ આપે છે.'

(૫) આસનેન ભવેદ્ દૃઢમ્ - ઘેરણ્ડ સંહિતા; ૧-૧૦

'આસનથી દૃઢતા સિદ્ધ થાય છે.'

૪. યોગાસન એટલે શું?

યોગાસનનું ખરું સ્વરૂપ છે, તે વિશે શાસ્ત્રોમાં આવેલાં ઉપરોક્ત વિધાનોથી તેના સ્વરૂપ પર ઠીક ઠીક પ્રકાશ પડે છે. આમ છતાં યોગાસનની સંપૂર્ણ વ્યાખ્યા આપવાનું કાર્ય ઘણું મુશ્કેલ છે.

આપણે યોગાસનને આ રીતે સમજાવી શકીએ-

'યોગાસન એક એવી સુખપ્રદ મનોશારીરિક અવસ્થા છે, જે શરીરને દૃઢતા, મનને સ્થિરતા આપીને, તમને આધ્યાત્મિક વિકાસ માટે તૈયાર કરે છે.'

આ વ્યાખ્યામાંથી નિષ્પન્ન થતા મુદ્દાઓ જોઈએઃ

(૧) યોગાસન શરીરની એક અવસ્થા છે, ગતિ નહિ.

(૨) યોગાસન મનોયોગપૂર્વકની શારીરિક અવસ્થા છે.

(૩) યોગાસન સુખપ્રદ અવસ્થા છે, કષ્ટપ્રદ નહિ.

(૪) યોગાસન શરીરને દૃઢતા અને મનને સ્થિરતા આપે છે.

(૫) યોગાસનનું મુખ અધ્યાત્મ તરફ છે.

યોગાસન યોગની પ્રારંભિક અવસ્થા છે, આમ છતાં તે પ્રારંભ અધ્યાત્મયાત્રાનો પ્રારંભ છે, તે સતત યાદ રાખવું જોઈએ.

જેમ સમાધિ ચિત્તની ભૂમિકા પરનો નિરોધ છે, તેમ યોગાસન શરીરની ભૂમિકા પરનો નિરોધ છે.

૫. યોગાસનનાં મૂળભૂત તત્ત્વોઃ

યોગાસનમાં શરીરને કોઈ એક નિશ્ચિત અવસ્થામાં રાખવાનું હોય છે, પરંતુ શરીરની કોઈ એક નિશ્ચિત અવસ્થા ધારણ કરવામાત્રથી જ, તે અવસ્થા યોગાસન કહેવાને પાત્ર બનતી નથી. શારીરિક રીતે તે અવસ્થા સર્વાંગસંપૂર્ણ હોય તોપણ તે અવસ્થા યોગાસન બને જ એવું નથી. દા.ત. શરીરને માત્ર ઊંધે માથે ગોઠવવાથી જ શીર્ષાસન બનતું નથી. શરીરની આ અવસ્થાને સાચા અર્થમાં યોગાસન બનાવવા માટે સાધકે કેટલીક વિશેષ બાબતોને સમજીને તેને અમલમાં મૂકવાની હોય છે. આ મૂળભૂત તત્ત્વોને હવે આપણે જોઈએઃ

(૧) કોઈ પણ યોગાસનના બે ભાગ હોય છેઃ સ્થિરભાગ (static part)
અને ચલિત ભાગ (Dynamic part)

યોગાસનની પૂર્ણાવસ્થા કે અંતિમ અવસ્થાને પહોંચવા માટે શરીરની જે ગતિ કરવી પડે તેમ જ આ પૂર્ણાવસ્થામાંથી મૂળ અવસ્થામાં પાછા આવવા માટે શરીરની જે ગતિ કરવી પડે, તે બંને ગતિમાન ભાગને યોગાસનનો ચલિત ભાગ કહે છે. યોગાસનમાં ચલતિ ભાગ ગૌણ અને સ્થિર ભાગ મુખ્ય છે. આ સ્થિર અવસ્થા જ વસ્તુતઃ યોગાસન છે. આ અવસ્થામાં અમુક નિશ્ચિત સમય માટે રહેવું અનિવાર્ય છે. આસન બેસવાની ઘટના છે. યોગાસનમાં શરીર કોઈ એક નિશ્ચિત અવસ્થામાં સ્થિરતાપૂર્વક રહે છે, તેથી યોગાસન કરવું એમ કહેવા કરતાં યોગાસનમાં હોવું એમ કહેવું તે વધારે સાચો શબ્દપ્રયોગ છે.

યોગાસનની આ અવસ્થામાં સાચા અર્થમાં રહેવા માટે સાધકે બે શરતો પૂરી પાડવી જોઈએઃ

(અ) પ્રયત્ન શૈથિલ્ય (Effortness):-

અભ્યાસીએ બની શકે તેટલા ઓછામાં ઓછા આયાસપૂર્વક આ અવસ્થામાં રહેવું જોઈએ.

(બ) અનંત સમાપત્તિઃ-

અનંત સમાપત્તિ એટલે આકાશ જેવી અનંત કે અમર્યાદ અવસ્થાનું ધ્યાન. કોઈ વળી અનંતનો અર્થ શેષનાગ લે છે. શેષનાગ પોતાના માથા પર પૃથ્વીને ધારણ કરીને સ્થિરતાપૂર્વક અવસ્થિત હોય છે. આ અવસ્થાનું ધ્યાન કરીને, તેવી સ્થિરતા ધારણ કરવી તેવો અર્થ તેઓ અનંત સમાપત્તિનો લે છે. આ બંને અર્થમાં પ્રથમ અર્થ વધુ ઠીક લાગે છે.

ઉપરોક્ત બંને શરતોમાં પ્રથમ શરત શરીરે અને બીજી શરત મને પૂરી પાડવાની હોય છે.

યોગાસનની ચલિત અવસ્થામાં સાધકે બે બાબતોનો ખ્યાલ રાખવાનો હોય છેઃ

(અ) શરીરની ગતિ ખૂબ ધીમી રાખવી જોઈએ. ઝટકા કે કૂદકા ટાળવા જોઈએ. આ ગતિ છેલ્લી ક્ષણ સુધી એકધારી રહેવી જોઈએ.

(બ) શરીરની આ ગતિ દરમિયાન સાધકનું ધ્યાન શરીરનાં જે અંગોની ગતિ થતી હોય તે અંગો તરફ અને તેમની ગતિ તરફ રહેવું જોઈએ.

આ વિષયમાં થયેલ વૈજ્ઞાનિક સંશોધનો દ્વારા ત્રણ હકીકતો પુરવાર થઈ છે. અભ્યાસીએ યોગાસનના અભ્યાસ દરમિયાન આ ત્રણે હકીકતો લક્ષમાં રાખવી જોઈએઃ

(i) કોઈ પણ આસન ધારણ કરવામાં આવે ત્યારે પ્રારંભની થોડી સેકંડો સુધી સાધકના શ્વાસોચ્છ્વાસ, હૃદયની ગતિ અને લોહીનું દબાણ વધે છે; પરંતુ થોડા વખત પછી આ ત્રણે ઘટવા માંડે છે. એટલે જો આસન ઝડપથી ધારણ કરીને, અમુક નિશ્ચિત સમય સુધી ધારણ કરી રાખવાને બદલે તુરત છોડી દેવામાં આવે તો તેનાથી શરીરને ફાયદો થવાને બદલે નુકસાન થવા સંભવ છે.

યોગાસન ધારણ કર્યા પછી, પ્રારંભની અવસ્થા પૂરી થયા પછી શ્વાસોચ્છ્વાસ, હૃદયની ગતિ અને લોહીનું દબાણ સામાન્ય થયા પછી જ યોગાસનની ખરી અવસ્થામાં પ્રવેશ કરીએ છીએ અને તે અવસ્થામાં સ્થિત થયા પછી જ યોગાસનના સાચા ફાયદા મળવાનો પ્રારંભ થાય છે.

(ii) યોગાસનનો યથાર્થ લાભ ત્યારે મેળવી શકાય છે, જ્યારે પ્રયત્નશૈથિલ્યની શરત પૂરી પાડવામાં આવે છે, અન્યથા નહિ.

(iii) પ્રત્યેક યોગાસન ધારણ કરવાની એક નિશ્ચિત પદ્ધતિ હોય છે. આ પદ્ધતિને જ અનુસરવું જોઈએ. ધારણ કરવાની પદ્ધતિ અને અવસ્થામાં મન ફાવે તેવા ફેરફારો કરવા જોઈએ નહિ. આમ થાય તો જ તે યોગાસન યથાર્થતઃ ફળદાયી બને છે.

(૨) પ્રત્યેક યોગાસનની એક ચાવી હોય છે. આ ચાવી લગાડીને જ સાધક યોગાસન દ્વારા અભિલક્ષિત અને પોતાને અભીષ્ટ એવી શરીર-મનથી જુદી એવી વિશિષ્ટ અવસ્થાનો અણસાર મેળવે છે. આ અવસ્થામાં પ્રવેશ થાય ત્યારે યોગાસન સાચા અર્થમાં યોગાસન બને છે. આ હકીકત ગુરુગમ્ય ને અનુભવગમ્ય છે. આમ છતાં તેનો કોઈક અણસાર મેળવવા માટે આપણે એક દૃષ્ટાંત દ્વારા આ હકીકત સમજવાનો પ્રયત્ન કરીએ.

શીર્ષાસનની અંતિમ અવસ્થામાં શરીરને માથાને આધારે, માથું નીચે અને પગ ઉપર કરીને, તોળી રાખવાનું હોય છે. આ અવસ્થામાં આવ્યા પછી સાધક સમતુલા જાળવવા પ્રયત્નશીલ રહે છે. પગની ગતિ થોડી ઘણી તો ચાલુ જ રહે છે. હવે અહીંથી શીર્ષાસનના સૂક્ષ્મભાગનો પ્રારંભ થાય છે. સાધક પોતાનું ધ્યાન બંને પગના અંગૂઠા પર રાખે છે અને તેમની ગતિને નીરખે છે. સાવ સ્થિર લાગતી અવસ્થામાં પણ આ ગતિ થોડી ઘણી ચાલુ હોય છે. આ હકીકત ધ્યાનપૂર્વક નિરીક્ષણ કરતાં કરતાં સમજી શકાય છે. આ પ્રમાણે નિરીક્ષણ કરતાં કરતાં એક ક્ષણ એવી આવે છે કે બંને પગ સંપૂર્ણ સ્થિર બની જાય છે. આ જ ક્ષણે ચિત્તની પણ સ્તબ્ધ અવસ્થા બને છે. પગનું હલનચલન બંધ થતાં જ ચિત્તની વૃત્તિઓનો પ્રવાહ પણ થોડી ક્ષણો માટે બંધ પડી જાય છે. આ અવસ્થામાં પ્રવેશતાં જ સાધક ચિત્તની એક વિશિષ્ટ અવસ્થાનો અનુભવ કરે છે. સાથે સાથે તે શરીરના હલનચલન અને ચિત્તના હલનચલનનો સંબંધ સમજે છે.

શીર્ષાસનનું ખરું રહસ્ય આ છે. શીર્ષાસનનું ખરું સાફલ્ય આ અવસ્થામાં પહોંચવામાં છે. પ્રત્યેક સાચા યોગાસનમાં આવું કોઈક ચાવીરૂપ રહસ્ય સમાયેલું છે.

(૩) યોગાસનની અંતિમ અવસ્થામાં સાધકના શરીરન અવસ્થા સમરૂપ (Symmertical) હોય તે જરૂરી છે, કારણ કે શરીરની સ્થિતિને પ્રાણના પ્રવાહો સાથે અને પ્રાણના પ્રવાહોને ચિત્તની અવસ્થા સાથે સંબંધ છે.

(૪) कुर्यात् अध्यात्म चेतसा। આ આદેશ બધા જ પ્રકારનાં સાધનોને લાગુ પડે છે, તે જ રીતે યોગાસનને પણ લાગુ પડે જ છે.

યોગાસનના અભ્યાસ દરમિયાન સાધકે સતત અધ્યાત્માભિમુખી અને મનોવલણ રાખવાનું હોય છે. યોગાસનનો અભ્યાસ આખરે તો સમાધિ પ્રત્યે દોરી જનારી સાધના છે. આ પ્રકારની જાગૃતિ રાખવી જોઈએ.

આમ બને તો જ યોગાસન યથાર્થ યોગાસન બને છે.

યોગાસનનો અભ્યાસ અધ્યાત્મયાત્રામાં પ્રારંભિક સોપાનરૂપ બની શકે છે. આ સિદ્ધાંત છે. આ સિદ્ધાંત સમજવો કેવી રીતે? આ કાર્ય યોગાસન કઈ રીતે સિદ્ધ કરે છે?

શરીરથી પ્રાણ સૂક્ષ્મ છે. પ્રાણથી ચિત્ત સૂક્ષ્મ છે અને આત્મા ચિત્તથી પર છે. અધ્યાત્મયાત્રા સ્થૂળથી શરૂ કરીને, સૂક્ષ્મમાં થઈને સૂક્ષ્માતિસૂક્ષ્મમાં અને આખરે પરમમાં પહોંચવાની યાત્રા છે. યોગાસનના અભ્યાસ દ્વારા પ્રાણના સૂક્ષ્મ પ્રવાહો પર અસર પહોંચે છે અને પ્રાણ દ્વારા આ યાત્રા ચિત્ત સુધી પહોંચે છે. અંતે ચિત્તવૃત્તિના નિરોધ દ્વારા ચિત્તને અતિક્રમીને આત્મા સુધી પહોંચાય છે.

આમ યૌગિક અધ્યાત્મયાત્રામાં યોગાસનનો અભ્યાસ પ્રથમ સોપાનરૂપ બની રહે છે.

આ રીતે યોગાસનનો અભ્યાસ પ્રથમ સોપાન બનીને અધ્યાત્મનું એક પ્રારંભિક છતાં મૂલ્યવાન સાધન બની શકે તેમ છે. આવી સ્પષ્ટ સમજણ સાધકના ચિત્તમાં હોય તે આવશ્યક છે.

૬. યોગાસન અને પ્રચલિત વ્યાયામપદ્ધતિની તુલનાઃ

ખરેખર તો યોગાસનના અભ્યાસને પ્રચલિત વ્યાયામપદ્ધતિ સાથે સરખાવવો જોઈએ નહિ, કારણ કે યોગાસન કોઈ વ્યાયામપદ્ધતિ નથી.

આમ છતાં બંનેમાં અધિષ્ઠાન શરીર છે અને યોગાસનનો અભ્યાસ શારીરિક કેળવણી માટે પણ વ્યાપક પ્રમાણમાં થાય છે. શરીરને કેળવવા માટે યોગાસનોનો અભ્યાસ ઉપયોગી થઈ શકે તેમ છે. વળી યોગાસન એક વ્યાયામપદ્ધતિ છે, તેવી ગેરસમજ પણ વ્યાપક પ્રમાણમાં ફેલાયેલી છે. (ક્રમશઃ)■

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Which yoga asanas can increase your metabolism

5 • PG | 662 • Sqcm | 496690 • AVE | 271.15K • Cir | Bottom Left

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કયાં યોગ આસન વધારી શકે તમારું મેટાબોલિઝમ?

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આજકાલ સૌથી મોટી શારીરિક સમસ્યા કઈ? એવો પ્રશ્ન પુછાય તો મોટાભાગના લોકો કહેશે : વધી ગયેલું વજન. વજનને નિયંત્રણમાં રાખવા લોકો જાતજાતના ઉપાયો અજમાવે છે. આપણા પ્રાચીન યોગ વિજ્ઞાનમાં એવાં કેટલાંક આસન છે, જે તેમાં ઉપયોગી સાબિત થઇ શકે છે.

ચાલો, આજે તેના વિશે જાણીએ.....

વજન વધવાનાં અનેક કારણોમાં એક છે નબળું મેટાબોલિઝમ એટલે કે ચયાપચયની ક્રિયા. એ જો સક્ષમ બને તો શરીરને કેલરી અને વધારાની ચરબી ઝડપથી બાળવામાં મદદ કરે છે, જેનાથી વજન ઘટાડવામાં મદદ મળે છે.

ત્રિકોણાસન

તમારા પગ વચ્ચે ૩-૪ ફૂટનું અંતર રહે તેમ ઊભા રહો.

તમારા બંને હાથને તમારા ખભા સુધી ફેલાવો.

પછી ધીમે ધીમે શ્વાસ લેતા, જમણા હાથને માથા ઉપર તરફ લઇ જાઓ. આ દરમિયાન તમારો ઉપર ગયેલો હાથ તમારા કાનને સ્પર્શ કરવો જોઈએ.

હવે શ્વાસ બહાર કાઢતી વખતે, તમારા શરીરને ડાબી બાજુ વાળો. ધ્યાનમાં રાખો કે આ દરમિયાન તમારા ઘૂંટણ વાંકા ન થવા જોઈએ. થોડા સમય માટે આ મુદ્રામાં રહો. આ પછી શરૂઆતની સ્થિતિમાં પાછા આવો. પછી ડાબો હાથ ઉપર લઇ જઈને જમણી તરફ આ આસનનું પુનરાવર્તન કરો. તમે ૩ થી ૫ વખત આ આસન દોહરાવી શકો છો.

સર્વાંગાસન

આ આસન શીર્ષાસનની પહેલાની અવસ્થા જેવું છે. આ આસન કરતી વખતે પણ શરૂઆતમાં એકાદ જાણકારનું માર્ગદર્શન અવશ્ય લેવું જોઈએ. તમારી પીઠના બળે સૂઈ જાઓ. હાથ સામાન્ય રીતે બાજુમાં રાખો. એક જ હલનચલનમાં, તમારા પગ, નિતંબ અને પીઠને એવી રીતે ઊંચા કરો કે તમે તમારા ખભા પર ઉપર આવો. આ દરમિયાન હાથ વડે તમારી પીઠને ટેકો આપો.

તમારી કોણીઓને એકબીજાની નજીક લાવો, અને તમારા હાથને તમારી પીઠ સાથે ખસેડો, ખભાના બ્લેડ તરફ ઉપર તરફ.કોણીઓને ફ્લોર પર અને હાથને પાછળ દબાવીને પગ અને કરોડરજ્જુ ને સીધા કરતા રહો. તમારું વજન તમારા ખભા અને ઉપલા હાથ પર રાખવું જોઈએ, તમારા માથા અને ગરદન પર નહીં. હવે તમારા અંગૂઠા ઉપર કરો. તમારી ગરદન પર ધ્યાન આપો. ગરદનને ફ્લોર પર દબાવશો નહીં. તેના બદલે ગરદનના સ્નાયુઓને સહેજ કડક બનાવવાની લાગણી સાથે ગરદનને મજબૂત રાખો. ઊંડા શ્વાસ લેતા રહો અને ૩૦-૬૦ સેકન્ડ સુધી આ સ્થિતિમાં રહો. આસનમાંથી બહાર આવવા માટે, ઘૂંટણને કપાળ સુધી નીચે કરો. તમારા હાથને ફ્લોર પર લાવો, હથેળીઓ નીચે તરફ રાખો. માથું ઊંચું કર્યા વિના ધીમે ધીમે તમારી કરોડરજ્જુને નીચે લાવો, પછી સંપૂર્ણ પીઠ અને અંતે સંપૂર્ણ શરીર જમીન પર. ઓછામાં ઓછા ૬૦ સેકન્ડ માટે આરામ કરો.

ઉષ્ટ્રાસન

આ આસન થોડું મુશ્કેલ છે, કારણકે તેમાં શરીરને સંપૂર્ણપણે પાછળની તરફ વાળવાનું છે. તેથી એ આસન તમારી શારીરિક મર્યાદાઓનું ધ્યાન રાખીને કરવું. શરૂઆતમાં કોઈ જાણકારની હાજરીમાં અભ્યાસ કરવો. આ આસન કરવા માટે, જમીન પર ઘૂંટણ પર બેસો અને બંને હાથ તમારા કમર પર રાખો. ધ્યાનમાં રાખો કે બંને ઘૂંટણ તમારા ખભાને સમાંતર હોવા જોઈએ. હવે ઊંડો શ્વાસ લો અને કરોડરજ્જુના નીચેના ભાગ પર આગળ દબાણ આપો. આ દરમિયાન, સંપૂર્ણ દબાણ નાભિ પર અનુભવવું જોઈએ. આ પછી, તમારા પગને તમારા હાથથી પકડી રાખો અને તમારી કમરને પાછળની તરફ વાળો. ૩૦-૬૦ સેકન્ડ સુધી આ સ્થિતિમાં રહ્યા પછી, તમે ધીમે ધીમે સામાન્ય સ્થિતિમાં પાછા આવી શકો છો.આ પ્રક્રિયાને ૩-૫ વાર પુનરાવર્તન કરો.

શલભાસન

આ આસન પણ થોડી શારીરિક તૈયારી માગી લે તેવું છે તેથી શરૂઆત કોઈ જાણકારની હાજરીમાં કરવી જોઈએ.

આ આસન કરવા માટે, પેટના આધારે સૂઈ જાઓ. તમારા બંને પગ એકબીજાની નજીક રાખો. હવે તમારી બંને હથેળીઓને તમારી બંને જાંઘ નીચે રાખો. ચહેરો એવી રીતે રાખો જેથી દાઢીનો ભાગ જમીનને સ્પર્શે. હવે શ્વાસ લેતી વખતે તમારા પગ ઉપર ઉઠાવવાનો પ્રયાસ કરો. ૩૦ થી ૬૦ સેકન્ડ સુધી આ સ્થિતિમાં રહો. પછી તમારી શરૂઆતની મુદ્રામાં પાછા ફરો. આ પ્રક્રિયાનું ૩-૫ વાર પુનરાવર્તન કરો.

હલાસન

આ આસન કરવા માટે, સૌપ્રથમ પીઠના બળે સૂઈ જાઓ. તમારા હાથ શરીરની નજીક રાખો અને હથેળીઓ જમીન તરફ રાખો. આ પછી, શ્વાસ લેતી વખતે ધીમે ધીમે તમારા પગ ઊંચા કરો અને ૯૦ ડિગ્રીનો ખૂણો બનાવો.

હવે શ્વાસ બહાર કાઢતી વખતે તમારી પીઠ પણ ઊંચી કરો. પછી ધીમે ધીમે તમારા પગના અંગૂઠાને પાછળની તરફ લઇ જઈને જમીન પર સ્પર્શ કરવાનો પ્રયાસ કરો. ૩૦ સેકન્ડ માટે આ સ્થિતિમાં રહો. પછી ફરીથી મૂળ સ્થિતિમાં આવો.આ પ્રક્રિયાને ૩-૫ વાર પુનરાવર્તન કરો.

કોઈપણ યોગમાં શરીરના સામાન્ય કરતાં અલગ વળાંકો હોય છે. તેથી જો કરોડરજ્જુને લગતી કોઈ સમસ્યા હોય, બ્લડપ્રેશર, ગર્ભાવસ્થા, થાયરોઇડની સમસ્યા કે અન્ય કોઈ ક્રોનિક સમસ્યાઓ હોય તો શરીરની મર્યાદાઓને ધ્યાનમાં રાખીને નિષ્ણાતો સાથે અને તમારા ડોક્ટર સાથે ચર્ચા કર્યા પછી જ આસનો કરવા વધુ હિતકારક છે. ■

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યોગાસન ચિકિત્સા પદ્ધતિ નથી!

(ગતાંકથી ચાલુ)

જ્ઞાનતંત્રની કાર્યપદ્ધતિના નવસંસ્કરણથી વ્યક્તિના સાંવેગિક જીવનને વધુ સ્વસ્થ બનાવવામાં સહાય મળે છે.

(III) જ્યાં sympathetic જ્ઞાનતંત્રનું આધિપત્ય વધારે પડતું હોય ત્યાં પ્રાણાયામના અભ્યાસથી ઉચિત સમતુલા પ્રાપ્ત કરી શકાય છે. આ સમતોલ જ્ઞાનતંત્ર મનની સમતુલામાં અને આખરે ચેતનાના ઊર્ધ્વીકરણમાં પણ ફાળો આપે છે.

(૫) દીર્ઘ પૂરકના અભ્યાસને પરિણામે ઉચ્છ્વાસનો Tone વધે છે.

(૬) પ્રાણાયામના અભ્યાસ દરમિયાન નાભિથી નીચેનો ભાગ અંદર સંકોચાયેલો રાખવામાં આવે છે. પરિણામે ઉદરપટલ ઊંચો રહે છે. આમ થવાથી છાતીના પોલાણની ખાલી જગ્યા (Dead space volume) ઘટે છે. પેડુના ભાગમાં થતો અનાવશ્યક સંચય અટકે છે.

(૭) શ્વાસોચ્છ્વાસની ક્રિયા દરમિયાન પેડુ, પેટ અને છાતીની અંદરના ભાગમાં દબાણમાં પરિવર્તન (pressure change) થયા કરે છે. પ્રાણાયામમાં આ દબાણ-પરિવર્તનમાં ઘણો વધારો થાય છે. ત્રિબંધ પ્રાણાયામમાં આ દબાણ-પરિવર્તન તેથી પણ વધે છે. પરિણામે આ વિસ્તારમાં રહેલ જ્ઞાનતંત્રની ગ્રંથિઓ (Nerve plexuses)ને ઉત્તેજના મળે છે, જેને લીધે એક અપૂર્વ અને વિશિષ્ટ પ્રકારની સંવેદનાઓ ઉત્પન્ન થાય છે. આ સંવેદનાઓ સાધકની ચેતનાને અંદર વાળે છે અને ચેતનાને અંતરંગ યોગાભ્યાસ તરફ પ્રગતિ કરવામાં સહાયક બને છે.

(૮) પ્રાણાયામના અભ્યાસ દરમિયાન કરોડની અંદર રહેલ પોલાણ (Central canal of spinal cord) અને મગજના પોલાણ (Ventricles of brain)માં દબાણ વધે છે. પરિણામે સમગ્ર જ્ઞાનતંત્રમાં એક વિશિષ્ટ ઉત્તેજના ઉત્પન્ન થાય છે. આ ઉત્તેજનાથી ચેતના અંતર્મુખી બને છે; સાધક સમક્ષ કાંઈક અપૂર્વ એવી અનુભૂતિઓનાં દ્વાર ખુલ્લાં થાય છે અને વ્યક્તિચેતના વૈશ્વિક ચેતનામાં વિલીન થવા તરફ અગ્રેસર થાય છે.

૧૨. ઉપસંહાર:

ભારતીય સંસ્કૃતિ અને ભારતીય અધ્યાત્મ પરંપરામાં લગભગ સર્વત્ર પ્રાણાયામનો અપૂર્ણ મહિમા ગવાયો છે.

વૈદિક પરંપરા પ્રમાણે કર્મકાંડના યજ્ઞાદિ પ્રયોગોના પ્રારંભમાં જ પ્રાણાયામ કરવાનો હોય છે. 'ત્રિભિ: પ્રાણાન્ આયમ્ય' આવી સ્પષ્ટ સૂચના અપાય છે. પૌરાણિક કર્મોના પ્રારંભમાં પણ આ જ પરંપરા જળવાયેલ છે.

સનાતન પરંપરામાં સંધ્યાકર્મને ખૂબ મૂલ્યવાન ગણવામાં આવે છે. તેમાં પણ પ્રાણાયામનું અનિવાર્ય સ્થાન છે.

મનુસ્મૃતિ, વસિષ્ઠસંહિતા, યાજ્ઞવલ્ક્ય સ્મૃતિ આદિ સ્મૃતિગ્રંથોમાં પ્રાણાયામનો અભ્યાસ સૂચવવામાં આવેલ છે અને તેની મહત્તા પણ દર્શાવવામાં આવેલ છે. પુરાણોમાં લગભગ સર્વત્ર પ્રાણાયામનું વર્ણન, ભલામણ અને મહત્તા જોવાં મળે છે.

પ્રાણાયામને આપણી પરંપરામાં એક શ્રેષ્ઠ તપ અને એક મૂલ્યવાન પ્રાયશ્ચિતકર્મ ગણવામાં આવેલ છે.

શ્રીમદ્ ભગવદ્ગીતા અને શ્રીમદ્ ભાગવતમાં પણ પ્રાણાયામની મહત્તાનું વર્ણન જોવા મળે છે.

હઠયોગમાં તો પ્રાણાયામ કેન્દ્રવર્તી સાધના છે. ભગવાન પતંજલિ પ્રણિત રાજયોગમાં પણ પ્રાણાયામ મહત્ત્વનું અંગ છે.

આમ વૈદિક પરંપરાના સર્વ પ્રવાહોમાં પ્રારંભથી અંત સુધી પ્રાણાયામની મહત્તાનું ગાન થયું છે.

આવું છે પ્રાણાયામસાધન અને આવી છે પ્રાણાયામની મહત્તા.

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યોગાસન એટલે શું?

૧. પ્રસ્તાવ:

વર્તમાનકાળમાં યોગાસનના અભ્યાસનો વ્યાપક પ્રચાર થયો છે. ગઈકાલ સુધી થોડા સાધુઓના આશ્રમોમાં સીમિત અને લગભગ ગુપ્તપ્રાય રહેલાં યોગાસનો હવે ચોરે અને ચૌટે પહોંચી ગયાં છે. યોગાસનોનો પ્રસાર થાય, તેમાં કાંઈ ખોટું નથી. લોકો વ્યાપક પ્રમાણમાં યોગાસનોનો અભ્યાસ કરે તે માન્ય અને આવકાર્ય છે, પરંતુ સમસ્યા એ છે કે યોગાસનોની સાથે સાથે યોગાસનોવિષયક ગેરસમજોનો પણ પ્રસાર થઈ રહ્યો છે.

લોકો યોગાસનોના યથાર્થ સ્વરૂપને સમજે અને યોગાસનોનો ઉચિત પદ્ધતિથી અભ્યાસ કરે તો જ તેમનો અભ્યાસ ફળદાયી અને ઉપકારક બની શકે છે. તેથી યોગાસનોના યથાર્થ સ્વરૂપને સમજવાનું કાર્ય આવશ્યક જ નહિ, પરંતુ અનિવાર્ય છે.

આપણી સમક્ષ યોગાસનો વિશે અનેક પ્રશ્નો છે:

- યોગાસન ખરેખર શું છે?
- કોઈ પણ આસન ખરેખર યોગાસન ક્યારે ગણાય?
- યોગાસન વિશે શાસ્ત્રોમાં શું કહ્યું છે?
- યોગાસનો વિશે થયેલાં વૈજ્ઞાનિક સંશોધનો શું કહે છે?
- યોગાસનોના અભ્યાસથી શારીરિક, પ્રાણિક, માનસિક અને આધ્યાત્મિક રીતે શું બને છે?
- શારીરિક વ્યાયામની અન્ય પદ્ધતિઓથી યોગાસનો કઈ રીતે જુદાં પડે છે?

આ અને આવા અનેકવિધ પ્રશ્નો જિજ્ઞાસુઓના ચિત્તમાં ઉપસ્થિત થાય છે. આપણે અહીં યોગાસનો વિષયક આ પ્રશ્નોના ઉત્તરો મેળવવા પ્રયત્ન કરીએ.

૨. યોગાસન શું નથી?

સામાન્ય જનસમાજમાં યોગાસનવિષયક ઘણી ગેરસમજ પ્રવર્તે છે. આ ગેરસમજનું નિરસન થાય તે આવશ્યક છે. તેથી આપણે યોગાસન શું છે, તે સમજતાં પહેલાં યોગાસન શું નથી તે સમજી લઈએ.

(૧) યોગાસન શારીરિક વ્યાયામ પદ્ધતિ નથી:

પ્રથમ દૃષ્ટિએ યોગાસન શરીરની ક્રિયા લાગે છે અને તેથી યોગાસન પણ શારીરિક વ્યાયામની એક પદ્ધતિ છે, તેવી ગેરસમજ થવા પામી છે. યોગાસનના અભ્યાસનો પ્રારંભ શરીરથી થાય છે, છતાં આ અભ્યાસ શરીર પર જ અટકી જતો નથી. તેનાં પરિણામો પ્રાણ અને મન સુધી પહોંચે છે અને તેનું મુખ વસ્તુતઃ અધ્યાત્મ તરફ છે. તેથી આપણે સ્પષ્ટ રીતે સમજી લેવું જોઈએ કે યોગાસન શારીરિક વ્યાયામની પદ્ધતિ નથી. યોગાસન શારીરિક વ્યાયામ કરતાં ઘણી ગહન ઘટના છે.

(૨) યોગાસન ચિકિત્સા પદ્ધતિ નથી:

વર્તમાનકાળમાં રોગમુક્તિ માટે લોકોએ યોગ તરફ અને ખાસ કરીને યોગાસન તરફ દોડ મૂકી છે. યોગાસનના અભ્યાસથી શારીરિક-માનસિક સ્વાસ્થ્યની જાળવણીમાં સહાય મળી શકે તેમ છે અને યોગાસનના અભ્યાસથી શરીર- મનના કેટલાક રોગોમાંથી મુક્તિ મળી શકે તેમ છે, તે પણ સાચું છે, પરંતુ આ સર્વ તો યોગાસનના અભ્યાસની આડપેદાશ છે. યોગાસનના અભ્યાસનું પ્રધાન લક્ષ્ય ચિકિત્સા નથી. અષ્ટાંગયોગ અધ્યાત્મવિદ્યા છે અને યોગાસન અષ્ટાંગયોગનું એક અંગ છે. યોગાસનનું મુખ શરીર-મનની ચિકિત્સા તરફ નહિ, પરંતુ આધ્યાત્મિક વિકાસ તરફ છે.

(૩) યોગાસન હેરત પમાડે તેવા અંગકસરતના પ્રયોગો નથી:

સરકસના ખેલાડીઓ હેરત પમાડે તેવા અંગકસરતના પ્રયોગો કરતા હોય છે. વ્યાયામવીરો પણ આવા પ્રયોગોનું પ્રદર્શન કરતા હોય છે. કેટલાંક યોગાસનો ખૂબ કઠિન છે અને તેમના પ્રયોગોનું પ્રદર્શન લોકોની તાલીઓ મેળવી શકે તેમ છે, પરંતુ સાવધાન! આવા પ્રયોગો કે તેમનું પ્રદર્શન યોગ નથી. યોગાસનના અભ્યાસનું મુખ સમાધિ પ્રત્યે છે. લોકો હેરત પામી જાય તે પ્રકારના અંગકસરતના પ્રયોગો કરવા તે યોગાસનનું યથાર્થ સ્વરૂપ નથી અને યોગાસનના મૂળ સ્વરૂપ સાથે આવા પ્રયોગો સુસંગત પણ નથી.

(૪) યોગાસન ચમત્કારિક શક્તિઓની પ્રાપ્તિ માટે નથી:

કેટલાક મદારીઓ, જાદુગરો, તમાશગીરો લોકો સમક્ષ શરીર-મનની અસાધારણ શક્તિઓનું પ્રદર્શન કરતા હોય છે અને પોતે આ શક્તિઓ યોગાસન કે યોગના અભ્યાસથી પ્રાપ્ત કરેલ છે, તેવો દાવો કરતા હોય છે. આથી લોકોના ચિત્તમાં એવી ગેરસમજ જન્મે છે કે યોગાસન આવી અસાધારણ શક્તિઓની પ્રાપ્તિ માટેની સાધના છે.

આ ગેરસમજ ભ્રામક અને ગેરમાર્ગે દોરનારી છે, તેથી તેનું નિરસન થવું જોઈએ.

યોગાસન ચમત્કારિક શક્તિઓની પ્રાપ્તિ માટેનો અભ્યાસ નથી. યોગાસનનો અભ્યાસ અધ્યાત્મપથ પર સહાયક અભ્યાસ છે અને બાકી બધું યોગાસનનાં મળમૂત્ર છે, તેમ સમજવું જોઈએ.

(૫) યોગાસન એટલે યોગ નહિ:

કેટલાક લોકો માત્ર યોગાસનને જ યોગ માની લેવાની ભૂલ કરી રહ્યા છે. તેઓ માત્ર થોડાં યોગાસનોનો અભ્યાસ કરે છે અને માને છે કે તેઓ યોગાભ્યાસ કે યોગસાધના કરી રહ્યા છે.

(ક્રમશઃ)■

Duranta Barta • 21 Jun • Ministry of Ayush

International Yoga Day

2 • PG | 120 • Sqcm | 41922 • AVE | 225K • Cir | Middle Center

Kolkata

জয়পুর পুলিশ কমিশনারেটে যোগব্যায়াম পুলিশ কর্মীদের

জয়পুর, ২০ জুন ঃ আন্তর্জাতিক যোগ সপ্তাহ উপলক্ষে শুক্রবার রাজস্থানের জয়পুর পুলিশ কমিশনারেটে যোগব্যায়াম করলেন পুলিশ আধিকারিক থেকে শুরু করে সর্বস্তরের পুলিশ কর্মীরা। ব্রহ্মকুমারী ইনস্টিটিউটের যোগ প্রশিক্ষকরা পুলিশ কমিশনারেটে যোগব্যায়াম পরিচালনা করেন।এই অনুষ্ঠানে, ডেপুটি কমিশনার অফ পুলিশ (সদর) দেবেন্দ্র কুমার বিষ্ণোই, অতিরিক্ত ডেপুটি কমিশনার অফ পুলিশ (সদর) শিল্পা চৌধুরী সহ অন্যান্য পুলিশ আধিকারিক ও পুলিশ কর্মীরা উপস্থিত ছিলেন। উল্লেখ্য, যোগব্যায়াম বিশ্বকে দেওয়া ভারতীয় ঐতিহ্য ও সংস্কৃতির এক অনন্য উপহার। প্রাচীন ভারতীয় এই যোগ পদ্ধতি আমাদের শারীরিক, মানসিক, নৈতিক এবং আধ্যাত্মিক সুস্বাস্থ্য নিশ্চিত করে। প্রতিকূল পরিস্থিতিতে কাজ করার কারণে পুলিশকর্মীদের শারীরিক ও মানসিক চাপ দূর করতে যোগব্যায়াম গুরুত্বপূর্ণ ভূমিকা পালন করে বলে মনে করেন যোগ প্রশিক্ষকরা। তাই আজ আমরা যোগ শিক্ষকের কাজে গিয়ে যোগ শিক্ষা দরকার যাতে রোগ দুর হয়

Duranta Barta • 21 Jun • Ministry of Ayush

PM will celebrate international yoga day in Visakhapatnam

2 • PG | 140 • Sqcm | 49090 • AVE | 225K • Cir | Top Center

Kolkata

যোগ দিবসে বিশাখা পত্তনমে প্রধানমন্ত্রী

নয়াদিল্লি, ২০ জুন ঃ আন্তর্জাতিক যোগ দিবস এবার পা দেবে এগারোতম বর্ষে। এবারের থিম এক পৃথিবী, এক স্বাস্থ্যের জন্য যোগ। ২১ জুন প্রধানমন্ত্রী নরেন্দ্র মোদী যোগ ব্যায়াম করবেন অন্ধ্রপ্রদেশের বিশাখাপত্তনমে। এই বিষয়ে নিজেই জানিয়েছেন প্রধানমন্ত্রী। তিনি এক্স হ্যান্ডেলে জানিয়েছেন, ২১ তারিখে সুন্দর শহর বিশাখাপত্তনমে যোগ দিবসের অনুষ্ঠানে অংশ নেব।উল্লেখ্য, মোদী সরকারের উদ্যোগে ২০১৫ সালে অনুষ্ঠিত হয় প্রথম আন্তর্জাতিক যোগ দিবস। এবার তার দশ পেরিয়ে এগারোয় পা। যোগব্যায়ামের নানাবিধ উপকারিতা সম্পর্কে বিশ্বব্যাপী সচেতনতা বৃদ্ধির লক্ষ্যে এই দিবস পালন হয়।

Gujarat Samachar • 21 Jun • Ministry of Ayush

Today is Yoga Day: Societies committed to maintaining health through regular yoga

1 • PG | 3999 • Sqcm | 4798493 • AVE | 1.05M • Cir | Top Left

Mumbai

આજે યોગ દિવસ : નિયમિત યોગ થકી તંદુરસ્તી જાળવવા કટિબદ્ધ સોસાયટીઓ

આંતરરાષ્ટ્રીય યોગ દિવસ દર વર્ષે ૨૧ જુનના રોજ સમગ્ર વિશ્વમાં ઉજવવામાં આવે છે. વર્ષ ૨૦૧૪માં સંયુક્ત રાષ્ટ્ર મહાસભામાં યોગ દિવસની વિધિવત જાહેરાત કરાઈ હતી. યોગ એક શારીરિક, માનસિક અને આધ્યાત્મિક અભ્યાસ છે, જેની શરૂઆત પ્રાચીન ભારતમાં થઈ હતી. યોગનો અર્થ થાય છે (બ્રહ્માંડ સાથેનું) જોડાણ. યોગ એ વ્યક્તિ જેનો એક ભાગ છે તેને બ્રહ્માંડ સાથે સભાનતાપૂર્વક 'વ્યક્તિગત સ્વ'ને જોડવાની રીત સૂચવે છે. અમદાવાદમાં યોગ દિવસે વિવિધ આયોજનો થશે. યોગ એ જીવનનો નિત્યક્રમ છે એવો સંકલ્પ કરીને અમદાવાદની સોસાયટી, વિવિધ ગ્રૂપો દ્વારા રોજ યોગાભ્યાસ કરાય છે.

સાત વર્ષથી યોગ દિવસ ઉજવીએ છીએ, મહિના પહેલાંથી તૈયારીઓ થાય છે

અમારી સોસાયટીના ૬૦થી ૭૦ જેટલા સભ્યો યોગમાં રસ ધરાવે છે. અમે સાત વર્ષથી યોગ દિવસની ઉજવણી કરીએ છીએ. યોગ દિવસના એકથી દોઢ મહિના પહેલા અમે સોસાયટીના સભ્યો યોગની પ્રેક્ટિસ કરીને શરીરને સ્વસ્થ રાખીએ છીએ. અમારી સોસાયટીના સભ્યો યોગની ઇવેન્ટમાં પાર્ટીસિપેટ કરે છે અને સ્વસ્થ શરીર માટે બાળકોને પણ યોગ શીખવીએ છીએ. - **ધર્મિષ્ઠા ગઢવી**

સોસાયટીમાં ૧૫ મહિલાઓ દરરોજ યોગ કરે છે

બેઠાડું જીવનને લીધે વજન વધવું, ચાલવામાં મુશ્કેલી સહિતની સમસ્યાઓ વધી છે. સોસાયટીમાં ગુજરાત યોગ બોર્ડના યોગ એક્સપર્ટ સોસાયટીમાં યોગ કરાવવા આવે છે. શરૂઆતમાં પાંચ મહિલા જોડાઈ હતી હાલ ૧૫થી વધુ મહિલાઓ નિયમિત યોગ શિબિરમાં જોડાય છે. યોગ કરવાથી શારીરિક સમસ્યા દૂર થઈ અને માનસિક મનોબળમાં વધારો થયો છે. - **નયનાબહેન વેકરીયા**

બે વર્ષથી નિયમિત સાંજે યોગાભ્યાસ કરીએ છીએ

અમે છેલ્લાં બે વર્ષથી નિયમિતપણે યોગનાં ક્લાસ કરીએ છીએ. અમારી સોસાયટીમાં અમે સાંજે એક કલાક યોગ કરીને મનને શાંત કરીએ છીએ. દરેક લોકો પોતાનાં મનમાં રહેલી વિવિધ સમસ્યાઓનાં સમાધાન માટે એકાગ્રતાથી દરેક આસન કરતાં હોય છે. અમારી સોસાયટીમાં નેહાબહેન શાહ અમને વિવિધ પ્રકારનાં યોગાસન વિશે માહિતી આપે છે અને તેને કરવાની પદ્ધતિ શીખવે છે. અમે લગભગ ૧૫-૨૦ લોકો યોગ કરીએ છીએ. **-અમિતાબહેન મોદી**

રોજિંદા જીવનમાં યોગ અપનાવવાથી જીવનમાં બદલાવ આવે છે

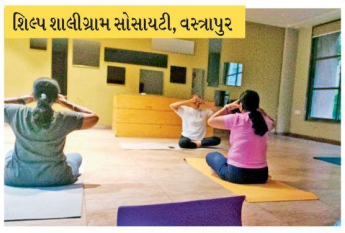
અમારી સોસાયટીમાં દરેક સભ્ય સ્વાસ્થ્યને લઈને ઘણાં ચિંતા હતા. તેના કારણે અમે યોગ કરવાનો વિચાર કર્યો. પહેલાં ૨-૩ લોકો જ આવતાં હતા પરંતુ ધીરે-ધીરે ૮ સભ્યો ભેગા થયા કે જે નિયમિતપણે સવારે યોગ કરતા હતા. યોગ દિવસની ઉજવણીમાં લગભગ ૧૮ જેટલા સભ્યો ભેગા થતા હોય છે. સામાન્ય રીતે લોકો ફક્ત યોગ દિવસ પર જ યોગાસન કરતા હોય છે તેના કરતા જો તેઓ દરરોજ યોગ કરતા હોય તો તેમના જીવનમાં શારીરિક અને માનસિક બંને રીતે સારા બદલાવ આવી શકે છે. **-યોગેશભાઇ મિસ્ત્રી**

યોગના કારણે જીવનમાં શિસ્તતા કેળવાઈ

હું હોમિયોપેથીની ડૉક્ટર છું અને તેના કારણે સ્વાસ્થ્યને લઈ ઘણી સ્ટ્રીક્ટ પણ રહું છું. મારી સોસાયટીનાં રહેવાસીઓએ મને યોગ શીખવાડવાનું સૂચન કર્યું. અમે નિયમિત દરરોજ સવારે યોગ કરીએ છીએ. અમારા ગ્રૂપમાં ૪ લોકો છે પરંતુ યોગ દિવસની ઉજવણીમાં ૧૨ લોકો ભેગા થાય છે. અમારી સોસાયટીમાં ઘણાં લોકોને યોગ કરવાથી તેમને રોગમાં રાહત મળી છે. આ સાથે તેમનાં રોજિંદા જીવનમાં શિસ્તતા કેળવાઈ છે.
-ડૉ.હર્ષિદાબહેન પટેલ

એક્સપર્ટ દ્વારા યોગની તાલીમ અપાય છે યોગ પ્રત્યે જાગૃતિ વધતા સંખ્યા પણ વધી

પહેલાં અમારી સોસાયટીમાં યોગ દિવસે યોગા કરવામાં આવતા હતા. યોગ પ્રત્યેની જાગૃતિ વધતા મહિલાઓ દરરોજ સાંજે યોગ કરવામાં જોડાય છે. સોસાયટીમાં યોગ એક્સપર્ટ કુંદનબહેન પ્રજાપતિ અમને છેલ્લાં દોઢ વર્ષથી યોગની તાલીમ આપે છે. યોગના વિવિધ આસાન કરવાથી દિવસભર તાજગી અનુભવાય છે. યોગ કરવાથી શરીરની તંદુરસ્તી જાળવવામાં અમે સફળ થયા છીએ. - **બીનાબહેન પટેલ**



વડીલ બહેનો પોતાની શારીરિક સમસ્યાઓ મુજબ યોગ કરવાનું પસંદ કરે છે

અમારી સોસાયટીને બે વર્ષ થયા છે. યોગ એક્સપર્ટ તરીકે હું અમારી સોસાયટીમાં છેલ્લાં બે મહિનાથી અલગ-અલગ જૂથવયની મહિલાઓને શીખવું છું. મહિલાઓનું એક ગ્રૂપ પાવરયોગાની રિમાન્ડ ધરાવે છે. સિનિયર સિટીઝન મહિલાઓ પોતાની શારીરિક સમસ્યાઓ મુજબ યોગ કરવાનું વધારે પસંદ કરે છે જેથી તેમને રાહત પણ જોવા મળું છું. - **હર્ષા જોશી**

વિશ્વમાં ચાલી રહેલી નકારાત્મક ઘટનાઓનો સામનો કરવા મનુષ્યમાં સકારાત્મક ઊર્જાનો સંચાર થયા અને દરેકના મનમાં શાંતિ પ્રસ્થાપિત થાય તેવા ઉદ્દેશ્યથી ઉદ્ગમ સ્કૂલના વિદ્યાર્થીઓ દ્વારા વિશ્વ યોગ દિવસની ઉજવણી કરાઈ હતી. વિદ્યાર્થીઓએ યોગ દ્વારા 'શાંતિ, સુરક્ષા અને સ્વાસ્થ્ય'નો સંદેશો આપ્યો હતો.

નિયમિત યોગાભ્યાસ કરતા યંગસ્ટર્સ અને સિનિયર સિટીઝન ગ્રૂપે કહ્યું

યોગ અમારા જીવનનો રોજિંદો ભાગ

આજના સમયમાં થોડો સમય કાઢવો મુશ્કેલ છે ત્યારે શહેરના યંગસ્ટર્સ અને સિનિયર સિટીઝન ગ્રૂપ છેલ્લાં ત્રણ વર્ષથી નિયમિત યોગ કરીને શારીરિક ખામીઓથી ઘણી રાહત મેળવી શક્યા છે.

યોગાસનની સાથે પર્યાવરણ અવેરનેસનું પણ કામ કરીએ છીએ

સોલા ભાગવત સિનિયર સિટીઝન ગ્રૂપના સભ્યો અઢી વર્ષથી યોગ કરીને પોતાની ફિટનેસ જાળવી રાખી છે. અમે સોલા ભાગવત કેમ્પસમાં યોગીજી મહારાજ મઢુલી ખાતે યોગ કરીએ છીએ. ગ્રૂપમાં ૧૦૦થી વધુ સભ્ય છે અને નિયમિત ૬૦થી વધુ લોકો યોગાભ્યાસમાં જોડાય છે. - **નરેન્દ્ર ભગત, ગ્રૂપ આગેવાન**

વિદ્યાર્થિનીઓએ યોગ થકી સ્વાસ્થ્ય અને અભ્યાસમાં સુધારો કર્યો

અમે પાંચ બહેનપણીઓ વૈષ્ણોદેવી સર્કલના વિસ્તારમાં રહીએ છીએ. અમને અમારી સોસાયટીમાં રહેતા એક બહેનને જોઈને યોગ કરવાની પ્રેરણા મળી. અમે પાંચેય બહેનપણીઓ લગભગ બેથી ત્રણ વર્ષથી નિયમિત યોગ કરીએ છીએ. અમે બધા ૨૦થી ૨૨ વર્ષના છીએ. યોગથી અમારામાં આત્મવિશ્વાસ વધ્યો છે અને ચિંતામુક્ત બન્યા છીએ. આ સાથે અમે અભ્યાસમાં પણ સારું પરિણામ મેળવી શક્યા છીએ. **-પૂર્વા દવે, વૈષ્ણોદેવી સર્કલ**

સ્વૈચ્છિક અને શૈક્ષણિક સંસ્થાઓ તથા સોસાયટીઓમાં આજે કાર્યક્રમો

- ગુજરાત આર્ટ્સ એન્ડ કોમર્સ કોલેજ ઈવનિંગમાં યોગા સંગમ કાર્યક્રમ યોજાશે, સવારે ૭થી ૭.૪૫
- સદરાર વલ્લભભાઈ ગ્લોબલ યુનિવર્સિટી ખાતે સવારે ૭.૩૦ કલાકે ઈન્ટરનેશનલ યોગ દિવસની ઉજવણી કરાશે
- ખોખરા વિસ્તારની IIT-RAM ખાતે સ્ટુડન્ટ્સ દ્વારા યોગ કરી યોગ દિવસ ઉજવાશે
- શ્રી નારાયણા કોલેજ ઓફ કોમર્સ ખાતે સવારે ૮.૩૦ કલાકે યોગ એક્સપર્ટ દ્વારા યોગ-આસાન કરાવી યોગ દિવસની ઉજવણી.
- એચ.કે.આર્ટ્સ કોલેજમાં સવારે ૭થી ૮ વિશ્વ યોગ દિવસની ઉજવણી યોજાશે.
- આર.જે.તિબ્રેવાલ કોમર્સ કોલેજના સ્ટુડન્ટ્સ ભદ્રકાળી માતાજીના મંદિર પરિસરમાં સવારે ૭થી ૮ સુધી યોગાસન કરી યોગ દિવસની ઉજવણી.
- એલ.ડી.કોલેજ ઓફ એન્જિયનિયરિંગમાં સ્ટુડન્ટ્સ, પ્રોફેસર સાથે મળીને યોગાસન કરી યોગ દિવસની ઉજવણી.
- ગુજરાત યુનિવર્સિટીમાં અટલ કલામ રિસર્ચ પાર્ક ઓડિટોરીયમ ખાતે સ્ટુડન્ટ્સ ઉપસ્થિતિમાં યોગા એક્સપર્ટ યોગ કરાવશે.
- ચાંદખેડામાં આવેલી ગુજરાત ટેકનોલોજીકલ યુનિવર્સિટી (જીટીયુ) ખાતે સવારે વિશ્વ યોગ દિવસની ઉજવણી કરાશે.
- જાસપુર વિસ્તારમાં આવેલા વિશ્વ ઉમિયાધામના યુવા મહિલા સંગઠન દ્વારા યોગાસન અને પ્રાણાયામ સત્રનું આયોજન .
- સુપાત્ર ફાઉન્ડેશનના સહયોગથી વૉર્ક્સ ક્લબ ઓફ લૉ ગાર્ડન ખાતે યોગ દિવસની ઉજવણી.
- વસ્ત્રાપુરની કાસા વ્યોમા સોસાયટીમાં યોગ સંસ્થાન દ્વારા યોગ દિવસની ઉજવણી.
- ગુજરાત કાઉન્સિલ ઓન સાયન્સ એન્ડ ટેકનોલોજી દ્વારા ઇન્ડિયન ઇન્સ્ટિટ્યૂટ ઓફ ટીચર એજ્યુકેશન ગાંધીનગર ખાતે'એક પૃથ્વી, એક સ્વાસ્થ્ય માટે' ની થીમ સાથે આંતરરાષ્ટ્રીય યોગ દિવસની ઉજવણી કરવામાં આવશે. આ કાર્યક્રમમાં ૪૦૦થી વધુ શિક્ષકો ભાગ લેશે. આ સાથે કાર્યક્રમમાં સત્રો, ઈન્ટરેક્ટિવ પ્રવૃત્તિઓ અને વર્કશોપનું આયોજન કરવામાં આવશે

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Yoga is now an industry: 18 startups in this field are making waves around the world

8 • PG | 57 • Sqcm | 68237 • AVE | 1.05M • Cir | Bottom Right

Mumbai

આજે આંતરરાષ્ટ્રીય યોગ દિવસ

યોગ હવે એક ઉદ્યોગ : આ ક્ષેત્રના ૧૮ સ્ટાર્ટઅપ્સની સમગ્ર વિશ્વમાં બોલબાલા

અમદાવાદ, તા. ૨૦

આંતરરાષ્ટ્રીય યોગ દિવસ દર વર્ષે ૨૧ જૂને ઉજવવામાં આવે છે. આ પ્રસંગે, સમગ્ર વિશ્વ યોગની પ્રાચીન પરંપરા અને તેના આધુનિક સ્વરૂપની ઉજવણી કરે છે. યોગ હવે ફક્ત મેટ પર આસનો કરવા અને સ્વસ્થ રહેવા પૂરતો મર્યાદિત નથી, પરંતુ તે એક ખૂબ જ મોટો ઉદ્યોગ બની ગયો છે, જેણે કરોડો યુવાનોને રોજગાર પણ આપી રહ્યો છે. લોકો હવે પહેલા કરતાં તેમના સ્વાસ્થ્ય અને માનસિક શાંતિને વધુ મહત્વ આપી રહ્યા છે અને તેના માટે પણ પૈસા પણ ખર્ચી રહ્યા છે. ઓનલાઈન યોગ વર્ગોએ દરેક માટે તેને સરળ બનાવ્યું છે. યોગ ફક્ત શારીરિક કસરત નથી, પરંતુ લોકોને એકબીજા સાથે જોડે છે.

ઈન્વેન્ટિવ રેટ કોમના એક અહેવાલ મુજબ, ૨૦૨૩ સુધીમાં યોગ ૬૬.૨ બિલિયન ડોલરનો ઉદ્યોગ બનશે, જે વધુ ઝડપથી વિકાસ પામશે તેવી અપેક્ષા છે. યોગ વધુને વધુ લોકપ્રિય થઈ રહ્યો છે, તેથી તેનાથી સંબંધિત સ્ટાર્ટઅપ્સ પણ ઝડપથી ઉભરી રહ્યા છે. એક અહેવાલ મુજબ, ભારતમાં વેલનેસ માર્કેટ રૂ. ૪૯૦ અબજનું છે, જેમાંથી યોગ સ્ટુડિયો અને ફિટનેસ સેન્ટરો ૪૦૦ બિલિયો કરાવે છે. આગામી બાર વર્ષમાં, આ બજાર ૨૦૩૦ ના દરે વધીને રૂ. ૮૭૫ અબજ સુધી પહોંચવાની અપેક્ષા છે. લોકો હવે રોગોથી બચવા માટે યોગ અપનાવી રહ્યા છે, જે આ બજારના વિકાસનું એક મુખ્ય કારણ છે.

ઓનલાઈન પ્લેટફોર્મ, એપ્લિકેશન્સ અને ટેકનોલોજીએ યોગને તમામ ઉંમરના અને સમસ્યાઓના લોકો માટે સુલભ બનાવ્યો છે.

યોગની દુનિયામાં ૧૮ સ્ટાર્ટઅપ્સની ચર્ચા છે. આ સ્ટાર્ટઅપ્સ દેશ અને દુનિયાભરમાં યોગ સંબંધિત કાર્ય કરી રહ્યા છે.આ સ્ટાર્ટઅપ્સમાં ઉદ્યોગેકાર્ટ, ટમીસ્ટેકહોમ, BMT એક્સપિરિયન્સ, મોર્ફેન્ટ્સ કલેક્ટિવ, આર્ટ ઓફ લિવિંગ ફિટિવ, યોગેસ, જુવ મેટ્રસ, ડ્રક યોગા, આયુ યુનિવર્સ, ફિટવી, વેલનેસિસ ચાર્જીસ્ટ, યોગ જમ, ફીટવર્લ્ડ, યુગાન્ત, અર્થ ઓનલાઈન યોગ, યોગા આર્ક, ક્રોરએવર યોગ અને અમર પાવર યોગનો સમાવેશ થાય છે.આ તમામ સ્ટાર્ટઅપ્સ તાલીમ, વર્કશોપ, સાધનો અને સંસાધનો, સંગીત, કલા, મેટ ઉત્પાદન, વેબો અને નિષ્ણાત તાલીમ તથા આરોગ્યવર્ધક પીણાં અને અન્ય ઉત્પાદનો સહિત અન્ય સેવા પૂરી પાડે છે.

સ્ટાર્ટઅપ્સના સહારે ભારત સહિત સમગ્ર વિશ્વમાં યોગ ક્ષેત્ર ઝડપથી વિકસી એક મોટા ઉદ્યોગનું સ્વરૂપ લઈ રહ્યો છે

Gujarat Samachar • 21 Jun • Ministry of Ayush

The statement ^Now Yoga is one of the business: 18 start ups in the world^ is incomplete and lacks c...

7 • PG | 99 • Sqcm | 162798 • AVE | 2.66M • Cir | Middle Center

Ahmedabad

આજે આંતરરાષ્ટ્રીય યોગ દિવસ

યોગ હવે એક ઉદ્યોગ : આ ક્ષેત્રના ૧૮ સ્ટાર્ટઅપ્સની સમગ્ર વિશ્વમાં બોલબાલા

અમદાવાદ, તા. ૨૦

આંતરરાષ્ટ્રીય યોગ દિવસ ૧૨ વર્ષે ૨૧ જૂને ઉજવવામાં આવે છે. આ પ્રસંગે, સમગ્ર વિશ્વ યોગની પ્રાચીન પરંપરા અને તેના આધુનિક સ્વરૂપની ઉજવણી કરે છે. યોગ હવે ફક્ત મેટ પર આસનો કરવા અને સ્વસ્થ રહેવા પૂરતો મર્યાદિત નથી, પરંતુ તે એક ખૂબ જ મોટો ઉદ્યોગ બની ગયો છે, જ્યાં કરોડો રૂપિયાનો વ્યવસાય ચાલી રહ્યો છે. લોકો હવે પહેલા કરતાં તેમના સ્વાસ્થ્ય અને માનસિક શાંતિને વધુ મહત્વ આપી રહ્યા છે અને તેના માટે પણ પૈસા પણ ખર્ચી રહ્યા છે. ઓનલાઈન યોગ વર્ગોએ દરેક માટે તેને સરળ બનાવ્યું છે. યોગ ફક્ત શારીરિક તંદુરસ્તી નથી, પરંતુ લોકોને એકબીજા સાથે જોડે છે.

ઉકવેન્ટિસ ડોટ કોમના એક અહેવાલ મુજબ, ૨૦૨૩ સુધીમાં યોગ ૧૯.૨ બિલિયન ડોલરનો ઉદ્યોગ બનશે, જે વધુ ઝડપથી વિકાસ પામશે તેવી અપેક્ષા છે. યોગ વધુને વધુ લોકપ્રિય થઈ રહ્યો છે, તેથી તેનાથી

સંબંધિત સ્ટાર્ટઅપ્સ પણ ઝડપથી ઉભરી રહ્યા છે. એક અહેવાલ મુજબ, ભારતમાં વેલનેસ માર્કેટ રૂ. ૪૯૦ અબજનું છે, જેમાંથી યોગ સ્ટુડિયો અને ફિટનેસ સેન્ટરો ૪૦% હિસ્સો પરાવે છે. આગામી ત્રણ વર્ષમાં, આ બજાર ૨૦% ના દરે વધીને રૂ. ૮૭૫ અબજ સુધી પહોંચવાની અપેક્ષા છે. લોકો હવે રોગોથી બચવા માટે યોગ અપનાવી રહ્યા છે, જે આ બજારના વિકાસનું એક મુખ્ય કારણ છે.

ઓનલાઈન પ્લેટફોર્મ, એપ્લિકેશન્સ અને ટેકનોલોજીએ યોગને તમામ ઉંમરના અને જાતિઓના લોકો માટે સુલભ બનાવ્યો છે.

યોગની દુનિયામાં ૧૮ સ્ટાર્ટઅપ્સની બોલબાલા છે. આ સ્ટાર્ટઅપ્સ દેશ અને દુનિયાભરમાં યોગ સંબંધિત કાર્ય કરી રહ્યા છે.આ સ્ટાર્ટઅપ્સમાં ઉબોલેશન, ટમીડોટકોમ, BWT એક્સપિરિયન્સ, મોમેન્ટમ કલેક્ટિવ, આર્ટ ઓફ લિવિંગ ડિજિટલ, યોગંતા, જૂરુ મેટ્સ, ટ્રુક યોગા, આયુ યુનિવર્સ, ફિટમી, વેલેનેસિસ યોગીફાઈ, યોગા જલ, લીટયાઈઝ, મુનાના, સર્વ ઓનલાઈન યોગ, યોગા બાર્સ, ફોરએવર યોગા અને અક્ષર પાવર યોગાનો સમાવેશ થાય છે.આ તમામ સ્ટાર્ટઅપ્સ તાલીમ, વર્કશોપ, સાધનો અને સંલગ્નતા, સંગીત, કલા, મેટ ઉત્પાદન, લેખો અને નિષ્ણાત તાલીમ તથા આરોગ્યવર્ધક પીણાં અને અન્ય ઉત્પાદનો સહિત અન્ય સેવા પૂરી પાડે છે.

સ્ટાર્ટઅપ્સના સહારે ભારત સહિત સમગ્ર વિશ્વમાં યોગ ક્ષેત્ર ઝડપથી વિકસી એક મોટા ઉદ્યોગનું સ્વરૂપ લઈ રહ્યો છે

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Celebrating 'Yoga in Mud

2 • PG | 90 • Sqcm | 107769 • AVE | 1.05M • Cir | Top Center

Mumbai

'યોગ ઈન મડ'ની ઉજવણી

ચાંદખેડામાં પોદાર સ્કૂલના બાળકો માટે યોગ ઈન મડની ઉજવણી કરવામાં આવી હતી, જેમાં બાળકો અને તેમના માતા-પિતાએ કાદવમાં યોગના આનંદ દ્વારા પ્રકૃતિ સાથેના જોડાણનો આનંદ મેળવ્યો હતો.

Gujarat Samachar • 20 Jun • Ministry of Ayush

Various programs on International Yoga Day by Sivananda Ashram

2 • PG | 91 • Sqcm | 109749 • AVE | 1.05M • Cir | Top Center

Mumbai

શિવાનંદ આશ્રમ દ્વારા આંતરરાષ્ટ્રીય યોગ દિવસે વિવિધ કાર્યક્રમો

શિવાનંદ આશ્રમ, અમદાવાદના ઉપક્રમે યોગ શિક્ષકોના સહયોગથી ૨૧ જુનને શનિવારના રોજ શિવાનંદ આશ્રમમાં તેમજ શહેરના અન્ય સ્થળોએ ૧૮ યોગાસન વર્ગનું સ્વાસ્થ્યના હેતુ નિમિત્તે આયોજન કરાશે. આશ્રમમાં અંધજન મંડળ, વિકલાંગો અને મુસ્લિમ વિદ્યાર્થીઓ - શિક્ષકો તેમજ લાયન્સ ક્લબના સભ્યો માટે ચાર વિવિધ યોગાસનના વર્ગો યોજાશે.

Gujarat Samachar • 11 Jun • Ministry of Ayush

People over 30 should practice this yoga pose regularly.

3 • PG | 1358 • Sqcm | 1629858 • AVE | 1.05M • Cir | Bottom Left

Mumbai

૩૦ પ્લસની વ્યક્તિએ નિયમિત આ યોગાસનનો અભ્યાસ કરવો જોઈએ

૩૦ વર્ષની ઉંમર પછી શરીરમાં અનેક પ્રકારના ફેરફારો થવા લાગે છે. હાડકાં નબળા પડવા લાગે છે, ચયાપચય ધીમી પડી જાય છે, સ્નાયુઓની લવચીકતા ઓછી થાય છે અને બીજી ઘણી ફરિયાદો શરૂ થઈ શકે છે. આ બધી સમસ્યાઓથી બચવા માટે યોગ ફાયદાકારક સાબીત થઈ શકે છે. યોગ આપણા શારીરિક અને માનસિક સ્વાસ્થ્ય બન્ને માટે ફાયદાકારક છે. તેથી દરરોજ સવારે થોડો સમય યોગ કરવાથી સ્વાસ્થ્ય સંબંધિત ઘણી સમસ્યાઓ દૂર થાય છે.

યોગ શારીરિક-માનસિક સ્વાસ્થ્ય માટે ફાયદાકારક

સૂર્ય નમસ્કાર

સૂર્ય નમસ્કાર એક સંપૂર્ણ યોગ સેટ છે, જેમાં ૧૨ આસનોનો સમાવેશ થાય છે. તે આખા શરીરને સક્રિય કરે છે, રક્ત પરિભ્રમણ વધારે છે અને સ્નાયુઓને મજબૂત બનાવે છે. આ કરવાથી વજન નિયંત્રિત થાય છે, પાચનતંત્ર મજબૂત બને છે અને તણાવ અને ચિંતા ઓછી થાય છે.

ભુજંગાસન

આ આસન કરોડરજ્જુને ફ્લેક્સિબલ બનાવવામાં અને પેટના સ્નાયુઓને મજબૂત બનાવવામાં મદદ કરે છે. આ આસન કરવાથી કમરના દુખાવામાં રાહત મળે છે. ઉપરાંત ફેફસાંની ક્ષમતા વધે છે અને પેટ પર ખેંચાણને કારણે ચરબી પણ ઓછી થાય છે.

વજ્રાસન

આ આસન પાચનતંત્ર માટે ખૂબ ફાયદાકારક છે અને ખાધા પછી પણ કરી શકાય છે. આ આસન પાચનશક્તિમાં વધારો કરે છે. તે ઘૂંટણ અને જાંઘને મજબૂત બનાવે છે અને મનને શાંતિ પણ આપે છે, જેનાથી તણાવ ઓછો થાય છે.

શવાસન

આ આસન યોગના અંતે કરવામાં આવે છે જેથી શરીરને આરામ મળે. તે તણાવ અને ચિંતા ઘટાડે છે મનને શાંત રાખે છે અને શારીરિક થાક પણ દૂર કરે છે.

ત્રિકોણાસન

આ આસન શરીરનું સંતુલન જાળવવામાં અને પગ અને કમરને મજબૂત બનાવવામાં મદદરૂપ થાય છે. આ આસન કમરના દુખાવામાં પણ રાહત આપે છે અને પગના સ્નાયુઓને મજબૂત બનાવે છે. ઉપરાંત આ આસન કરવાથી ધ્યાન વધે છે.

Lokmat • 21 Jun • Ministry of Ayush

World record yoga will be performed across the country today!

1 • PG | 201 • Sqcm | 200705 • AVE | 604.7K • Cir | Bottom Left

Mumbai

मस्ट READ

देशभरात आज साकारणार विश्वविक्रमी योग!

पंतप्रधान करणार ५ लाख साधकांसमवेत साधना

संजय पाठक
लोकमत न्यूज नेटवर्क

विशाखापट्टणम : जागतिक योग दिनानिमित्त शनिवारी देशभरात ११ लाखाहून अधिक ठिकाणी योग साधना होणार आहे. त्यामुळे हा विक्रमाचा योग आहेच; परंतु पंतप्रधान नरेंद्र मोदी स्वतः विशाखापट्टणम येथे सागर किनारी पाच लाख साधकांच्या उपस्थितीत योग साधना करणार आहेत. हा देखील एक विक्रम असणार आहे.

या कार्यक्रमासाठी शुक्रवारी केंद्रीय आयुष मंत्री प्रतापराव जाधव यांनी आर. के. बीच येथे तयारीची पाहणी केली. शनिवारी सकाळी साडेसहा ते पावणे आठ वाजेपर्यंत हा कार्यक्रम होणार आहे. यावेळी आंध्रप्रदेशचे मुख्यमंत्री चंद्राबाबू नायडूदेखील उपस्थित राहणार आहेत.

पंतप्रधान नरेंद्र मोदी यांच्या कारकिर्दीला ११ वर्षे पूर्ण होत असल्याने भाजपकडून विविध कार्यक्रम साजरे होत असताना यंदाचा योग दिन अकरावा आहे. तो त्यांच्या उपस्थितीत साजरा करण्याचा अनोखा योग जुळून आला.

योग दिनाच्या पूर्वसंध्येला आंध्रातील विद्यापीठात २५ हजार शाळकरी विद्यार्थ्यांनी एकाच वेळी १०८ मिनिटांत १०८ सूर्यनमस्कार घालत इतिहास रचला. हा एक विश्वविक्रम नोंदविला गेला आहे.

'योगसंगम'मध्ये अकरा लाखांहून अधिक कार्यक्रम

केंद्र सरकारने सुरू केलेल्या योग चळवळीला प्रोत्साहन देण्यासाठी यंदा आयुष मंत्रालयाने योग दिनाच्या पार्श्वभूमीवर 'योगसंगम' या कार्यक्रमाचे नियोजन केले आहे. २१ जून रोजी किमान एक लाख ठिकाणी कार्यक्रम करण्याचे नियोजन होते. प्रत्यक्षात मात्र ११ लाखाहून अधिक संस्थांनी नोंदणी केली असल्याने हा विक्रम ठरला असल्याची माहिती केंद्रीय आयुष मंत्री प्रतापराव जाधव यांनी लोकमतला दिली.

Lokmat • 21 Jun • Ministry of Ayush

Yoga Day

6 • PG | 2035 • Sqcm | 2035401 • AVE | 604.7K • Cir | Middle Left,Top Left

Mumbai

योग दिन

मानव कल्याणासाठी प्रभावी, प्राचीन मार्ग असलेला योग शरीर, मानसिक शांती, भावनिक स्थैर्य आणि आत्मिक विकासासही उपयुक्त ठरत आहे.

योगाची योग्य वेळ कोणती? कधी जेवावे? पाणी प्यावे का?

सामान्य प्रश्नांना तज्ज्ञांची उत्तरे

प्रज्ञा पाटील
योगगुरू, नाशिक

योग किती वेळ करावा?, वेळ कोणती?, जेवण आणि पाणी पिण्यासंदर्भातील शंका व विविध प्रश्न योगाभ्यास करताना अनेकांना निर्माण होतात. योग केवळ व्यायाम नव्हे, तर एक शास्त्र आहे. त्यामुळे त्यात काही नियम, अटी आणि शिस्त यांचे पालन आवश्यक ठरते. योग करताना अनेकदा अनभिज्ञतेमुळे चुकाही होतात.

१) योग करण्याची योग्य वेळ कोणती?
योगासाठी सूर्योदयापूर्वी किंवा सकाळी ५ ते ७ ही वेळ सर्वोत्तम मानली जाते. त्या वेळी वातावरण शुद्ध, शांत आणि शरीर ताजे असते.

२) योग करण्यापूर्वी खाणे योग्य आहे का?
योग करण्यापूर्वी किमान २-३ तास काही खाल्लेले नसावे. उपाशी पोटी योग केल्यास शरीर अधिक लवचिक आणि हलके वाटते.

३) योग केल्यानंतर किती वेळाने जेवण घ्यावे?
योगानंतर किमान ३०-४५ मिनिटांनी हलके आणि पोषणमूल्ययुक्त जेवण घेणे योग्य ठरते.

४) सकाळी योग न झाल्यास संध्याकाळी करता येतो का?
होय. संध्याकाळी ५ ते ७ दरम्यान योग करता येतो. फक्त योग करण्याआधीही २-३ तास काही खाल्लेले नसावे.

५) प्राणायाम आणि आसने यामध्ये काय आधी करावे?
आधी शरीराची तयारी करण्यासाठी आसने करावीत आणि त्यानंतर प्राणायाम व ध्यान. हा क्रम महत्त्वाचा असतो.

६) योग करताना पाण्याचे सेवन करावे का?
योग करताना मध्येच पाणी पिणे टाळावे. योगापूर्वी आणि योगानंतर थोडे पाणी प्यायल्यास चालेल.

७) योग करताना कोणत्या चुका टाळाव्या ?
अति ताण देणे, चुकीची मुद्रा, घाईगडबडीत आसने करणे, या चुका टाळाव्या. प्रशिक्षकाचा सल्ला आवश्यक.

८) सकाळी पोट साफ न झाल्यास योग करावा का ?
शक्यतो पोट साफ झाल्यानंतर योग करावा. अन्यथा काही आसने टाळावी, विशेषतः पोटावरचा दाब देणारी.

९) स्त्रियांनी पाळीच्या काळात योग करावा का?
सौम्य प्राणायाम, विश्रांतीयोग, ध्यान करायला हरकत नाही. मात्र, शरीर उलटे होईल, ताण पडेल अशा जोरदार हालचाली टाळाव्या.

१०) योगामुळे त्वरित परिणाम दिसतात का? किती दिवसांत फरक जाणवतो?
त्वरित परिणाम सौम्य असतात, नियमित सरावाने २-४ आठवड्यांत मानसिक शांती, झोपेचा दर्जा आणि लवचिकता यात फरक जाणवतो.

प्रत्येक युवक, युवतीसह संपूर्ण समाजाने योगसाधना करणे नितांत गरजेचे आहे. आधीपासून नियमितपणे योगसाधना करणाऱ्यांनी तो नियमितपणे करतानाच ज्यांनी अद्यापही सुरुवात केलेली नाही, त्यांनी योगदिनापासून सातत्याने योगासने करण्यास सुरुवात केल्यास संपूर्ण देश निरोगी आणि सुदृढ होऊ शकेल.

एआय योगगुरूचा घ्या सल्ला

योगप्रेमी, प्रशिक्षक आणि संस्थांकडून योगाच्या प्रशिक्षणात कृत्रिम बुद्धिमत्तेचा वापर वाढत आहे. डिजिटल उपकरणांच्या मदतीने योगाभ्यास अधिक प्रभावी, शास्त्रीयदृष्ट्या अचूक रितीने करता येत असल्याने एआयने योगशास्त्राशी लवचिक सांगड घातली आहे.

ॲप्स काय मदत करतात?

मुद्रा ओळख : एआयद्वारे योग मुद्रा योग्य की अयोग्य याची तपासणी.
त्वरित प्रतिसाद : चुकीच्या योगमुद्रा, संतुलनाबाबत तत्काळ सूचना.
वैयक्तिक सल्ला : उदा. वापरकर्त्याला मांडवांमध्ये जास्त ताण असेल, तर त्यानुसार आसने सुचवतो.

व्हर्च्युअल प्रशिक्षक

काही प्लॅटफॉर्म्स एआय वापरून व्हर्च्युअल योग गुरू (अवतार) तयार करतात जो संपूर्ण सत्रात मार्गदर्शन करतो. हे प्रशिक्षक आवाजाचा स्तर, हालचाली तपासून आसनांबाबत सल्ला देतात. ती नीट केली जात आहेत की नाही, याबाबत फीडबॅक देऊ शकतात.

मोबाइलचे व्यसन सोडायचे तर...

डॉ. चारूलता रोजेकर-देशमुख
योगतज्ज्ञ, छत्रपती संभाजीनगर

आज मोबाइल हा जीवनाचा अविभाज्य भाग बनला आहे. मात्र, अनेकजण नकळत या तंत्रज्ञानाच्या अतिवापराचे बळी ठरत आहेत. सोशल मीडियावर सतत अडकून राहणे, सतत नोटिफिकेशन तपासणे, रील्स पाहण्यात तासन्तास घालवणे ही लक्षणे 'मोबाइलचे व्यसन' या स्वरूपात समोर येत आहेत. मोबाइलचे व्यसन दूर सारण्यासाठी योगासने मदत करू शकतील. योग म्हणजे केवळ शरीराची लवचिकता नव्हे, तर मनावर नियंत्रण मिळवण्याचे शास्त्र. त्यामुळे योगसाधना आणि प्राणायाम पद्धती मोबाइलच्या अतिरेकावर नियंत्रण ठेवण्यासाठी प्रभावी ठरू शकतात.

असे करा त्राटक ध्यान

त्राटक ध्यान म्हणजे मेणबत्तीच्या ज्योतीकडे एकटक पाहणे. एका स्टूलवर मेणबत्ती ठेवा. स्टूल व आपले अंतर पाच फुटांपेक्षा जास्त असावे.

खोलीत अंधार करून एकटक मेणबत्तीकडे बघावे. डोळ्यांतून जेवढे पाणी निघून जाईल तेवढे निघून जाऊ द्यावे. नंतर डोळे मिटून घ्यावेत.

मनावर नियंत्रण मिळवण्यासाठी काय करता येईल?

ओंकार ध्वनी : 'अ-उ-म्' अशा उच्चाराने तयार होणारा ओंकार मेंदूला शांतता देतो. हा ध्वनी मस्तिष्कामध्ये कंपन निर्माण करतो तसेच आनंदहरीदेखील वाढवतो.

मान व मानेचे व्यायाम : मान पुढे-मागे, उजवी-डावीकडे वळवणे, पील देणे हे प्रकार व्यायाम खुर्चीवर बसूनदेखील करता येतात आणि ताण निघून जाण्यास मदत होते.

प्राणायाम : श्वासावर नियंत्रण म्हणजे मनावर नियंत्रण. यासाठी विविध प्राणायाम मन स्थिर ठेवण्यासाठी मदत करतात. मोबाइलपासून होणारा मानसिक ताण कमी करतात.

शाळकरी मुलांसाठी काय?

स्वाती पाटील
योग प्रशिक्षक, पुणे

डिजिटल युगात मुलांच्या जीवनशैलीत मोठा बदल दिसतो. मोबाईल, टॅब, टीव्ही यामुळे त्यांची हालचाल कमी झाली. एकाग्रतेचा अभाव आणि चिडचिडेपणा वाढलेला दिसतो. अशा परिस्थितीत कोणती योगासने, प्राणायाम करावा? .

शाळकरी मुलांसाठी उपयुक्त

ताडासन : एकाग्रता, उंची वाढीस मदत
वृक्षासन : संतुलन राखण्याचा सराव
भुजंगासन : पाठदुखीपासून आराम.
सुखासन : मन शांत, अभ्यासात गती
अनुलोम-विलोम : मेंदूचा ऑक्सिजन पुरवठा वाढतो. दिवसातून किमान १५-२० मिनिटांचा योगाभ्यास करावा.

सोप्पं! निगेटिव्हिटी घालवा अन् पॉझिटिव्हिटी वाढवा

सुचेता कडेठाणकर
योग थेरपिस्ट, पुणे

धकाधकीच्या जीवनशैलीत तणाव, चिंता, अस्वस्थता, नैराश्य आणि आत्मविश्वासाच्या कमतरतेमुळे नकारात्मक भावना वाढीस लागली आहे. विशेषतः कामाचा ताण, सामाजिक दबाव, वैयक्तिक अडचणी यामुळे मानसिक आरोग्यावर विपरीत परिणाम होतो. योगाभ्यास हा यातरचा एक प्रभावी मार्ग आहे. विशिष्ट योगासने नकारात्मक भावना दूर करण्यासाठी उपयुक्त ठरतात. मन आणि शरीर यांच्यातील संतुलन साधून नकारात्मक विचारांवर मात करता येते.योगशास्त्र अन् पाच स्तर

व्यक्तीचा विचार करताना योगशास्त्र अन्नमय (शरीर), प्राणमय (श्वास), मनोमय (मन), विज्ञानमय (विवेक) आणि आनंदमय (अध्यात्म) अशा पाच स्तरांवर विचार करते. प्रत्येक स्तरावर स्वास्थ्य उत्तम राखण्यासाठी विविध प्रकारचे अभ्यास आहेत. योग निद्रेच्या अभ्यासामुळे आरोग्यात आमूलाग्र फरक पडू शकतो.

शरीरासह मनावर कसा होतो योगाभ्यासाचा परिणाम?

आसनांचा अभ्यास शरीराच्या माध्यमातून होत असला तरी त्याचा परिणाम श्वास आणि मन यावर होतोच. प्राणायाम श्वासाच्या माध्यमातून होत असला तरी त्याचा परिणाम शरीर आणि मनावर होतो. ध्यान हे जरी मनाशी निगडित असले तरी त्याचा परिणाम शरीर आणि श्वासावर होतो. अशाप्रकारे आसन आणि प्राणायामचा अभ्यास जरी सुरुवातीला २५ ते ३० मिनिटे सुरू केला तरी त्याचा चांगला परिणाम दिसते.

यामुळे चिंता होईल कमी

सुरुवातीला सूक्ष्म व्यायाम करून त्यानंतर दररोज ४ ते ६ सूर्यनमस्कार श्वासाबरोबर संतुलन साधत करणे.

यानंतर बालासन, योगमुद्रा, मत्स्यासन, पश्चिमोत्तानासन, उत्तान मंडुकासन यासारख्या मुद्रा आपल्या मनाला ऊर्जा तसेच विश्रांतीही देतात.

या मुद्रा चिंता कमी करण्यास मदत करतात. प्राणायाम, विशेषतः अनुलोम-विलोम किंवा भ्रामरी, श्वासावर नियंत्रण ठेवून मनाला स्थिरता देते.

वजन कमी करण्याकरिता ही दहा योगासने प्रभावी

डॉ. वेदप्रकाश गहुकर
योग व आयुर्वेदिक तज्ज्ञ, नागपूर

वजन अधिक असणे ही जीवनशैलीवरील असंतुलनाची निशाणी असू शकते. त्यामुळे योग्य आहारासोबतच रोज योगासने केली असता अतिरिक्त चरबी जळण्यास मदत होते. वजन कमी करण्याकरिता १० योगासने प्रभावी ठरू शकतात.

रोज अर्धा तास वेळ द्या

ही आसने रोज ३० ते ४० मिनिटे केली असता शरीराचा चयापचय सुधारतो. योग्य आहार, पुरेसे पाणी व जीवनशैलीत बदल केल्यास ही योगासने अधिक प्रभावी ठरतात. अतिव्यायाम टाळायला हवा. त्यामुळे वात आणि पित्त वाढतात. जेवण केल्यावर कोणतेही व्यायाम करू नये. आपल्या शक्तीपेक्षा अर्धशक्ती व्यायाम करावा.

होईल पोटाचा घेरही कमी

सूर्यनमस्कार : संपूर्ण शरीराचा व्यायाम, चयापचय सुधारतो.
वीरभद्रासन : मांडी, पोट आणि पाठ बळकट करून चरबी जाळतो.
त्रिकोणासन : पोटाचा घेर कमी करून शरीर लवचीक ठेवतो.
धनुरासन : पोटाचा भाग ताणला जातो, चयापचय वाढवतो.
नावासन : पोटाचे स्नायू बळकट होतात व चरबी कमी होते.
सेतुबंधासन : नितंब, मांडी व पोटाचा भाग टोन होतो.
भुजंगासन : पाठीचे व पोटाचे स्नायू मजबूत करून चरबी घालवतो.
अधोमुख श्वानासन : संपूर्ण शरीराचा ताण हलवतो, ऊर्जेचे असंतुलन सुधारतो.
पादहस्तासन : पोटाचा भाग आकुंचन पावतो, पचन सुधारतो.
फलाकासन : मुख्य स्नायूंवर काम करून अधिक ऊर्जेचे दहन घडवतो.

योगासने करण्यापूर्वी आपल्या प्रकृतीनुसार तज्ज्ञांचा सल्ला आवश्यक.

ऑफिसात योगब्रेक; ५ मिनिटांत टेन्शन दूर

आजची ऑफिस संस्कृती ही कामाच्या ओझ्याखाली दडपण घेणारी झाली आहे. मात्र, अशा धावत्या दिनक्रमातही केवळ पाच मिनिटांचा योग ब्रेक नवचैतन्य देऊ शकतो, असे तज्ज्ञांचे म्हणणे आहे. अवघ्या काही क्षणांचा श्वासांवर केंद्रित योगाभ्यास तुमचे लक्ष केंद्रीत करतो, तणाव कमी करतो आणि कामाची ऊर्जा पुन्हा जागवतो.

योग तणावावर का उपयुक्त?

कामाच्या ठिकाणी निर्माण होणाऱ्या मानसिक दडपणामुळे अनेकदा माणूस चिडचिडा, गोंधळलेला किंवा उदास होतो. अशा वेळी योगातील साध्या श्वसनक्रिया आणि आसने शरीरात ऑक्सिजनचा प्रवाह वाढवतात, मन शांत करतात आणि एकाग्रता वाढवतात.

योग ब्रेकमध्ये नेमके काय कराल?

१) दीर्घ श्वसन (१ मिनिट)
डोळे बंद करा. हळूहळू श्वास घ्या आणि हळूहळू सोडा. हे १० वेळा करा. मन शांत होईल, डोके हलके वाटेल.

२) मान फिरवणे (१ मिनिट)
मान डावीकडे, उजवीकडे, पुढे आणि मागे अशा चार दिशांनी हळूहळू फिरवा. स्क्रीनमुळे आलेला ताण जाईल.

३) खांदा फिरवणे (१ मिनिट)
खांदे पुढे व मागे वर्तुळाकार फिरवा. १० वेळा करा. खांद्यांना विश्रांती मिळते. ताणलेली स्नायू सैल होतात.

४) खुर्चीवर बसून पाठीला ताण (१ मिनिट)
खुर्चीवर सरळ बसा. दोन्ही हातांनी खुर्चीची पाठ पकडा. शरीर डावीकडे वळवा. १० सेकंद थांबा. नंतर उजवीकडे.

५) डोळ्यांची विश्रांती (१ मिनिट)
दोन्ही तळहात घासून गरम करा. डोळ्यांवर हलके ठेवून १०-१५ सेकंद थांबा. डोळ्यांना थकवा जाणवत असल्यास अतिशय उपयुक्त.

कोणत्या परिस्थितीत योग टाळावा किंवा सल्ला घ्यावा?

बाळकृष्ण चिटणीस
योगविशारद, सांगली

योग हे बहुतांश लोकांसाठी फायदेशीर असले तरी काही विशिष्ट परिस्थितीमध्ये ते टाळणे किंवा वैद्यकीय सल्ल्यानंतरच करणे गरजेचे असते. आजारी व्यक्ती, गर्भवती, वृद्ध किंवा अशक्तपणा असलेल्यांनी कोणती आसने टाळावीत, कोणती करावीत याविषयी थोडंसे.

हृदयविकार, रक्तदाब असल्यास?

हृदयविकार, अति रक्तदाब असेल तर शीर्षासन सर्वांगासन, विपरीत करणी, डोके खाली पाय वर अशी आसने करू नयेत. मेंदूकडे रक्तप्रवाह वाढवणारी आसने करू नयेत. सुखासन, वज्रासन, पर्वतासन, ताडासन, शवासन अशी साधी आसने करावीत, तसेच हृदयाची गती वाढवणारे भस्रिका प्राणायाम वगैरे करू नयेत. अनुलोम विलोम भ्रामरी, ओंकार करावा.

स्लिप डिस्क : स्लिप डिस्क असेल तर पाठीच्या कण्याला मागे झुकवणारी आसने करू नयेत. जसे भुजंगासन, धनुरासन. पाठीच्या मणक्याला सूज आली असेल व पाठ दुखत असेल तर पाठीच्या कण्याला पुढे झुकवणारी आसने करू नयेत. उदा. हस्त पादासन, उग्रासन, शशांक आसन, योग मुद्रा, पश्चिम उत्तानआसन.

गर्भधारणा : पहिल्या तीन महिन्यांत. प्राणधारणा, संथ श्वसन, अनुलोम विलोम, तसेच ओमकार साधना. ताण कमी करण्यासाठी भात साधना, देह धारणेसाठी सोपी आसने मार्जारासन, मंडुकासन वज्रासन, भद्रासन, सोपी आसने करावीत.

मायग्रेन : मायग्रेन किंवा डोकेदुखी असल्यास काही योगासनं दुखणं वाढवू शकतात. अशा वेळी मानेचा पूरक व्यायाम करावा. योगासने, अर्धचक्रासन, कोणासन, शशांक आसन, भुजंगासन, हलासन करावे. प्राणायाम, भ्रामरी, सूर्य भेदन करावे. यौगिक श्वसन व योगनिद्रा करावी. ग्लॉकोमा असेल तर डोळ्याकडे रक्तप्रवाह वाढवणारी आसने करू नयेत. उदाहरणार्थ सर्वांगासन, हलासन, विपरीत करणी, शीर्षासन, भ्रामरी प्राणायाम, **सूर्यभेदन प्राणायाम करावे.**

कमजोर शरीर : अशक्तपणा किंवा वृद्धापकाळात कृवतीनुसार यथाशक्ती झेपेल तेवढी सोपी साधी आसने व प्राणायाम करावा. त्यासाठी सूर्यनमस्कार, कपालभाती क्रिया योगिक श्वसन, उज्जायी प्राणायाम, तसेच ध्यान व योगनिद्रा करावी.

रात्री शांत झोप लागत नाही, काय करू?

मनोहर इंगळे
योगगुरू, अकोला

झोप पूर्ण न झाल्यास मानसिक तणाव, चिडचिड, एकाग्रतेचा अभाव आणि आरोग्याच्या समस्या निर्माण होतात. प्रत्येकाला कमीत कमी ६ ते ८ तास झोप आवश्यक आहे, त्यासाठी काही योगासने, प्राणायाम उपयोगी ठरतात.

वज्रासन : पचन सुधारते, शरीर स्थिर होते, मन शांत राहते, झोपेसाठी वातावरण तयार करते.

जानू शीर्षासन : पाठीचा ताण कमी होतो, मन स्थिर होतं, चिंतेपासून मुक्ती मिळते.

अधोमुखोवीरासन : मेंदू शांत होतो, थकवा दूर होतो, झोपेसाठी मन सैल करण्यास मदत.

सुप्तबद्धकोनासन : अंतर्गत शांतता मिळते, झोप सहज येते.

कधी करावे ? :

रात्री झोपण्याच्या आधी ही आसने करू शकता. त्यासाठी १० ते १५ मिनिटे वेळ द्यावा. नंतर झोपावे. प्राणायाममध्ये अनुलोम-विलोम, भ्रामरी प्राणायाम आणि दीर्घ श्वसनाचा लाभ होतो.

उच्च रक्तदाब, मधुमेह आहे? मग हे तुमच्यासाठी

डॉ. संपदा संत
अधिष्ठाता, आर. ए. पोद्दार आयुर्वेदिक वैद्यकीय महाविद्यालय, मुंबई

सध्या सभोवताली परीक्षण केल्यास अधिकाधिक व्याधी हे विशेषतः जीवनशैलीतील बदलामुळे होत असल्याचे आढळून येत आहे. त्यात प्राधान्याने मधुमेह व उच्च रक्तदाब हा आढळतो. या व्याधींना कमी करण्यासाठी योग अभ्यासाचा सकारात्मक परिणाम वैज्ञानिक संशोधनाने सिद्ध होत आहे.

साखरेवर कसे ठेवाल नियंत्रण

विविध आसने, ध्यानधारणेचे तंत्र हे मधुमेहावर नियंत्रण ठेवण्यासाठी प्रभावी ठरतात. यामध्ये सूर्यनमस्कार, पवन मुक्तासन, पर्वतासन, सुप्तबद्ध कोणासन, बालासन, भुजंगासन, मच्छिंद्रासन, मंडुकासन आदी आसनांमुळे पचनक्रिया सुधारते. पोषक द्रव्यांचे शोषण योग्यरीतीने होऊ लागते. रक्ताभिसरण वाढल्याने कोशिकांपर्यंत पोषक द्रव्य व ऑक्सिजन पोहोचविले जातात. इन्सुलीनचा स्राव होण्यास मदत मिळते व रक्तातील साखरेचे शोषण योग्य प्रमाणात होण्यास मदत मिळते.

नियमितता ठेवाल तर हृदयाची धडधड कमी

योगाचा नियमित अभ्यास हासुद्धा उच्च रक्तदाब नियंत्रित ठेवण्यासाठी अतिशय उपयोगी पडतो, हे संशोधनाने सिद्ध झालेले आहे. सेतुबंधासन, बालासन, विपरीत करणी, ताडासन, वज्रासन, शवासन इत्यादी आसने महत्त्वाची ठरतात.

प्राणायाम प्रक्रियेतील नाडीशोधन, भ्रामरी, मनःशांती वाढविणारे मेडिटेशन हे उच्च रक्तदाब कमी करण्यासाठी मदत करू शकतात. या सर्व योगप्रक्रिया ताणतणाव कमी करतात. परिणामी हृदय गती ही कमी होऊन रक्तदाब कमी होतो.

वरील आसनांच्या परिणामस्वरूपी रक्तातील कोलेस्टेरॉलचे प्रमाण कमी होते, हृदय गती सुधारते व हृदयातील धडधडही कमी होते.

Lokmat • 21 Jun • Ministry of Ayush

Yoga gets Olympic attention after 'Asian

9 • PG | 388 • Sqcm | 387808 • AVE | 604.7K • Cir | Bottom Left

Mumbai

मस्ट READ

योगासनाला लागले 'आशियाई'नंतर ऑलिम्पिकचे वेध

रोहित नाईक
लोकमत न्यूज नेटवर्क

मुंबई : गेल्या काही वर्षात योगासन खेळाने देशभरात जोर पकडला आहे. पुढील वर्षी १९ सप्टेंबर ते ४ ऑक्टोबरदरम्यान जपानमध्ये होणाऱ्या आशियाई क्रीडा स्पर्धामध्येही योगासन पाहण्यास मिळेल. जागतिक योग दिनानिमित्त 'आशियाई योगासन' आणि 'महाराष्ट्र योगासन स्पोर्ट्स असोसिएशन'चे अध्यक्ष डॉ. संजय मालपाणी यांनी 'लोकमत'शी संवाद साधताना या योगासन या खेळाविषयी चर्चा केली.

मालपाणी म्हणाले की, 'योग हा खेळ होऊ शकत नाही; पण योगासन नक्कीच खेळाचा भाग होऊ शकतो. योग आजही लहान वयात किंवा तारुण्यात सहजपणे स्वीकारले जात नाही. परंतु, याच योगासनांचा खेळ म्हणून सहजपणे स्वीकार होतो. 'योगासन भारत' या संस्थेतर्गत देशभरात ३२ राज्यांमध्ये या खेळाचे संचलन होते. योगासनांचा खेलो इंडिया, खेलो इंडिया यूथ गेम्स, खेलो इंडिया युनिव्हर्सिटी गेम्स आणि राष्ट्रीय क्रीडा अशा प्रमुख राष्ट्रीय स्पर्धामध्ये समावेश झाला आहे. येथे पदक जिंकल्यास राज्य सरकारकडून मोठमोठ्या रकमेची पारितोषिक जाहीर होतात. शिवाय सरकारी नोकऱ्यांमध्ये आरक्षणही मिळत आहे.'

"कोणत्याही खेळांमध्ये योगासनांचा आधारच मिळतो. त्यामुळे योग प्रशिक्षक म्हणून कुठेही कारकीर्द घडविता येऊ शकते. आज राज्य सरकारकडून प्रतिष्ठेच्या शिवछत्रपती पुरस्कारांमध्ये योगासनांचा समावेश झाला आहे. कोणत्याही खेळामध्ये विशिष्ट वयानंतर खेळाडूंना निवृत्त व्हावे लागते. परंतु, योगासनांमध्ये खेळाडूंना दीर्घायुष्य प्राप्त होते. तंदुरुस्ती वाढते. हाच या खेळाचा मोठा फायदा आहे.

डॉ. संजय मालपाणी

आशियाई क्रीडा स्पर्धेतील सहभागाविषयी मालपाणी म्हणाले की, 'जपानमध्ये पुढील वर्षी होणाऱ्या आशियाई क्रीडा स्पर्धेत प्रदर्शनीय खेळ म्हणून योगासन खेळाचा सहभाग झाला आहे. त्यानंतरच्या आशियाई स्पर्धेत नक्कीच पदकांसाठी हा खेळ खेळला जाईल आणि याचा सर्वात मोठा फायदा भारतालाच होईल. आशियाई क्रीडा स्पर्धेत समावेश झाल्यानंतर ऑलिम्पिकमधील प्रवेशही निश्चित होईल, यात शंका नाही.'

..अशी रंगते स्पर्धा

पारंपरिक योगासन, फॉरवर्ड बेंड, बॅक बेंड, लेग बॅलेन्स, ट्विस्टिंग बॉडी, हँण्ड बॅलेन्स, सुपाइन, कलात्मक एकल, कलात्मक दुहेरी, तालात्कम दुहेरी, कलात्मक समूह आणि पारंपरिक समूह अशा १२ गटांमध्ये योगासन स्पर्धा रंगतात.

सबज्युनिअर (१०-१४ वयोगट), ज्युनिअर (१४-१८ वयोगट), सिनिअर (१८ वर्षावरील ते २८ वयोगट), सिनिअर ए (२८ वर्षावरील ते ३५ वयोगट), सिनिअर बी (३५ वर्षावरील ते ४५ वयोगट वयोगट) आणि सिनिअर सी (४५ वर्षावरील ते ५५ वयोगट) अशा सहा वयोगटांमध्ये उपांत्यपूर्व, उपांत्य आणि अंतिम अशा तीन फेऱ्या रंगतात.

प्रत्येक गटासाठी अनिवार्य आसनांचे किमान ६० सेकंद (उपांत्यपूर्व), ४५ सेकंद (उपांत्य) आणि ३० सेकंद (अंतिम) इतका वेळ स्थिर सादरीकरण करावे लागते. तसेच प्रत्येक फेरीत पर्यायी आसनांचे किमान १५ सेकंद स्थिर सादरीकरण करावे लागते.

प्रत्येक फेरीत वेगवेगळ्या आसनांचे सादरीकरण होते. एकदा सादर केलेले आसन पुन्हा सादर होत नाही.

उपांत्यपूर्व फेरीतून अव्वल २० किंवा सहभागी खेळाडूंपैकी २० टक्के खेळाडू उपांत्य फेरीसाठी पात्र ठरतात.

उपांत्य फेरीतून अव्वल १० किंवा सहभागी खेळाडूंपैकी ५० टक्के खेळाडू अंतिम फेरीसाठी पात्र ठरतात. यातून पहिल्या तीन क्रमांकाच्या विजेत्या खेळाडूंची निवड होते.

प्रत्येक फेरीत खेळाडूंना योगासन सादरीकरणांचे १० पैकी गुण दिले जातात.

जागतिक योग दिन

Lokmat • 21 Jun • Ministry of Ayush

Yoga resolution: Do these ten very simple yoga poses every morning and keep your mind and body refre...

1 • PG | 192 • Sqcm | 191954 • AVE | 604.7K • Cir | Top Left

Mumbai

योगसंकल्प : रोज सकाळी करा ही दहा अत्यंत सोपी योगासने अन् शरीरासोबतच मनदेखील ठेवा ताजेतवाने

नागपूर : सकाळची सुरुवात कशी होते, यावर आपला पूर्ण दिवस अवलंबून असतो. शरीर आणि मन ताजेतवाने ठेवण्यासाठी नियमित शारीरिक हालचाली व प्राणायाम अत्यंत महत्त्वाचा आहे. योगा इन्स्टिट्युटचे संचालक व इंजि. **संजय श्रावण खोंडे** यांनी रोज सकाळी करता येतील अशी १० सोपी योगासने सांगितली आहेत. ही आसने केल्याने शरीरातील रक्ताभिसरण सुधारते, स्नायूंना ताण मिळतो आणि मन शांत होते. प्रत्येक आसन ५-७ श्वासांपर्यंत (साधारण २०-३० सेकंद) स्थिर ठेवण्याचा प्रयत्न करण्याचा सल्लाही त्यांनी दिला.

Lokmat • 21 Jun • Ministry of Ayush

When will the 'Yoga' of Nashik's Yoga University come The decision made ten years ago is still await...

7 • PG | 246 • Sqcm | 245785 • AVE | 604.7K • Cir | Bottom Left

Mumbai

मस्ट READ

नाशिकच्या योग विद्यापीठाचा 'योग' कधी येणार? दहा वर्षांपूर्वी झालेल्या निर्णयाची अद्याप प्रतीक्षा

लोकमत न्यूज नेटवर्क

नाशिक : योगाला चालना देण्यासाठी केंद्र सरकारच्या आयुष मंत्रालयातर्फे २०१५ मध्ये देशात योग विद्यापीठ स्थापण्याचा निर्णय घेण्यात आला होता. त्यावेळी केंद्रासह राज्यातही भाजप युतीचे सरकार होते. १० वर्ष उलटून गेल्यावरही नाशिकमध्ये योग विद्यापीठ उभारणीची अद्याप प्रतीक्षा आहे.

धार्मिक, नैसर्गिक, भौगोलिक महत्त्व लक्षात घेऊन त्र्यंबकेश्वर किंवा इगतपुरी तालुक्यात योग विद्यापीठाची स्थापना करावी, अशी मागणी नाशिककरांतर्फे तत्कालीन केंद्रीय आयुष राज्यमंत्री यांच्याकडे करण्यात आली होती. मुंबईत

त्यासंदर्भात 'मेक इन नाशिक' उपक्रमाच्या माध्यमातून झालेल्या बैठकीत मुख्यमंत्र्यांकडेही मागणी करण्यात आली होती. त्यानंतर केवळ आश्वासने मिळाली. प्रस्तावानंतर तब्बल १० वर्षांचा कालावधी उलटूनही योग विद्यापीठाचे स्वप्न पूर्ण होण्याची अद्यापही प्रतीक्षा आहे.

राज्यातील अन्य शहरांच्या तुलनेत नाशिकची आरोग्यदायी हवा, मुबलक पाणी अन्य शहरांच्या तुलनेत कमी प्रदूषण असल्याने योग विद्यापीठासह वेलनेस सेंटर उभारणे शक्य असल्याचा प्रस्तावही देण्यात आला होता. त्यानंतर इगतपुरी, त्र्यंबकेश्वर परिसरात वेलनेस सेंटर उभारण्यासाठी राज्याच्या पर्यटन विभागाकडून घोषणा झाली. गत पंचवार्षिकमध्येही वेलनेस सेंटरचा प्रस्ताव देण्यात येऊन तो रेंगाळलेला आहे.

का होतोय विलंब?

१ पर्यटन विभागाला जागा मिळत नसल्याने विलंब होत असल्याचे कारण दिले जात आहे. राज्याचे तत्कालीन पर्यटनमंत्री जयकुमार रावल यांनी त्यासाठी सकारात्मक भूमिका घेतली होती.

२ मात्र, त्यानंतरही गाडी पुढे सरकली नाही. नाशिकमध्ये सर्वसमावेशक असे आंतरराष्ट्रीय योग विद्यापीठ, वेलनेस सेंटर निर्माण झाल्यास नाशिक आणि महाराष्ट्राच्या लौकिकात निश्चितच भर पडेल. आंतरराष्ट्रीयदृष्ट्यादेखील तो देशाच्या अभिमानाचा मानबिंदू ठरू शकेल.

Lokmat • 21 Jun • Ministry of Ayush

Yoga is India's path to health, mental stability and spiritual upliftment.

1 • PG	32 • Sqcm	32386 • AVE	604.7K • Cir	Top Right

Mumbai

Lokmat • 20 Jun • Ministry of Ayush

Municipality prepares for Yoga Day, programs at 34 centers

1 • PG | 103 • Sqcm | 102811 • AVE | 604.7K • Cir | Middle Center | Hello Mumbai

Mumbai

योग दिनानिमित्त पालिकेची तयारी, ३४ केंद्रांवर कार्यक्रम

लोकमत न्यूज नेटवर्क

मुंबई : आंतरराष्ट्रीय योग दिन २१ जून रोजी मुंबईत उत्साहात साजरा होणार असून, महापालिकेच्या शाळा तसेच खासगी आणि अनुदानित शाळांमधील जय्यत तयारी सुरू आहे. शिक्षणाधिकारी राजेश कंकाळ यांनी या कार्यक्रमासाठी विशेष सूचनापत्र जारी केले असून, सकाळी ८:३० ते ९:३० आणि दुपारी २ ते ३ या वेळेत शाळांमध्ये योग सत्रांचे आयोजन करण्याचे निर्देश दिले आहेत.

उत्तर, दक्षिण आणि पश्चिम विभागातील शिक्षण निरीक्षकांनी खाजगी शाळांना सकाळी ६:३० ते ७:४५ या वेळेत योग दिन साजरा करण्यास सांगितले आहे. संयुक्त राष्ट्रसंघाच्या उपक्रमानुसार संपूर्ण देशात योग दिन साजरा केला जातो. त्यानुसार मुंबई महापालिकेच्या शिक्षण विभागानेही शहरभर व्यापक नियोजन केले आहे.

मुंबई शहर, पूर्व आणि पश्चिम उपनगरांमध्ये एकूण ३४ केंद्रे तयार करण्यात आली असून, प्रत्येक केंद्रावर किमान १०० विद्यार्थ्यांचा सहभाग अपेक्षित आहे. शारीरिक शिक्षण शिक्षक नसलेल्या शाळांमध्येही स्वतंत्र योग सत्रे घेण्यात येणार आहेत.

योगविषयक जागरूकता वाढवून शारीरिक आणि मानसिक आरोग्यासाठी योगाचा उपयोग कसा करता येईल, याचा अनुभव देणे हा या उपक्रमाचा मुख्य उद्देश आहे.

Lokmat • 06 Jun • Ministry of Ayush

Ayurvedic Siddha Calci Yoga will fulfill calcium deficiency

9 • PG | 112 • Sqcm | 111514 • AVE | 604.7K • Cir | Bottom Left

Mumbai

कॅल्शियमची कमतरता पूर्ण करेल आयुर्वेदिक सिद्ध कॅल्सी योग!

मुंबई : सर्व पोटविकारांवर प्रभावी ठरलेले धौती योग आणि मूळव्याधीवर परिणामकारक इलाज करणारी धौती योग क्रीमच्या यशानंतर धौती योगच्या उत्पादकांद्वारे आता कॅल्शियमची पूर्तता करणाऱ्या आयुर्वेदिक टॅब्लेट्सची निर्मिती करण्यात आलेली आहे. सिद्ध कॅल्सी योग हे नाव असलेल्या टॅब्लेट्समधून शरीरात नैसर्गिक लोह, व्हिटॅमिन सी आणि कॅल्शिअमची कमतरता भरून काढता येणार आहे.

स्त्रिया, लहान मुले, वयस्कर व्यक्तींमध्ये विशेषतः हाडांना बळकटी येण्यासाठी कॅल्शियमची आवश्यकता असते. ही गरज पूर्ण करण्यासाठी सिद्ध कॅल्सी योग टॅबलेट्स बाजारात आणल्या गेल्या आहेत. यामध्ये शंख भस्म, शौक्तिक भस्म, कपर्दक भस्म, अर्जुन साल घन, बलामूल घन, अश्वगंधा घन यांचा नैसर्गिक कॅल्शियमचा स्रोत (पुरवठा) म्हणून वापर केला आहे. यासोबत आयुर्वेदातील सर्वश्रेष्ठ रसायन टॉनिक म्हणून आमलकी रसायन दिले आहे. आमलकी (आवळा) हे व्हिटॅमिन सी चा उत्कृष्ट स्रोत आहे. यासोबत नैसर्गिक आयर्न मिळावे म्हणून सप्तामृत लोहचा वापर केला आहे.

स्त्रिया, मुले, पुरुष, कमजोर व्यक्ती, वृद्ध व्यक्ती, स्पोर्ट्समन, हाडांचा भंग (फ्रॅक्चर), (हाडे ठिसूळ होणे) अशा सर्वांना सिद्ध कॅल्सी योग टॅबलेट्स हे आयुर्वेदिक औषध अस्थिपोषक म्हणून वापरता येईल. आयुर्वेदाच्यातज्ज्ञ वैद्यांनी या औषधाची निर्मिती केली आहे. (वा. प्र.)

Navshakti • 21 Jun • Ministry of Ayush

BJP's grand yoga camp today

10 • PG | 44 • Sqcm | 8846 • AVE | 419.55K • Cir | Middle Left

Mumbai

भाजपचे आज भव्य योग शिबिर

नांदेड : आंतरराष्ट्रीय योग दिनाचे औचित्य साधून भारतीय जनता पक्षाच्या नांदिड महानगरच्या वतीने शनिवारी भव्य योग शिबिराचे आयोजन करण्यात आले आहे. या योग शिबिराचा नागरिकांनी लाभ घ्यावा, असे आवाहन भारतीय जनता पक्षाचे नांदेड महानगरचे अध्यक्ष माजी आ. अमरनाथ राजूरकर यांनी केले आहे. २१ जून हा दिवस दरवर्षी जागतिक योग दिन म्हणून साजरा करण्यात येतो. शनिवारी सकाळी ७ वाजता गुरुद्वारा परिसरातील श्री ग्रंथ साहिब हॉल यात्री निवास येथे होणाऱ्या या योग शिबिरास राज्याचे माजी मुख्यमंत्री व राज्यसभा खा.अशोक चव्हाण, राज्यमंत्री मेघना बोर्डीकर, राज्यसभा खा.अजित गोपछडे यांची प्रमुख उपस्थिती राहणार आहे.

Navshakti • 21 Jun • Ministry of Ayush

Chief Minister appeals to create a 'healthy and strong Goa' through yoga practices

19 • PG | 147 • Sqcm | 29637 • AVE | 419.55K • Cir | Middle Right

Mumbai

योग साधनेतून 'स्वस्थ आणि सशक्त गोवा' घडविण्याचे मुख्यमंत्र्यांचे आवाहन

शनिवार, २१ जून रोजी गोव्यात १५ हजार ठिकाणी योग दिन

काही सरकारी कार्यालयांत योग शिक्षकांची व्यवस्था

आंतरराष्ट्रीय योग दिनाच्या तयारीचा आढावा घेण्यासाठी मुख्यमंत्र्यांच्या अध्यक्षतेखाली गुरुवारी बैठक झाली. सरकारी कार्यालये तसेच शिक्षण संस्थांसह आयुर्वेदिक महाविद्यालय, शिरोडा, ब्रह्मकुमारी, दिशा फाऊंडेशन, आर्ट ऑफ लिव्हिंग, ओमनिती वेदाश्रम, दत्त पद्मनाभ पीठ या संस्थांनी योग कार्यक्रमांचे आयोजन केले आहे. काही संस्था योग कार्यक्रमासाठी सरकारी कार्यालयांत शिक्षकांची व्यवस्था करणार आहेत.

प्रतिनिधी । गोवन वार्ता

पणजी : मधुमेह, उच्च रक्तदाब या व्याधींसह मानसिक आरोग्य राखण्यासाठी योगासने उपयोगी ठरतात. आंतरराष्ट्रीय योग दिनाचे औचित्य साधून प्रत्येकाने स्वत:च्या आरोग्यासाठी योगासने करावीत. योगासनाच्या आधारे स्वस्थ गोवा, सशक्त गोवा करण्यास प्रत्येकाने हातभार लावावा, असे आवाहन मुख्यमंत्री डॉ. प्रमोद सावंत यांनी केले आहे. आंतरराष्ट्रीय योग दिनानिमित्त २१ जून रोजी गोव्यात १० ते १५ हजार ठिकाणी योगासनाचे कार्यक्रम होणार असल्याचेही मुख्यमंत्र्यांनी सांगितले.

देशाच्या इतर भागांसह संपूर्ण गोव्यात २१ जून रोजी आंतरराष्ट्रीय योग दिन साजरा केला जाणार आहे. शाळा, विद्यालये, सरकारी कार्यालये, पोलीस स्थानके, पंचायती मिळून प्रत्येक गावात योग दिनाचे कार्यक्रम होणार आहेत. मुख्य कार्यक्रम सकाळी ६ ते ८.३० पर्यंत ताळगाव येथील डॉ. श्यामाप्रसाद मुखर्जी स्टेडियमात होणार आहे. भारत स्वाभिमान ट्रस्ट, दिशा चॅरिटेबल ट्रस्ट, आयुर्वेदिक महाविद्यालय तसेच अन्य संस्थांच्या आधारे गोव्यात ठिकठिकाणी योग कार्यक्रम होणार आहेत. या आयोजित कार्यक्रमाची नोंदणी 'योगसंगम' या वेबसाईटवर आयोजकांनी करावी, अशी माहिती मुख्यमंत्री डॉ. प्रमोद सावंत यांनी दिली.

Navshakti • 21 Jun • Ministry of Ayush

International Yoga Day

9 • PG | 190 • Sqcm | 38236 • AVE | 419.55K • Cir | Top Left

Mumbai

आंतरराष्ट्रीय योग दिन

आज २१ जून, हा दिवस संपूर्ण जगात आंतरराष्ट्रीय योग दिन म्हणून साजरा केला जातो. भारताचे पंतप्रधान नरेंद्र मोदी यांनी सप्टेंबर २०१४ मध्ये झालेल्या संयुक्त राष्ट्रसंघाच्या महासभेत २१ जून हा दिवस आंतरराष्ट्रीय योग दिन म्हणून साजरा करण्यात यावा, असा प्रस्ताव मांडला. २१ जून हा दिवस जगातील अनेक देशांमध्ये सर्वांत मोठा दिवस आहे. पृथ्वीला सूर्याभोवती फिरण्यासाठी लागणाऱ्या वेगामुळे २१ जून हा दिवस इतर दिवसांपेक्षा मोठा असतो. २१ जून रोजी उत्तरायण संपून दक्षिणायन सुरू होते. या दिवशी दिवस मोठा तर रात्र लहान असते. सूर्योदय लवकर होतो आणि सायंकाळी जास्त वेळ उजेड असतो. त्यामुळे या दिवसाला विशेष महत्त्व प्राप्त होते. म्हणून हाच दिवस आंतरराष्ट्रीय योग दिन म्हणून साजरा करावा, असा प्रस्ताव नरेंद्र मोदी यांनी मांडला. या प्रस्तावाला संयुक्त राष्ट्रसंघाच्या १९३ देशांपैकी १७५ देशांनी पाठिंबा दिला. सुरक्षा आयोगाचे कायमस्वरूपी सदस्य असलेले अमेरिका, इंग्लंड, फ्रान्स, चीन, रशिया हे देशही या प्रस्तावाचे सहप्रतिनिधी होते.

या प्रस्तावावर विस्तृत चर्चा झाल्यानंतर डिसेंबर २०१४ मध्ये या दिनाला मान्यता देण्यात आली. २१ जून २०१५ रोजी पहिला आंतरराष्ट्रीय योग दिन जगभर साजरा करण्यात आला. भारतीय प्राचीन संस्कृतीत योग, योगासने, योगसाधना यांना अनन्यसाधारण महत्त्व आहे. प्राचीन काळापासून भारतातील साधू-संत, ऋषीमुनींनी योगाचे महत्त्व, फायदे आणि गरज पटवून दिली आहे. तन आणि मन यांचा एकत्रित व्यायाम म्हणजे योग. आजच्या धकाधकीच्या जीवनात योगामुळे आपण शरीर तंदुरुस्त ठेवू शकतो, शिवाय मनावरही चांगले संस्कार करू शकतो.

भारतातील योगसंस्कृतीला जागतिक पातळीवर मान्यता मिळाली आहे. जगभरातील देशांनी योग केवळ स्वीकारला नाही, तर त्याचा प्रचार व प्रसारही केला आहे. कोरोना महामारीच्या काळात योग दिनाला विशेष महत्त्व प्राप्त झाले. अशा महामारीचा मुकाबला करण्यासाठी रोगप्रतिकारशक्ती वाढवणं गरजेचं आहे. नियमित व्यायाम आणि योगासने यामुळे ही शक्ती वाढू शकते. योग कसा करावा, कोणती योगासने उपयुक्त आहेत यावर अभ्यासकांनी मते मांडली आहेत.

त्यानुसार दररोज योगसाधना करणे गरजेचे आहे.आज योग दिनानिमित्त एक दिवस योग करून त्याचे फोटो सोशल मीडियावर टाकणे हा केवळ इव्हेंट न होता, सर्वांनी योगाचा अंगीकार करून नियमित सराव करावा. जगाने योगाला मान्यता दिली आहे, आपणही नियमित योगसाधना केली तरच आजच्या योग दिनाचे खरे सार्थक होईल.

- श्याम ठाणेदार,
दौंड, पुणे

Navshakti • 21 Jun • Ministry of Ayush

International Yoga Seminar organized by Central Railway

3 • PG | 59 • Sqcm | 11938 • AVE | 419.55K • Cir | Middle Right

Mumbai

मध्य रेल्वेतर्फे आंतरराष्ट्रीय योग चर्चासत्र

मुंबई : मध्य रेल्वेने ११व्या आंतरराष्ट्रीय योग दिनाच्या पूर्वसंध्येला शुक्रवारी छत्रपती शिवाजी महाराज टर्मिनस येथे योगच्या फायद्यांवर एक चर्चासत्र आयोजित केले होते. मध्य रेल्वेचे अतिरिक्त महाव्यवस्थापक प्रतीक गोस्वामी यांच्या अध्यक्षतेखाली झालेल्या चर्चासत्रात वरिष्ठ अधिकारी आणि कर्मचारी उपस्थित होते. रेल्वे बोर्डाने जारी केलेल्या निर्देशांनुसार, २१ जून २०२५ रोजी आंतरराष्ट्रीय योग दिनानिमित्त मध्य रेल्वे मुख्यालय आणि त्याच्या सर्व विभागांमध्ये योगाशी संबंधित उपक्रमांचे नियोजन आणि आयोजन यावर चर्चा करण्यात आली. चर्चासत्राचा भाग म्हणून, मुंबईतील महिला पतंजली योग समितीच्या योग स्वयंसेवकांनी दिग्दर्शित केलेल्या योग सत्रात अतिरिक्त महाव्यवस्थापक, अधिकारी आणि कर्मचारी सहभागी झाले होते. ११व्या आंतरराष्ट्रीय योग दिनानिमित्त मध्य रेल्वे २१ जून रोजी विविध उपक्रम राबविण्यास सज्ज आहे.

Navshakti • 21 Jun • Ministry of Ayush

Today is Yoga Day...

3 • PG | 101 • Sqcm | 20278 • AVE | 419.55K • Cir | Top Right

Mumbai

आज योग दिवस...

दादर येथील श्री समर्थ व्यायाम मंदिरात आयोजित दोन दिवसांच्या योग कार्यक्रमांतर्गत महिलांनी शुक्रवारी योगसाधना केली. शनिवारी आंतरराष्ट्रीय योगदिन म्हणून साजरा केला जाणार आहे. (छायाचित्र - विजय गोहिल)

Navshakti • 21 Jun • Ministry of Ayush

Yoga is the best way to keep the mind and body stable: A. Ram Bhadane

23 • PG | 103 • Sqcm | 20739 • AVE | 419.55K • Cir | Bottom Right

Mumbai

योगा मन, शरीर स्थिर ठेवण्याचा उत्तम मार्ग : आ. राम भदाणे

धुळे । प्रतिनिधी ।

जग जलद गतीने धावत आहे. अशा धावत्या युगात माणूस शरीराच्या व्यायामाकडे दुर्लक्ष करत आहे. त्यामुळे विविध व्याधीला बळी पडत आहे. त्यातून मनाची स्थिरता ठेवणे कठीण होत आहे. योगा हा मन आणि शरीर स्थिर ठेवण्याचा उत्तम मार्ग असल्याचे प्रतिपादन धुळे ग्रामीणचे आ. राम भदाणे यांनी केले. ते राग फाउंडेशनच्यावतीने नगाव येथील इंजिनिअरिंग कॉलेजमध्ये आंतरराष्ट्रीय योग दिनाच्या पूर्वसंधेला आंतरराष्ट्रीय योग दिनानिमित्त टिचर्स, डॉक्टर्ससाठी आयोजित योग प्रशिक्षणाच्या कार्यक्रमात बोलत होते.

यावेळी आयुष मंत्रालय प्रमाणित आंतरराष्ट्रीय योग प्रशिक्षक, परीक्षक ऑब्झर्व्हर, प्रथितयश योग थेअरपीस्ट योगीराज विशेषांकाचे प्रकाशन करण्यात आले. उपस्थित शिक्षक, डॉक्टर यांना योगा प्रशिक्षणा देऊन प्रशिक्षणार्थींना योग प्रमाणपत्र देण्यात आले. कार्यक्रमात प्राचार्य डॉ. गोविंद पोद्दार, सेवानिवृत्त आरोग्य विस्तार अधिकारी तथा योगगुरु प्रकाश जोशी, राग फाउंडेशनचे उपाध्यक्ष डॉ.गणेश जयस्वाल, गंगामाई अभियांत्रिकी महाविद्यालयाचे प्राध्यापक, कर्मचारी उपस्थित होते.

Navshakti • 21 Jun • Ministry of Ayush

Yoga sessions organized in Mumbai today

5 • PG | 44 • Sqcm | 8894 • AVE | 419.55K • Cir | Middle Center

Mumbai

मुंबईत आज योगसत्रांचे आयोजन

मुंबई : महानगरपालिकेच्या सार्वजनिक आरोग्य खात्याच्या वतीने २१ जून रोजी आंतरराष्ट्रीय योग दिन संपूर्ण मुंबईभर साजरा करण्यात येणार आहे. त्यानिमित्ताने ठिकठिकाणी योगसत्रांचे आयोजन करण्यात आले आहे. यावर्षी योग दिनाची संकल्पना 'एक पृथ्वी, एक आरोग्य' आरोग्यासाठी योग' ही आहे.

आंतरराष्ट्रीय योग दिनाच्या निमित्ताने मुख्य योग सत्रासाठी महानगरपालिकेच्या 'डी' विभागामार्फत ग्रँट रोड (पश्चिम) स्थित ऑगस्ट क्रांती मैदानाजवळ गोकुलदास तेजपाल सभागृह येथे योग सत्र आयोजित करण्यात आले आहे. हे सत्र सकाळी ६.३० ते ७.३० या वेळेत होणार असल्याची माहिती पालिका प्रशासनाकडून देण्यात आली.

Navshakti • 21 Jun • Ministry of Ayush

MTDC offers free yoga training for tourists

11 • PG | 224 • Sqcm | 45092 • AVE | 419.55K • Cir | Bottom Left

Mumbai

पर्यटक निवासांमध्ये जागतिक योग दिनाचे आयोजन

एमटीडीसीच्या पर्यटकांसाठी मोफत योग प्रशिक्षणाची सुविधा

सुजीत ताजणे / छत्रपती संभाजीनगर :

भारतीय संस्कृतीतील अनमोल ठेवा असलेल्या योगसाधनेला आधुनिक काळात आरोग्यसंपन्न आणि शांत जीवनासाठी अधिक महत्व प्राप्त झाले आहे. २१ जून, जागतिक योग दिन हा दिवस "एक पृथ्वी, एक आरोग्य या संकल्पनेवर आधारित असून महाराष्ट्र पर्यटन विकास महामंडळाच्या (एमटीडीसी) पर्यटक निवासांमध्ये उत्साहात साजरा करण्यात आला.

छत्रपती संभाजीनगरमधील महिला संचलित पर्यटक निवासातही विशेष योग सत्राचे आयोजन करण्यात आले होते. योगा मित्र मंडळ छत्रपती संभाजीनगर येथील प्रख्यात योग प्रशिक्षकांनी पर्यटकांना योगाचे मार्गदर्शन केले. विशेष म्हणजे, महामंडळाच्या पर्यटक निवासात वास्तव्यास असलेल्या पर्यटकांसाठी हे प्रशिक्षण पूर्णतः मोफत ठेवण्यात आले असून त्यासोबत ब्रेकफास्ट आणि हेल्थ ड्रिंकचीही सोय केली होती.

सर्व कर्मचाऱ्यांना त्यांच्या दैनंदिन जीवनात योगाचा अविभाज्य भाग करावा, यासाठी या कार्यक्रमावेळी प्रोत्साहन देण्यात आले.

योगमय वातावरण निर्माण करण्याचा उपक्रम

महामंडळाच्या सर्वच पर्यटक निवासांमध्ये जागतिक योग दिनाच्या निमित्ताने योग प्रात्यक्षिके, व्याख्याने व जनजागृती कार्यक्रमांचे आयोजन करण्यात आले. पर्यटक निवासाच्या परिसरातील स्थानिक योग प्रशिक्षण संस्था किंवा तज्ज्ञ व्यक्तींना बोलावून पर्यटकांना योगाचे आरोग्यदायी फायदे, जीवनशैलीतील महत्व पटवून देण्याचा उपक्रम यावेळी राबवण्यात आला.

आरोग्य आणि पर्यटनाचा संगम

सध्याच्या काळात रोगप्रतिकारक शक्ती वाढविण्यासाठी आरोग्यदायी अन्न व योगोपचार यांचे मार्गदर्शन करणे गरजेचे असल्याचे मत महा. पर्यटन विकास महामंडळाचे महाव्यवस्थापक चंद्रशेखर जयस्वाल यांनी व्यक्त केले. येत्या काळात पर्यटकांसाठी मेडिटेशन सत्र, आयुर्वेदिक माहिती शिबिरे, ध्यानधारणा आणि योगा शिबिरे नियमित आयोजित करण्याचा मानस महामंडळाने व्यक्त केला आहे. योग, पर्यटन आणि निसर्गाचा त्रिवेणी संगम अनुभवण्यासाठी महाराष्ट्र पर्यटन विकास महामंडळ आपल्यासाठी सज्ज आहे.

Navshakti • 20 Jun • Ministry of Ayush

Yoga Day organized in Dombivli

4 • PG | 37 • Sqcm | 7512 • AVE | 419.55K • Cir | Middle Left

Mumbai

डोंबिवलीत योग दिनाचे आयोजन

डोंबिवली : आंतरराष्ट्रीय योग दिनी २१ जून रोजी कल्याण-डोंबिवली महानगरपालिका, आर्ट ऑफ लिव्हींग आणि एसकेडीसीएल यांच्या संयुक्त विद्यमाने योग दिनाचे आयोजन करण्यात आले आहे. महापालिका आयुक्त अभिनव गोयल यांच्या प्रमुख उपस्थितीत कल्याण स्थानकानजीकच्या कै. दिलीप कपोते वाहनतळावरील सहाव्या मजल्यावरील मोकळ्या जागेत या योग दिन शिबिराचे आयोजन सकाळी ७ ते ८ या वेळेत करण्यात आले आहे. सदर दिवशी महापालिका अधिकारी, कर्मचारी वर्ग योगाभ्यासाचा लाभ घेणार आहेत.

Navshakti • 19 Jun • Ministry of Ayush

The alchemy of increasing the body's capacity in yoga - Kishori Shahane-Vij

12 • PG | 437 • Sqcm | 87860 • AVE | 419.55K • Cir | Middle Center

Mumbai

पूजा सामंत
(शब्दांकन)

विशेष

योगात शरीराची क्षमता वाढवण्याची किमया -किशोरी शहाणे-विज

योग क्रिया, योगाभ्यास खरं म्हणजे भारताचा शोध! आपल्या प्राचीन व अर्वाचीन काळात अनेक ऋषीमुनींनी योगाभ्यास करून त्याचे अनेक फायदे जगासमोर आणलेत. योग आपला आविष्कार असूनही अनेक वर्षे तो 'अंडररेटेड' एक्सरसाइज होता. पण आता २१ जून हा आंतरराष्ट्रीय योग दिन आपल्या देशामुळे ग्लोबली साजरा होतोय. आपला योग दिन वैश्विक झालाय, याचं श्रेय आपल्या सर्वच भारतीयांना आहे.

पूर्वी ज्यांना योगाबद्दल माहिती होती, तेच तो करत असत. पण योग दिन साजरा करण्याच्या नव्या परंपरेमुळे योगाचे महत्त्व अधोरेखित झाले. योगाचे अनंत फायदे शरीराला, मनाला लाभतात, याची नव्याने जाणीव जगाला आपण करून दिली. शरीरासाठी योग किती गरजेचा आहे, हे नव्याने पटले आणि जगाने त्याचा आपसूक स्वीकार केला.

बहुतेकदा जिममध्ये व्यायाम करताना एकूणच फिटनेसच्या दृष्टीने व्यायाम केला जातो. कधी वजन वाढवणे, कधी घटवणे हे जिममध्ये साध्य केले जाते. पण ती फक्त सुपरफिशियल बॉडी असते. योगात शरीराची आंतर-बाह्य क्षमता वाढवण्याची किमया आहे. शरीर–मन कणखर, सशक्त करण्याची क्षमता आपल्या योगात आहे. शरीर निरोगी असावे, त्याला व्याधी नसाव्यात, अगदी वृद्धत्व आले, तरी आपण स्वावलंबी असले पाहिजे, अशी आपली इच्छा असते. म्हणूनच मग त्यासाठी योग करणे गरजेचे नाही, तर अत्यावश्यक ठरते.

शरीर नियंत्रणात ठेवणारा एक महत्त्वाचा घटक म्हणजे श्वास. प्राणायाम, अनुलोम-विलोम, सूर्यनमस्कार — या सगळ्या योगाच्याच बाजू. योग करताना जमिनीवर बसून आसने करण्यासाठी जर शरीर साथ देत नसेल, तर प्राणायाम, श्वसन प्रकार, अनुलोम-विलोम करूनही शरीराचे संतुलन साधता येते.

योग दररोजच करावा, असं नाही. आठवड्यातून किमान तीन वेळा योगाभ्यास केला तरी चालतो. कारण योगाचा प्रभाव दीर्घकाळ टिकतो, जाणवतो. योगा करण्यासाठी महागड्या जिम्समध्ये जाऊन लाखो रुपये खर्च करण्याची गरज नाही. फक्त एक योगा मॅट पुरेशी आहे. जिममध्ये जाण्यासाठी महागडे पोशाख लागत नाहीत, किंवा लाऊड म्युझिकचीही गरज नसते. माझे पती दीपक बलराज विज यांच्या हातात रामदेव बाबांची एक सीडी लागली. ते साल २००८ असावं. त्यांना ती योगाची सीडी भेट म्हणून मिळाली होती. स्वतः दीपकजींना व्यायामाची खूपच आवड आहे. त्यात योगाभ्यासाची सीडी मिळाल्याने दररोज ते ती लावून योग करू लागले.

आमचा मुलगा बॉबी हा किशोरवयात असल्यापासून जिममध्ये जात असे. तो जिममध्ये तर जातच असे, पण पप्पांना योग करताना पाहून तोही योगासनं करू लागला आणि मग हे दोघे नित्यनियमाने योग करत आहेत, हे पाहून मी देखील प्रेरित झाले.

रोज शूटिंगला जाणं, घरातील कामावरची देखरेख, यामुळे मला व्यायामाला वेळ देता येत नसे. पण घरातच हे योगमय वातावरण निर्माण झाल्यामुळे मी नियमित योग करू लागले. तोपर्यंत मी योगाबाबत गंभीर नव्हते.

मला आठवतंय, २०१० साली मी एका डान्स रिअॅलिटी शोमध्ये भाग घेतला होता. गम्मत म्हणजे या शोची मी विनर ठरले होते. पण त्याची जबर किंमत तेव्हा भरावी लागली. इतक्या प्रचंड प्रमाणात डान्स करायची सवय नसल्याने माझे पाय, गुडघे अगदी थकून गेले. चालताना ठणका बसायचा. हा शो जिंकायचाच, या जिद्दीने मी दिवसाचे १०–१२ तास डान्सचा कसून सराव करू लागले, जो मला नंतर त्रासदायक ठरला. हा सराव तब्बल तीन महिने चालला. मी जेव्हा जिंकले, त्या क्षणी मला पाय, गुडघे, कंबर यांची वेदना जाणवली नाही. कारण आनंद प्रचंड होता. पुरस्कार घेतल्यावर मी धन्य झाले. माझी मेहनत फळाला आली, असं वाटलं. पण नंतर पाय, गुडघे ठणकू लागले आणि गुडघे इतके सुजलेत हे लक्षात आलं. अवघ्या चार पायऱ्या चढणे-उतरणे देखील शक्य नव्हतं. त्याच दरम्यान घरात सीडी पाहणे सुरू झाले. मी त्याचे अनुकरण केलं. केवळ अनुलोम-विलोम केल्यामुळे दोन आठवड्यांतच मला पुष्कळसा आराम मिळाला. महिनाभरात मी नॉर्मल झाले.

दररोज शरीरात १००० पेशी तयार होतात. त्यांचे कार्य सुरळीत ठेवायचे असल्यास योगाला काही विकल्प नाही. योगातून मिळणारी ऊर्जा शरीरात आनंदलहरी निर्माण करते, रोगप्रतिकारक शक्ती वाढवते, सकारात्मकता वाढवतं. हे सगळं अंतर्गत पातळीवर चालतं. योगाने शरीरात जादू घडावी, असा अनुभव दीपकजींना जाणवू लागला आणि म्हणूनच आम्ही हरिद्वारला गेलो. तिथे २१ दिवस होतो. तिथे प्रत्यक्ष योग, प्राणायाम, श्वसनाचे अनेक दुर्मिळ प्रकार अनुभवलेत. याची अनुभूती आयुष्यभर पुरेल. त्या शिबिरात शिकवण्यात आलं की, तुमचे पाय जर कायम सशक्त ठेवायचे असतील, तर 'बॅक वॉक' करणे हा सर्वोत्तम उपाय आहे. बॅक वॉक करण्यासाठी उत्तम जागा म्हणजे समुद्रकिनाऱ्यावर रेतीत चालणे. किंवा बागेत, स्वतःच्या घरात पाठीमागे चालणे. यामुळे आत्मविश्वास वाढतो, ऊर्जा मिळते आणि मुख्य म्हणजे पाय मजबूत होतात. वाढत्या वयात पाय अधिक थकतात. माझ्या मेकअप रूममध्ये मी कधीच खुर्चीत बसून राहत नाही. हातात स्क्रिप्ट आली की, ती घेऊन मी मागे पुढे चालत राहते.

शरीर जितके सक्रिय ठेवाल, जितके चपळ ठेवाल, तितके ते कायम साथ देईल. पायांना संथपणा येतो, तेव्हा वय वाढल्याची जाणीव होते. स्वतःलाही आणि इतरांनाही. शरीर फिट ठेवणे हे एकप्रकारे युद्ध आहे आणि ते जिंकलंच पाहिजे. त्यासाठी मेहनत घ्यावीच लागते.

Navshakti • 18 Jun • Ministry of Ayush

International Yoga Day; Citizens should participate in large numbers in the main event Bibi Ka Maqba...

20 • PG	40 • Sqcm	7985 • AVE	419.55K • Cir	Middle Right

Mumbai

आंतरराष्ट्रीय योग दिन; मुख्य कार्यक्रम बिबी का मकबराच्या प्रांगणात
नागरिकांनी मोठ्या संख्येने सहभागी व्हावे-जिल्हाधिकारी दिलीप स्वामी

Navshakti • 18 Jun • Ministry of Ayush

Preparations for World Yoga Day begin

8 • PG | 8 • Sqcm | 1548 • AVE | 419.55K • Cir | Top Left

Mumbai

जागतिक योग
दिनाची तयारी सुरू

Aaple Mahanagar • 21 Jun • Ministry of Ayush

Central Railway organizes special seminar ahead of International Yoga Day

7 • PG | 208 • Sqcm | 46833 • AVE | 375K • Cir | Bottom Right

Mumbai

आंतरराष्ट्रीय योग दिनापूर्वी मध्य रेल्वेतर्फे विशेष चर्चासत्र

प्रतिनिधी । आपलं महानगर वृत्तसेवा

मुंबई : ११व्या आंतरराष्ट्रीय योग दिनाच्या पूर्वसंध्येला, मध्य रेल्वेने शुक्रवारी, २० जून रोजी छत्रपती शिवाजी महाराज टर्मिनस (सीएसएमटी) येथे योगच्या फायद्यांवर एक चर्चासत्र आयोजित केले होते. मध्य रेल्वेचे अतिरिक्त महाव्यवस्थापक प्रतीक गोस्वामी यांच्या अध्यक्षतेखाली झालेल्या या चर्चासत्रात वरिष्ठ अधिकारी आणि कर्मचारी उपस्थित होते. रेल्वे बोर्डाने जारी केलेल्या निर्देशांनुसार, शनिवारी २१ जून रोजी आंतरराष्ट्रीय योग दिनानिमित्त मध्य रेल्वे मुख्यालय आणि त्याच्या सर्व विभागांमध्ये योगाशी संबंधित उपक्रमांचे नियोजन आणि आयोजन यावर चर्चा करण्यात आली. या चर्चासत्राचा एक भाग म्हणून, मुंबईतील महिला पतंजली योग समितीच्या योग स्वयंसेवकांनी दिग्दर्शित केलेल्या योग सत्रात अतिरिक्त महाव्यवस्थापक, अधिकारी आणि कर्मचारी देखील सहभागी झाले होते. ११व्या आंतरराष्ट्रीय योग दिनानिमित्त मध्य रेल्वे शनिवारी २१ जून रोजी विविध उपक्रम राबविण्यास सज्ज आहे.

Aaple Mahanagar • 21 Jun • Ministry of Ayush
Daily yoga relieves stress from IT work

6 • PG | 545 • Sqcm | 122705 • AVE | 375K • Cir | Middle Left

Mumbai

आयटीतील कामाचा तणाव मिटला दररोजच्या योगामुळे

सुशांत किर्वे। नाशिक

आयटी कंपनीत काम करताना सतत कामाचा तणाव, कामाच्या डेडलाईन्स आणि दिवसरात्र काम केल्याने नाशिकमधील आयटी इंजिनीअर असलेल्या तरुणीच्या आयुष्याची झोप उडाली. मात्र, तिने शहरातील मानसोपचार तज्ज्ञांचा सल्ला घेतला आणि औषधांबरोबरच दररोज ३० मिनिटे योग केला. त्यामुळे तिच्या आयुष्याची विस्कटलेली घडी पूर्ववत झाली. आता ती पूर्वीप्रमाणे जीवन जगत असून, केवळ योगामुळे वाचले, शारीरिक व मानसिक स्वास्थ्य परत मिळाले अन्यथा, आज जिवंत नसते, असे मत तिने व्यक्त केले.

दरवर्षी जागतिक योग दिन एका विशेष थीमवर साजरा केला जातो. यंदा योग दिन २०२५ ची थीम 'एक पृथ्वी, एक आरोग्यासाठी आहे'. ही थीम पृथ्वीवरील प्रत्येक व्यक्तीच्या आरोग्यासाठी योगास प्रोत्साहन देण्यावर आधारित आहे. तसेच, पर्यावरण संतुलन आणि शाश्वत विकासात योगाची भूमिका अधोरेखित करणारी आहे.

नाशिक शहरातील २८ वर्षीय

आदिती (नाव बदलेले) उच्चशिक्षित आहे. आयटी इंजिनीअरिंगचे शिक्षण तिने पूर्ण केले असून, एका मोठ्या आयटी कंपनीत नोकरीलासुद्धा आहे. दरमहिन्याला तिचे लाखो रूपयांमध्ये वेतन आहे. त्यामुळे तिचे दैनंदिन जीवन हायफाय आहे. तिला टार्गेट असल्याने ती रात्रीच्या वेळी तासन्तास लॅपटॉपवर काम करायची.

तिला कामाचे टार्गेट दिले जात असले तरी तीसुद्धा वेळेत टार्गेट पूर्ण करायची. त्यासाठी अनेक दिवस रात्री काम करायची. सततच्या डेडलाईन्समुळे ती दिवसरात्र कमीत-कमी झोप घेऊ लागली. मर्यादित वेळेत दर्जेदार काम केल्याने तिला कंपनीत प्रमोशन मिळत गेले. मात्र, याचदरम्यान तिला शारीरिक व मानसिक त्रास सुरू झाला. आदितीला कामाचा तणाव जाणवू लागला. शिवाय, वर्कलोडमुळे तिला झोपही लागणे कमी झाले. त्यातून ती चिंताग्रस्त राहू लागली. शेवटी, तिला शारीरिक व मानसिक उपचारासाठी अनेक डॉक्टरांकडे उपचार घ्यावे लागले. तरीही, तिला बरे वाटायचे नाही. शेवटी, तिने मानसोपचार तज्ज्ञांच्या सल्ल्याने औषधोपचारांसह योग सुरू केला. त्यात तिला यश आले. आता ती पूर्वीप्रमाणे शारीरिक व मानसिकदृष्ट्या तंदुरुस्त आहे.

आदितीने अशा प्रकारे केला योग

- प्राणायाम (अनुलोम-विलोम, भ्रामरी)
- शवासन (दिवसाच्या शेवटी)
- सूर्यनमस्कार (सकाळी)
- ध्यान

दोन महिन्यांनंतर असा झाला बदल

- झोपेचे नियमन सुधारले
- काळजीच्या विचारांची तीव्रता कमी झाली
- कामावर लक्ष केंद्रित होऊ लागले
- औषधांची मात्रा कमी झाली

“मानसिक आरोग्यासाठी योग एक सशक्त, नैसर्गिक आणि शारीरिकदृष्ट्या फायदेशीर उपाय आहे. औषधांसोबत किंवा त्याच्या पर्यायासारखा उपयोग करता येतो. दररोज १५ ते ३० मिनिटे योगाभ्यास हा चिंता, नैराश्य आणि तणाव यावर परिणामकारक ठरू शकतो.

- डॉ. उमेश नागापूरकर, मानसोपचार तज्ज्ञ

Aaple Mahanagar • 21 Jun • Ministry of Ayush

Yoga and diet

8 • PG | 715 • Sqcm | 160771 • AVE | 375K • Cir | Top Left

Mumbai

योग आणि आहार

दरवर्षी २१ जून हा दिवस आंतरराष्ट्रीय योग दिन म्हणून जगभरात साजरा केला जातो. वेगवेगळ्या थीमवर साजरा होणाऱ्या आंतरराष्ट्रीय योग दिनाची यंदाची थीम पृथ्वी आणि आरोग्याशी संबंधित आहे. त्यामुळे आरोग्याच्या दृष्टीने योगा हा अत्यंत महत्त्वाचा असतो. निरोगी शरीराकरिता नियमित योगा करणे फार आवश्यक आहे. पण त्याचबरोबर योग करताना योग्य आहार घेणेही गरजेचे असते.

सकाळी योगा करण्याआधी एखादं केळं खाणे उपयुक्त ठरू शकते. याशिवाय दही, फळांचा ज्युस, प्रोटीन शेक देखील तुम्ही योगासनापूर्वी घेऊ शकता. तसेच योगा करण्यापूर्वी भरपूर पाणी प्यावे. यामुळे डिहायड्रेशनचा त्रास होणार नाही. तसेच तुम्ही जर सायंकाळच्या वेळी योगा करत असाल तर उकडलेल्या भाज्या आणि सलाड खाणे फायदेशीर ठरू शकते.

योगा केल्यानंतर शरीराला ऑक्सिजन, कार्बन, हायड्रोजन आणि नायट्रोजन यांची गरज असते. ऑक्सिजनने समृद्ध अन्नपदार्थ म्हणजे हिरव्या भाज्या घेऊ शकता. तर लोणी हा कार्बनसाठी सर्वात उत्तम पर्याय आहे. हायड्रोजनसाठी, पाणी आणि दुधाचे सेवन खूप महत्त्वाचे आहे. तर नायट्रोजनसाठी प्रथिनेयुक्त पदार्थ जसे की दूध, दही, चीज, शेंगदाणे आणि मसूर खावे.

योगानंतर काही पदार्थ खाणे शरीरासाठी घातक ठरू शकते. तेलकट, मसालेदार, प्रक्रिया केलेले पदार्थ किंवा अति गोड पदार्थ खाणे टाळावे. तसेच योगानंतर चहा किंवा कॉफीदेखील घेऊ नये. त्याजागी एखादे फळ घ्यावे.

Aaple Mahanagar • 21 Jun • Ministry of Ayush

From the first yogi to Yoga Day

6 • PG | 242 • Sqcm | 54547 • AVE | 375K • Cir | Middle Left

Mumbai

आदि योगीपासून योग दिनापर्यंत

योग ही प्राचीन भारताने जगाला दिलेली एक अमूल्य देण आहे. योगशास्त्र हे आध्यात्मिक अनुशासन व वैज्ञानिक ज्ञान यांचे विलक्षण संयोग आहे. 'योग' हा शब्द 'युज' या संस्कृत धातूपासून तयार झाला, ज्याचा अर्थ 'जोडणे' किंवा 'एकरूप होणे' असा आहे.

योगाचा उद्देश मन आणि शरीर यांच्यात समरसता निर्माण करणे असून, वैयक्तिक चेतना आणि सार्वत्रिक चेतना यांच्यातील संबंध दृढ करणे हे त्याचे अंतिम ध्येय

आहे. ही आत्म-साक्षात्कार, मोक्ष आणि मुक्तीच्या दिशेने जाणारी एक अभ्यंतर यात्रा आहे. योगाचा इतिहास मानवी संस्कृतीच्या सुरुवातीपासूनच अस्तित्वात आहे. भगवान शिवाला प्रथम योगी (आदियोगी) मानले जाते.

सूर्यनमस्कार, प्राणायाम यांसारख्या क्रिया तेव्हाही दैनंदिन उपासनेचा भाग होत्या. महर्षी पतंजली यांनी योगसूत्रांद्वारे योगशास्त्राला संहिताबद्ध रूप दिले आणि त्याच्या विविध आठ अंगांना सुबक रीतीने सर्वांसमोर आणले. इ.स.पू. ५०० ते इ.स. ८०० हा काळ योगाच्या उत्क्रांतीसाठी अतिशय उपयुक्त होता. भगवान महावीर आणि भगवान गौतम बुद्ध यांनीही योगसाधनेसारख्या संकल्पना समाजासमोर मांडल्या. त्यानंतरच्या काळात योगातील मनाच्या महत्त्वावर विशेष भर दिला गेला. आदि शंकराचार्य, रामानुजाचार्य यांसारख्या तत्त्वज्ञांनी महापुरुषांनी योगदर्शन समृद्ध केले. तसेच नाथ संप्रदायातील योगींनी हठयोगाच्या प्रचारात मोलाची भूमिका बजावली.

अष्टांगयोग म्हणजे ठराविक वेळी विशिष्ट पद्धतीच्या क्रिया करणे असे नसून ती दिवसभर नियमित पालन करण्याची एक परिपूर्ण अशी जीवनपद्धती आहे.

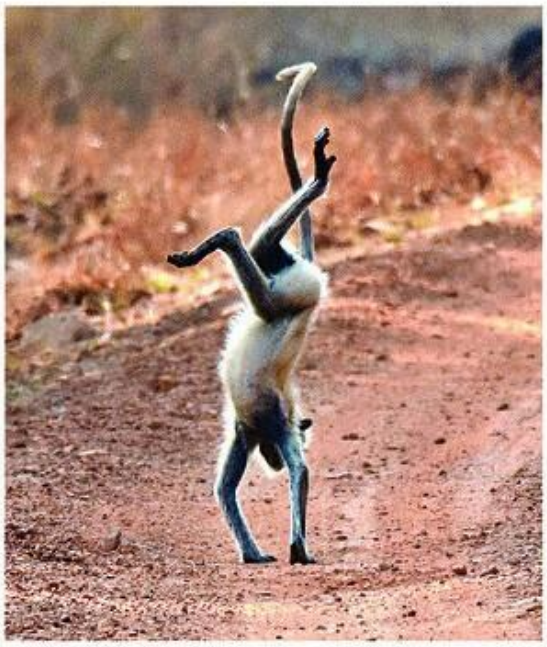
- डॉ. शशिकांत कापडणीस

Aaple Mahanagar • 21 Jun • Ministry of Ayush

We also do yoga, right

6 • PG | 414 • Sqcm | 93058 • AVE | 375K • Cir | Middle Right

Mumbai



आम्हीदेखील योगा करतो बरं का...

आज जागतिक योग दिन. वर्षातील इतर दिवसांपेक्षा सर्वांत मोठा दिवस असतो. या दिवशी सूर्याचे उत्तरायण संपून दक्षिणायण सुरू होते. या दिवशी सूर्योदय लवकर होऊन सूर्यास्त उशीरा होतो. दिवस मोठा असल्याने या दिवसाला विशेष महत्त्व प्राप्त झाले आहे. योग ही भारताची प्राचीन परंपरा आहे. ज्ञान प्राप्त करण्यासाठी आणि शरीर व मन तंदुरुस्त राखण्यासाठी विशिष्ट योगसाधना केल्या जातात.आणि योगा करण्यात पक्षी, प्राणीदेखील मागे नाहीत. या दिनानिमित्त वन्यजीवांची ही योगाची सफर...

(छाया : आनंद बोरा)

Aaple Mahanagar • 21 Jun • Ministry of Ayush

Yoga sessions organized across Mumbai today on the occasion of International Yoga Day

7 • PG | 511 • Sqcm | 114937 • AVE | 375K • Cir | Top Left

Mumbai

आंतरराष्ट्रीय योग दिनानिमित्त आज मुंबईभर योगसत्रांचे आयोजन

१०६ शिव योग केंद्रातून आतापर्यंत ४१ हजार ७५० नागरिकांकडून योग सेवांचा लाभ

प्रतिनिधी । आपलं महानगर वृत्तसेवा

मुंबई : मुंबई महापालिकेच्या सार्वजनिक आरोग्य खात्याच्यावतीने शनिवारी २१ जून रोजी आंतरराष्ट्रीय योग दिन संपूर्ण मुंबईभर साजरा करण्यात येणार आहे. त्यानिमित्ताने ठिकठिकाणी योगसत्रांचे आयोजन करण्यात आले आहे. यावर्षी योग दिनाची संकल्पना "एक पृथ्वी, एक आरोग्य' आरोग्यासाठी योग" ही असून, ती मानव आणि पर्यावरण यांच्या आरोग्याच्या सुसंवादावर भर देते.

मुंबई महापालिकेच्यावतीने १०६ शिव योग केंद्रांमार्फत सोमवार-बुधवार-शुक्रवार आणि मंगळवार-गुरुवार-शनिवार अशा सत्रांमध्ये योग सेवा प्रदान केली जाते. आतापर्यंत ४१,७५० नागरिकांनी या केंद्रातून योग सेवांचा लाभ घेतला आहे. आंतरराष्ट्रीय योग दिनाच्या निमित्ताने मुख्य योग सत्रासाठी मुंबई महापालिकेच्या 'डी' विभाग मार्फत ग्रँट रोड (पश्चिम) स्थित ऑगस्ट क्रांती मैदानाजवळ गोकुलदास तेजपाल सभागृह येथे योग सत्र आयोजित करण्यात आले आहे. हे सत्र सकाळी ६.३० ते ७.३० या वेळेत होईल.

मुंबईतील प्रत्येक प्रशासकीय विभागात (वॉर्ड) विभागीय वैद्यकीय आरोग्य अधिकारी यांच्या समन्वयाने महापालिका कर्मचाऱ्यांसाठी तसेच स्थानिक नागरिकांसाठी योग सत्रांचे आयोजन करण्यात आले आहे. प्रत्येक ठिकाणी नागरिकांचा सहभाग अपेक्षित आहे. नागरिकांना सुदृढ जीवनशैली स्वीकारण्यास प्रवृत्त करण्याच्या दृष्टीने, मुंबई महापालिकेच्या व्हॉट्सॲप चॅटबॉटवर नागरिकांना त्यांच्या परिसरातील नजीकच्या शिव योग केंद्रांबाबत अद्ययावत व सविस्तर माहिती मिळू शकणार आहे.

महापालिकेच्या व्हॉट्सएप चॅटबॉटवर (८९९९२२८९९९) शिव योग केंद्राची माहिती समाविष्ट करण्यात आली आहे. यामध्ये योग सत्रांची वेळ, स्थळ आदी माहिती मराठी व इंग्रजी भाषांमध्ये उपलब्ध होणार आहे. या सुविधेमुळे अधिकाधिक नागरिकांना योगाभ्यासाचा लाभ घेता येणार आहे. तसेच सदर माहिती वैद्यकीय आरोग्य अधिकारी यांच्या कार्यालयातही उपलब्ध आहे.

Aaple Mahanagar • 21 Jun • Ministry of Ayush

On behalf of the International Naturopathy Organization (INO), women performed yoga at Shri Samarth ...

3 • PG	239 • Sqcm	53781 • AVE	375K • Cir	Middle Left

Mumbai

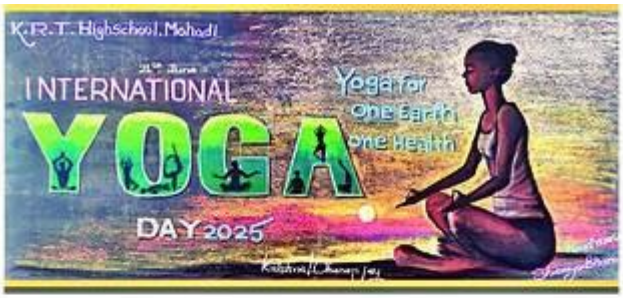
आंतरराष्ट्रीय नैसर्गिक उपचारपद्धती ऑर्गनायझेशनच्या (आयएनओ) वतीने महिलांशी शुक्रवारी दादर शिवाजी पार्क येथील श्री समर्थ व्यायाम मंदिर येथे योगासने केली. शनिवार, २१ जून रोजीच्या आंतरराष्ट्रीय योग दिनाच्या पार्श्वभूमीवर येथे दोन दिवस योग शिबिराचे आयोजन करण्यात आले असून शुक्रवारी पहिल्या दिवशी येथे अनेकांनी आपली उपस्थिती दर्शविली. (छाया - दीपक साळवी)

Aaple Mahanagar • 21 Jun • Ministry of Ayush

Art teacher draws pictures of yoga exercises

6 • PG | 99 • Sqcm | 22355 • AVE | 375K • Cir | Bottom Right

Mumbai



कलाशिक्षकाने रेखाटले योगप्रात्यक्षिकांचे चित्र

वणी : येथील मविप्र संचालित कर्मवीर रावसाहेब थोरात माध्यमिक व उच्च माध्यमिक विद्यालयात शनिवारी (दि. २१) जागतिक योगा दिनानिमित्त सकाळी साडेसातला योगांचे विविध प्रात्यक्षिकांचे सादरीकरण करणार असून यात, विद्यार्थी, शिक्षक, शिक्षकेतर कर्मचारी, ग्रामस्थ सहभागी असतील यानिमित्ताने कलाशिक्षक कृष्णा व धनंजय जाधव यांनी विद्यालयाच्या दर्शनी फालकावर योगा अक्षरात विविध योग प्रात्यक्षिकांचे चित्र रेखाटले आहे.

Aaple Mahanagar • 21 Jun • Ministry of Ayush

Nandkumar Desai: The yoga guru who heals with the science of yoga

6 • PG | 318 • Sqcm | 71516 • AVE | 375K • Cir | Middle Right

Mumbai

नंदकुमार देसाई : योग विद्येने बरे करणारे योगगुरू

नाशिक । नंदु गुरुजी योग विद्येचे कसे वळले यांचा एक मोठा इतिहास आहे. त्यांचे जीवन कष्टकरी होते. त्यांचे वडील कॅन्टीन चालवायचे. बालपणापासूनच ते वडीलांना त्यांच्या व्यवसायात मदत करायचे. अनेक प्रकारची कष्टाची कामे करुन मदत करीत असायचे.

कष्टाची कामे करत असताना त्यांना ॲसिडिटीचा त्रास व्हायचा. त्यामुळे ते सतत आजारी असायचे. त्यावर उपाय म्हणुन त्यांनी एसएसवाय म्हणजे सिद्ध समाधी योग (नाशिक) येथे योगचे शिक्षण घेतले. त्यानंतर त्यांनी जगात सर्वात प्रथम स्थापन झालेल्या बिहार स्कूल ऑफ योग, मुंगेर या विद्यापीठातून योगाचे शास्त्रशुद्ध शिक्षण घेतले व स्वामी विवेकानंद योग बंगळूरू येथेदेखील योग शिक्षण घेतले. गेल्या २५ वर्षांहून अधिक काळ गुरुजी नाशिककरांना योग प्रशिक्षण देत आहेत. एवढ्या दीर्घ सेवेमुळे ते ते नाशिककरांना योगगुरु म्हणून परिचित झाले.

आतापर्यंत शेकडो जणांनी त्यांचेकडे योगाचे प्रशिक्षण घेतले आहे व ते निरोगी जीवन जगत आहेत. शहरातील अनेक योगसंस्था आज त्यांचे मार्गदर्शन घेत आहेत. अनेक जणांचे असाध्य रोग त्यांनी योग प्रशिक्षणाने बरे केले आहेत.

बिहार स्कूल ऑफ योग, मुंगेर यांच्यामार्फत नाशिकला तीन दिवसांचे विनामूल्य शिबिर गेल्या तीन वर्षे आयोजित करुन नंदु गुरुजींनी नाशिककरांना योग विद्येचा लाभ मिळवून दिला आहे. सकाळ-संध्याकाळ या सत्रात हे शिबिर दोन तास असायचे. तसेच, शिबिरातील स्वामींमार्फत अनेक हॉस्पिटल व संस्थेत तेथील लोकांसाठी व्याख्याने आयोजित केली. त्याचा फायदा सर्वांना झाला.

योगचा उगमच भारतात झाला आहे. त्याला सांस्कृतिक वारसा आहे व आज जगभरात योगाची लोकप्रियता वाढत आहे. योग केल्याने केवळ आपले शरीरच नव्हे तर मनही निरोगी राहता. याशिवाय मानसिक ताणतणाव कमी करण्यासाठीदेखील योगा फायदेशीर ठरतो.

पंतप्रधान नरेंद्र मोदी यांच्या संकल्पनेतून २१ जून हा ११ वा योगदिन म्हणून जगभर साजरा करण्यात येत आहे.

निरोगी जीवनासाठी योग ही अतिशय प्रभावी जीवन शैली आहे. तसेच, सामुदायिकरीत्या योग केल्याने आरोग्य उत्तम राहाते. तसेच, सामाजिक एकोपादेखील राहतो. त्यामुळे शहरातील एकंदरीत जीवनशैलीच सुधारते. आपल्या आरोग्य आणि कल्याणासाठी योग मौल्यवान आहे. प्रत्येकाने दिवसभरातील थोडा वेळ योग करण्यासाठी द्यावा, असे सर्वांना आवाहन योगगुरू नंदकुमार देसाई यांनी केले आहे.

Aaple Mahanagar • 20 Jun • Ministry of Ayush

Yoga Sangam program organized at JNPA on the occasion of Yoga Day

3 • PG | 142 • Sqcm | 31999 • AVE | 375K • Cir | Middle Right

Mumbai

योग दिनानिमित्त जेएनपीएत योग संगम कार्यक्रमाचे आयोजन

मुंबई : आंतरराष्ट्रीय योग दिन २०२५निमित्त आयुष मंत्रालयाच्या वतीने महाराष्ट्रासाठी नोडल समन्वयक म्हणून नियुक्त करण्यात आलेल्या आरआरएपी-केंद्रीय आयुर्वेद अनुसंधान संस्थान, वरळी, मुंबई यांच्या तर्फे "योग संगम" या मुख्य कार्यक्रमाचे आयोजन शनिवारी २१ जून रोजी सकाळी ५:३० वाजता, जेएनपीए टाऊनशिप, सीआयएसएफ कॅम्पस, उरण, नवी मुंबई येथे होणार आहे, अशी माहिती पोदार केंद्रीय आयुर्वेद अनुसंधान संस्थेचे प्रभारी सहायक संचालक डॉ. आर .गोविंद रेड्डी यांनी माध्यमांशी संवाद साधताना दिली. जवाहरलाल नेहरू पोर्ट प्राधिकरण (जेएनपीए) तसेच केंद्र सरकारच्या बंदरे, जहाजबांधणी आणि जलमार्ग मंत्रालयाच्या सहकार्याने याचे आयोजन करण्यात येत आहे. या कार्यक्रमात सुमारे १० हजार योगप्रेमी सहभागी होण्याची शक्यता असून, आयुष मंत्रालयाचे महासंचालक प्रो. रवीनारायण आचार्य यांची उपस्थिती राहणार आहेत. योग दिनानिमित्त आयोजित होणारा हा उपक्रम आरोग्यप्रद जीवनशैलीचा संदेश देणारा ठरणार असून, नागरिकांनी मोठ्या संख्येने सहभागी व्हावे, असे आवाहन संस्थेमार्फत करण्यात आले आहे. कार्यक्रमात सहभागी होणाऱ्या नागरिकांना टी-शर्ट, रेनकोट, योगा मॅट मोफत वितरित करण्यात येणार आहे. असून अल्पपोहाराची ही सोय केली आहे, अशी माहिती संस्थेचे प्रभारी सहायक संचालक डॉ. आर. गोविंद रेड्डी यांनी दिली.

Mid Day (Gujarati) • 21 Jun • Ministry of Ayush

Even dogs do yoga..

1 • PG | 108 • Sqcm | 86640 • AVE | 389.96K • Cir | Top Center

Mumbai

ડૉગ પણ કરે યોગ

જમ્મુ-કાશ્મીરના ઉધમપુર જિલ્લાના સુઈ નામના ગામમાં ગઈ કાલે અગિયારમા આંતરરાષ્ટ્રીય યોગ દિવસની પૂર્વસંધ્યાએ નેશનલ ડિઝેસ્ટર રિસ્પોન્સ ફોર્સ (NDRF)ના જવાનો સાથે યોગનાં આસનો કરતો શ્વાન. આ શ્વાન NDRF દ્વારા ટ્રેઇન થયેલો છે.

Mid Day (Gujarati) • 21 Jun • Ministry of Ayush

The whole family is dedicated to yoga

21,22 • PG | 1561 • Sqcm | 1250039 • AVE | 389.96K • Cir | Top Left

Mumbai

ડૉ. છોટાલાલ શાહ, તેમનાં પત્ની સુધા શાહ, પુત્રવધૂ કોરમ શાહ, નાનો દીકરો દેવાંગ શાહ, દીકરી વિજયંકા શાહ, મોટો દીકરો હેમાંગ શાહ અને પુત્રવધૂ નીલમ શાહ.

INTERNATIONAL DAY OF YOGA 2025

આખો પરિવાર યોગને સમર્પિત

આજે ઇન્ટરનૅશનલ ડે ઑફ યોગ નિમિત્તે મળીએ ઘાટકોપરના એવા કચ્છી પરિવારને જેના સાતેસાત સભ્યો યોગ સાથે સંકળાયેલા છે. ખાસ વાત તો એ છે કે આ પરિવારમાં આઇ-સર્જ્યન, સાઇકોલૉજિસ્ટ, આયુર્વેદિક પ્રૅક્ટિશનર છે અને બધા જ પોતપોતાની પ્રૅક્ટિસમાં યોગનો ઉપયોગ કરી રહ્યા છે. તેમની સાથે વાત કરીને સમજીએ કે ખરેખર યોગ એટલે શું અને શારીરિક-માનસિક રીતે સ્વસ્થ રહેવા માટે યોગનું કેટલું મહત્ત્વ છે

હિના પટેલ

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યોગને જીવન જીવવાનો એક માર્ગ કહેવામાં આવે છે. યોગ ફક્ત આસનો અને બ્રીધિંગ એક્સરસાઇઝ પૂરતો સીમિત નથી, એ એક સંપૂર્ણ જીવનદર્શન છે જે શારીરિક, માનસિક, સામાજિક અને આધ્યાત્મિક રૂપે વ્યક્તિને સંતુલિત બનાવે છે. આવી જીવનશૈલીને ઘાટકોપરનો શાહ-પરિવાર વર્ષોથી જીવતો આવ્યો છે. આ પરિવારના સભ્યો વિશે વાત કરીએ તો ૭૫ વર્ષના ડૉ. છોટાલાલ શાહ આઇ-સર્જ્યન છે, પણ હાલમાં નિવૃત્ત જીવન ગાળી રહ્યા છે. તેમણે યોગને વ્યક્તિગત જીવનમાં અપનાવવાની સાથે તેમની પ્રૅક્ટિસમાં પણ એનો ઉપયોગ કર્યો. તેમનાં પત્ની સુધા શાહ આયુર્વેદિક પ્રૅક્ટિશનર છે અને તેઓ માને છે કે યોગ અને આયુર્વેદનો ઊંડો સંબંધ છે, કારણ કે બન્ને શારીરિક અને માનસિક સ્વાસ્થ્યને સાધવાનો માર્ગ છે. ડૉ. છોટાલાલ અને સુધાબહેનનાં સંતાનો પર પણ યોગનો એટલો પ્રભાવ છે કે તેમના મોટા દીકરા ડૉ. હેમાંગ આઇ-સર્જ્યન તરીકેની તેમની પ્રૅક્ટિસમાં યોગ અને આયુર્વેદ બન્નેનો ઉપયોગ કરે છે. તેમના નાના દીકરા દેવાંગે તો યોગમાં જ તેની કારકિર્દી બનાવી છે. તેમની દીકરી વિજયંકા સાઇકોલૉજિસ્ટ છે અને તેની પ્રૅક્ટિસમાં તે દરદીઓના માનસિક સ્વાસ્થ્યને સારું કરવા યોગ-થેરપીનો સહારો લે છે. આટલું ઓછું હોય એમ ડૉ. હેમાંગનાં પત્ની નીલમ યોગ-ટીચર છે અને વિજ્ઞાન-થેરપીમાં એક્સપર્ટ છે. બીજી બાજુ દેવાંગનાં પત્ની કોરમ પણ ક્લિનિકલ સાઇકોલૉજિસ્ટ અને બાળકો માટેનાં યોગ-એક્સપર્ટ છે.

ડૉ. છોટાલાલ શાહ MBBSના ફર્સ્ટ પરમાં હતા ત્યારથી તેઓ યોગ કરતા આવ્યા છે અને આજની ઘડી સુધી તેમણે એનો સાથ છોડ્યો નથી. યોગનું તેમના જીવનમાં રહેલા મહત્ત્વ અને પોતાની પ્રૅક્ટિસમાં કઈ રીતે તેઓ એનો ઉપયોગ કરતા એ વિશે રસપ્રદ માહિતી આપતાં તેઓ કહે છે, 'હું મેડિકલનો અભ્યાસ કરતો ત્યારે મને ખબર પડી કે એક દવા હોય એની દસ સાઇડ-ઇફેક્ટ્સ હોય. એ દરમ્યાન ઘાટકોપરમાં ચંદ્રાલી મિત્ર મંડળ જે યોગાભ્યાસનું કામ કરે છે તેમના તરફથી બે મહિનામાં વેકેશનમાં યોગના ક્લાસિસ થયા એમાં મેં સહભાગ લીધો. અહીંથી મારી યોગની સફરની શરૂઆત થઈ. મને યોગમાં રસ આવતો ગયો એમ હું એમાં ઊંડે ઊતરતો ગયો. હું મારી પ્રૅક્ટિસમાં પણ એનો ઉપયોગ કરતો. મારા ક્લિનિકમાં હું યોગના ચાર્ટ રાખતો અને આંખમાં પ્રૉબ્લિટીઝ, બ્લડપ્રેશર હોય એ દરદીને હું ખાસ યોગ કરવાનું કહેતો. તેમને સર્જરીનાં એક-બે અઠવાડિયાં પહેલાં એવાં આસન અને બ્રીધિંગ એક્સરસાઇઝ શીખવાડું જેથી તેઓ રિલેક્સ્ડ ફીલ કરે. બ્લડપ્રેશર-શુગર કન્ટ્રોલમાં આવી જાય, ગોળીઓ ઓછી થઈ જાય એ પછી જ હું તેમની સર્જરી કરતો. એ સિવાય પણ મેં ભાક ફ્લાવર થેરપી, પિરામિડ મેડિટેશન, કલર થેરપી અપ્રોપ્ટ કરેલી. પ્રી-ઑપરેટિવ અને પોસ્ટ-ઑપરેટિવમાં પણ હું જ્યાં ખૂબ જરૂરી જણાય ત્યાં જ ઍન્ટિબાયોટિક્સ આપતો. કહેવાનો અર્થ એટલો કે મેં મારી પ્રૅક્ટિસ દરમિયાન શક્ય હોય ત્યાં સુધી નેચરલ અને હોલિસ્ટિક અપ્રોચ અપનાવ્યો છે. આપણું જે સ્ટ્રક્ચર છે એ આપણા ૩૨ મસલ્સ એટલે કે સ્પાઇન પર બનેલું છે. એ સ્પાઇનને ફૉર્વર્ડ બેન્ડિંગ, બૅકવર્ડ બેન્ડિંગ, સાઇડ બેન્ડિંગ, સ્ટ્રેચિંગ, વર્ટિકલ સ્ટ્રેચિંગ આ બધાને ધ્યાનમાં રાખીને આસનો બનાવવામાં આવ્યાં છે. અત્યારે પણ દૈનિક જીવનમાં હું સવારના ઊઠીને પશ્ચિમોત્તાનાસન, સર્વાંગાસન, હલાસન, વૃક્ષાસન, તાડાસન વગેરે જેવાં આસનો લગભગ પોણો કલાક સુધી કરું. એ પછી હું ભગીચામાં તડકો લેવા જાઉં. એ પછી ૧૫-૨૦ મિનિટ મેડિટેશન કરું. એટલે આ રીતનું સવારે બે-અઢી કલાકનું મારું શેડ્યુલ છે. યોગ મારી જીવન જીવવાની રીત છે.'

સુધા શાહ ટ્રેડિશનલ આયુર્વેદિક પ્રૅક્ટિશનર છે. તેઓ હાલમાં ૭૨ વર્ષનાં છે પણ ૧૨ વર્ષની નાની વયથી જ યોગસાધના કરતાં આવ્યાં છે. એ વિશે વાત કરતાં તેઓ કહે છે, 'મારા દાદા આયુર્વેદમાં નિષ્ણાત હતા. મારા પપ્પા આયુર્વેદ સાથે એલોપથીની પ્રૅક્ટિસ પણ કરતા. એ વખતે અમે કચ્છના માંડવીના કોડાય ગામમાં રહેતાં. એ વખતે ગામડાંઓમાં એકાદ ડૉક્ટર જ મળે. તે પણ બધા જ રોગોનો ઇલાજ કરે. બાળપણમાં મેં જોયું છે કે અમારા આંગણામાં સાત-આઠ માણસો બેઠા હોય. ક્યાંક આમળાં ખંડાતાં હોય, ક્યાંક ત્રિફળા તૈયાર થતું હોય, ક્યાંક કાઢા ઊકળતા હોય, ક્યાંક ગોળીઓ બનતી હોય. એ માહોલમાં ઊછરીને મને આયુર્વેદમાં રસ જાગ્યો. અમારે સામાન્ય દરદીઓની સાથે સાધુ, સંતો, મહાત્માઓ બધા જ આવે. મારા પપ્પાને અધ્યાત્મમાં બહુ રસ એટલે તે સાધુ-સંતો સાથે વાતો કરવા બેસે ત્યારે હું પણ તેમની સાથે બેસું. તેમની વાતો સાંભળું. મારા પપ્પાનો ક્રમ હતો કે સવારે તેઓ એક-દોઢ કલાક ધ્યાન કરવા બેસતા. એ સમયે વધુ કંઈ ખબર ન પડતી પણ એટલી ખબર પડતી કે તે ભગવાન સાથે વાતો કરવા બેસે છે. ઉંમર સાથે યોગસાધના કરી આત્મસાક્ષાત્કાર કરવાની મારી જે ખેવના હતી એ વધતી ગઈ. લગ્ન થયા પછી મારા હસબન્ડ ડૉક્ટર હતા એટલે મેં તેમની સાથે આયુર્વેદમાં મારી પ્રૅક્ટિસ શરૂ કરી. મેં અનેક વૈદરાજો સાથે મળીને ક્રમ કર્યું. મારા ક્લિનિકમાં દવા લેવા માટે આવતા દરદીઓને પણ હું ફક્ત દવા આપીને જતા ન કરું. યોગ્ય આહાર, વ્યાયામ, ઊંઘ, માનસિક સ્વાસ્થ્યનું ધ્યાન રાખી ને કેવી જીવનશૈલી અપનાવવી એ શીખવાડું. એ સમજાવું કે સવારના વહેલા ઊઠો, બપોરે ઊંઘ ન લો, સાંજે જલદી જમી લો, રાત્રે વહેલા સૂઈ જાઓ, ભગવાન નું સ્મરણ કરો, બધા પ્રત્યે મિત્રતાનો ભાવ રાખો. આ જ પહેલું ઔષધ છે, બાકી હું તમને આપું છું એ બીજા દવા છે. ફક્ત કાયાથી સ્વસ્થ રહેવું પૂરતું નથી, મનમાં કોઈ પ્રત્યે ખરાબ કે નકારાત્મક ભાવ સતત રહેતો હોય તો પણ રોગ શરીરમાં થઈ જાય. એટલે મન, વચન, કાયા, ભાવ બધી જ રીતે સ્વસ્થ રહેવું જરૂરી છે. યોગ અને ધ્યાન માધ્યમ છે જેના થકી તમે બધી જ રીતે સ્વસ્થ રહી શકો. જ્યારે પણ મને સમય મળે ત્યારે ધ્યાનની સ્થિતિમાં રહેવું ગમે. મને એમ વિચાર ન કરવો પડે કે ચાલો હવે હું ધ્યાનમાં બેસું. હું કંઈ પણ કરતાં-કરતાં પાછી એમાં ચાલી જાઉં. મારામાં એ કુદરતી રીતે જ વણાયેલું છે.'

આઇ-સર્જ્યન ડૉ. હેમાંગ શાહ ૨૦૧૫થી કચ્છમાં સેવા આપી રહ્યા છે અને આયુશ વિઝન કેર આઇ ક્લિનિક ચલાવી રહ્યા છે. તેમને ત્યાં આવતા દરદીઓની સારવાર તેઓ ફક્ત મૉડર્ન મેડિસિનથી કરવાને બદલે એમાં આયુર્વેદ અને યોગનો પણ સહારો લઈ રહ્યા છે. આ વિશે વાત કરતાં ડૉ. હેમાંગ કહે છે, 'અમારી પાસે એવા દરદી આવે જેમાં કોઈને નજીકનું જોવામાં તકલીફ થતી હોય, કોઈને દૂરનું બરાબર ન દેખાતું હોય, કોઈનો ક્રૉનિયાનો શેપ અલગ હોય તો ત્રાંસો નંબર આવે તો વળી કોઈને ઉંમરના હિસાબે ચશ્માંના નંબર હોય. હવે જેમના નજીવા નંબર હોય કે પછી નંબર ▸▸ 22

યોગાસન કરતા ડૉ. છોટાલાલ શાહ

આખો પરિવાર યોગને સમર્પિત

ઉત્સવ ઇન્સ્ટિટ્યૂટમાં યોગ કરતા સ્ટુડન્ટ્સ

21 >> વર્ષોમાં મદદ જોઈતી હોત તો એવા કેસમાં અમે દરદીને વિઝન યોગ શીખવીએ. એ સિવાય આંખની આજુબાજુના એવા અમુક એક્યુપ્રેશર પોઇન્ટ દબાવતાં શીખવીએ. વધતા આંખ સંબંધિત રોગો જેમ કે ડાયાબેટિક રેટિનોપથી, ગ્લોકોમા, મેક્યુલર ડીજરેશન ખરાબ મેટાબોલિઝમને કારણે થતા હોય છે તો એવા કેસમાં અમે દરદીઓને જરૂરી દવાઓની સાથે આયુર્વેદના હિસાબે ખાનપાનમાં બદલાવ કરવાની સલાહ આપીએ. દૈનિક જીવનમાં યોગ એડ કરાવીએ. કાંસાની વાટકીથી પગનાં તળિયાંમાં થી વલવાની સલાહ આપીએ જેથી શરીરમાં રહેલી ગરમી ઓછી થાય અને એને કારણે આપણી આંખોની સાથે સંપૂર્ણ શરીરનું સ્વાસ્થ્ય સારું થાય છે. દરદીની જેવી જરૂરિયાત હોય એ પ્રમાણે અમે તેને મેડિસિન આપીએ, જેમાં આયુર્વેદિક અને એલોપથી બન્નેનો જરૂર પુરતો અમે ઉપયોગ કરીએ. અત્યારના ડૅક્ટરો સંપૂર્ણપણે મૉડર્ન મેડિસિન પર નિર્ભર રહેતા હોય છે ત્યારે મારું માનવું છે કે તમને ટ્રેડિશન મેડિસિન અને યોગનું નૉલેજ હોય તો એ તમને વધુ સારી રીતે દરદીની સારવાર કરવામાં મદદરૂપ બને.'

ડૉ. હેમાંગનાં પત્ની નીલમ વિઝન-યોગમાં એક્સપર્ટ છે અને તેઓ તેમના હસબન્ડ સાથે ક્લિનિકમાં સેવા આપે છે. પોતાના કામ વિશે માહિતી આપતાં નીલમબહેન કહે છે, 'એક્સરસાઇઝ, ડાયટ, લાઇફસ્ટાઇલ એ બધું સમજાવવામાં દરેક પેશન્ટદીઠ મને અડધો કલાક જેટલો સમય લાગી જાય. આજે કોઈ ડૅક્ટર તેમના પેશન્ટને એટલો સમય આપવા માટે રાજી નથી. દરદીને પણ એમ લાગે કે આંખોના ડૅક્ટર પાસે બતાવવા જઈશું તો વધુમાં વધુ ટીપાં આપશે, પણ અમે આયુર્વેદ અને યોગ પર પણ એટલો જ ભાર મૂકીએ. મારા હસબન્ડ પેશન્ટને એમ જ સમજાવતા હોય કે ૮૫ ટકા આંખોની જે તકલીફ છે એ તેના શરીરમાં કોઈ તકલીફ હોય એના લીધે એ રોગનું સ્થાન આંખે લીધું હોય. અને આરામથી યોગ, લાઇફસ્ટાઇલમાં બદલાવ અને આયુર્વેદિક દવાથી સાજા કરી શકાય. આજે શાળામાં ભણતાં નાનાં-નાનાં બાળકોને નંબર આવી જતા હોય છે. એટલે અમે ક્યાંની વધી સ્કૂલમાં પણ આંખના ચાર્ટ્સ રખાવ્યા છે જેની મદદથી ટીચર જાતે ચેક કરી શકે કે તેના ક્લાસમાં ભણતા બાળકને ચશ્માં છે કે નહીં. હું મારો જ દાખલો આપું તો મારા પોલાચાર નંબર હતા, જે મેં પંચકર્મ અને વિઝન-થેરપીથી કાઢ્યા હતા. અમારી પાસે પણ વધ્યા એવા પેશન્ટ્સ આવે છે જેમને ચશ્માં, ડ્રૉપ્સથી એટલો ફાયદો મળતો નથી. વિઝન-થેરપીથી અમે ફાયદો થતો જોયો છે. જે બાળક ચાર્ટમાંથી ફક્ત એક જ લાઇન વાંચી શકતો હોય તે એક પછી આખો ચાર્ટ વાંચી શકે છે.

ડૉ. છો ટાલાલના નાના દીકરા દેવાંગ શાહ તો છેલ્લાં ૨૫ વર્ષથી યોગમાં જ કાર્યરત છે, જે પોતાનું યોગ ઇન્સ્ટિટ્યૂટ ઉત્સવ યોગ ઇન્સ્ટિટ્યૂટ ચલાવવાની સાથે ૧૪ વર્ષથી કે. જે. સોમૈયા ભારતીય સંસ્કૃતિ પીઠમ તથા નવી મુંબઈની તેરના મેડિકલ કૉલેજના યોગ ડિપાર્ટમેન્ટમાં યોગના ડિગ્રી કોર્સ શીખવવા માટે જાય છે. તેઓ ભારત સરકારની આયુષ મિનિસ્ટ્રી હેઠળ લેવાતી યોગ સર્ટિફિકેશન બોર્ડ (YCB)ની એક્ઝામના લીડ એક્ઝામિનર પણ છે. પોતાના કામ અને યોગના મહત્ત્વ વિશે વાર્તા કરતાં તેઓ કહે છે, 'મારો ભારમા પોસ્ટનો અભ્યાસ પૂરો થયો એ પછી મેં યોગમાં વધુ એક્સપ્લોર કરવાનું નક્કી કર્યું. એટલે ૨૦૦૦ની સાલમાં બિહાર સ્કૂલ ઑફ યોગમાંથી ચાર મહિનાનો ટીચર્સ ટ્રેઇનિંગનો કોર્સ કર્યો. એ પછી મેં યોગમાં જ ગ્રેજ્યુએશન, ડબલ પોસ્ટ-ગ્રેજ્યુએશન, મા સ્ટર્સ તથા યોગની નેશનલ એલિજિબિલિટી ટેસ્ટ પણ ઉત્તીર્ણ કરી. અમારી યોગ ઇન્સ્ટિટ્યૂટમાં અમે ઇન્ટરનેશનલી સર્ટિફાઇડ યોગ ટીચર ટ્રેઇનિંગ કોર્સ કરાવીએ છીએ. એમાં યોગ ઇન્સ્ટ્રક્ટર કોર્સ, યોગ થેરપિસ્ટ કોર્સ અને બાળકોને કઈ રીતે યોગ શીખવવાના એ માટેના ડિપ્લોમા યોગ ટીચર ટ્રેઇનિંગનો સમાવેશ થાય છે. અત્યાર સુધીમાં અમે ભારતમાં અને વિવિધ દેશોના લગભગ ૫૦૦૦ યોગ શિક્ષકોને ટ્રેઇનિંગ આપી ચુક્યા છીએ. અમે પાર્કિન્સન્સ, આર્થ્રાઇટિસ, કમરનો દુખાવો, હાર્ટ-પ્રૉબ્લેમ, ડાયાબિટીઝ, કૅન્સર જેવા અલગ-અલગ ડિસીઝના રેગ્યુલર બેઠિક્સ પર કેમ્પ્સ પણ કરતા હોઈએ છીએ. એમાં અમે દરદીઓને તેમની હેલ્થ-કન્ડિશનના હિસાબે આસન, પ્રાણાયામ, મુદ્રા શીખવીએ જે તેમની બીમારીના લક્ષણોને ઓછાં કરવામાં અને સારી ગુણવત્તાનું જીવન જીવવામાં મદદ કરે. આજકાલ યોગ કન્સલ્ટન્ટ વર્કશાઇટ્સનું ચલણ વધ્યું છે, જે મને થોડું ઓછું ઓથેન્ટિક લાગે એમાં ફિઝિકલ એક્સરસાઇઝ પર વધુ ભાર મુકવામાં આવે છે, પણ બૉડી-માઇન્ડ કનેક્શનનું જે ફન્ડામેન્ટલ છે એ ભુલાતું જઈ રહ્યું છે. અમારો ઉદ્દેશ એ છે કે અમે લોકોને યોગ એના ઓરિજિનલ અને પ્યૉર ફૉર્મમાં જ શીખવીએ.'

બાળકની આંખો તપાસતા ડૉ. હેમાંગ શાહ

દેવાંગનાં પત્ની ફોરમ શાહ સાઇકોલૉજિસ્ટ, યોગ-ટીચર અને ઉત્સવ યોગ ઇન્સ્ટિટ્યૂટનાં કો-ફાઉન્ડર તથા 'આહારશાસ્ત્ર'નાં કાઉન્ડર છે જેમાં આયુર્વેદ પ્રમાણે આહાર વિશેનું માર્ગદર્શન આપવામાં આવે છે. સાથે જ તેઓ માટુંગાની શિશુવન સ્કૂલમાં કાઉન્સેલર તરીકે કાર્યરત છે. ઉત્સવ ઇન્સ્ટિટ્યૂટમાં ચાલતા અલગ-અલગ યોગના કોર્સમાં તેઓ ભણાવવાનું કામ કરે છે તથા બાળકોના સર્વાંગી વિકાસ માટે યોગ કરાવે છે. તેમણે ૭૦૦થી વધુ ડિફ્રેસ યોગ ટીચર્સને ટ્રેઇન કર્યા છે. આ ડિફ્રેસ ટીચર ટ્રેઇનિંગ પ્રોગ્રામમાં વિવિધ ઉંમરનાં સામાન્ય બાળકોથી લઈને સ્પેશ્યલ ચાઇલ્ડ જેમ કે ADHD એટલે કે અટેન્શન ડેફિસિટ હાઇપરઍક્ટિવિટી ડિસઑર્ડર, ઇન્ટેલેક્ચ્યુઅલ ડિસેબિલિટી, ઑટિઝમ, ડ્રાઉન સિન્ડ્રોમ, રિટિડીન વગેરે બાળકોને કઈ રીતે યોગ, યોગિક ગેમ્સ, પ્લે અને આર્ટ-થેરપી દ્વારા શીખવવા એની ટ્રેઇનિંગ આપવામાં આવે છે જે બાળકોના ફિઝિકલ, મેન્ટલ, ઇમોશનલ, સોશ્યલ અને સ્પિરિચ્યુઅલ સ્વાસ્થ્યને સુધારે છે. તેઓ શારીરિક બીમારીઓની સાથે જ એન્ગ્ઝાયટી, ડિપ્રેશન, ADHD જેવા માનસિક રોગોનાં આસનો, પ્રાણાયામ, મેડિટેશન, માઇન્ડફુલનેસ તથા કાઉન્સેલિંગની મદદથી લોકોને સાજા કરે છે. તેઓ આયુર્વેદિક ઋતુચર્યા, દિનચર્યા, આયુર્વેદિક કુકિંગના વર્કશોપ લે છે. યોગ વિશે વાત કરતાં ફોરમ કહે છે, 'મેં બાળપણથી જ મારા નાનાને સવારે ચાર વાગ્યે ઊઠીને નિયમિત યોગ કરતા અને તેમના જીવનમાં યોગને લીધે સ્વસ્થતા અનુભવતા જોયા છે. એક સાઇકોલૉજિસ્ટ તરીકે હું માનું છું કે યોગ એક ઇન્ડિયન સાઇકોલૉજી છે અને સાઇકોલૉજી એટ અ સબ્જેક્ટ વેસ્ટર્ન સાઇકોલૉજી છે. યોગ મુખ્ય રીતે આપણા માઇન્ડ પર જ કામ કરે છે. આ એક આધ્યાત્મિક પ્રક્રિયા છે કે આપણે મનના જે દુર્ગુણો છે એના પર કઈ રીતે કાબૂ મેળવી શકીએ. ગ્રંથોમાં યોગની જે વ્યાખ્યા છે એ પણ મન પર જ આધારિત છે. જેમ કે પાતંજલિ યોગસૂત્રમાં કહેવાયું છે કે યોગ ચિત્તવૃત્તિ નિરોધ. સરળ શબ્દોમાં કહીએ તો મનમાં ચાલતા સતત વિચારો, કલ્પનાઓ, અપેક્ષાઓ દ્વારા મનમાં ઉત્પન્ન થતી હલચલોને રોકવી એટલે યોગ. લોકોને એમ લાગે છે કે યોગ એટલે આસનો, પણ એવું જરાય નથી. એટલે જ એમ કહેવાય છે કે ફક્ત શરીર થી યોગ ન કરો પણ પોતાના વિચાર, વ્યવહાર અને જીવનશૈલીમાં પણ યોગને સામેલ કરો. યોગાભ્યાસ ફક્ત આસન, પ્રાણાયામ કરવા પૂરતા નથી. એની સાથે યોગનાં દર્શન, મૂલ્યો અને જીવનશૈલીને અપનાવવાં જોઈએ જેમાં સત્ય, અહિંસા, અપરિગ્રહ, સંતોષ, સંયમિત વિચાર, નિયમિત દિનચર્યા બધું જ આવી જાય.'

એવી જ રીતે દેવાંગનાં બહેન વિજયકા શાહ પણ સાઇકોલૉજિસ્ટ અને થેરપ્યુટિક યોગ-કન્સલ્ટન્ટ છે, 'વિઠ્ઠલ વેલનેસ' નામે ઘાટકોપરમાં ક્લિનિક ચલાવે છે. પોતાના કામ વિશે માહિતી આપતાં તેઓ કહે છે, 'હું મારી પ્રૅક્ટિસમાં ઇન્ટિગ્રેટેડ હેલ્થ અપ્રોચ અપનાવું છું. એટલે કે મારી પાસે જ્યારે ડિપ્રેશન, એન્ગ્ઝાયટી, પૅનિક અટૅક, ટ્રૉમા, સ્ટ્રેસ જેવા કેસ આવે છે ત્યારે હું પેશન્ટને કાઉન્સેલિંગ, સાઇકોથેરપીની સાથે યોગ-થેરપી, ન્યુરોથેરપી, થેરાપ્યુટિક પોઝન્ટ્સ, બાક ફ્લાવર થેરપી વગેરે આપું છું. સાથે જ ન્યુટ્રિશન અને લાઇફસ્ટાઇલમાં કેવા બદલાવ લાવવા જોઈએ એને લઈને માર્ગદર્શન આપું છું. મારી પાસે એવા ઘણા પેશન્ટ્સ આવતા હોય જેમની દવાઓ ચાલતી હોય, પણ યોગ-થેરપી લીધા પછી તેમને સારું ફીલ થવા લાગે, તેમની દવાઓ ઓછી થઈ જાય. યોગ-થેરપીમાં હું તેમને અમુક એવા પ્રાણાયામ, મુદ્રાઓ, આસનો શીખવાડું જે તેમનો તનાવ ઓછો કરીને મનને શાંત કરે. મારી સાઇકોલૉજિસ્ટ તરીકેની જર્ની શરૂ થાય એ પહેલાં તો મારો યોગાભ્યાસ શરૂ થઈ ગયો હતો. ૧૨ વર્ષની ઉંમરે વિશાખાપટ્ટનમની નજીક બૉદુવાલાસામાં આવેલા ઋષિ વિદ્યાલય ગુરુકુલમમાં અભ્યાસ કરીને યોગ-જર્નીની મેં શરૂઆત કરી હતી. એ પછી તો થલી યોગ-સ્કૂલમાં જઈને મેં અભ્યાસ કર્યો. એક સાઇકોલૉજિસ્ટ માટે પોતાની જાતને સમજવી ખૂબ જરૂરી છે. જો તે પોતાનાં જ ઇમોશન્સને નહીં સમજી શકે તો તેની પાસે આવતા પેશન્ટને કઈ રીતે સમજી શકશે? યોગ આપણને વધુ સેલ્ફ-અવેર બનાવે છે કારણ કે એ શરીર, મન અને આત્માને સમજવામાં મદદરૂપ બને છે.'

ઉપ્રાસન કરતાં વિજયકા શાહ

મયૂરાસન કરતા દેવાંગ શાહ

Mid Day (Gujarati) • 21 Jun • Ministry of Ayush

Kaivalyadham has been preserving the heritage of yoga for 100 years.

24 • PG | 805 • Sqcm | 644896 • AVE | 389.96K • Cir | Top Left

Mumbai

INTERNATIONAL DAY OF YOGA 2025

યોગની ધરોહરને ૧૦૦ વર્ષથી સાચવીને બેઠું છે કૈવલ્યધામ

લોનાવલામાં આવેલા આ યોગસંસ્થાનની સ્થાપના ૧૯૨૪માં સ્વામી કુવલયાનંદે કરી હતી. કૈવલ્યધામની ખાસિયત એ છે કે એ યોગને આધુનિક વૈજ્ઞાનિક સાથે જોડીને યોગની શારીરિક, માનસિક રીતે થતી અસરને લેબોરેટરીમાં રિસર્ચના માધ્યમથી સમજવામાં આવે છે. કૈવલ્યધામે આટલાં વર્ષોમાં કઈ રીતે વટવૃક્ષ બનીને યોગનું જ્ઞાન દેશ-વિદેશમાં ફેલાવવાનું કામ કર્યું છે એના પર એક નજર ફેરવીએ

હિના પટેલ
feedbackgmd@mididay.com

કૈવલ્યધામની ઓળખ આપવાની હોય તો એ રીતે આપી શકાય કે એ વિશ્વનું સૌથી જૂનું સાયન્ટિફિક યોગ રિસર્ચ ઇન્સ્ટિટ્યૂટ છે. લોનાવલામાં હરિયાળી વચ્ચે ૧૮૦ એકરમાં ફેલાયેલા આ યોગસંસ્થાનમાં દેશ-વિદેશથી યોગમાં રસ ધરાવતા લોકો જ્ઞાન મેળવવા, મનની શાંતિ માટે, ક્રોનિક ડિસીઝમાંથી રાહત મેળવવા માટે આવે છે.

ઇતિહાસ

કૈવલ્યધામની શરૂઆત ૧૯૨૪માં સ્વામી કુ વલયાનંદે કરી હતી. કુવલયાનંદનું મૂળ ના મ જગન્નાથ ગણેશ ગુલે હતું. તેમનો જન્મ ૧૮૮૩માં થયો હતો. છાત્રજીવનમાં તેઓ આધ્યાત્મિક સુધારક શ્રી ઓરોબિંદો અને પ્રખર રાષ્ટ્રવાદી લોકમાન્ય ટિળકની સેવાભાવના અને દેશભક્તિથી પ્રભાવિત હતા. જેમણે તેમનામાં પોતાનું જીવન લોકસેવામાં સમર્પિત કરવાનાં બીજ રોપ્યાં હતાં. કુવલયાનંદની યૌગિક યાત્રાની શરૂઆત ૧૯૦૩માં થઈ હતી, જ્યાં તેમણે વડોદરાની જુમ્માદાદા વ્યાયામશાળામાં પ્રોફેસર રાજરત્ન માણિકરાવ પાસેથી શિક્ષા લીધી, જે ૧૯૧૦ સુધી ચાલી. આગળ ૧૯૧૯માં કુવલયાનંદની મુલાકાત પરમહંસ માધવદાસજી સાથે થઈ હતી જેઓ એક યોગી હતા. કુવલયાનંદ યોગ-અભ્યાસમાં માનનારા હતા, પણ સાથે-સાથે તેઓ રેશનલિસ્ટ પણ હતા. એટલે કે તેઓ તર્કશીલ વ્યક્તિ હતા જે દરેક વાતને લૉજિક, જ્ઞાન અને બુદ્ધિથી સમજવા અને સ્વીકારવામાં વિશ્વાસ રાખતા હતા. યોગની શરીર અને માનસ પર ઊંડી અસર થતી હોવાનું તેમણે અનુભવ્યું હતું, પણ એને લઈને કોઈ વૈજ્ઞાનિક સંશોધન થયું નહોતું એટલે તેમણે લોનાવલામાં કૈવલ્યધામ યોગ આશ્રમ અને રિસર્ચ ઇન્સ્ટિટ્યૂટની સ્થાપના કરી હતી. યોગને લઈને સાયન્ટિફિક સ્ટડી કરવા માટે લેબોરેટરી શરૂ કરી એટલું જ નહીં, યોગ મીમાંસા નામે એક સાયન્ટિફિક જર્નલ પણ શરૂ કર્યું હતું જેમાં યોગને લઈને કરવામાં આવેલા રિસર્ચ વિશે માહિતી આપવામાં આવતી હતી. આ જર્નલ આજે પણ પ્રકાશિત થાય છે જેમાં યોગાસન, પ્રાણાયામ, ધ્યાન વગેરેના સ્વાસ્થ્ય પર પ્રભાવ, વિભિન્ન રોગોમાં યોગની ચિકિત્સકીય ઉપયોગિતા, યોગ અને આયુર્વેદ પર આધારિત અધ્યયનો, વ્યક્તિગત કેસ-રિપોર્ટ વગેરે પબ્લિશ થાય છે. કુવલયાનંદનો મૂળ ઉદ્દેશ યોગને વૈજ્ઞાનિક દૃષ્ટિકોણથી સમજવાનો, રિસર્ચ કરવાનો અને સમાજમાં એનો પ્રસાર કરવાનો હતો. એટલે જ આજે પણ કૈવલ્યધામ પહેલું એવું યોગસંસ્થાન છે જ્યાં સાયન્ટિફિક રિસર્ચ, એજ્યુકેશન અને થેરપી એ ત્રણેય વસ્તુ પર ભાર મૂકવામાં આવે છે. કૈવલ્યધામ યોગ ઇન્સ્ટિટ્યૂટનો ઉદ્દેશ એ જ છે કે યોગના પ્રાચીન જ્ઞાનને આધુનિક વિજ્ઞા સાથે જોડીને માનવકલ્યાણ માટે એનો ઉપયોગ કરવો અને લોકોને યૌગિક જીવનશૈલી અપનાવવા માટે પ્રેરિત કરવા.

કૈવલ્યધામનો કેમ્પસ

યોગની અસરનું થઈ રહેલું રિસર્ચ

આજનું કૈવલ્યધામ

કૈવલ્યધામમાં અલગ-અલગ ડિપાર્ટમેન્ટ છે જેના માધ્યમથી યોગસંબંધી વિવિધ પ્રવૃત્તિઓ હાથ ધરવામાં આવે છે. એને લઈને વિસ્તારપૂર્વક માહિતી આપતાં કૈવલ્યધામનાં મૅનેજર (એડમિન) અને કો-ઑર્ડિનેટર ભૂમિ ચોકસી કહે છે, 'અહીંના હેલ્થકેર સેન્ટરની વાત કરીએ તો લાઇફસ્ટાઇલ સંબંધી રોગો જેમ કે સ્થૂળતા, ડાયાબિટીઝ, હૃદયસંબંધી બીમારી, સ્ટ્રેસ, આર્થ્રાઇટિસ, અનિદ્રાની સમસ્યા જેમને હોય તેઓ તેમના સ્વાસ્થ્યને સુધારવા તેમ જ ડિટૉક્સિફિકેશન કે રિલેક્સ હીલ કરવા ઇચ્છતા હોય એ લોકો અહીં આવીને બૉડી અને માઇન્ડને રિલેક્સ કરી શકે છે. તેમના માટે વિવિધ પ્રોગ્રામ્સ ચાલે છે જેમ કે યોગ અને આયુર્વેદ, યોગ અને નેચરોપથી, યોગ અને રિલેક્સેશન, યોગ અને વેઇટ મૅનેજમેન્ટ, યોગ અને પેઇન મૅનેજમેન્ટ, યોગ અને ઍન્ટિ એજિંગ. આમાં તમારે સેન્ટરમાં જઈને થોડા દિવસ સુધી રહીને એક જીવનચર્યા કોલો કરવાની હોય જેમાં સવારે વહેલા ઊઠવાથી લઈને, યોગ-પ્રાણાયામ કરવાથી લઈને નેચરોથેરપી લેવાથી લઈને સાત્ત્વિક ભોજન લેવા સુધીનું બધું જ આવી જાય. એના માટે ઍડ્વાન્સ બુકિંગ કરાવવું પડે. કૈવલ્યધામ યોગ કૅર કેન્સર કૅર પ્રોગ્રામ ચલાવે છે, જે ખાસ કેન્સરના દરદીઓ માટેનો બે અઠવાડિયાંનો રેસિડેન્શિયલ પ્રોગ્રામ છે જેમાં ૧૫ દિવસ સુધી દરદી એ કૈવલ્યધામમાં રહેવાનું હોય છે. કેન્સરના દરદીઓ માટે સારવાર લીધા બાદ હીલ થવું ખૂબ જરૂરી હોય છે; જે તેમને ફિઝિકલ રિકવરી, લૉન્ગ ટર્મ સાઇડ-ઇફેક્ટને મૅનેજ કરવામાં, ઇમોશનલ અને સાઇકોલૉજિકલ વેલબીઇંગમાં મદદ કરે છે. કેન્સરના પેશન્ટ્સને હીલ થવામાં સપોર્ટ કરવા માટે કૈવલ્યધામ દ્વારા કેન્સર કૅર પ્રોગ્રામ ચલાવવામાં આવે છે જેમાં યોગ, પ્રાણાયામ, મેડિટેશન, નેચરોથેરપી, આયુર્વેદિક થેરપી અને સાઇકોલૉજિકલ વેલનેસ સેશન્સ લેવામાં આવે છે.'

બેઠી અને માણસને રિલેક્સ કરવા આવેલા હેલ્થકૅર પાર્ટિસિપન્ટ્સ

કૈવલ્યધામનાં મૅનેજર (એડમિન) અને કો-ઑર્ડિનેટર ભૂમિ ચોકસી

કૈવલ્યધામમાં CBSE બોર્ડની કૈવલ્ય વિદ્યાનિકેતન સ્કૂલ પણ ચાલે છે જે ભારમા પોરસ સુધીના વિદ્યાર્થીઓને ભણાવે છે. આ સ્કૂલમાં બાળકોને ભણતર સિવાય યોગ શીખવાડવા પર ભાર મૂકવામાં આવે છે. અહીં બાળકોને ફક્ત યોગ શીખવાડવામાં નથી આવતા, યોગને જીવનશૈલીના ભાગરૂપે અપનાવવાની શિક્ષા પણ આપવામાં આવે છે. અહીં ગોરધનદાસ સેક્સરિયા કૉલેજ ઑફ યોગ ઍન્ડ કલ્ચરલ સિન્વેસિસ નામે એક મહાવિદ્યાલય પણ ચાલે છે, જેની શરૂઆત ૧૯૫૧માં થઈ હતી. એમાં સર્ટિફિકેટ, પોસ્ટ-ગ્રેજ્યુએટ, ડિપ્લોમા, ડિગ્રી, માસ્ટર્સ, ડૉક્ટરેટ લેવલના યોગના શૉર્ટ ટર્મ અને લૉન્ગ ટર્મ કોર્સ શીખવામાં આવે છે; જેમાં વિધરી અને પ્રૅક્ટિકલ બન્ને શીખવવામાં આવે છે. એની જ રીતે યોગમાં રેસિડેન્શિયલ કોર્સ કરતા સ્ટુડન્ટ્સ માટે હૉસ્ટેલમાં રહેવાની વ્યવસ્થા પણ છે. મિનિસ્ટ્રી ઑફ આયુષના યોગ સર્ટિફિકેશન બોર્ડ દ્વારા આ કૉલેજને અગ્રણી યોગ ઇન્સ્ટિટ્યૂટ તરીકે માન્યતા મળી છે. આ કૉલેજ કવિ કુલગુરુ કાલિદાસ સંસ્કૃત યુનિવર્સિટી, રામટેક સાથે અફિલિયેટેડ છે. આ કૉલેજના માધ્યમથી યોગ-ટીચર, યોગ-થેરપિસ્ટની ટ્રેઇનિંગ લેવા માટે દેશ-વિદેશથી આવતા સ્ટુડન્ટ્સને ટ્રેડિશનલ યોગ શીખવવામાં આવે છે. અહીં હિલોસોફિક લિટરરી રિસર્ચ ડિપાર્ટમેન્ટ (PLRD) છે જેનું કોડસ યોગ ફિલોસોફી અને લિટરેચરમાં ડીપ્લપૂર્વક રિસર્ચ કરવાનું છે. યોગને વૈજ્ઞાનિક અને વ્યવસ્થિત રીતે શીખવાની સ્વામીજીની જે પરંપરા હતી એને આગળ લઈ જવાનું કામ PLRD કરી રહ્યું છે. યોગના સિદ્ધાંત અને મૂલ્યને બદલાતા સમય સાથે પરંપરિક યોગનો આત્મા બની રહે એનું ધ્યાન રાખીને નવા રૂપમાં પ્રસ્તુત કરવાનું કામ PLRDના રિસર્ચર અને સ્કોલરની ટીમ કરી રહી છે. PLRDનો જ પાર્ટ ગણાતી કૈવલ્યધામ સેન્ટ્રલ રિસર્ચ લાઇબ્રેરી પણ અહીં છે, જ્યાં યોગસંબંધી અનેક પુસ્તકો છે.

અહીં કૈવલ્યધામ આશ્રમ ટ્રસ્ટ પણ ચલાવે છે; જેની સ્થાપના પતંજલિના અષ્ટાંગ યોગને એના ઓરિજિનલ ફૉર્મમાં જાણવી, એનું અનુકરણ કરી એનો પ્રસાર કરવાના ઉદ્દેશ સાથે ૧૯૨૪માં થઈ હતી. યોગને વૈ ઓફ લાઇફ બનાવવા માટે ટ્રસ્ટ દ્વારા વિવિધ કામ કરવામાં આવે છે જેમાં આયુર્વેદિક, ઑર્ગેનિક અને નેચરલ વસ્તુઓનો સ્ટોર; ઉત્પત્તિ, યોગસંબંધી પુસ્તકોનો સ્ટોર; આયુર્વેદિક છોડનું ઑષધિ વન; ગૌશાળા અને ડેરી વગેરેનો સમાવેશ છે.

નોંધનીય છે કે કૈવલ્યધામની એક બ્રાન્ચ મરીન ડ્રાઇવમાં પણ છે. મુંબઈ બ્રાન્ચની શરૂઆત ૧૯૩૨માં થઈ હતી. મુંબઈ બ્રાન્ચનું નામ ઈશ્વરદાસ ચુનીલાલ પોદ્દાર હૅલ્થ સેન્ટર, કૈવલ્યધામ છે. મુંબઈના સ્ટ્રેસ અને પોલ્યુશનવાળા જીવનથી થાકી ગયા હો, ફૂંટપામાં દુખાવો રહેતો હોય, જે મહિલાઓને મેનસ્ટ્રુઅલ ડિસઑર્ડર્સ હોય, આંખમાં ડ્રાયનસની સમસ્યા હોય તો એ માટેની અનેક આયુર્વેદિક ટ્રીટમેન્ટ્સ અને થેરપી અહીં આપવામાં આવે છે. સાથે જ સ્થૂળતા, સ્લીપરટેન્શન, ડાયાબિટીઝ, સ્લીપ ડિસીઝ, પાચનસંબંધી સમસ્યા માટે નેચરોથેરપી આપવામાં આવે છે. અહીં યોગનાં સર્ટિફિકેટ, ડિપ્લોમા, પોસ્ટ-ગ્રેજ્યુએશન ડિપ્લોમાના વિવિધ કોર્સ પણ કરાવવામાં આવે છે.

મહિલાને આપવામાં આવી રહેલી આયુર્વેદ થેરપી

Sakal • 21 Jun • Ministry of Ayush

Increasing response to Shiv Yoga centers

3 • PG | 70 • Sqcm | 46224 • AVE | 352.42K • Cir | Middle Center

Mumbai

शिव योग केंद्रांवर वाढता प्रतिसाद

मुंबई, ता. २० : आंतरराष्ट्रीय योगदिनानिमित्त मुंबई महापालिकेने २४ वॉर्डमध्ये योग कार्यक्रमाचे आयोजन केले आहे. दरवर्षी २१ जून या दिवशी आंतरराष्ट्रीय योगदिन साजरा केला जातो. मुंबईतील १०६ शिव योग केंद्रातून ४१ हजार ७५० प्रशिक्षणार्थींनी लाभ घेतला आहे. यासह आंतरराष्ट्रीय योगदिनाच्या निमित्ताने मुंबईतील सर्व विभागांमध्ये १०० प्रशिक्षण सत्रांचे आयोजन करण्यात आले आहे. व्हॉट्सअॅप चॅट बोटच्या माध्यमातूनही शिव योग केंद्राची माहिती मिळू शकणार आहे.

'एक पृथ्वी, एक आरोग्य, आरोग्यासाठी योग' या संकल्पनेतून जीवनशैलीसाठी शिव योग केंद्राची ज्याठिकाणी मागणी आहे, अशा ठिकाणी नियमितपणे प्रशिक्षण वर्ग घेण्याचे निर्देश मुंबई महापालिका आयुक्त भूषण गगराणी यांनी दिले होते. योग प्रशिक्षण वर्गांच्या ठिकाणी नागरिकांना नियमितपणे प्रशिक्षण उपलब्ध होईल, यासाठीच्या उपाययोजना करण्याच्या सूचना अतिरिक्त महापालिका आयुक्त शरद उघाडे यांनी दिल्या होत्या. मुंबईतील २४ प्रशासकीय विभागांमध्ये सद्यस्थितीला एकूण १०६ शिव योग केंद्र कार्यरत आहेत. या केंद्रांच्या ठिकाणी प्रत्येकी एक यानुसार १०६ योग प्रशिक्षक कार्यरत आहेत. तसेच जून २०२२ पासून ते मे २०२५ अखेरीपर्यंत ४१ हजार ७५० लाभार्थ्यांनी योग प्रशिक्षणाचा लाभ घेतला आहे, अशी माहिती कार्यकारी आरोग्य अधिकारी डॉ. दक्षा शाह यांनी दिली.

Sakal • 21 Jun • Ministry of Ayush

Navy ready for Yoga Day

3 • PG | 236 • Sqcm | 155726 • AVE | 352.42K • Cir | Middle Left

Mumbai

मुंबई : भारतीय नौदल आंतरराष्ट्रीय योगदिनासाठी सज्ज झाले असून शुक्रवारी युद्धनौकांवर योगसराव करण्यात आला.

योगदिनासाठी नौदल सज्ज!

'योग फॉर वन अर्थ, वन हेल्थ'ची संकल्पना

मुंबई, ता. २० : 'योग फॉर वन अर्थ, वन हेल्थ' या संकल्पनेला अनुसरून भारतीय नौदलाने २१ जून रोजी साजऱ्या होणाऱ्या ११व्या आंतरराष्ट्रीय योगदिनाच्या तयारीला जोर दिला आहे. युद्धनौकांवर, सागरी सीमांवर, बंदरात उभ्या असलेल्या नौकांवर तसेच देशातील सर्व नौदल स्थानकांवर योगदिन साजरा करण्यात येणार आहे.

या पार्श्वभूमीवर ११ जूनपासूनच नौदलात दररोज योगाभ्यास सत्र सुरू करण्यात आले आहेत. शारीरिक व मानसिक आरोग्यासाठी योगाची उपयुक्तता ओळखून नौदलात हे उपक्रम हाती घेण्यात आले आहेत.

अमृता फडणवीस यांच्या उपस्थितीत योगदिन

मुख्यमंत्री देवेंद्र फडणवीस यांच्या पत्नी अमृता फडणवीस यांच्या उपस्थितीत दिव्यज फाउंडेशनच्या वतीने आंतरराष्ट्रीय योगदिन आज वरळी येथील डोम एसव्हीपी स्टेडियम येथे सकाळी सव्वाआठ वाजता आयोजित करण्यात आला आहे. यामध्ये अभिनेता अर्जुन कपूर, अभिनेत्री नुसरत भरूचा, पालिका आयुक्त भूषण गगराणी आदी सहभागी होणार आहेत. डॉ. मिकी मेहता यांनी आयोजित केलेल्या या योगसत्रात एक हजारहून अधिक नागरिक उपस्थित राहण्याचा अंदाज आयोजकांनी व्यक्त केला आहे.

योगदिनानिमित्त युद्धनौकांवर, समुद्रात, किनाऱ्यावरील मैदानांवर, विमानतळ हँगरमध्ये, उद्यानांमध्ये व परेड मैदानांवर 'कॉमन योगा प्रोटोकॉल'नुसार योगसत्र घेण्यात येत आहेत. नौदलातील जवान, अधिकारी, त्यांचे कुटुंबीय, संरक्षण क्षेत्रातील नागरी कर्मचारी व परदेशी प्रशिक्षणार्थींनाही या उपक्रमात सक्रिय सहभागासाठी प्रोत्साहन दिले जात आहे. मोरारजी देसाई नॅशनल इन्स्टिट्यूट ऑफ योगाच्या वतीने 'नमस्ते योगा' ॲप व आभासी योगसत्रांचा लाभही नौदलाच्या कर्मचाऱ्यांकडून घेतला जात आहे.

Sakal • 21 Jun • Ministry of Ayush

World is ready for Yoga Day

2 • PG | 224 • Sqcm | 148025 • AVE | 352.42K • Cir | Middle Right

Mumbai

योगदिनासाठी जग सज्ज

प्राचीन भारतीय परंपरेचे सामर्थ्य पुन्हा दिसणार

नवी दिल्ली : आंतरराष्ट्रीय योगदिनानिमित्त उद्या (ता. २१) जगभर विविध शहरांत कार्यक्रमांचे आयोजन करण्यात येणार आहे. प्राचीन भारतीय परंपरा आणि अध्यात्माचे यानिमित्ताने पुन्हा एकदा जगाला दर्शन होईल. पाकिस्तानातील इस्लामाबादमध्येही भारतीय उच्चायुक्तालयाकडून विशेष कार्यक्रम आयोजित करण्यात आला आहे. सांस्कृतिक मंत्रालयाशी संबंधित 'इंडियन कौन्सिल फॉर कल्चरल रिलेशन्स'ने (आयसीसीआर) यासाठी पुढाकार घेतला आहे. यंदाचा योगदिन हा दहावा असेल.

१ हजार ३००
शहरांत कार्यक्रम

१९१
देशांचा सहभाग

२ हजार
कार्यक्रम सोहळे

१७
योगगुरूंचा समावेश

१५
देशांत योगबंधन

मागील शंभर दिवसांमध्ये जगभरातील ३७ भारतीय सांस्कृतिक केंद्रांनी विविध ठिकाणांवर कार्यक्रमाचे आयोजन केले आहे.

'योगबंधन' कार्यक्रमाची वैशिष्ट्ये

ब्राझील, अर्जेंटिना, रशिया, चीन, दक्षिण आफ्रिका, मलेशिया, श्रीलंका, इंडोनेशिया, सिंगापूर, दक्षिण कोरिया आणि भारतात महत्त्वाच्या ठिकाणांवरील योग सत्रांचे नेतृत्व भारतीय आणि परकी गुरू करणार आहेत.

जंतरमंतर, कुतुबमिनार, पुराना किला, दिल्लीतील हूमायूँची कबर, लखनौ, अयोध्या, वाराणसी, जयपूर, जोधपूर, भोपाळ आणि ग्वाल्हेर येथील या वारसास्थळांवर विशेष सत्रांचे आयोजन.

मुख्य कार्यक्रम आंध्र प्रदेशात

आंतरराष्ट्रीय योगदिनाचा मुख्य कार्यक्रम आंध्र प्रदेशातील विशाखापट्टण, आर.के. बीच येथे आयोजित करण्यात आला आहे. या योगसत्रामध्ये पंतप्रधान नरेंद्र मोदी हे सहभागी होतील. यानिमित्ताने जागतिक विक्रम करण्याचा निर्धार आंध्र सरकारने केला आहे. एकट्या आंध्र प्रदेशातील एक लाखांपेक्षाही अधिक ठिकाणांवरून दोन कोटींपेक्षाही अधिक लोक योगसत्रामध्ये सहभागी होणार आहेत.

यंदाची संकल्पना : योगा फॉर वन अर्थ, वन हेल्थ (संलग्न : वन अर्थ, वन फॅमिली, वन फ्युचर)

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Pune

योगदिनासाठी जग सज्ज

प्राचीन भारतीय परंपरेचे सामर्थ्य पुन्हा दिसणार

नवी दिल्ली : आंतरराष्ट्रीय योगदिनानिमित्त उद्या (ता.२१) जगभर विविध शहरांत कार्यक्रमांचे आयोजन करण्यात येणार आहे. प्राचीन भारतीय परंपरा आणि अध्यात्माचे यानिमित्ताने पुन्हा एकदा जगाला दर्शन होईल. पाकिस्तानातील इस्लामाबादमध्येही भारतीय उच्चायुक्तालयाकडून विशेष कार्यक्रम आयोजित करण्यात आला आहे. सांस्कृतिक मंत्रालयाशी संबंधित 'इंडियन कौन्सिल फॉर कल्चरल रिलेशन्स'ने (आयसीसीआर) यासाठी पुढाकार घेतला आहे. यंदाचा योग दिन हा दहावा असेल.

१ हजार ३००
शहरांत कार्यक्रम

१९१
देशांचा सहभाग

२ हजार
कार्यक्रम सोहळे

१७
योगगुरूंचा समावेश

१५
देशांत योगबंधन

मागील शंभर दिवसांमध्ये जगभरातील ३७ भारतीय सांस्कृतिक केंद्रांनी विविध ठिकाणांवर कार्यक्रमांचे आयोजन केले होते.

'योगबंधन' कार्यक्रमाची वैशिष्ट्ये

ब्राझील, अर्जेंटिना, रशिया, चीन, दक्षिण आफ्रिका, मलेशिया, श्रीलंका, इंडोनेशिया, सिंगापूर, दक्षिण कोरिया आणि भारतात महत्त्वाच्या ठिकाणांवरील योग सत्रांचे नेतृत्व भारतीय आणि परकी गुरू करणार आहेत.

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आंतरराष्ट्रीय योगदिनाचा मुख्य कार्यक्रम आंध्रप्रदेशातील विशाखापट्टण, आर.के.बीच येथे आयोजित करण्यात आला आहे. या योगसत्रामध्ये पंतप्रधान नरेंद्र मोदी हे सहभागी होतील. यानिमित्ताने जागतिक विक्रम करण्याचा निर्धार आंध्र सरकारने केला आहे. एकट्या आंध्रप्रदेशातील एक लाखांपेक्षाही अधिक ठिकाणांवरून दोन कोटींपेक्षाही अधिक लोक योगसत्रामध्ये सहभागी होणार आहेत.

यंदाची संकल्पना : योगा फॉर वन अर्थ, वन हेल्थ (संलग्न : वन अर्थ, वन फॅमिली, वन फ्युचर)

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Pune

समग्र जीवनशैलीचा जागतिक उत्सव

कुठलीही परंपरा वैज्ञानिक दृष्टिकोन ठेवून पुढे जात असते, तेव्हा ती काळाच्या कसोटीवर उतरते. याच प्रकारे आज भारतीय योग हा वैश्विक आनंदाचे केंद्र बनला आहे. तो तणाव दूर करून आरोग्यही चांगले ठेवतो; त्याचबरोबर मानवसमूहाच्या प्रगतीसाठी सृजनशील मार्गाने वाटचाल करतो. यंदाच्या अकराव्या योगदिनानिमित्ताने या वाटचालीचा आढावा.

■ प्रतापराव जाधव

(प्रातिनिधिक छायाचित्र)

पंतप्रधान नरेंद्र मोदी यांच्या प्रेरणा व पुढाकारातून २१ जून हा दिवस संयुक्त राष्ट्रांच्या आमसभेतर्फे 'आंतरराष्ट्रीय योग दिन' ठरविण्यात आला. आंतरराष्ट्रीय योग दिन १७७ देशात साजरा होत असून, त्यात ४७ मुस्लिम देशही सहभागी होतात. यावर्षीचा आंतरराष्ट्रीय योग दिन पंतप्रधान नरेंद्र मोदींच्या नेतृत्वाखाली विशाखापट्टणम येथे शारीरिक, मानसिक आणि आध्यात्मिक कल्याण वाढवणारी जागतिक चळवळ म्हणून प्रोत्साहन देण्याच्या दशकाचा महत्त्वाचा टप्पा म्हणून साजरा केला जाणार आहे. 'योग फॉर वन अर्थ-वन हेल्थ'' ही यंदाची थीम असून १० विशिष्ट कार्यक्रमांचे नियोजन करण्यात आले आहे.

मोदी-३ पर्वात केंद्रीय मंत्री म्हणून शपथ घेण्याचा 'योग' मला आला, विशेष म्हणजे पंतप्रधान मोदींची आवड असलेल्या 'आयुष' मंत्रालयाचा स्वतंत्र प्रभार मिळाला, हाही योग. त्यांच्या नेतृत्वात देश सर्वच पातळ्यांवर प्रगती करत असताना 'आयुष'ला त्यांनी दिलेले स्थान व त्या माध्यमातून आत्मिक समृद्धीसाठी उचललेले पाऊल अतिशय महत्त्वाचे आहे. योग ही केवळ चळवळच नसून भारतीय आत्म्याची जागतिक अनुभूती आहे. भारताची ही अमूल्य देणगी आरोग्य, समरसता आणि समग्र जीवनशैलीचा जागतिक उत्सव ठरली आहे. पंतप्रधानांनी २०१४मध्ये ही संकल्पना संयुक्त राष्ट्रांसमोर मांडली ती आज कोट्यवधी लोकांनी आत्मसात केलेली जागतिक चळवळ बनली आहे. योग दिनाच्या दशकपूर्तीचे औचित्य साधत, 'वन अर्थ-वन हेल्थ' हा १०० दिवसांचा उपक्रम आखला आहे. हा योगदिन 'हरित योग' म्हणजेच वृक्ष चळवळ 'एक पेड माँ के नाम' अशा अर्थानेही राबविला जागार आहे. देशभरात व जगभरात १० वैशिष्ट्यपूर्ण उपक्रमांसह योगाभ्यासाच्या महत्त्वाचा प्रसार केला जाईल. या उपक्रमांतर्गत संपूर्ण देशात एक लाख ठिकाणी एकाच वेळी 'योग संगम' अंतर्गत सामूहिक योगाभ्यास, हिमालयातील बर्फाच्छादित गावांपासून ते समुद्रकिनाऱ्यावरील मच्छीमार वसाहतींपर्यंत लाखो नागरिक एकत्र योगासने करतील. हे आरोग्य, ऐक्य आणि राष्ट्रीय एकात्मतेचे जिवंत प्रतीक असेल.

जागतिक मैत्रीस बळ

'योग बंधन' अंतर्गत जपानसारख्या देशांत भाषा न समजताही लोकांना एकत्र आणणारी शक्ती म्हणजे योगाभ्यास. दहा भागीदार देशांसोबत योग प्रतिनिधींचे परस्पर आदान-प्रदान करून जागतिक मैत्रीस बळ दिले जाईल. 'योगपार्क'च्या माध्यमातून शहरी आणि ग्रामीण भागातील, एक हजार सार्वजनिक ठिकाणी कायमस्वरूपी योग आणि आरोग्याच्या दृष्टीने समर्पित उद्यानांची उभारणी केली जागार आहे. दहा विशेष गटांसाठी अनुकूल योगाभ्यासाचा अभ्यासक्रम- मधुमेही, उच्चदाबाचे रुग्ण, महिला, गरोदर स्त्रिया, वृद्ध, मानसिक आरोग्य व व्यसनमुक्ती क्षेत्रातील नागरिक यांना 'योग समावेश' अंतर्गत मार्गदर्शन केले जागार आहे. दिल्लीतील एका शिक्षिकेला योगाभ्यासामुळे विद्यार्थ्यांच्या एकाग्रतेत सुधारणा दिसली, चेन्नईतील एका उद्योजकाचा रक्तदाब योगाभ्यासामुळे नियंत्रित झाला, अशा अनुभवांचे संकलन 'योग प्रभाव' अंतर्गत होईल. हायब्रीड स्वरूपात जागतिक परिषद- योगतज्ज्ञ, धोरणकर्ते, आरोग्य क्षेत्रातील तज्ज्ञ आणि प्रभावशाली व्यक्तींना एकत्र आणणारा चर्चामंच म्हणजेच 'योग कनेक्ट.'

हरित योगाच्या माध्यमातून निसर्गाशी एकरूपता साधत पर्यावरणपूरक कृतींसोबत योगाभ्यास. तरुणांपर्यंत पोहोचण्यासाठी ऑनलाइन आणि ऑफलाइन नवकल्पनाशील स्वरूपे पारंपरिक योगाभ्यास आणि आधुनिक संगीत व नृत्य यांचे मिश्रण 'योग अनप्लग्ड' माध्यमातून करण्याचे नियोजन आहे. 'योग संयोग' अंतर्गत योग व आयुर्वेद, सिद्ध, युनानी, होमिओपॅथी, निसर्गोपचार, सोवा रिग्पा यांसारख्या पद्धतींचा आधुनिक आरोग्य व्यवस्थेशी संयोग वैज्ञानिक आधारासह प्रस्तुती आहे.

तुम्ही अनुभवी योगसाधक असाल किंवा तुम्हाला एकाही आसनाचा अनुभव नसेल तरी या उत्सवात सहभागी व्हा. स्वतः अनुभव घ्या. कारण या प्राचीन पद्धतीत आधुनिक आरोग्याची खरी गुरुकिल्ली दडलेली आहे. भारत योगाभ्यासाच्या माध्यमातून संपूर्ण मानवजातीसाठी समग्र आरोग्याचा मार्ग दाखवीत आहे. ही भारताची विश्वाला दिलेली देणगी होय, जी अक्षय राहील. पंतप्रधान मोदी २१ जून रोजी हजारो लोकांसमवेत योगासने करतात, तेव्हा आपला आरोग्यप्रति असलेला राष्ट्रीय संकल्प दृढ होतो. योगाभ्यास म्हणजे फक्त आसने किंवा शारीरिक व्यायाम नाही तर तो आपल्या आरोग्याचा, मनःशांतीचा व आत्मिक समृद्धीचा मार्ग आहे. या दशकपूर्तीच्या ऐतिहासिकप्रसंगी प्रत्येक घरात, प्रत्येक मनात योगाभ्यास रुजवायचा संकल्प करूया. आपल्या भागात आयोजित होणाऱ्या 'योग संगमा'त सहभागी व्हा. आपल्या कुटुंबाला, शेजाऱ्यांना, मित्रमंडळींना सोबत घेण्याचा संकल्प करा.

यावर्षीचा योग महाकुंभ..

यावर्षी प्रयागराजमध्ये महाकुंभ झाला, आता आरोग्यासाठी यावर्षी 'योग महाकुंभ' साजरा करण्यात येणार आहे. मागील १० प्रमुख योगदिवस साजरा केलेल्या शहरांमध्ये आठवड्याभर सामुदायिक सहभागातून योगाचा उत्सव साजरा केला जाईल.

आजोबांच्या आग्रहामुळे महाविद्यालयीन जीवनापासून मी योगासने सुरू केली. माझी प्रत्येक सकाळ सूर्यनमस्काराशिवाय पूर्णच होत नाही. मानसिक संतुलन आणि दिवसभरासाठीची ऊर्जा त्यातून मिळते.. त्यामुळे योगा ऊर्जादायी व स्फूर्तीदायी ठरतो!

(लेखक केंद्रीय आयुष (स्वतंत्र प्रभार), आरोग्य व कुटुंब कल्याण राज्यमंत्री आहेत.)

(शब्दांकन : राजेंद्र काळे)

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Mumbai

योगामुळे मनालाही स्थैर्य

धावपळीच्या जगण्यात शरीर आणि मनाचं आरोग्य जपणं हे खूप महत्त्वाचं ठरतं. झपाट्यानं बदलणाऱ्या जीवनशैलीत 'योग' हे केवळ शारीरिक व्यायामाचं नव्हे, तर मानसिक शांतीचंही प्रभावी साधन ठरतं. योगामुळे केवळ स्नायूंना बळकटी मिळते असं नाही, तर मनालाही स्थैर्य लाभतं. त्यामुळेच अनेक कलाकार त्यांच्या दैनंदिन आयुष्यात योगाचा समावेश करीत आहेत. अभिनेता भूषण प्रधान आणि अभिनेत्री सोनाली खरे हे दोघंही योगाला 'जीवनशैली' म्हणून स्वीकारतात. शनिवारी (ता. २१) होणाऱ्या योगदिनानिमित्त त्यांनी योगाचे महत्व विशद केले आहे.

भूषण प्रधान

योग केवळ स्ट्रेचिंग नाही; मानसिक स्पष्टतेची गुरुकिल्ली

गेल्या काही वर्षांपासून मी जिम वर्कआऊटवर लक्ष केंद्रित करीत आलो आहे. पण कोणताही व्यायाम सुरू करण्याआधी मी नेहमी स्ट्रेचिंग करतो - आणि हळूहळू उमगलं की हीच तर योगासने आहेत. पूर्वी मी काही हालचाली करीत असे, ज्याला नंतर 'ताडासन'सारखी नावं असल्याचं कळलं. यूट्युबवरून योग शिकायला सुरुवात केली आणि आज योग माझ्या दिनचर्येचा भाग बनला आहे. सामान्यतः मी सकाळी योग आणि जिम करतो. वेळ नसेल तर संध्याकाळी वर्कआऊट करतो. माझ्यामते योग हा फक्त शरीरासाठी नाही, तर मानसिक शांततेसाठीही आवश्यक आहे. श्वसनक्रिया नीट केल्याने विचार स्पष्ट होतात, मन स्थिर राहतं आणि जीवनाला दिशा मिळते.मी तरुणांना सांगू इच्छितो - सुरुवात करा. नावं काहीही असो - योग, स्ट्रेचिंग, वर्कआऊट - यांचा मेळच जीवनात संतुलन निर्माण करतो आणि तेच खरं आरोग्य आहे.

योग ही एक गुंतवणूक, आयुष्यभर रिटर्न्स देते

फिट राहण्यासाठी माझ्या दिनचर्येत दोन गोष्टी अत्यावश्यक आहेत, वेळेत झोपणं आणि वेळेत खाणं. त्याबरोबरच कोणतीतरी एक फिजिकल ॲक्टिव्हिटी असणं गरजेचं आहे. माझ्यासाठी ती म्हणजे रोजचा योग. जवळजवळ वीस वर्षांपासून मी नियमित योग करते आहे. हल्ली मी एक दिवस योग आणि एक दिवस स्ट्रेंथ ट्रेनिंग असं मिश्र स्वरूप ठेवलं आहे. कारण ४०च्या पुढच्या महिलांनी स्ट्रेंथ ट्रेनिंग करणं गरजेचं असतं. योग हा केवळ शरीरासाठी नाही, तर मनासाठीही अनमोल आहे. प्रत्येक दिवशी किमान पाच मिनिटं जरी मॅटवर जाऊन बसलो, दोन सूर्यनमस्कार घातले, तरी ती सवय टिकते आणि हाच खरा मंत्र आहे, कन्सिस्टन्सी! योगामुळे आपल्याला स्वतःच्या हालचाली, पोश्चर्स याची जाणीव होते. त्यामुळे पाठदुखी, स्पॉन्डिलायटिससारख्या समस्यांपासून बचाव होतो. आणि मानसिक आरोग्यावरदेखील याचा फायदा होतो. प्राणायामामुळे ध्यानाच्या अवस्थेला मदत होते, मन स्थिर राहतं आणि अंतर्मुख होण्याची शक्ती मिळते. म्हणूनच मी म्हणते, योग ही एक गुंतवणूक आहे, जी तुम्हाला आयुष्यभर रिटर्न्स देत राहते!

सोनाली खरे

Sakal • 05 Jun • Ministry of Ayush

Dhauti Yoga' is a panacea for stomach disorders

4 • PG | 100 • Sqcm | 66162 • AVE | 352.42K • Cir | Bottom Center

Mumbai

Sakal Readers Connect Initiative

पोटाच्या विकारांवर 'धौती योग' रामबाण उपाय

चूर्ण आणि टॅब्लेट्स स्वरूपातही उपलब्ध

पुणे, ता. ४ : आजारी पडायचे नसेल तर पोट साफ होणे आवश्यक आहे. याच दृष्टिकोनातून पूर्वीच्या योगशास्त्राच्या आधारे संशोधित आणि विकसित केलेले चूर्ण म्हणजे धौती योग. गेल्या ५० वर्षांपासून ते आजच्या आधुनिक काळातील लोकांसाठी हा धौती योग उपयुक्त ठरलेला आहे.

पूर्वीच्या काळच्या लोकांसाठी अत्यंत गरजेचे असणारे हे चूर्ण आता आजच्या मॉडर्न लोकांसाठी टॅब्लेट्स स्वरूपातही उपलब्ध आहे. कोणतेही साईड इफेक्ट्स नसणारे हे धौती योग चूर्ण आणि टॅब्लेट्स पोटाचे विकार, अपचन, गॅसेस आदींवर रामबाण उपाय ठरला आहे.

यामुळे शौचास साफ होऊन पोटातील मळाचा खडा फोडला जातो व आतडीतील चिकटलेला मळ, आव (शेम्ब)सहित पोट साफ होते. जीवनशैलीतील बदलांमुळे आणि असंतुलित आहाराने पोटाचे विकार सध्या वाढले आहेत. त्यात पोट बिघडलेले असणे, रोज बेचैनी, अनियमित तसेच दोन, तीन दिवस शौचास साफ न होणे, मळाचा खडा, आम्लता, मळमळ, अपचन, भूक न लागणे, आंबट करपट ढेकर, गॅसेसला दुर्गंधी असणे, सतत पोट दुखणे, खरुज, दमा, मुळव्याध आदी लक्षणे दिसतात. त्यावर धौती योग लाभदायक ठरते.

बैठे काम, जागरण, रात्रपाळी करणारे, मादक पदार्थांचे सेवन करणे तसेच तळलेले पदार्थ खाणे पिणे करणाऱ्यांनी तर अवश्य धौती योग घ्यावा. आयुर्वेदिक असल्यामुळे अगदी गर्भवती महिलांनी घेण्यासही ते योग्य आहे.

Dainik Tribune • 21 Jun • Ministry of Ayush
International Yoga Day 2025

7 • PG | 184 • Sqcm | 105067 • AVE | 39.91K • Cir | Middle Left

Delhi

योग भारत की देन, जिसे पूरे विश्व ने अपनाया : एन.के.शर्मा

पतंजलि योगपीठ के कार्यक्रम में शामिल हुए पूर्व विधायक

जीरकपुर, 20 जून (हप्र)

शिरोमणि अकाली दल के महासचिव एवं पूर्व विधायक एन.के शर्मा ने कहा है कि योग हमारे ऋषि मुनियों की देन है, परंतु कुछ समय से हमारी यह प्राचीन परंपरा लुप्त हो गई थी, जिसका प्रभाव मानव जाति पर पड़ा। संयुक्त राष्ट्र संघ ने 21 जून को अंतर्राष्ट्रीय योग दिवस घोषित करके भारत की हजारों साल पुरानी परंपरा को मान्यता दी है।

एनके शर्मा शुक्रवार को डेराबस्सी के गुलाबगढ़ स्थित वाटिका ग्राउंड में पतंजलि योगपीठ के तत्वावधान में आयोजित योग रिहर्सल में बतौर मुख्य अतिथि भाग लेकर योग साधकों का उत्साहवर्धन कर रहे थे। यहां पहुंचे पर प्रभारी नवीन चंद ने एनके शर्मा का स्वागत किया। इस अवसर पर शर्मा ने कहा कि योग केवल एक दिन नहीं इसे दिनचर्या का हिस्सा बनाया जाए। इससे पहले मुबारिकपुर में भी पतंजलि योगपीठ द्वारा आयोजित कार्यक्रम में एनके शर्मा ने भाग लिया और योग साधकों से बातचीत की। यहां मनविंदर सिंह टोनी राणा व कई अन्यों ने एनके शर्मा का स्वागत किया। इस अवसर पर योग साधक अनिल शर्मा, दीपक ढींगरा, जगपाल सिंह, सुखविंदर सिंह, हरीश कुमार, सरवण सिंह, अनिल वर्मा समेत कई गणमान्य मौजूद थे।

डेराबस्सी के गुलाबगढ़ स्थित वाटिका ग्राउंड में पतंजलि योगपीठ के तत्वावधान में आयोजित योग रिहर्सल कार्यक्रम में बतौर मुख्य अतिथि भाग लेते पूर्व विधायक एनके शर्मा। -हप्र

Dainik Tribune • 20 Jun • Ministry of Ayush
International yoga day

11 • PG | 191 • Sqcm | 109052 • AVE | 39.91K • Cir | Middle Right

Delhi

अंतरराष्ट्रीय योग दिवस पर स्वास्थ्य मंत्री होंगी मुख्यातिथि

फतेहाबाद, 19 जून (हप्र)

जिला आयुर्वेदिक अधिकारी डॉ. प्रवीण शर्मा ने बताया कि 21 जून को अंतरराष्ट्रीय योग दिवस मनाया जा रहा है।अंतरराष्ट्रीय योग दिवस का कार्यक्रम जिला स्तर के साथ-साथ ब्लॉक स्तर पर भी मनाया जाएगा।

इस बार अंतरराष्ट्रीय योग दिवस का थीम - एक पृथ्वी एक स्वास्थ्य के लिए योग है। हरियाणा सरकार द्वारा भी योग दिवस पर योगयुक्त नशामुक्त - हरियाणा का स्लोगन दिया गया है। हरियाणा योग आयोग द्वारा इसमें हरित योग एक्टिविटी के अंतर्गत पौधारोपण अभियान को भी जोड़ा गया है। उन्होंने बताया कि जिला स्तरीय कार्यक्रम स्थानीय एमएम कॉलेज में आयोजित किया जाएगा जिसमें प्रदेश की स्वास्थ्य एवं आयुष मंत्री आरती सिंह राव मुख्य अतिथि के रूप में शामिल होंगी। जिला स्तर पर प्रधानमंत्री श्री नरेन्द्र मोदी व मुख्यमंत्री श्री नायब सिंह सैनी के लाइव प्रसारण से कार्यक्रम प्रारंभ होगा। तत्पश्चात योग प्रोटोकॉल के अनुसार योग का कार्यक्रम होगा। इसके साथ ही रतिया ब्लॉक में जिला परिषद चेयरपर्सन सुमन खिचड़, जाखल में हरियाणा राज्य जैव विविधता बोर्ड चेयरमैन रणदीप सिंह जौहर, टोहाना में सरस्वती हेरिटेज डवलपमेंट बोर्ड वाइस चेयरमैन धुमन सिंह किरमच, भट्टू में नगराधीश गौरव गुप्ता, भूना में एसडीएम राजेश कुमार तथा नागपुर में जिला विकास एवं पंचायत अधिकारी अनूप कुमार मुख्य अतिथि के रूप में शिरकत करेंगे।

उन्होंने बताया कि 20 जून को योग मैराथन व पायलट रिहर्सल का आयोजन भी किया जाएगा। उपायुक्त मनदीप कौर प्रतिभागियों को झंडी दिखाकर मैराथन के लिए रवाना करेंगी।

Dainik Tribune • 20 Jun • Ministry of Ayush

Yoga marathon

3 • PG | 128 • Sqcm | 73187 • AVE | 39.91K • Cir | Bottom Left

Delhi

योग मैराथन में दौड़े अफसर, विद्यार्थी व संस्थाओं के प्रतिनिधि

अम्बाला शहर, 19 जून (हप्र)

अंतर्राष्ट्रीय योग दिवस के दृष्टिगत बृहस्पतिवार को जिला प्रशासन व आयुष विभाग के सौजन्य से हर्बल पार्क अम्बाला शहर के नजदीक योग मैराथन का आयोजन किया गया। एसडीएम दर्शन कुमार ने मैराथन को झंडी दिखाकर रवाना किया। मौके पर जिला आयुर्वेदिक अधिकारी शशिकांत शर्मा व जिला खेल एवं युवा कार्यक्रम अधिकारी राजबीर रंगा मौजूद रहे। एसडीएम दर्शन कुमार ने कहा कि योग जीवन का अभिन्न अंग है। योग को हमें अपनी दिनचर्या में शामिल करना चाहिए। आज योग मैराथन में एचएपी बटालियन के जवान, जिला पुलिस, आयुष विभाग, स्वास्थ्य विभाग, खेल विभाग, स्कूली विद्यार्थियों के साथ-साथ योग संस्थान से जुड़े प्रतिनिधियों व सदस्यों ने भाग लेकर योग की महत्वता बारे में लोगों को जागरूक करने का काम किया। योग मैराथन हर्बल पार्क से शुरू होकर पीडब्ल्यूडी रेस्ट हाउस, शौर्य चौक, पुलिस लाइन, सेशन हाउस, ऑफिसर कॉलोनी से होते हुए हर्बल चौक पर आकर संपन्न हुई। एसडीएम दर्शन कुमार ने बताया कि 20 जून को पायलट रिहर्सल का आयोजन किया जाएगा ताकि 21 जून को मनाए जाने वाले कार्यक्रम के तहत सभी तैयारियों बारे जानकारी मिल सके। सुबह 7 से 8 बजे तक योग प्रोटोकोल के तहत आयुष विभाग के योग प्रशिक्षक पहुंचेंगे।

Dainik Tribune • 18 Jun • Ministry of Ayush
Bacho ke liye faydemand saral yogasan

13 • PG | 529 • Sqcm | 301280 • AVE | 39.91K • Cir | Bottom Left

Delhi

बच्चों के लिए फ़ायदेमंद सरल योगासन

शिखर चंद जैन

बच्चों के रूटीन में योगासनों को शामिल कर दिया जाए तो यह उनके बेहतर स्वास्थ्य की नींव रख सकता है। कुछ सरल योगासन उन्हें सक्रिय रखने के साथ-साथ उनकी शारीरिक शक्ति और एकाग्रता में सुधार करने में मददगार हैं।

आजकल ज्यादातर पैरेंट्स इस बात से परेशान रहते हैं कि बच्चे फिजिकली एक्टिव नहीं रहते। ज्यादातर समय स्मार्ट फोन गैजेट्स पर बिताते हैं। जाहिर है,उनकी सेहत पर काफी बुरा असर पड़ता है। बच्चों के रूटीन में योग को शामिल कर दिया जाए तो उनके बेहतर स्वास्थ्य की नींव रख सकता है। कुछ सरल योगासन बच्चों को सक्रिय रखने के साथ-साथ उनकी शारीरिक शक्ति और लचीलेपन में सुधार करने में मददगार हैं। जानिये, उन योगासनों के बारे में -

सुखासन

यह एकाग्रता में मदद करने वाला आसन है। पैरों को क्रॉस करके तथा पीठ को सीधा करके ज़मीन पर बैठ जाएं। हाथों को अपने हृदय के मध्य में या घुटनों पर रखें। जब कई सांसों तक इस आसन को करेंगे तो आराम और लचीलापन महसूस करेंगे।

वृक्षासन

शरीर का संतुलन बनाने में मदद करता है वृक्षासन। इसके लिए अपने हाथों को बगल में रखें और सीधे खड़े हो जाएं। अपना वजन एक पैर पर डालें और दूसरे पैर को उठाकर अपनी जांघ, टखने या पिंडली पर टिका दें। भुजाओं को एक साथ सिर के ऊपर उठायें व कुछ समय रुकें।

मार्जरी आसन

बच्चे कैट पोज़ से पीठ की मांसपेशियों को मज़बूत कर सकते हैं और मुद्रा सही कर सकते हैं। कोहनियों, कंधों और कलाइयों को सही स्थिति में रखते हुए, हाथों और घुटनों के बल पर शुरू करें। बिल्ली की तरह पीठ झुकाएं और सिर नीचे करें। करीब 30 सेकंड ऐसे बैठें।

वीरभद्रासन

यह योद्धा मुद्रा है जो बच्चे को आत्मविश्वासी महसूस कराने में मदद कर सकती है। इसे इस तरह करें - एक पैर आगे बढ़ाकर ऊंची छलांग लगाएं, तथा सामने वाले घुटने को 90 डिग्री पर मोड़ें। पिछले पैर को ज़मीन पर 45 डिग्री पर सीधा रखें। सांस छोड़ें और कुछ देर रोककर रखें।

मंडूकासन

इससे गतिशीलता में सुधार होता है। अपने हाथों और घुटनों के बल पर खड़े होकर कलाइयों को कंधों के नीचे रखें। कूल्हों को पीछे धकेलने के बाद कुछ देर सांस रोककर रखें।

उत्कटासन

कुर्सी मुद्रा के अभ्यास से बच्चों में स्थिरता विकसित होती है। सांस लें और भुजाओं को सिर के ऊपर उठायें। सांस लें और अपने घुटनों को आगे लाएं, तथा जांघों को ज़मीन के समानांतर रखें। एक मिनट इस मुद्रा में रहें।

शवासन

तन और मन को रिलैक्स रखेगा यह आसन।अपनी भुजाओं को बगल में रखें, हथेलियां ऊपर की ओर और पैरों को सीधा रखते हुए पीठ के बल लेट जाएं, आंखें बंद रखें और गहरी, धीमी सांस लें। कुछ समय इस मुद्रा में रहें।

बद्ध कोणासन

बच्चों को बटरफ्लाई पोज़ पसंद होता है। पीठ सीधी रखें और पैर चौड़ा करके बैठें। पैरों को मोड़कर तलवों को एक दूसरे के सामने रखना चाहिए तथा तितली की तरह उड़ना चाहिए। धीरे-धीरे सांस अंदर लें और कुछ देर रोककर रखें।

सिंहासन

सिंहासन तनाव से राहत देता है और फेफड़ों को स्वस्थ करता है। घुटनों को मोड़कर और अपने कूल्हों को अपनी एड़ियों से सहारा देकर बैठ जाएं। आंखें खोलकर और जीभ बाहर निकालकर, गहरी सांस लें और छोड़ें।

योगासनों के फायदे

आज बच्चों का ज्यादा स्क्रीन टाइम बड़ी समस्या है। योगासन की आदत इससे मुक्ति दिलाती है। लर्निंग एबिलिटी और स्कूल की गतिविधियों में भागीदारी का आत्मविश्वास आता है। ये पढ़ाई में ध्यान केंद्रित करने में मददगार हैं। नये कौशल सीखने के लिए आत्मविश्वास मिलता है। बच्चों के लिए योग को आनंददायक बनाने के लिए चिड़ियों की चहचहाहट, झरन जैसी प्रकृति की आवाज़ों या संगीत का उपयोग करें। किताबें व खिलौने देकर प्रोत्साहित करें। *योग प्रशिक्षक युविका धर से बातचीत पर आधारित।*

Dainik Tribune • 18 Jun • Ministry of Ayush
Bacho ke liye fayade mand saral yogashan

13 • PG | 529 • Sqcm | 301280 • AVE | 58.7K • Cir | Bottom Left

Chandigarh

बच्चों के लिए फ़ायदेमंद सरल योगासन

शिखर चंद जैन

बच्चों के रूटीन में योगासनों को शामिल कर दिया जाए तो यह उनके बेहतर स्वास्थ्य की नींव रख सकता है। कुछ सरल योगासन उन्हें सक्रिय रखने के साथ-साथ उनकी शारीरिक शक्ति और एकाग्रता में सुधार करने में मददगार हैं।

आजकल ज्यादातर पैरेंट्स इस बात से परेशान रहते हैं कि बच्चे फिजिकली एक्टिव नहीं रहते। ज्यादातर समय स्मार्ट फोन गैजेट्स पर बिताते हैं। जाहिर है,उनकी सेहत पर काफी बुरा असर पड़ता है। बच्चों के रूटीन में योग को शामिल कर दिया जाए तो उनके बेहतर स्वास्थ्य की नींव रख सकता है। कुछ सरल योगासन बच्चों को सक्रिय रखने के साथ-साथ उनकी शारीरिक शक्ति और लचीलेपन में सुधार करने में मददगार हैं। जानिये, उन योगासनों के बारे में -

सुखासन

यह एकाग्रता में मदद करने वाला आसन है। पैरों को क्रॉस करके तथा पीठ को सीधा करके ज़मीन पर बैठ जाएं। हाथों को अपने हृदय के मध्य में या घुटनों पर रखें। जब कई सांसों तक इस आसन को करेंगे तो आराम और लचीलापन महसूस करेंगे।

वृक्षासन

शरीर का संतुलन बनाने में मदद करता है वृक्षासन। इसके लिए अपने हाथों को बगल में रखें और सीधे खड़े हो जाएं। अपना वजन एक पैर पर डालें और दूसरे पैर को उठाकर अपनी जांघ, टखने या पिंडली पर टिका दें। भुजाओं को एक साथ सिर के ऊपर उठायें व कुछ समय रुकें।

मार्जरी आसन

बच्चे कैट पोज़ से पीठ की मांसपेशियों को मज़बूत कर सकते हैं और मुद्रा सही कर सकते हैं। कोहनियों, कंधों और कलाइयों को सही स्थिति में रखते हुए, हाथों और घुटनों के बल पर शुरू करें। बिल्ली की तरह पीठ झुकाएं और सिर नीचे करें। करीब 30 सेकंड ऐसे बैठें।

वीरभद्रासन

यह योद्धा मुद्रा है जो बच्चे को आत्मविश्वासी महसूस कराने में मदद कर सकती है। इसे इस तरह करें - एक पैर आगे बढ़ाकर ऊंची छलांग लगाएं, तथा सामने वाले घुटने को 90 डिग्री पर मोड़ें। पिछले पैर को ज़मीन पर 45 डिग्री पर सीधा रखें। सांस छोड़ें और कुछ देर रोककर रखें।

मंडूकासन

इससे गतिशीलता में सुधार होता है। अपने हाथों और घुटनों के बल पर खड़े होकर कलाइयों को कंधों के नीचे रखें। कूल्हों को पीछे धकेलने के बाद कुछ देर सांस रोककर रखें।

उत्कटासन

कुर्सी मुद्रा के अभ्यास से बच्चों में स्थिरता विकसित होती है। सांस लें और भुजाओं को सिर के ऊपर उठायें। सांस लें और अपने घुटनों को आगे लाएं, तथा जांघों को ज़मीन के समानांतर रखें। एक मिनट इस मुद्रा में रहें।

शवासन

तन और मन को रिलैक्स रखेगा यह आसन।अपनी भुजाओं को बगल में रखें, हथेलियां ऊपर की ओर और पैरों को सीधा रखते हुए पीठ के बल लेट जाएं, आंखें बंद रखें और गहरी, धीमी सांस लें। कुछ समय इस मुद्रा में रहें।

बद्ध कोणासन

बच्चों को बटरफ्लाई पोज़ पसंद होता है। पीठ सीधी रखें और पैर चौड़ा करके बैठें। पैरों को मोड़कर तलवों को एक दूसरे के सामने रखना चाहिए तथा तितली की तरह उड़ना चाहिए। धीरे-धीरे सांस अंदर लें और कुछ देर रोककर रखें।

सिंहासन

सिंहासन तनाव से राहत देता है और फेफड़ों को स्वस्थ करता है। घुटनों को मोड़कर और अपने कूल्हों को अपनी एड़ियों से सहारा देकर बैठ जाएं। आंखें खोलकर और जीभ बाहर निकालकर, गहरी सांस लें और छोड़ें।

योगासनों के फायदे

आज बच्चों का ज्यादा स्क्रीन टाइम बड़ी समस्या है। योगासन की आदत इससे मुक्ति दिलाती है। लर्निंग एबिलिटी और स्कूल की गतिविधियों में भागीदारी का आत्मविश्वास आता है। ये पढ़ाई में ध्यान केंद्रित करने में मददगार हैं। नये कौशल सीखने के लिए आत्मविश्वास मिलता है। बच्चों के लिए योग को आनंददायक बनाने के लिए चिड़ियों की चहचहाहट, झरन जैसी प्रकृति की आवाज़ों या संगीत का उपयोग करें। किताबें व खिलौने देकर प्रोत्साहित करें। *योग प्रशिक्षक युविका धर से बातचीत पर आधारित।*

Dainik Tribune • 14 Jun • Ministry of Ayush

21 june ko 11 lakh se adhik karege yogabhyaas

3 • PG | 158 • Sqcm | 90113 • AVE | 58.7K • Cir | Top Left

Chandigarh

मुख्यमंत्री ने आईटीबीपी बीटीसी, भानू, पंचकूला में आयोजित योग प्रोटोकॉल प्रशिक्षण शिविर में की शिरकत

21 जून को 11 लाख से अधिक करेंगे योगाभ्यास

पंचकूला 13 जून (हप्र)।

मुख्यमंत्री नायब सिंह सैनी ने कहा कि 21 जून को मनाए जाने वाले 11वें अंतर्राष्ट्रीय योग दिवस को ऐतिहासिक बनाने की दिशा में पुरजोर तैयारियां की जा रही हैं। 21 जून को राज्य के 22 जिलों और 121 खंडों में एक साथ आयोजित होने वाले योग कार्यक्रमों में लगभग 11 लाख से अधिक लोग भाग लेंगे। इस वर्ष का राज्य स्तरीय मुख्य कार्यक्रम कुरुक्षेत्र के पावन ब्रह्म सरोवर पर आयोजित किया जाएगा, जहां से भगवान श्रीकृष्ण ने विश्व को कर्म का संदेश दिया था।

इस आयोजन में एक लाख से अधिक लोगों को भागीदारी सुनिश्चित करने का लक्ष्य रखा गया है, जिससे न केवल योग को जन-जन तक पहुंचाया जा सके, बल्कि एक नया विश्व रिकॉर्ड भी स्थापित किया जा सके। मुख्यमंत्री शुक्रवार को पंचकूला में भारत तिब्बत सीमा पुलिस बल (आईटीबीपी) प्रादेशिक प्रशिक्षण केंद्र, भानू में आयुष विभाग, हरियाणा योग आयोग और आईटीबीपी के संयुक्त तत्वावधान में आयोजित योग प्रोटोकॉल प्रशिक्षण शिविर को वर्चुअली मुख्यालयों संबोधित कर रहे थे।

कार्यक्रम के दौरान, मुख्यमंत्री सहित अन्य अतिथियों और आईटीबीपी के जवानों ने अहमदाबाद में हुए प्लेन क्रैश हादसे के मृतकों के प्रति संवेदना प्रकट करते हुए दो मिनट का मौन रखा। इस दौरान मुख्यमंत्री नायब सैनी ने हरियाणा योग आयोग की सराहना करते हुए कहा कि केंद्रीय सुरक्षा बलों के जवानों के स्वास्थ्य की रक्षा के लिए आयोग योग को बढ़ावा दे रहा है। योगासन के खिलाड़ी भी तैयार कर रहा है। आज का यह योग प्रोटोकॉल प्रशिक्षण शिविर विशेष महत्व रखता है, क्योंकि यह आगामी 11वें अंतर्राष्ट्रीय योग दिवस-2025 से एक सप्ताह पहले आयोजित किया जा रहा है। मुख्यमंत्री ने कहा कि हरियाणा में 11वें अंतर्राष्ट्रीय योग दिवस की शुरुआत गत 27 मई से ही हो चुकी है और पूरे राज्य में योग कार्यक्रमों का आयोजन किया जा रहा है। योग कार्यक्रमों के दौरान 61 हजार से ज्यादा औषधीय पौधे लगाए गए हैं। इसके अलावा, योग जागरण यात्रा भी निकाली जा रही है, जो 19 जून को प्रदेश के 5,000 गांवों तक पहुंचेगी। इन अभ्यासों में पतंजलि योगपीठ, भारतीय योग संस्थान, ब्रह्मकुमारी और आर्ट ऑफ लिविंग जैसी संस्थाएं भी प्रदेश में 2500 स्थानों पर योग शिविर आयोजित कर रही हैं। हरित योग अभियान के तहत 21 जून तक 10 लाख औषधीय पौधे बांटे जा रहे हैं। इस अवसर पर आयुष एवं स्वास्थ्य मंत्री कुमारी आरती सिंह राव और हरियाणा योग आयोग के चेयरमैन डॉ. जगदीप आर्य, डिप्टी डायरेक्टर जे एस खोरवा, कमांडेंट सुनील, स्वास्थ्य एवं आयुष विभाग के एसीएस सुधीर राजपाल एवं अन्य वरिष्ठ मौजूद रहे।

अंतरराष्ट्रीय योग दिवस की तैयारी

पंचकूला में शुक्रवार को मुख्यमंत्री नायब सैनी आईटीबीपी बीटीसी, भानू, में आयोजित योग प्रोटोकॉल प्रशिक्षण शिविर में योगाभ्यास करते हुए। -हप्र

योग की परंपरा हो गई थी लुप्त, पीएम मोदी ने किए प्रयास : सीएम

मुख्यमंत्री सैनी ने कहा कि योग हमारे ऋषि मुनियों की देन है, परंतु कुछ समय से हमारी यह प्राचीन परंपरा लुप्त हो गई थी, जिसका प्रभाव मानव जाति पर पड़ा। प्रधानमंत्री नरेंद्र मोदी के प्रयासों का परिणाम है कि संयुक्त राष्ट्र संघ ने 21 जून को अंतर्राष्ट्रीय योग दिवस घोषित किया। आज विश्व के सभी देश योग को अपना रहे हैं। आज योग न केवल भारत में ही नहीं, बल्कि पूरे विश्व में लोगों के जीवन का हिस्सा बन चुका है। सैनी ने कहा कि प्रधानमंत्री का विजन है कि 2047 तक भारत विकसित राष्ट्र बने, उसमें हम सब की बड़ी भूमिका रहने वाली है। इस दौरान मुख्यमंत्री ने एक पेड़ मां के नाम अभियान के तहत आईटीबीपी प्रशिक्षण केंद्र, भानू के परिसर में पौधारोपण भी किया।

Dainik Tribune • 14 Jun • Ministry of Ayush

More the 11 lakh people do yoga on 21st June

3 • PG | 158 • Sqcm | 90113 • AVE | 39.91K • Cir | Top Left

Delhi

मुख्यमंत्री ने आईटीबीपी बीटीसी, भानू, पंचकूला में आयोजित योग प्रोटोकॉल प्रशिक्षण शिविर में की शिरकत

21 जून को 11 लाख से अधिक करेंगे योगाभ्यास

पंचकूला 13 जून (हप्र)

मुख्यमंत्री नायब सिंह सैनी ने कहा कि 21 जून को मनाए जाने वाले 11वें अंतर्राष्ट्रीय योग दिवस को ऐतिहासिक बनाने की दिशा में पुरजोर तैयारियां की जा रही हैं। 21 जून को राज्य के 22 जिलों और 121 खंडों में एक साथ आयोजित होने वाले योग कार्यक्रमों में लगभग 11 लाख से अधिक लोग भाग लेंगे। इस वर्ष का राज्य स्तरीय मुख्य कार्यक्रम कुरुक्षेत्र के पवन धाम सरोवर पर आयोजित किया जाएगा, जहां से भगवान श्रीकृष्ण ने विश्व को कर्म का संदेश दिया था।

इस आयोजन में एक लाख से अधिक लोगों को भागीदारी सुनिश्चित करने का लक्ष्य रखा गया है, जिससे न केवल योग को जन-जन तक पहुंचाया जा सके, बल्कि एक नया विश्व रिकॉर्ड भी स्थापित किया जा सके। मुख्यमंत्री शुक्रवार को पंचकूला में भारत तिब्बत सीमा पुलिस बल (आईटीबीपी) प्रादेशिक प्रशिक्षण केंद्र, भानू में आयुष विभाग, हरियाणा योग आयोग और आईटीबीपी के संयुक्त तत्वावधान में आयोजित योग प्रोटोकॉल प्रशिक्षण शिविर को वर्चुअली माध्यम संबोधित कर रहे थे।

कार्यक्रम के दौरान, मुख्यमंत्री सहित अन्य अतिथियों और आईटीबीपी के जवानों ने अहमदाबाद में हुए प्लेन क्रैश हादसे के मृतकों के प्रति संवेदना प्रकट करते हुए दो मिनट का मौन रखा। इस दौरान मुख्यमंत्री नायब सैनी ने हरियाणा योग आयोग की सराहना करते हुए कहा कि केंद्रीय सुरक्षा बलों के जवानों के स्वास्थ्य की रक्षा के लिए आयोग योग को बढ़ावा दे रहा है। योगासन के खिलाड़ी भी तैयार कर रहा है। आज का यह योग प्रोटोकॉल प्रशिक्षण शिविर विशेष महत्व रखता है, क्योंकि यह आगामी 11वें अंतर्राष्ट्रीय योग दिवस-2025 से एक सप्ताह पहले आयोजित किया जा रहा है। मुख्यमंत्री ने कहा कि हरियाणा में 11वें अंतर्राष्ट्रीय योग दिवस की शुरुआत गत 27 मई से ही हो चुकी है और पूरे राज्य में योग कार्यक्रमों का आयोजन किया जा रहा है। योग कार्यक्रमों के दौरान 61 हजार से ज्यादा औषधीय पौधे लगाए गए हैं। इसके अलावा, योग जागरण यात्रा भी निकाली जा रही है, जो 19 जून को प्रदेश के 5,000 गांवों तक पहुंचेगी। इन अभ्यासों में पतंजलि योगपीठ, भारतीय योग संस्थान, ब्रह्मकुमारी और आर्ट ऑफ लिविंग जैसी संस्थाएं भी प्रदेश में 2500 स्थानों पर योग शिविर आयोजित कर रही हैं। हरित योग अभियान के तहत 21 जून तक 10 लाख औषधीय पौधे बांटे जा रहे हैं। इस अवसर पर आयुष एवं स्वास्थ्य मंत्री कुमारी आरती सिंह राव और हरियाणा योग आयोग के चेयरमैन डॉ. जगदीप आर्य, विशेषज्ञ जे एस योराया, कमांडेंट सुनील, स्वास्थ्य एवं आयुष विभाग के एसीएस सुधीर राजपाल एवं अन्य वरिष्ठ मौजूद रहे।

अंतरराष्ट्रीय योग दिवस की तैयारी

पंचकूला में शुक्रवार को मुख्यमंत्री नायब सैनी आईटीबीपी बीटीसी, भानू, में आयोजित योग प्रोटोकॉल प्रशिक्षण शिविर में योगाभ्यास करते हुए। -हप्र

योग की परंपरा हो गई थी लुप्त, पीएम मोदी ने किए प्रयास : सीएम

मुख्यमंत्री सैनी ने कहा कि योग हमारे ऋषि मुनियों की देन है, परंतु कुछ समय से हमारी यह प्राचीन परंपरा लुप्त हो गई थी, जिसका प्रभाव मानव जाति पर पड़ा। प्रधानमंत्री नरेंद्र मोदी के प्रयासों का परिणाम है कि संयुक्त राष्ट्र संघ ने 21 जून को अंतर्राष्ट्रीय योग दिवस घोषित किया। आज विश्व के सभी देश योग को अपना रहे हैं। आज योग न केवल भारत में है नहीं, बल्कि पूरे विश्व में लोगों के जीवन का हिस्सा बन चुका है। सैनी ने कहा कि प्रधानमंत्री का विजन है कि 2047 तक भारत विकसित राष्ट्र बने, उसमें हम सब की बड़ी भूमिका रहने वाली है। इस दौरान मुख्यमंत्री ने एक पेड़ मां के नाम अभियान के तहत आईटीबीपी प्रशिक्षण केंद्र, भानू के परिसर में पौधारोपण भी किया।

Dainik Tribune • 14 Jun • Ministry of Ayush

Yoga session mein abi tak 15 lakh log le chuke bhag

3 • PG | 39 • Sqcm | 22102 • AVE | 39.91K • Cir | Top Right

Delhi

योग सत्रों में अभी तक 15 लाख लोग ले चुके भाग : आरती राव

चंडीगढ़, 13 जून (ट्रिन्यू)

हरियाणा की स्वास्थ्य एवं परिवार कल्याण मंत्री कुमारी आरती सिंह राव ने कहा कि अगले 21 जून को अंतर्राष्ट्रीय योग दिवस से पहले आयोजित योग शिविरों को लेकर राज्य में जबरदस्त प्रतिक्रिया देखने को मिली है। उन्होंने कहा कि मुख्यमंत्री नायब सिंह सैनी ने अंतर्राष्ट्रीय योग दिवस से 25 दिन पहले योग सत्र शुरू करने की घोषणा की थी और अब तक राज्य भर में 15 लाख से अधिक लोग इन सत्रों में सक्रिय रूप से भाग ले चुके हैं।

उन्होंने कहा कि लाखों प्रतिभागियों ने योग को अपनी दिनचर्या में शामिल करने का संकल्प लिया है। इससे शारीरिक और मानसिक स्वास्थ्य दोनों को बढ़ावा मिलेगा। आरती राव ने कहा कि 21 जून को अंतरराष्ट्रीय योग दिवस पर कुरुक्षेत्र में आयोजित कार्यक्रम में योग गुरु बाबा रामदेव भी मौजूद रहेंगे।

उन्होंने कहा कि सरकार लोगों के बीच पौधे बांटने में भी सक्रिय रूप से लगी हुई है और योग करने के साथ-साथ हम पर्यावरण की रक्षा के बारे में जागरूकता भी फैलाना चाहते हैं। उन्होंने एयर इंडिया के विमान दुर्घटना में अपने परिवार के सदस्यों को खोने वाले लोगों के प्रति भी संवेदना व्यक्त की। उन्होंने इस हादसे में मौत का शिकार हुए 50 से अधिक डॉक्टरों के परिवारों के प्रति भी संवेदना व्यक्त की है।

कोविड की चिंता की जरूरत नहीं

कोविड की स्थिति पर एक सवाल के जवाब में स्वास्थ्य मंत्री ने कहा कि चिंता करने की कोई जरूरत नहीं है। फिर भी जनता की सभी की सुरक्षा सुनिश्चित करने के लिए कोविड-उपयुक्त व्यवहार का पालन करने की सलाह दी जाती है।

Dainik Tribune • 09 Jun • Ministry of Ayush

Pradesh bhar mein 1.37 lakh logo ne kiya yogaabhiyash

2 • PG | 255 • Sqcm | 145606 • AVE | 58.7K • Cir | Bottom Center

Chandigarh

प्रदेशभर में 1.37 लाख लोगों ने किया योगाभ्यास

चंडीगढ़, 8 जून (ट्रिन्यू)

हरियाणा सरकार ने प्रदेश को एक स्वस्थ, नशामुक्त और पर्यावरण-संवेदनशील राज्य बनाने की कड़ी में महत्वपूर्ण कदम उठाया है। इसी के तहत अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में प्रदेशभर में खेल विभाग, आयुष विभाग, उच्चतर शिक्षा विभाग तथा पतंजलि योगपीठ के संयुक्त तत्वावधान में विशेष योग पखवाड़ा कार्यशाला का आयोजन किया जा रहा है। इस आयोजन में प्रदेश में अब तक लगभग 9.50 लाख प्रतिभागियों ने सक्रिय भागीदारी की जा चुकी है।

रविवार को प्रदेशभर में 1,37,468 लोगों ने एक साथ योगाभ्यास किया तथा 2,640 पौधे लगाए गए। अब तक कुल 40,721 पौधे लगाए जा चुके हैं।

कैथल स्थित एनआईआईएलएम यूनिवर्सिटी में योग करते लोग। -हप्र

बता दें कि 21 जून 2025 को मनाए जाने वाले अंतर्राष्ट्रीय योग दिवस की प्रदेशभर में पूर्व तैयारियां की जा रही हैं। ताकि मुख्यमंत्री नायब सिंह सैनी के योगयुक्त-नशामुक्त हरियाणा के विजन को साकार किया जा सके।

हरियाणा खेल एवं आयुष विभाग के महानिदेशक संजीव वर्मा ने कहा कि योग केवल शरीर की क्रियाओं तक ही सिमित नहीं है, बल्कि यह एक पूर्ण जीवनशैली है, जिसमें आत्म-संयम, संतुलन और स्वास्थ्य समाहित हैं। उन्होंने बताया कि प्रदेश के नागरिक 21 जून 2025 को अंतर्राष्ट्रीय योग दिवस पर भाग लेने के लिए वेबसाइट www.internationalyogadayhry.in पर रजिस्ट्रेशन करवा सकते हैं व मोबाइल नंबर 9501131800 पर संपर्क कर सकते हैं।

Dainik Tribune • 09 Jun • Ministry of Ayush

Brahmsarovar mein international Yoga Day par jutenge 1 lakj se jayda sadhak

5 • PG | 330 • Sqcm | 188020 • AVE | 39.91K • Cir | Top Left

Delhi

ब्रह्मसरोवर में अंतर्राष्ट्रीय योग दिवस पर जुटेंगे 1 लाख से ज्यादा साधक

विश्व के मानचित्र पर योग भूमि के रूप में होगी कुरुक्षेत्र की पहचान : नायब सिंह सैनी

पिपली (कुरुक्षेत्र), 8 जून (निस)

मुख्यमंत्री नायब सिंह सैनी ने कहा कि धर्मक्षेत्र-कुरुक्षेत्र को विश्व के मानचित्र पर योग भूमि के रूप में भी जानेंगे। इसके लिए प्रदेश सरकार की तरफ से 21 जून को कुरुक्षेत्र ब्रह्मसरोवर क्षेत्र में अंतर्राष्ट्रीय योग दिवस के राज्य स्तरीय कार्यक्रम में एक लाख से ज्यादा योग साधक पहुंचेंगे। इतना ही नहीं 21 जून को योग दिवस पर पूरे प्रदेश में 10 लाख से ज्यादा लोग अंतर्राष्ट्रीय योग दिवस के साथ जुड़ेंगे। इन ऐतिहासिक और यादगार लम्हों को विश्व के कोने-कोने में देखा जा सकेगा।

मुख्यमंत्री नायब सिंह सैनी रविवार को मल्टी आर्ट कल्चर सेंटर के सभागार में जिला प्रशासन की तरफ से अंतर्राष्ट्रीय योग दिवस को लेकर संस्थाओं के साथ आयोजित समीक्षा बैठक को संबोधित कर रहे थे। इससे पहले मुख्यमंत्री नायब सिंह सैनी ने ब्रह्मसरोवर और मेला क्षेत्र में एक लाख से ज्यादा लोगों के बैठने की व्यवस्था, सुरक्षा व्यवस्था के साथ सुरक्षा प्रबंधों को लेकर पूर्व राज्यमंत्री सुभाष सुधा, उपायुक्त नेहा सिंह, पुलिस अधीक्षक नीतीश अग्रवाल, हरियाणा योग आयोग के चेयरमैन डा. जयदीप आर्य, पतंजलि योगपीठ के केन्द्रीय प्रभारी राकेश से फीडबैक लेकर चर्चा की है। इस योग महाकुंभ को लेकर मुख्यमंत्री ने अधिकारियों को कुछ आवश्यक दिशा-निर्देश भी दिए। इसके उपरांत मुख्यमंत्री नायब सिंह सैनी ने कुरुक्षेत्र के नागरिकों को योग युक्त, नशा मुक्त हरियाणा का संकल्प दिलवाया।

कुरुक्षेत्र में रविवार को अंतर्राष्ट्रीय योग दिवस को लेकर संस्थाओं के साथ आयोजित समीक्षा बैठक को संबोधित करते मुख्यमंत्री नायब सिंह सैनी। -निस

योग और स्वच्छता से ही होगा विकसित भारत

मुख्यमंत्री नायब सिंह सैनी ने कहा कि जब देश में स्वच्छता और योग होगा तो देश गति के साथ विकसित भारत की तरफ बढ़ेगा। इस अंतर्राष्ट्रीय योग दिवस को प्रदेश में 27 मई से स्वच्छता अभियान चलाकर शुरू कर दिया गया है। 21 जून के आयोजन के लिए योग की कक्षाएं शुरू हो गई हैं।

Dainik Tribune • 09 Jun • Ministry of Ayush

Pradeshbhar mien 1.37 lakh logon ne kiya yogabhas

2 • PG | 255 • Sqcm | 145606 • AVE | 39.91K • Cir | Bottom Center

Delhi

प्रदेशभर में 1.37 लाख लोगों ने किया योगाभ्यास

चंडीगढ़, 8 जून (ट्रिन्यू)

हरियाणा सरकार ने प्रदेश को एक स्वस्थ, नशामुक्त और पर्यावरण-संवेदनशील राज्य बनाने की कड़ी में महत्वपूर्ण कदम उठाया है। इसी के तहत अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में प्रदेशभर में खेल विभाग, आयुष विभाग, उच्चतर शिक्षा विभाग तथा पतंजलि योगपीठ के संयुक्त तत्वावधान में विशेष योग पखवाड़ा कार्यशाला का आयोजन किया जा रहा है। इस आयोजन में प्रदेश में अब तक लगभग 9.50 लाख प्रतिभागियों ने सक्रिय भागीदारी की जा चुकी है।

रविवार को प्रदेशभर में 1,37,468 लोगों ने एक साथ योगाभ्यास किया तथा 2,640 पौधे लगाए गए। अब तक कुल 40,721 पौधे लगाए जा चुके हैं।

कैथल स्थित एनआईआईएलएम यूनिवर्सिटी में योग करते लोग। -हप्र

बता दें कि 21 जून 2025 को मनाए जाने वाले अंतर्राष्ट्रीय योग दिवस की प्रदेशभर में पूर्व तैयारियां की जा रही हैं। ताकि मुख्यमंत्री नायब सिंह सैनी के योगयुक्त-नशामुक्त हरियाणा के विजन को साकार किया जा सके।

हरियाणा खेल एवं आयुष विभाग के महानिदेशक संजीव वर्मा ने कहा कि योग केवल शरीर की क्रियाओं तक ही सिमित नहीं है, बल्कि यह एक पूर्ण जीवनशैली है, जिसमें आत्म-संयम, संतुलन और स्वास्थ्य समाहित हैं। उन्होंने बताया कि प्रदेश के नागरिक 21 जून 2025 को अंतर्राष्ट्रीय योग दिवस पर भाग लेने के लिए वेबसाइट www.internationalyogadayhry.in पर रजिस्ट्रेशन करवा सकते हैं व मोबाइल नंबर 9501131800 पर संपर्क कर सकते हैं।

Dainik Tribune • 09 Jun • Ministry of Ayush

Yoga Competiion mein chhaye Chika ke sadhak

4 • PG | 112 • Sqcm | 63676 • AVE | 39.91K • Cir | Middle Right

Delhi

योग प्रतियोगिता में छाए चीका के साधक

गुहला चीका (निस) : आने वाली 21 जून को 11वें अंतर्राष्ट्रीय योग दिवस की तैयारियों को लेकर आज कैथल में जिला प्रशासन व आयुष विभाग द्वारा जिला स्तरीय योग प्रतियोगिता का आयोजन किया गया। राजकीय कन्या वरिष्ठ माध्यमिक विद्यालय जास्वौली अड्डा कैथल में करवाई गई इस प्रतियोगिता का शुभारंभ जिला आयुर्वेदिक अधिकारी डॉ. शकुंतला दहिया ने दीप प्रज्ज्वलित कर किया। प्रतियोगिता में भारतीय योग संस्थान चीका के कई साधकों ने भाग लेते हुए अपनी प्रतिभा का शानदार प्रदर्शन किया। भारतीय योग संस्थान के जिला प्रधान डॉ. विनोद गुप्ता ने बताया कि प्रतियोगिता को 6 वर्गों में बांटा गया था। 28 से 40 वर्ष आयु वर्ग में त्रिकोण आसन, गरुड़ासन, गौमुखासन, भुजंगासन, पश्चिमोतासन करवाए गए जिसमें भारतीय योग संस्थान चीका की महिला साधक रेखा गर्ग ने प्रथम स्थान हासिल किया। 40 से 60 वर्ष आयु वर्ग में करवाए गए वृक्षासन, उत्तानपादासन, वकासन, जानुशीरषासन, अकरण धनुरासन में भारतीय योग संस्थान चीका के राकेश गर्ग ने प्रथम व मह्वीर शर्मा तृतीय स्थान पर रहे। 60 वर्ष से अधिक आयु वर्ग में करवाए गए वीरभद्रासन, ताड़ासन, वकासन, भुजंगासन व पवनमुक्तासन में भारतीय योग संस्थान चीका की महिला साधक राज बाला ने प्रथम स्थान प्राप्त किया। विजेता रहे साधकों को 15 जून को होने वाली राज्य स्तरीय योग प्रतियोगिता के लिए चुना गया है। जिला प्रधान डॉ. विनोद गुप्ता ने कहा कि यह साधकों की कड़ी मेहनत व निरंतर अभ्यास का फल है।

Dainik Tribune • 02 Jun • Ministry of Ayush

Kurukshetra ki dhara se yoga dharm kab banega yug dhram : Swani Ramdev

4 • PG | 184 • Sqcm | 104921 • AVE | 39.91K • Cir | Middle Center

Delhi

कुरुक्षेत्र की धारा से योग धर्म अब बनेगा युग धर्म : स्वामी रामदेव

पिपली (कुरुक्षेत्र), 1 जून (निस)

योग गुरु स्वामी रामदेव ने कहा कि कुरुक्षेत्र की धारा से योग धर्म अब युग धर्म बनेगा। इस पावन धरा कुरुक्षेत्र में 21 जून को अंतर्राष्ट्रीय योग दिवस का कार्यक्रम आयोजित किया जाएगा। इस धर्म क्षेत्र से योग धर्म की शुरुआत हुई थी, और अब 11वें वर्ष में कुरुक्षेत्र से ही योग धर्म को युग धर्म बनाने का संकल्प लेते हुए एक लाख से ज्यादा योग साधक हिस्सा लेकर योग के क्षेत्र में नया कीर्तिमान स्थापित करेंगे।

हरियाणा प्रदेश में 10 लाख से ज्यादा व्यक्ति इस दिन अलग-अलग योग कार्यक्रमों में हिस्सा लेंगे। योग गुरु स्वामी रामदेव रविवार को कुरुक्षेत्र के ब्रह्मसरोवर पर पत्रकारों से बातचीत कर रहे थे।

इससे पहले योग गुरु रामदेव ने करीब 2 घंटे तक योग साधकों के साथ योग किया। इसके उपरांत कुरुक्षेत्र यूनिवर्सिटी कुरुक्षेत्र के सभागार में अंतर्राष्ट्रीय योग महोत्सव को लेकर आयोजित कार्यकर्ता सम्मेलन में भी हिस्सा लिया। योग गुरु स्वामी रामदेव ने कहा कि पूरी दुनिया में संदेश गया है कि भारत योग व अध्यात्म की धारा है और सनातन का महातीर्थ है।

जब जीवनशैली में योग शामिल हो जाता है, तब लाइफ स्टाइल डिजीज जैसे बीपी, शुगर, थायराइड, अस्थमा, लिवर, किडनी की समस्याएं दूर हो जाती हैं। अब तो कैंसर जैसी बीमारियां भी कॉमन होने लगी हैं।

योग सब रोगों से हमारी रक्षा करता है और हमें बीमारियों और बुराइयों से बचकर रखता है। योग गुरु स्वामी रामदेव ने कहा कि हरियाणा के मुख्यमंत्री नायब सिंह सैनी खुद नायाब हैं, उनके ऊंचे विचार हैं और वह अपनी जीवनशैली में योग को शामिल रखे हुए हैं।

उन्होंने कहा कि मुख्यमंत्री की इस छवि के चलते हरियाणा से यह महा अनुष्ठान, महायज्ञ और महाक्रांति शुरू की जा रही है। योग के क्षेत्र में पूरा विश्व भारत का अनुसरण कर रहा है।

Amar Ujala • 21 Jun • Ministry of Ayush
International Yoga Day 2025

8 • PG | 693 • Sqcm | 1469533 • AVE | 564.4K • Cir | Middle Center

Delhi

योग दिवस पर लाखों लोगों की होगी भागीदारी : सीएम

रेखा गुप्ता ने पर्यटन स्थलों को दर्शाते योग थीम सॉन्ग का अनावरण किया

अमर उजाला ब्यूरो

नई दिल्ली। मुख्यमंत्री रेखा गुप्ता ने कहा कि अंतरराष्ट्रीय योग दिवस पर शनिवार को दिल्ली में आयोजित कार्यक्रमों में लाखों लोग शामिल होंगे। दिल्ली सरकार ने 11 जगहों पर बड़े आयोजन किए हैं, साथ ही सैंकड़ों योग संस्थाएं, सामाजिक संगठन, शैक्षिक संस्थान व सैकड़ों समूह भी आयोजन कर रहे हैं। मुख्यमंत्री ने शुक्रवार को प्रेस कॉन्फ्रेंस कर जानकारी दी और दिल्ली सरकार की ओर से तैयार हुए योग थीम सांग का अनावरण भी किया।

दिल्ली वालों से अपील, योग को अपने जीवन का हिस्सा बनाएं

प्रेस कॉन्फ्रेंस में मुख्यमंत्री के साथ मंत्री आशीष सूद, मंजिंदर सिंह सिरसा, कपिल मिश्रा भी मौजूद रहे। मुख्यमंत्री ने भरोसा जताया कि पूरी दिल्ली में लाखों लोग योग करते दिखेंगे। सोनिया विहार में यमुना तट पर योग कार्यक्रम में वह खुद शामिल होंगी। इसके अलावा छत्रसाल स्टेडियम, त्यागराज स्टेडियम, स्पोर्ट्स कॉम्प्लेक्स ईस्ट विनोद नगर, स्पोर्ट्स कॉम्प्लेक्स झिलमिल, राजीव गांधी स्टेडियम बवाना, स्पोर्ट्स कॉम्प्लेक्स प्रह्लादपुर, स्पोर्ट्स कॉम्प्लेक्स भारत नगर, नजफगढ़ स्टेडियम, क्रिकेट ग्राउंड सेक्टर-6 द्वारका, हॉकी स्टेडियम अशोक नगर शामिल हैं। इन सभी कार्यक्रमों में दिल्ली के सांसद, मंत्री, विधायक व अन्य जनप्रतिनिधि शामिल होंगे।

मुख्यमंत्री ने शालीमार बाग में योग शिविर में हिस्सा लिया। अमर उजाला

मुख्यमंत्री रेखा गुप्ता ने शुक्रवार को कहा कि योग उत्सव के बाद दिल्ली सरकार धूमधाम से तीज उत्सव मनाएगी। सीएम ने शालीमार बाग में योग और प्राकृतिक चिकित्सा सत्र में शामिल होने के दौरान ये घोषणा की। आत्मयोग संस्थान की ओर से आयोजित कार्यक्रम में बड़ी संख्या में बुजुर्ग व महिलाएं शामिल हुईं। सीएम ने सभी को योग को दिनचर्या का हिस्सा बनाने की अपील की। उन्होंने कहा कि योग सिर्फ व्यायाम नहीं, बल्कि भारतीय जीवनशैली का हिस्सा है, जो शरीर, मन और आत्मा को जोड़ता है। राम बाग में पहुंचने पर मुख्यमंत्री ने कहा कि उनकी तीज की पुरानी यादें ताजा हो गईं। उन्होंने महिलाओं के भरोसे को अपनी सबसे बड़ी ताकत बताया और वादा किया कि वह इस विश्वास को कभी टूटने नहीं देंगी। ब्यूरो

थीम सॉन्ग में दिल्ली के पर्यटन स्थलों के महत्व को भी दर्शाया

मुख्यमंत्री ने बताया कि योग थीम सॉन्ग को गायक अमित त्रिवेदी ने स्वर दिया है। गीतकार शैलेंद्र सिंह की शैली है। भारत ने ही सारे जग का योग परिचय कराया, दिल्ली के कोने कोने में योग दृश्य दिखलाया, गीत के बोल हैं। इस थीम सॉन्ग में दिल्ली के पर्यटन स्थलों के महत्व को भी दर्शाया गया है। इन पर्यटन स्थलों में प्रधानमंत्री संग्रहालय, कर्तव्य पथ, वार मेमोरियल, भारत मंडपम, यशोभूमि, अक्षरधाम, लोटस टेंपल, पुराना किला, राष्ट्रीय चरखा संग्रहालय, दिल्ली हाट, कुतुब मीनार, बान्सेरा पार्क, असिता पार्क, वासुदेव घाट तथा भारत दर्शन पार्क जैसे मनोरम पर्यटन स्थलों को दिखाया गया है।

Amar Ujala • 20 Jun • Ministry of Ayush

International Yoga Day

8 • PG | 338 • Sqcm | 716435 • AVE | 564.4K • Cir | Top Right

Delhi

करें योग रहें निरोग...

पंचशील पार्क में बच्चों को योग अभ्यास करातीं मंजू सिंह। फोटो : स्वयं

हौजखास स्थित पार्क में योग करतीं महिलाएं। फोटो : स्वयं

योग दिवस (21 जून) की तैयारियां शुरू हो गई हैं। आपमे से कई लोग सेहतमंद रहने के लिए नियमित तौर पर सामूहिक योग करते हैं। अगर आप भी ऐसे लोगों में शामिल हैं तो हम ग्रुप में योग करते हुए आपकी तस्वीरों को समाचार पत्र में स्थान देंगे। हमें आप इस नंबर 9873687563 पर फोटो व्हाट्सएप कर सकते हैं।

Amar Ujala • 19 Jun • Ministry of Ayush

International Yoga Day

4 • PG | 309 • Sqcm | 656414 • AVE | 564.4K • Cir | Middle Right

Delhi

करें योग रहें निरोग...

कालका जी ब्लॉक बी स्थित जिम में योगा करतीं युवतियां। स्रोत : स्वयं

मालवीय नगर स्थित नवधा योग संस्थान में योग करते लोग। स्रोत : स्वयं

योग दिवस (21 जून) की तैयारियां शुरू हो गई हैं। आपमे से कई लोग सेहतमंद रहने के लिए नियमित तौर पर सामूहिक योग करते हैं। अगर आप भी ऐसे लोगों में शामिल हैं तो हम ग्रुप में योग करते हुए आपकी तस्वीरों को समाचार पत्र में स्थान देंगे। हमें आप इस नंबर 9873687563 पर फोटो व्हाट्सएप कर सकते हैं।

Amar Ujala • 18 Jun • Ministry of Ayush

Huston: 50 se jayda program ke sath international yoga day ka jashn shuru

16 • PG | 256 • Sqcm | 542883 • AVE | 564.4K • Cir | Top Center
Delhi

ह्यूस्टन : 50 से ज्यादा कार्यक्रमों के साथ अंतरराष्ट्रीय योग दिवस का जश्न शुरू

20 को पद्म भूषण पंडित वामदेव शास्त्री का विशेष प्राणायाम सत्र

ह्यूस्टन। अमेरिका के ग्रेटर ह्यूस्टन इलाके में पार्क से लेकर सामुदायिक केंद्रों में 11वें अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में 50 से अधिक कार्यक्रम आयोजित किए जा रहे हैं। इंडिया हाउस में 20 जून को मुख्य कार्यक्रम में पद्म भूषण डॉ. डेविड फ्रॉली (पंडित वामदेव शास्त्री) विशेष प्राणायाम व ध्यान सत्र आयोजित करेंगे।

ह्यूस्टन में भारतीय महावाणिज्य दूतावास ने इंडिया हाउस व कई अन्य सहयोगी संगठनों के साथ मिलकर ये कार्यक्रम आयोजित किए हैं। 14 जून से शुरू हुए ये कार्यक्रम 30 जून तक जारी रहेंगे। इनमें सभी आयु व वर्गों के लिए योग सत्र, कार्यशाला तथा वर्चुअल कक्षाओं का आयोजन किया जाएगा। योग की वैश्विक जरूरत पर बल

ह्यूस्टन के सामुदायिक केंद्र में योग करते लोग।

देते हुए महावाणिज्यदूत डीसी मंजूनाथ ने कहा, योग सीमाओं और आस्थाओं से परे है। यह वैश्विक स्वास्थ्य और आध्यात्मिक सद्भाव के लिए भारत का उपहार है। उन्होंने सभी ह्यूस्टन वासियों से इन कार्यक्रमों में भाग लेने का अनुरोध करते हुए कहा कि योग न केवल शरीर में बल्कि सभी समुदायों में संतुलन लाता है। एजेंसी

Amar Ujala • 18 Jun • Ministry of Ayush

Yoga kare nirog

4 • PG | 202 • Sqcm | 429359 • AVE | 564.4K • Cir | Bottom Left

Delhi

करें योग रहें निरोग...

पूर्वी दिल्ली के सैनी एन्क्लेव स्थित पार्क में योग करते लोग। स्रोत: स्वयं

योग दिवस (21 जून) की तैयारियां शुरू हो गई हैं। आपमे से कई लोग सेहतमंद रहने के लिए नियमित तौर पर सामूहिक योग करते हैं। अगर आप भी ऐसे लोगों में शामिल हैं तो हम ग्रुप में योग करते हुए आपकी तस्वीरों को समाचार पत्र में स्थान देंगे। हमें आप इस नंबर पर 9873687563 फोटो व्हाट्सएप कर सकते हैं।

Amar Ujala • 18 Jun • Ministry of Ayush

Yoga ke sath ahaar mein badlav se sharir ko banayenge nirogi

4 • PG | 334 • Sqcm | 708002 • AVE | 564.4K • Cir | Bottom Center

Delhi

योग के साथ आहार में बदलाव से शरीर को बनाएंगे निरोगी

अमर उजाला ब्यूरो

नई दिल्ली। योग के साथ आहार में बदलाव कर डॉ. राम मनोहर लोहिया अस्पताल (आरएमएल) के विशेषज्ञ शरीर को निरोगी बनाएंगे। मंगलवार को अस्पताल के विशेषज्ञ ने अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में अस्पताल से संबंधित अटल बिहारी वाजपेयी आयुर्विज्ञान संस्थान परिसर में योग उत्सव की शुरुआत की। पहले दिन नर्सिंग छात्राओं सहित अन्य स्टाफ ने योग किया।

इस मौके पर मोहन कार्की योग गुरु ने बताया कि योग की मदद से शरीर को निरोगी रखा जा सकता है। यदि व्यक्ति अपनी जरूरत के आधार पर नियमित योग करे तो शरीर चुस्त रहेगा। वहीं, कार्यक्रम में आयुर्वेदिक चिकित्सक डॉ. सुधा शर्मा ने बताया कि हमारा शरीर पंच तत्व से मिलकर बना है। इसे स्वस्थ रखने के लिए उचित आहार के साथ योग क्रिया आवश्यक है। यह हमारे पंच तत्व को संतुलित रखता है जो शरीर को हमेशा निरोगी बनाए रखता है।

योग करतीं छात्राएं । अमर उजाला

कार्यक्रम के दौरान एक कार्यशाला भी हुई। इसका उद्घाटन अस्पताल की चिकित्सा अधीक्षक ने किया। इस मौके पर उन्होंने कहा कि योग हमारे शरीर को स्वस्थ बनाने रखने में सफल है। फिजियोलॉजी विभाग की प्रमुख व निदेशक प्रोफेसर डॉ. मीनाक्षी चस्वाल ने कहा कि यह कार्यक्रम योगा फॉर वन अर्थ वन हेल्थ थीम पर आयोजित हुआ। 20 जून तक चलने वाले इस कार्यक्रम में योग पर विस्तार से चर्चा होगी। साथ ही, मरीजों के हित में इस पर शोध को बढ़ावा दिया जाएगा।

Amar Ujala • 15 Jun • Ministry of Ayush

1/3 celebrate Yoga Day

12 • PG | 508 • Sqcm | 1078050 • AVE | 564.4K • Cir | Top Left

Delhi

एक तिहाई लोगों ने मनाया योग दिवस, 11% करते हैं रोज अभ्यास

विश्व योग दिवस के 10 साल...तीन में से दो भारतीय अब भी योग दिवस से अछूते

परीक्षित निर्भय

नई दिल्ली। स्वस्थ्य जीवन के लिए नियमित योग पर जोर दिया जाता है, लेकिन बीते 10 साल में सिर्फ एक तिहाई लोगों ने ही योग दिवस में हिस्सा लिया। यानी 2014 से 2024 के बीच तीन में से दो भारतीय अब भी अंतरराष्ट्रीय योग दिवस से अछूते हैं। यह खुलासा एक सरकारी सर्वे में हुआ, जिसे शनिवार को केंद्रीय आयुष मंत्रालय ने जारी किया है। सर्वे में सामने आया है कि बीते दस वर्षों में सिर्फ 33.4% लोगों ने ही किसी योग दिवस कार्यक्रम में हिस्सा लिया है जबकि 66.6% इससे दूर रहे हैं।

देश के अलग-अलग हिस्सों में 30 हजार से भी ज्यादा लोगों पर आधारित

अंतरराष्ट्रीय योग दिवस से पहले योग सत्र में भाग लेते भारतीय नौसेना के जवान।

इस सर्वे में पता चला कि सरकार जिस कॉमन योग प्रोटोकॉल (सीवाईपी) को हर साल प्रचारित करती है, उसे जानने वालों की संख्या भी कम है। सिर्फ 39.3% लोग इस प्रोटोकॉल से परिचित हैं, बाकी 60% इससे अनजान हैं। शहरी लोगों में जागरूकता थोड़ी ज्यादा (42.9%) है, लेकिन ग्रामीण भारत (37.4%) बहुत पीछे नहीं है। 18-24 साल के युवाओं में कॉमन योग प्रोटोकॉल की जानकारी सबसे कम (9.5%) रही, जबकि 41-64 वर्ष के आयुवर्ग में जागरूकता और अभ्यास दोनों अधिक थे। पुरुष और महिलाएं लगभग बराबर स्तर पर हैं।

13.4% कभी-कभी करते हैं योग

सर्वे में जब लोगों से नियमित योग के बारे में पूछा गया तब सिर्फ 11.2% लोगों ने नियमित रूप से योग करने की जानकारी दी जबकि 13.4% लोगों ने कभी-कभार योगासन लगाने की बात को स्वीकारा। चौंकाने वाली बात यह है कि 75.5% भारतीय योग से अब भी दूर हैं।

- *रोजाना योग करने वालों में सर्वाधिक 12.6% शहरी लोग हैं जबकि ग्रामीण क्षेत्रों में यह संख्या*

24.6% को योग से हुआ लाभ

सर्वे के अनुसार, जिन लोगों ने योग को अपनी जीवनशैली में शामिल किया है उन्हें इसका काफी लाभ भी मिला है। योग अपनाने वाले लोगों में से 24.6% ने अपनी फिटनेस में सुधार पाया, लेकिन सिर्फ 16.9% ने माना कि योग से उनका तनाव कम हुआ है।

Amar Ujala • 14 Jun • Ministry of Ayush

AIIMS ready for Yoga day

2 • PG | 77 • Sqcm | 164129 • AVE | 564.4K • Cir | Middle Left

Delhi

एम्स में योग दिवस के लिए तैयारियां शुरू

नई दिल्ली। एम्स में 11वें अंतरराष्ट्रीय योग दिवस को लेकर तैयारियां शुरू हो गई है। 21 जून को निदेशक लॉन में कार्यक्रम होगा। इस बार की थीम एक पृथ्वी, एक स्वास्थ्य के लिए योग है। एम्स निदेशक प्रोफेसर एम श्रीनिवास ने संकाय सदस्यों, अधिकारियों, कर्मचारियों, छात्रों और शोधकर्ताओं को सामूहिक योग अभ्यास के आयोजन के लिए आमंत्रित किया है। इसके लिए पंजीकरण की प्रक्रिया शुरू हो गई है। क्यूआर कोड की मदद से पंजीकरण किया जा सकेगा। ब्यूरो

Amar Ujala • 14 Jun • Ministry of Ayush

Scintific way on yoga

10 • PG | 193 • Sqcm | 410200 • AVE | 564.4K • Cir | Middle Left

Delhi

योग पर वैज्ञानिक साक्ष्य आएंगे सामने, शिखर सम्मेलन आज

नई दिल्ली। योग के जरिए जीवनशैली को बेहतर रखने के साथ साथ विविध बीमारियों से बचाव किया जा सकता है। इस बात की पुष्टि अब वैज्ञानिक साक्ष्यों के साथ होगी। योग के जरिए कैसे लोगों को फायदा पहुंच रहा है? इस पर सबूतों के साथ दिल्ली एम्स से लेकर आईसीएमआर तक के स्वास्थ्य विशेषज्ञ एक मंच पर होंगे।

इसके लिए 14 जून को दिल्ली के विज्ञान भवन में वैश्विक योग शिखर सम्मेलन आयोजित किया जाएगा। केंद्रीय आयुष मंत्रालय से प्राप्त जानकारी के अनुसार, यह सम्मेलन 'एक पृथ्वी, एक स्वास्थ्य' की थीम पर आधारित है और 21 जून को मनाए जाने वाले 11वें अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में एक प्रमुख पूर्व-आयोजन के रूप में आयोजित किया जा रहा है।

इस हाइब्रिड सम्मेलन को 'योगा कनेक्ट 2025' नाम से पहचान दी है। इसमें भारत के साथ साथ दुनिया भर से योग गुरुओं, नीति निर्माताओं, स्वास्थ्य विशेषज्ञों, शोधकर्ताओं, उद्योग जगत के नेताओं और प्रभावशाली हस्तियों की भागीदारी होगी। ब्यूरो

Amar Ujala • 13 Jun • Ministry of Ayush
11th International Yoga Day

14 • PG | 313 • Sqcm | 663042 • AVE | 564.4K • Cir | Bottom Center

Delhi

11वां अंतरराष्ट्रीय योग दिवस : पीएम मोदी के साथ 40 देशों के राजनयिक करेंगे योग

विशाखापत्तनम में एकसाथ पांच लाख से ज्यादा लोग होंगे शामिल

नई दिल्ली। प्रधानमंत्री नरेंद्र मोदी के साथ इस बार अंतरराष्ट्रीय योग दिवस पर 40 देशों के राजनयिक भी योगासन करते दिखाई देंगे। 21 जून को विशाखापत्तनम में पांच लाख से ज्यादा लोग इस कार्यक्रम में हिस्सा लेंगे। पीएम मोदी के साथ मंच पर आंध्र प्रदेश के मुख्यमंत्री चंद्रबाबू नायडु भी योग करते नजर आएंगें।

केंद्रीय आयुष मंत्री प्रतापराव जाधव ने बताया कि 21 जून को विशाखापत्तनम में योग दिवस का मुख्य कार्यक्रम होगा, जिसमें पीएम मोदी स्वयं कॉमन योग प्रोटोकॉल का नेतृत्व करेंगे। इस दौरान करीब पांच लाख से अधिक प्रतिभागी भाग लेंगे। इसी के साथ-साथ देश भर में एक लाख से अधिक स्थानों पर योग संगम कार्यक्रम किए जाएंगे, जो इसे अब तक के सबसे बड़े समकालिक योग प्रदर्शनों में से एक बनाएगा। आंध्र सरकार ने योग आंध्र अभियान की शुरुआत की है, जिसका उद्देश्य राज्य में 10 लाख नियमित योग साधकों का समुदाय विकसित करना है। एजेंसी

कार्यक्रम में विभिन्न देशों के राजनयिक भी लेंग हिस्सा

जाधव ने कहा कि यह सिर्फ उत्सव नहीं है, बल्कि यह हमारे प्रयासों को व्यापक रूप देने और समाज के हर वर्ग तक योग को पहुंचाने की सामूहिक अपील है। दिल्ली में ऐतिहासिक पहले आयोजन से लेकर मैसूर, न्यूयॉर्क और श्रीनगर जैसे कई स्थलों पर योग दिवस के मुख्य कार्यक्रम हुए हैं जिनके जरिए स्वास्थ्य, सद्भाव और शांति की साझा खोज में भिन्न-भिन्न संस्कृतियों के लोगों को एकसाथ जोड़ा गया।

Amar Ujala • 08 Jun • Ministry of Ayush

International Yoga Day celebration

9 • PG | 452 • Sqcm | 958569 • AVE | 564.4K • Cir | Bottom Right

Delhi

कार्यक्रम

20,000 लोग करेंगे योग, छत्रसाल स्टेडियम बनेगा मुख्य केंद्र

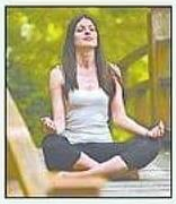
अंतरराष्ट्रीय योग दिवस पर दिल्ली में 11 स्थानों पर होगा भव्य आयोजन

अमर उजाला ब्यूरो

नई दिल्ली। दिल्ली में 11वें अंतरराष्ट्रीय योग दिवस पर 21 जून को 11 स्थानों पर भव्य आयोजन होगा। इसमें 20,000 लोग योग करेंगे और 3.7 लाख पौधे भी लगाए जाएंगे। छत्रसाल स्टेडियम मुख्य आयोजन का केंद्र बनेगा। दिल्ली के शिक्षा मंत्री की अगुवाई में 11 खेल परिसरों में योग और पौधारोपण के भव्य आयोजन होंगे।

दिल्ली सचिवालय में शिक्षा मंत्री ने अंतरराष्ट्रीय योग दिवस और 'एक पेड़ मां के नाम-2.0' की तैयारियों की समीक्षा की। दिल्ली सरकार पहली बार केंद्र सरकार के साथ मिलकर 21 जून को 11 खेल परिसरों, जिनमें छत्रसाल, त्यागराज, नजफगढ़ और द्वारका में योग कार्यक्रम आयोजन करेगी। मुख्य केंद्र छत्रसाल स्टेडियम में 10,000 लोग योग करेंगे।

अन्य 10 स्थानों पर 1,000-1,000 प्रतिभागी शामिल होंगे। इसमें छात्र, शिक्षक, योग प्रशिक्षक और स्वयंसेवक रहेंगे, जो योग से स्वास्थ्य को बढ़ावा देंगे।



सुविधा और सुरक्षा दोनों की व्यवस्था

आयोजन में टी-शर्ट, योग चटाई, जलपान, चिकित्सा सुविधा और सुरक्षा के लिए पुलिस व्यवस्था रहेगी। सभी स्थलों पर सीसीटीवी, यातायात और आपातकालीन सेवाएं होंगी। शिक्षा मंत्री ने जिलाधिकारियों को सभी व्यवस्थाओं की जिम्मेदारी सौंपी है। आयोजन का सीधा प्रसारण edudel.nic.in पर होगा।

दिल्ली में 3.7 लाख पौधे लगाए जाएंगे : शिक्षा विभाग मंत्री ने बताया कि 'एक पेड़ मां के नाम-2.0' अभियान के तहत दिल्ली में 2025-26 में 3.7 लाख पौधे लगाए जाएंगे, जिनमें 1 लाख वृक्ष, 2 लाख झाड़ियां और 70,000 बांस शामिल हैं। 9 जून को मुख्यमंत्री रेखा गुप्ता शालीमार बाग में पौधारोपण करेंगी। यह अभियान पर्यावरण और मातृ सम्मान में होगा।

Jagruk Times • 21 Jun • Ministry of Ayush

International Yoga Day will be celebrated on the theme 'One Earth, One Health

12 • PG | 98 • Sqcm | 61530 • AVE | 993.74K • Cir | Bottom Right

Mumbai

'एक पृथ्वी, एक स्वास्थ्य' थीम पर मनाया जाएगा अंतरराष्ट्रीय योग दिवस

जयपुर। जयपुर जिले में शनिवार, 21 जून को ग्यारहवां अंतर्राष्ट्रीय योग दिवस, 2025 उमंग, उत्साह और उल्लास के साथ मनाया जा रहा है। 'एक पृथ्वी, एक स्वास्थ्य' थीम पर आयोजित होने वाले अंतर्राष्ट्रीय योग दिवस के तहत जयपुर जिले में 2 लाख 51 हजार से अधिक लोग योग का अभ्यास करेंगे।

जिला कलक्टर डॉ. जितेंद्र कुमार सोनी ने आमजन से योगाभ्यास करने एवं योग को अपने जीवन का हिस्सा बनाने की अपील की है। अंतर्राष्ट्रीय योग दिवस आयोजन के प्रभारी एवं आयुर्वेद विभाग के अतिरिक्त निदेशक डॉ. बत्तीलाल बैरवा ने बताया कि जिले का मुख्य कार्यक्रम सवाई मान सिंह स्टेडियम में आयोजित होगा जिसमें राज्यपाल हरिभाऊ बागडे, उप मुख्यमंत्री डॉ. प्रेमचंद बैरवा, कैबिनेट मंत्री राज्यवर्द्धन सिंह राठौड़, सांसद श्रीमती मंजू शर्मा, नगर निगम जयपुर ग्रेटर की महापौर श्रीमती सौम्या गुर्जर, विधायक गोपाल शर्मा सहित कई अन्य गणमान्य जनप्रतिनिधिगणों सहित 3 हजार से अधिक प्रतिभागी योगाभ्यास करेंगे। वहीं, अल्बर्ट हॉल, रामनिवास बाग पर 2000 प्रतिभागी, बिड़ला मंदिर पर 600 प्रतिभागी, सिटी पार्क मानसरोवर में 200 प्रतिभागी, हवा महल के सामने 100 प्रतिभागी, पत्रिका गेट पर 700 प्रतिभागी, सेन्ट्रल पार्क में 600 प्रतिभागी, जलमहल की पाल पर 1000 प्रतिभागी, आमेर फोर्ट में 600 प्रतिभागी, श्री गलता जी मंदिर परिसर में 200 प्रतिभागी, सिटी पैलेस में 100 प्रतिभागी, श्री गोविंद देव जी मंदिर में 200 प्रतिभागी, जयगढ़ फोर्ट में 100 प्रतिभागी कुल 9400 सम्मिलित होंगे।

Jagruk Times • 21 Jun • Ministry of Ayush

New short film ^Yoga Retreat^ launched

3 • PG | 154 • Sqcm | 96748 • AVE | 993.74K • Cir | Bottom Right

Mumbai

अंतर्राष्ट्रीय योग दिवस पर "द यश मंगलम शो"

नई लघु फिल्म "योगा रिट्रीट" का लोकार्पण

■ जागरूक टाइम्स संवाददाता

मुंबई। यू-ट्यूब पर लगातार मिल रही शानदार सफलता के बाद लोकप्रिय "द यश मंगलम शो" की नवीनतम कड़ी के रूप में लघु फिल्म "योगा रिट्रीट" का लोकार्पण अंतर्राष्ट्रीय योग दिवस की पूर्व संध्या पर 20 जून (शुक्रवार) को मुंबई में किया गया। वाइब्रेशन मीडिया वर्क्स, मुंबई द्वारा नवसृजित यह अद्भुत लघु फिल्म "योगा रिट्रीट" पूरी दुनिया में बेहद लोकप्रिय हो चुके सोशल मीडिया के सबसे सशक्त प्लेटफॉर्म यू-ट्यूब पर एक सुरुचिपूर्ण चैनल "द यश मंगलम शो-2025" के अंतर्गत अपलोड की गई है। इस शो के प्रस्तुतकर्ता यश मंगलम की उम्र सिर्फ़ 14 साल है और इतनी कम आयु में उनकी असरदार आवाज और पेशकश की शैली सभी दर्शकों को सम्मोहित करती है। यश देश के जाने-माने फिल्म एवं संगीत वीडियो निर्देशक तथा एडिटर अनुपम मंगलम और मशहूर कॉस्ट्यूम डिजाइनर कला मंगलम के सुपुत्र हैं। इसलिए यश को सृजनशीलता की अनमोल दौलत अपनी पारिवारिक विरासत में मिली है। इस नवसृजित एलबम के प्रोड्यूसर बॉलीवुड के सुप्रसिद्ध फिल्मकार फुरकान कुरैशी हैं, जिन्होंने एसोसिएट प्रोड्यूसर के रूप में गदर-2, वनवास, अब तुम्हारे हवाले वतन साथियो, अपने और द हीरो जैसी सुपरहिट फिल्मों में अद्भुत कामयाबी हासिल की है। वीडियो के कुशल निर्देशन एवं सटीक एडिटिंग का कार्य मशहूर निर्देशक अनुपम मंगलम द्वारा किया गया है तथा भावपूर्ण संगीत समीर पखाले ने दिया है। इस विशेष लघु फिल्म का प्रभावशाली लेखन मुंबई के सुपरिचित गीतकार तथा मीडिया एवं जनसम्पर्क सलाहकार गजानन महतपुरकर ने किया है। इस वीडियो में वीडियोग्राफी संजय वैष्णव, वी एफ एक्स संयोजन गिनीलाल सालुंके और कॉस्ट्यूम डिजाइनिंग कला मंगलम द्वारा सुनिश्चित की गई है। पोस्ट प्रोडक्शन वाइब्रेशन्स मीडिया वर्क्स, मुंबई ने किया है।

यूट्यूब पर मिल रही शानदार सफलता

Jagruk Times • 21 Jun • Ministry of Ayush

Yoga Sangam' organized in JNPA today

3 • PG | 76 • Sqcm | 48027 • AVE | 993.74K • Cir | Middle Right

Mumbai

अंतरराष्ट्रीय योग दिवस 2025

जेएनपीए में 'योग संगम' का आयोजन आज

मुंबई। अंतरराष्ट्रीय योग दिवस 2025 के उपलक्ष्य में, आयुष मंत्रालय द्वारा महाराष्ट्र के लिए नोडल समन्वयक के रूप में नियुक्त आरआरएपी केंद्रीय आयुर्वेद अनुसंधान संस्थान, वरली, मुंबई की ओर से "योग संगम" मुख्य कार्यक्रम का आयोजन 21 जून को सुबह 5:30 बजे जेएनपीए टाउनशिप, सीआईएसएफ कैंपस, उरण, नवी मुंबई में किया जाएगा। पोदार केंद्रीय आयुर्वेद अनुसंधान संस्थान के प्रभारी सहायक निदेशक डा. आर. गोविंद रेड्डी ने मीडिया को यह जानकारी दी। यह आयोजन जवाहरलाल नेहरू पोर्ट प्राधिकरण (जेएनपीए) तथा भारत सरकार के बंदरगाह, पोत निर्माण और जलमार्ग मंत्रालय के सहयोग से किया जा रहा है। नागरिकों से इस आयोजन में बड़ी संख्या में भाग लेने की अपील संस्था की ओर से की गई है। कार्यक्रम में भाग लेने वाले नागरिकों को टी-शर्ट, रेनकोट और योगा मैट निःशुल्क वितरित किए जाएंगे।

Samagya • 21 Jun • Ministry of Ayush

International Yoga Day

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Kolkata

योग–क्रांति से नये मानव एवं नये विश्व की संरचना संभव पृष्ठ 2

योग-क्रांति से नये मानव एवं नये विश्व की संरचना संभव

ललित गर्ग

अन्तर्राष्ट्रीय योग दिवस, 21 जून, 2025 पर विशेष

हिंसा, युद्ध, आतंकवाद, आर्थिक प्रतिस्पर्धा के दौर में दुनिया शांति एवं अमन चाहती है और इसका सशक्त माध्यम है योग। इंसान से इंसान को जोड़ने, शांति का जीवन जीने एवं स्वस्थ जीवन के लिये भारतीय योग के महत्व को दुनिया ने स्वीकारा है। योग भारत की प्राचीन परम्परा का एक अमूल्य उपहार है, यह दिमाग और शरीर की एकता का प्रतीक है, मनुष्य और प्रकृति के बीच सामंजस्य का आधार है, संयम और अहिंसा प्रदान करने वाला तथा स्वास्थ्य और भलाई के लिए एक समग्र दृष्टिकोण है। योग के व्यापक मानवहितकारी महत्व के कारण ही प्रधानमंत्री नरेन्द्र मोदी के 11 दिसम्बर 2014 को संयुक्त राष्ट्र महासभा में दिये गये अंतर्राष्ट्रीय योग दिवस के प्रस्ताव को मंजूरी मिलने के बाद सर्वप्रथम इसे 21 जून 2015 को पूरे विश्व में मनाया गया। इस वर्ष 11वें अंतरराष्ट्रीय योग दिवस पर प्रधानमंत्री मोदी ने योग दिवस की थीम 'योगा फॉर वन अर्थ, वन हेल्थ' रखी है। इसे आसान भाषा में समझें तो 'एक पृथ्वी, एक स्वास्थ्य के लिए योगा' है। इसका मतलब है कि जिस तरह से पृथ्वी एक है ठीक उसी प्रकार से हमारा स्वास्थ्य भी एकमात्र है, जिसे हमें दुरुस्त रखने की जरूरत है। इसी से नये मानव एवं नये विश्व की संरचना संभव है।

आज जबकि मनुष्य जीवन अनेक असाध्य बीमारियों से जूझ रहा है, ऐसे जटिल स्वास्थ्य-संकट के दौर में इस थीम का मुख्य उद्देश्य है कि हमें हमारे स्वास्थ्य की देखभाल करनी चाहिए क्योंकि स्वास्थ्य एकमात्र ऐसी चीज है, जिसके सहारे आप अपना स्वस्थ जीवन जीते हुए न केवल परिवार, समाज, राष्ट्र बल्कि विश्व के लिये एक ऊर्जा, एक शक्ति एवं एक गति बन सकते हो। प्रधानमंत्री मोदी ने योग को शारीरिक, मानसिक और आध्यात्मिक स्वास्थ्य सुनिश्चित करने वाली जीवनशैली के रूप में स्वीकार किया। उन्होंने समाज के सभी वर्गों में योग की पहुंच बढ़ाने और स्वस्थ, खुशहाल और अधिक सामंजस्यपूर्ण विश्व के निर्माण के लिए योग को एक साधन के रूप में उपयोग करने की दिशा में संयुक्त प्रयासों की अपील की। योग केवल व्यायाम नहीं है, बल्कि अपने भीतर एकता की भावना, अहिंसा एवं शांति, दुनिया और प्रकृति की खोज है। हमारी बदलती जीवन-शैली में यह चेतना बनकर, हमें जलवायु परिवर्तन से उत्पन्न महासंकट से निपटने में मदद कर सकता है।

योग एवं ध्यान के माध्यम से भारत दुनिया में गुरु का दर्जा एवं एक अनूठी पहचान हासिल करने में सफल हो रहा है। आज हर व्यक्ति एवं परिवार अपने दैनिक जीवन में अत्यधिक तनाव/दबाव महसूस कर रहा है। हर आदमी संदेह, अंतर्द्वंद्व और मानसिक उथल-पुथल की जिंदगी जी रहा है। मनुष्य के सम्मुख स्वस्थ-शांतिपूर्ण जीवन का संकट खड़ा है। मानसिक संतुलन अस्त-व्यस्त हो रहा है। मानसिक संतुलन का अर्थ है विभिन्न परिस्थितियों में तालमेल स्थापित करना, जिसका सशक्त एवं प्रभावी माध्यम योग ही है। योग एक ऐसी तकनीक है, एक विज्ञान है जो हमारे शरीर, मन, विचार एवं आत्मा को स्वस्थ करती है। यह हमारे तनाव एवं कुंठा को दूर करती है। जब हम योग करते हैं, श्वासों पर ध्यान केन्द्रित करते हैं, प्राणायाम और कसरत करते हैं तो यह सब हमारे शरीर और मन को भीतर से खुश और प्रफुल्लित रहने के लिये प्रेरित करती है, जिसकी आज विश्व मानवता को सर्वाधिक अपेक्षा है।

एक ऐसे विश्व में रहने की कल्पना करें जहां आपकी प्रत्येक सांस मानसिक शांति, शारीरिक शक्ति और हमारे साझा ग्रह पर सद्भाव को बढ़ावा देती हो। एक समय में एक मुद्रा, एक श्वास, एक क्षण, यह जानने के लिए कि योग किस प्रकार आपके जीवन और आपके आस-पास की दुनिया को बदल सकता है, योग दिवस का मुख्य ध्येय है। मनुष्य, पशु और पौधे सहित सभी जीवित प्राणी हमारे ग्रह को अपना घर मानते हैं। हमें प्राकृतिक दुनिया के साथ शांतिपूर्वक सह-अस्तित्व बनाए रखते हुए इसकी देखभाल करनी चाहिए। योग हमें सद्भावना से रहना, सचेत रहना और समझदारी-विवेक से निर्णय लेना सिखाता है। हम योग का अभ्यास करके पर्यावरण की रक्षा कर सकते हैं और अपने स्वास्थ्य को बेहतर बना सकते हैं। पर्यावरण की स्थिति का सीधा असर हमारे स्वास्थ्य पर भी पड़ता है। जब हम अपने पर्यावरण और खुद का ख्याल रखते हैं तो सभी को फायदा होता है। विश्व अनेक स्वास्थ्य एवं पारिस्थितिकी समस्याओं का सामना कर रहा है, जिनमें प्रदूषण, तनाव और जीवनशैली से जुड़ी बीमारियाँ शामिल हैं। योग शारीरिक, मानसिक और भावनात्मक स्वास्थ्य को बेहतर बनाने का एक त्वरित, प्राकृतिक साधन है।

अभी कुछ दिन पहले ही समाचारपत्रों में पढ़ा कि कैंसर क्यों होता है, इसके कई कारण हैं। एक कारण यह है कि जो लोग मस्तिष्क का सही उपयोग करना नहीं जानते, उनके कैंसर हो सकता है। मस्तिष्क विज्ञानी तो यह भी कहते हैं कि मस्तिष्क की शक्तियों का केवल चार या पांच प्रतिशत उपयोग आदमी करता है, शेष शक्तियां सुप्त पड़ी रहती है। यह भी कहा जाता है कि कोई मस्तिष्क की शक्तियों का उपयोग सात या आठ प्रतिशत करने में समर्थ हो जाए तो वह दुनिया का सुपर जीनियस बन सकता है। सबसे पहले हमारी जानकारी मस्तिष्क विद्या के बारे में होनी चाहिए। योग विद्या भारत की सबसे प्राचीन विद्या है। योगविद्या के आचार्यों ने मस्तिष्क विद्या से दुनिया का परिचय कराया था। हमारे मस्तिष्क में एक पर्त है एनीमल ब्रेन की। वह पर्त सक्रिय होती है तो आदमी का व्यवहार पशुवत हो जाता है। जितने भी हिंसक और नकारात्मक भाव हैं, वे इसी एनीमल ब्रेन की सक्रियता का परिणाम है। इसे संतुलित करने का माध्यम योग है।

हमें अपनी योग्यताओं और क्षमताओं को किसी दायरे में बांधने से बचना होगा। ऐसा तब होगा, जब हम अपनी कमजोरियों पर ही नहीं, बल्कि उनसे उबरने के रास्तों पर भी विचार करेंगे। यहीं से हमारी तरक्की का रास्ता खुलता है और इसके लिये योग ही प्रभावी माध्यम है। हम अपनी समस्या को समझें और अपना समाधान खोजें। समस्याएं परेशान करती हैं। जरूरत खुद को काबू में रखने की होती है, हम दूसरों को काबू में करने में जुटे रहते हैं। आज विश्व में जो आतंकवाद, हिंसा, युद्ध, साम्प्रदायिक विद्वेष की ज्वलंत समस्याएं खड़ी हैं, उसका कारण भी योग का अभाव ही है। विज्ञान ने यह प्रमाणित कर दिया है- जो व्यक्ति स्वस्थ रहना चाहता है, उसे योग को अपनाना होगा। बार-बार क्रोध करना, चिड़चिड़ापन आना, मूड का बिगड़ते रहना- ये सारे भाव हमारी समस्याओं से लडने की शक्ति को प्रतिहत करते हैं। इनसे ग्रस्त व्यक्ति बहुत जल्दी बीमार पड़ जाता है। हमें अपनी योग्यताओं और क्षमताओं को किसी दायरे में बांधने से बचना होगा। ऐसा तब होगा, जब हम योग को अपनी जीवनशैली बनायेंगे।

योग एवं ध्यान एक ऐसी विधा है जो हमें भीड़ से हटाकर स्वयं की श्रेष्ठताओं से पहचान कराती है। हममें स्वयं पुरुषार्थ करने का जज्बा जगाती है। स्वयं की कमियों से रू-ब-रू होने को प्रेरित करती है। स्वयं से स्वयं का साक्षात्कार कराती है। आज जरूरत है कि हम अपनी समस्याओं के समाधान के लिये औरों के मुंहताज न बने। ऐसी कोई समस्या नहीं है जिसका समाधान हमारे भीतर से न मिले। भगवान महावीर का यह संदेश जन-जन के लिये सीख बने- 'पुरुष! तू स्वयं अपना भाग्यविधाता है।' औरों के सहारे मुकाम तक पहुंच भी गए तो क्या? इस तरह की मंजिलें स्थायी नहीं होती और न इस तरह का समाधान कारगर होता है। आधुनिक भौतिकवादी एवं सुविधावादी जिंदगी मनुष्य को अशांति, असंतुलन, तनाव, थकान तथा चिड़चिड़ाहट की ओर धकेल रही हैं, जिससे अस्त-व्यस्तता बढ़ रही है। ऐसी विषमता एवं विसंगतिपूर्ण जिंदगी को स्वस्थ तथा ऊर्जावान बनाये रखने के लिये योग एक ऐसी रामबाण दवा है जो माईंड को कूल तथा बॉडी को फिट रखता है। योग से जीवन की गति को एक संगीत एवं शांतिमय रफ्तार दी जा सकती है। योग में गहरी दिलचस्पी लेने वाले प्रधानमंत्री नरेन्द्र मोदी ने एक महान संकल्प लेकर उसे कार्यान्वित किया है। निश्चित ही उनकी योग-क्रांति विश्व मानवता के जीवन में विकास, अहिंसा, सुख और शांति का माध्यम बन रही है। आंतरिक व आत्मिक विकास, मानव कल्याण से जुड़ा यह विज्ञान सम्पूर्ण दुनिया के लिए एक महान तोहफा है।

Samagya • 20 Jun • Ministry of Ayush

Yoga camp organized by core

2 • PG | 118 • Sqcm | 16493 • AVE | 100K • Cir | Middle Right

Kolkata

कोर द्वारा सरस्वती घाट, यमुना तट पर योग शिविर का आयोजन

प्रयागराज : केन्द्रीय रेल विद्युतीकरण संगठन, प्रयागराज, में चल रहे 11वें अंतर्राष्ट्रीय योग दिवस के कार्यक्रम के क्रम में महाप्रबन्धक/कोर श्री संजय कुमार श्रीवास्तव एवं अध्यक्षा/रेल विद्युतीकरण महिला कल्याण संगठन/कोर-श्रीमती वन्दना श्रीवास्तव की गरिमामयी उपस्थिति में उप वित्त सलाहकार एवं मुख्य लेखाधिकारी/कोर-श्री के.के. श्रीवास्तव के मार्गदर्शन में सरस्वती घाट, यमुना तट, प्रयागराज, में रेलवे अधिकारियों, कर्मचारियों व जन मानस को योग के प्रति जागरूक करने के लिए योग शिविर का आयोजन किया गया। योग शिविर में श्री श्रीवास्तव जी ने दैनिक जीवन में उपयोगी योगाभ्यास कराया और कहा की योग हमें दैनिक जीवन में अपनाना चाहिए। उक्त कार्यक्रम में मुख्य विद्युत इंजीनियर (योजना)-श्री एस.एस.नेगी, प्रमुख बिजली इंजीनियर (कार्य)-श्री उपेंद्र कुमार, उप महाप्रबंधक/मुख्य जनसम्पर्क अधिकारी-श्री कल्याण सिंह, उप मुख्य सतर्कता अधिकारी-श्री सौरभ मिश्रा, सचिव-महाप्रबन्धक-श्री नरेन्द्र चौधरी, उप मुख्य संकेत एवं दूर संचार इंजीनियर (मु.)-श्री जगदीश कुमार, उप मुख्य संकेत एवं दूर संचार इंजीनियर-श्री प्रदीप तिवारी, उप महाप्रबंधक (विधि)-श्री पी. के. सिंह, वरिष्ठ सहायक वित्त सलहकार-श्री अजय कुमार लाल श्रीवास्तव, वरिष्ठ विधि अधिकारी/वरिष्ठ कार्मिक अधिकारी-श्री एस. एन. श्रीवास्तव, सहायक कार्यकारी अभियन्ता-श्री फूल चंद, जनसम्पर्क अधिकारी/सहायक सचिव (म.प्र.)-श्री विमल कुमार तथा केन्द्रीय रेल विद्युतीकरण संगठन, प्रयागराज के समस्त कर्मचारियों ने योगाभ्यास कर कार्यक्रम को सफल बनाया।

Samagya • 20 Jun • Ministry of Ayush
International Yoga day

4 • PG | 207 • Sqcm | 29024 • AVE | 100K • Cir | Bottom Left

Kolkata

एनसीईआरटी योग ओलंपियाड में हेरिटेज स्कूल की छात्राओं ने राष्ट्रीय स्तर पर हासिल की सफलता

कोलकाता : द हेरिटेज स्कूल, कोलकाता की दो छात्राओं ने विवेकानंद केंद्र, कन्याकुमारी में आयोजित एनसीईआरटी राष्ट्रीय योग ओलंपियाड 2025 में अंडर-14 बालिका वर्ग में प्रथम रनर-अप का स्थान प्राप्त कर एक महत्वपूर्ण उपलब्धि हासिल की है। छात्राओं का नाम अन्नया सेनगुप्ता और अदित्री डे है। यह प्रतियोगिता 15 से 18 जून तक आयोजित हुई, जिसमें देशभर से 500 से अधिक विद्यार्थियों ने 33 टीमों के माध्यम से भाग लिया। प्रतियोगिता का विषय था एक पृथ्वी, एक स्वास्थ्य के लिए योग, जो भारत की प्राचीन योग परंपरा को आधुनिक जीवन से जोड़ते हुए स्वास्थ्य और संतुलन की सार्वभौमिक अवधारणा को रेखांकित करता है। अन्नया और अदित्री ने देहरादून में आयोजित सीआईएससीई राष्ट्रीय योग प्री-ओलंपियाड जीतने के बाद इस राष्ट्रीय स्तर पर सीआईएससीई का प्रतिनिधित्व किया।

इस दौरान हनुमंत राव, प्रो. दिनेश प्रसाद सकलानी, ईश्वर वी. बसवरड्डी, मुकेश वर्मा, अतुल दुबे, द हेरिटेज स्कूल, कोलकाता की अन्नया सेनगुप्ता और अदित्री डे, द हाउस हाई स्कूल, पुणे के देवंशी शिंदे और सेंट स्टीफन्स स्कूल, चंडीगढ़ के सबेरा मीजूद रहे।

इस गौरवपूर्ण उपलब्धि पर द हेरिटेज स्कूल की प्राचार्या सीमा सप्रू ने कहा, यह सफलता केवल पुरस्कार नहीं, बल्कि उन मूल्यों और अनुशासन का प्रमाण है जिन्हें हम अपने विद्यार्थियों में सुदृढ़ करते हैं। वहीं, हेरिटेज ग्रुप ऑफ इंस्टीट्यूशन्स के सीईओ प्रदीप अग्रवाल ने कहा, यह सम्मान हमारे समग्र शिक्षा मॉडल की सफलता है। अन्नया और अदित्री ने योग के क्षेत्र में युवाओं की प्रेरणास्रोत बनकर हमारी संस्था को गौरवान्वित किया है।

दोनों छात्राओं की मार्गदर्शिका और योग एवं मूल्य शिक्षा की शिक्षिका, इला खंडेलिया ने उनकी मेहनत और समर्पण की सराहना करते हुए कहा, उनकी साधना सुबह की कठिन प्रैक्टिस से लेकर योग दर्शन की गहन समझ तक विस्तृत है। उन्हें मंच पर आत्मविश्वास से भरा देखना मेरे लिए एक भावुक और गौरवपूर्ण क्षण था।

समापन समारोह में एनसीईआरटी के निदेशक प्रो. दिनेश प्रसाद सकलानी, मोरारजी देसाई राष्ट्रीय योग संस्थान के पूर्व निदेशक ईश्वर वी. बसवरड्डी, विवेकानंद केंद्र के अखिल भारतीय उपाध्यक्ष हनुमंत राव, कार्यक्रम निदेशक मुकेश वर्मा तथा सह-कार्यक्रम निदेशक अतुल दुबे सहित कई गणमान्य अतिथि उपस्थित थे। अंतर्राष्ट्रीय योग दिवस के पूर्व अन्नया और अदित्री की यह उपलब्धि भारत के युवा वर्ग के लिए एक प्रेरणा बनकर सामने आई है। उनकी यह यात्रा यह सिद्ध करती है कि प्राचीन भारतीय परंपरा आज भी नवयुवकों के आत्मविकास और राष्ट्र निर्माण में एक प्रभावशाली मार्गदर्शक है।

Samagya • 20 Jun • Ministry of Ayush

Yoga: The bridge between body and mind

2 • PG | 378 • Sqcm | 52890 • AVE | 100K • Cir | Top Center

Kolkata

योग : तन और मन के समत्व का सेतु

घनश्याम बादल

प्राय: योग, धर्म और अध्यात्म को अलग - अलग माना जाता है। योग का संबंध भौतिक शरीर को पुष्ट करने अथवा शारीरिक व्याधियों के उपचार तक सीमित मान लिया जाता है। वहीं धर्म को किसी विशेष पद्धति से पूजा-पाठ अथवा कर्मकाण्ड मान लिया गया है तथा अध्यात्म को दूसरे लोक की रहस्यात्मक वस्तु। लेकिन वास्तव में धर्म, अध्यात्म तथा योग अभिन्न रूप से जुड़े हुए हैं।

मोटे तौर पर शरीर को तीन भागों में बाँटा गया है : स्थूल शरीर अथवा भौतिक शरीर मानसिक शरीर अथवा मन या कारण शरीर तथा सूक्ष्म शरीर यानि चेतना अथवा आत्मा। इन तीनों शरीरों को जानना तथा मन के माध्यम से चेतना में स्थित होना आध्यात्मिकता है। इसके लिए चित्त की शुद्धता अनिवार्य है। चित्त की शुद्धता योग द्वारा ही संभव है अत: योग धर्म और आध्यात्मिकता से पृथक नहीं कहा जा सकता है। योग शरीर और मन के बीच सेतु है, श्वास तथा मन और चेतना के मध्य सेतु है ध्यान एवं एकाग्रता। श्वास का सही अभ्यास और ध्यान योग के ही अंग हैं। अत: योग ही आध्यात्मिकता है योग ही शुद्ध धर्म है। योगसूत्र में योग की परिभाषा शुद्ध धर्म की परिभाषा से मिलती है। योग: चित्तवृत्ति निरोध चित्तवृत्तियों का निरोध अर्थात् मन को स्थिर करना ही योग है।

गीता में कहा गया है समत्वं योग उच्यते अर्थात् मन का समता में स्थित होना ही योग है। कुछ व्यक्ति मात्र योगासन तथा प्राणायाम को ही योग समझ लेते हैं। वास्तव में अष्टांग योग के आठों अंगों तथा सभी उपांगों का अभ्यास ही सम्पूर्ण योग है। यम-नियम से लेकर ध्यान और समाधि तक की यात्रा ही पूर्ण योग है। धर्म के सभी लक्षण यम और नियम में आ जाते हैं। इनको धारण करने के लिए ध्यान की आवश्यकता पड़ती है। ध्यानावस्था में पहुँचने के लिए आसन और प्राणायाम सहायक होते हैं। इस प्रकार अष्टांग योग का अभ्यास धर्म की ओर ले जाता है, यही मानव धर्म है। इसके उपरांत किसी धर्म की आवश्यकता नहीं रह जाती।

योग का इतिहास

आदिदेव शिव और गुरु दत्तात्रेय को योग का जनक माना गया है। पर, अधिकतर विद्वान मानते हैं कि योग के जनक महर्षि पतंजलि पहले ऐसे व्यक्ति थे जिन्होंने योग को सुव्यवस्थित रूप दिया। गीता मेंश्रीकृष्ण ने कहा है योगक्षेमवहाम्यहं।

200 ई.पू. पातंजलि ने वेदों में बिखरी योग विद्या का वर्गीकरण किया। पातंजलि के बाद् योग का प्रचलन बढ़ा और यौगिक संस्थानों, पीठों तथा आश्रमों का निर्माण होने लगा, जिसमें केवल राजयोग की शिक्षा-दीक्षा दी जाती थी।

योग और आध्यात्म

भारत में योग एक आध्यात्मिक प्रक्रिया है, जिसमें शरीर, मन और आत्मा को एक साथ लाने का काम किया जाता है। ईश्वर की आराधना से लेकर गीता के उपदेश तक, शरीर को स्वस्थ और स्फूर्तिवान रखने से लेकर तमाम बीमारियों के समाधान तक, आत्मा से लेकर शरीर और मस्तिष्क की शुद्धि तक हर जगह योग है।।

योग के लाभ

योग क्रियाओं का मूल उद्देश्य है लोगों को प्रकृति से जोड़ना, ध्यान की आदत बनाना ,स्वास्थ्य के लिए चुनौती बन रही बीमारियों को घटाना। लोगों को शारीरिक और मानसिक बीमारियों से बचाना और स्वस्थ जीवन-शैली के द्वारा लोगों के बेहतर मानसिक और शारीरिक स्वास्थ्य प्रदान करना।

विविध योग

गीता में कृष्ण ने योग के तीन प्रकार बताए हैं- ज्ञान योग, कर्म योग और भक्ति योग। जबकि योग प्रदीप में इसके दस प्रकार बताए गए हैं राज योग, अष्टांग योग, हठ योग, लय योग, ध्यान योग, भक्ति योग, क्रिया योग, मंत्र योग, कर्म योग और ज्ञान योग। इसके अलावा धर्म योग, तंत्र योग, नाद योग का भी जिक्र कई ग्रन्थों में आता है। अब आज के संदर्भ में हम जिस योग की बात करते हैं उसे अष्टांग योग कहा जाता है। अष्टांग योग अर्थात योग के आठ अंग सभी धर्मों का सार माने जाते हैं। ये आठ अंग हैं यम , नियम , आसन , प्राणायम , प्रत्याहार, धारणा ,ध्यान और समाधि।

योग किसके लिए

योगाभ्यास केवल वयस्कों के लिए ही नही बल्कि युवा वृद्ध , किशोर और बच्चों सबके के लिए है। विद्यार्थियों के लिए योग सर्वाधिक लाभदायक है इससे बच्चों के मन-मस्तिष्क में स्थिरता आती है और ध्यान केंद्रित करने में भी सहायता मिलती है। इसी वजह से दुनिया के अधिकांश देशों में योग शिक्षा को अनिवार्य किया जा रहा है। योग शिक्षा जितनी कम उम्र से ली जाये, उतना ही शरीर को ज्यादा लाभ मिलता है। बच्चों का शरीर बड़ों की तुलना में ज्यादा लचकदार होता है इसलिए बच्चे चीजों को जल्दी और आसानी से सीख जाते हैं। योग से शरीर को रोगों से मुक्ति मिलती है और मन को शक्ति देता है।

विद्यार्थी और योग

जिन विद्यार्थियों में पढ़ाई के प्रति अरुचि जैसी समस्या होती है उनके लिए योगक्रिया चमत्कार जैसा काम करती है। सुबह के वक्त योग करने से विद्यार्थियों में एकाग्रता और दृढ़ता बेहतर होती है। इससे तन-मन स्वस्थ और निरोग रहता है और बच्चे सभी क्षेत्र में अव्वल रहते हैं। योग के निरंतर अभ्यास से विद्यार्थियों में अध्ययन की इच्छा प्रबल होती है।जिन विद्यार्थियों को ड्रग्स आदि की लत लग जाती है योग का नियमित अभ्यास से इन व्यसनों से छुटकारा दिलाने में सक्षम है।

अंतर्शक्ति जागरण

योग का अभ्यास व्यक्तियों में छुपी हुई शक्तियों को जागृत करता है इसलिए वर्तमान परिवेश में शिक्षा जगत में योग की शिक्षा आवश्यक है। छात्र योग के बल पर अपने मस्तिष्क को शुद्ध करके विचार शक्ति को बढ़ा सकते है जिससे छात्रों को लक्ष्य प्राप्ति में सहायता मिलती है। जो बच्चे शुरू से ही योग करते है वें अपने लक्ष्य को जल्दी भेद पाते है।

Samagya • 19 Jun • Ministry of Ayush

People have registered for yoga sangam

7 • PG | 93 • Sqcm | 13038 • AVE | 100K • Cir | Middle Right

Kolkata

योग दिवस के प्रमुख कार्यक्रम योग संगम के लिए अब तक चार लाख ने कराया पंजीकरण : आयुष मंत्रालय

नयी दिल्ली : इस महीने की 21 तारीख को 11वें अंतरराष्ट्रीय योग दिवस के प्रमुख आयोजन 'योग संगम' के लिए अब तक चार लाख से अधिक लोगों ने पंजीकरण कराया है। आयुष मंत्रालय ने बुधवार को यह जानकारी दी। मंत्रालय ने यह भी दावा किया कि भारत में किसी भी एक आयोजन में इतने बड़े पैमाने पर सुनिश्चित भागीदारी कभी नहीं हुई है। इसमें कहा गया है कि 21 जून को देश भर में लाखों स्थानों पर एक साथ योगाभ्यास का आयोजन किया जाएगा; जो भारत की आरोग्य यात्रा में एक ऐतिहासिक क्षण होगा। मुख्य समारोह विशाखापत्तनम में होगा, जहां प्रधानमंत्री नरेन्द्र मोदी, आंध्र प्रदेश के मुख्यमंत्री चंद्रबाबू नायडू और केन्द्रीय आयुष एवं स्वास्थ्य राज्य मंत्री प्रतापराव जाधव के साथ पांच लाख से अधिक लोग एक साथ तय योग आसन करेंगे। मंत्रालय ने एक बयान में कहा कि सुबह 6:30 बजे से 7:45 बजे तक आयोजित योग संगम अब तक का सबसे बड़ा सामूहिक योग कार्यक्रम होगा, जिसमें लाखों संस्थान, संगठन और समुदाय के सदस्य एक साथ योग करेंगे। राजस्थान, आंध्र प्रदेश, उत्तर प्रदेश, मध्य प्रदेश, गुजरात और हिमाचल प्रदेश उन राज्यों में शामिल हैं, जहां सबसे अधिक संख्या में लोगों ने पंजीकरण कराए हैं। मंत्रालय ने कहा कि भागीदारी में यह वृद्धि इस वर्ष के विषय – 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' के प्रति व्यापक उत्साह को दर्शाती है। उसने कहा कि यह एक ऐसा संदेश है जो योग को वैश्विक स्थिरता और व्यक्तिगत कल्याण के साथ जोड़ता है।

Samagya • 12 Jun • Ministry of Ayush

Number of registrations on yoga day portal crosses 50000

7 • PG	51 • Sqcm	7203 • AVE	100K • Cir	Middle Left

Kolkata

योग दिवस पोर्टल पर पंजीकरण की संख्या 50,000 के पार

नयी दिल्ली : देशभर से 50,000 से अधिक संगठनों ने 11वें अंतरराष्ट्रीय योग दिवस समारोह के आयोजन के लिए पंजीकरण कराया है, जिससे सामूहिक भागीदारी के लिए एक नया मानक स्थापित हुआ है। राजस्थान इसमें अग्रणी रहा है, जहां 11,000 से अधिक संगठनों ने योग संगम 2025 के लिए पंजीकरण कराया है, जिसका आयोजन 21 जून को प्रातः 6.30 बजे से 7.45 बजे तक किया जाएगा। आयुष मंत्रालय ने एक बयान में कहा कि इस उल्लेखनीय भागीदारी के बाद तेलंगाना में 7,000 से अधिक पंजीकरण और मध्यप्रदेश में करीब 5,000 पंजीकरण हुए हैं। इस वर्ष की थीम 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' एकता और कल्याण के लिए एक सार्वभौमिक आह्वान को प्रतिध्वनित करती है। भारतीय प्रौद्योगिकी संस्थान (आईआईटी), भारतीय प्रबंध संस्थान (आईआईएम) और केंद्रीय विश्वविद्यालयों जैसे प्रमुख संस्थानों के साथ-साथ कई कॉरपोरेट और निजी कंपनियां सक्रिय रूप से पंजीकरण करा रही हैं तथा वैश्विक कल्याण के प्रति अपनी प्रतिबद्धता प्रदर्शित कर रही हैं।

Khabre Aaj Tak • 21 Jun • Ministry of Ayush

Grand Yoga Day organized in Aredika on 21st June

2 • PG | 125 • Sqcm | 12501 • AVE | 375K • Cir | Top Right

Mumbai

आरेडिका में २१ जून को भव्य योग दिवस का आयोजन

रायबरेली : 11वें अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में आधुनिक रेल डिब्बा कारखाना, रायबरेली के गोमती क्रीडांगन में विशाल योग शिविर का आयोजन दिनांक- 21.06.2025 को महाप्रबंधक प्रशान्त कुमार मिश्रा के नेतृत्व में होने जा रहा है। इस वर्ष अंतर्राष्ट्रीय योग दिवस, 2025 का विषय 'एक पृथ्वी एक स्वास्थ्य के लिए योग' है। जिसमें सम्पूर्ण विश्व को स्वस्थ रखने का भाव निहित है।

इस भाव को बढाने के लिए आरेडिका प्रशासन द्वारा लगातार निम्न प्रयास किये जा रहे हैं। डोर टू डोर कचरा एकत्रित करने वाली गाड़ियों पर जिंगल बजाकर लोगों को योग के लिए प्रोत्साहित किया। सेण्ट्रल पार्क में ऑडियो तथा शॉपिंग कॉम्पलेक्स, गोल्फ कोर्स, टाउनशिप के गेट पर योग से संबंधित में वीडियो जनजागरुकता हेतु चलाए जा रहे हैं। जिससे लोग स्वास्थ्य लाभ प्राप्त कर सकें। आरेडिका के जनसम्पर्क विभाग द्वारा प्रिण्ट मीडिया तथा सोशल मीडिया के विभिन्न प्लेटफार्मों जैसे- फेसबुक, इंस्टाग्राम, एक्स, स्क्रीन डिस्पिले, बैनर, आदि के माध्यम से लोगों को योग के साथ जोड़ने के लिए प्रोत्साहित किया जा रहा है। हर साल 21 जून को 45 मिनट की अवधि के लिए कॉमन योग प्रोटोकॉल पर आधारित एक संरचित सामूहिक योग सत्र स्कूलों, कॉलेजों, सार्वजनिक संस्थानों, हाउसिंग सोसाइटियों, ग्राम पंचायतों, खेल स्टेडियम, व्यावसायिक फर्मों, कॉर्पोरेट कंपनियों, सांस्कृतिक संगठनों आदि में व्यापक सार्वजनिक भागीदारी के साथ आयोजित किया जाता है।

आरेडिका के 10 स्थलों गोमती क्रीडांगन, ऑफिसर क्लब, पर्यवेक्षक क्लब, योगाशेड, वर्क्स क्लब, अस्पताल, आदि जगहों पर योग कार्यक्रम किए जाएंगे। आरेडिका के समस्त रेलवे अधिकारियों, कर्मचारियों एवं उनके परिवार के सदस्यों में कल सुबह योग शिविर में भाग लेने के लिए उत्साह की लहर है। इस आयोजन को सफल बनाने के लिए आरेडिका के विभिन्न विभाग अपना योगदान प्रदान कर रहे हैं। यह जानकारी आर.एन.तिवारी मुख्य जन संपर्क अधिकारी द्वारा दी गई है।

Hamara Mahanagar • 21 Jun • Ministry of Ayush

Yoga is a gift from ancient Indian tradition

8 • PG | 403 • Sqcm | 330368 • AVE | 585K • Cir | Top Left

Mumbai

योग प्राचीन भारतीय परंपरा का उपहार

योग विश्व को प्राचीन भारतीय परंपरा का एक अमूल्य उपहार है। यह न केवल आपके शारीरिक स्वास्थ्य को बढ़ावा देता है, बल्कि आपके मानसिक स्वास्थ्य को भी बढ़ावा देता है। योग के अभ्यास का सम्मान करने और दुनिया भर में इसके लाभों को बढ़ावा देने के लिए हर साल 21 जून को विश्व अंतर्राष्ट्रीय योग दिवस मनाता है।

अंतर्राष्ट्रीय योग दिवस 21 जून

योग दिवस 2025 की थीम क्या है?

इस बार अंतर्राष्ट्रीय योग दिवस की थीम "एक पृथ्वी, एक स्वास्थ्य के लिए योग" है। 2025 एक महत्वपूर्ण मील का पत्थर है क्योंकि यह इस वैश्विक उत्सव की 11वीं वर्षगांठ है। इसके अलावा इस वर्ष के उत्सव में 10 हस्ताक्षर कार्यक्रम शामिल हैं, जिनमें प्रमुख कार्यक्रम, 'योग संगम' शामिल है, जो पूरे भारत में 1,00,000 स्थानों पर सामूहिक योग प्रदर्शन प्रदर्शित करता है। अन्य नौ कार्यक्रम हैं योग बंधन, योग पार्क, योग समावेश, योग प्रभाव, योग कनेक्ट, हरित योग, योग अनप्लग्ड, योग महाकुंभ और समयोग।

यह 21 जून को ही क्यों मनाया जाता है?

साल 2014 में प्रधानमंत्री नरेंद्र मोदी के दबाव के बाद संयुक्त राष्ट्र महासभा द्वारा 21 जून को अंतर्राष्ट्रीय योग दिवस घोषित किया गया था। संयुक्त राष्ट्र ने महासभा के 69वें सत्र के दौरान 11 दिसंबर 2014 को एक प्रस्ताव पारित किया था। सत्र में बोलते हुए पीएम मोदी ने कहा था, "योग हमारी प्राचीन परंपरा का एक अमूल्य उपहार है। योग मन और शरीर, विचार और क्रिया की एकता का प्रतीक है... एक समग्र दृष्टिकोण जो हमारे स्वास्थ्य और हमारी भलाई के लिए मूल्यवान है। योग केवल व्यायाम के बारे में नहीं है; यह स्वयं, दुनिया और प्रकृति के साथ एकता की भावना की खोज करने का एक तरीका है।" अंतर्राष्ट्रीय योग दिवस का उद्देश्य दुनिया भर में योग के अभ्यास के कई लाभों के बारे में जागरूकता बढ़ाना है। योग मन और शरीर, सोच और क्रिया का एकीकरण है जो एक समग्र दृष्टिकोण है जो हमारे स्वास्थ्य और कल्याण के लिए फायदेमंद है।

Hamara Mahanagar • 21 Jun • Ministry of Ayush

Yogiraj who brought yoga to the masses

4 • PG | 480 • Sqcm | 393916 • AVE | 585K • Cir | Top Right

Mumbai

योग को जन-जन तक पहुंचाने वाले योगीराज

इस वर्ष भी 21 जून को भारत सहित पूरी दुनिया में अंतरराष्ट्रीय योग दिवस मनाया जाने वाला है। वस्तुत: योग अनिवार्य रुप से एक अत्यंत सूक्ष्म विज्ञान पर आधारित आध्यात्मिक अनुशासन है जो मन और शरीर के बीच सामंजस्य लाने पर केंद्रित है। यदि इसे स्वस्थ जीवन जीने की एक कला और विज्ञान कहा जाय तो कोई अतिशयोक्ति नहीं होगी।

योग के प्रति लोगों को जागरूक करने के लिए हर साल 21 जून को पूरे विश्व में अंतराष्ट्रीय योग दिवस मनाया जाता है। हमारे देश भारत में योग से निरोग होने का आदर्श प्राचीन काल से रहा है। योग की उपादेयता को विश्व के कोने-कोने तक फैलाने का श्रेय भी भारत को ही जाता है जिसके कारण आज पूरे विश्व में योग दिवस मनाने की परंपरा शुरू हुई है। देश के माननीय प्रधानमंत्री श्री नरेन्द्र मोदी ने 27 सितंबर 2014 को संयुक्त राष्ट्र महासभा में भाषण के दौरान योग दिवस मनाए जाने का प्रस्ताव रखा था जिसे 11 दिसंबर, 2014 को मंजूरी मिल गई और इसके बाद 21 जून 2015 को पहला अंतरराष्ट्रीय योग दिवस मनाया गया। तब से बदस्तूर प्रत्येक वर्ष यह परिपाटी जारी है। इस वर्ष भी 21 जून को भारत सहित पूरी दुनिया में अंतरराष्ट्रीय योग दिवस मनाया जानेवाला है। वस्तुतः योग अनिवार्य रूप से एक अत्यंत सूक्ष्म विज्ञान पर आधारित आध्यात्मिक अनुशासन है जो मन और शरीर के बीच सामंजस्य लाने पर केंद्रित है। यदि इसे स्वस्थ जीवन जीने की एक कला और विज्ञान कहा जाय तो कोई अतिशयोक्ति नहीं होगी। 'योग' शब्द संस्कृत मूल 'युज' से लिया गया है,जिसका अर्थ होता है 'जुड़ना' या 'जोड़ना' या 'एकजुट होना'। योग शास्त्रों के अनुसार योग का अभ्यास व्यक्तिगत चेतना को सार्वभौमिक चेतना के साथ जोड़ता है, जो मन और शरीर, मनुष्य और प्रकृति के बीच एक पूर्ण सामंजस्य स्थापित करता है। आधुनिक वैज्ञानिकों के अनुसार,ब्रह्मांड में सब कुछ एक ही क्वांटम आकाश की अभिव्यक्ति है। योग अस्तित्व की इस एकता का अनुभव कराता है। योग की व्यापक उपादेयता के कारण आज के युग में हर कोई स्वास्थ्य के संरक्षण, रखरखाव और संवर्धन के लिए योग अभ्यास के बारे में जानना और आश्वस्त होना चाहता है। योग को देश-विदेश में लोकप्रिय बनाने तथा इसकी उपादेयता से लोगों को परिचित कराने में स्वामी शिवानंद,

श्री टी. कृष्णमाचार्य, स्वामी कुवलयानंद, श्री योगेंद्र, स्वामी राम, श्री अरबिंदो, महर्षि महेश योगी, आचार्य राजनीश, पट्टाभिजोई, बी. के.एस. अयंगर, स्वामी सत्यानंद सरस्वती और ऐसे ही अन्य महान व्यक्तित्वों के नाम सहज रूप से सामने आते हैं। किंतु योग की दुनिया में कई ऐसे जाने-अनजाने नाम भी हैं जो जमीनी स्तर पर एकांत साधना कर न सिर्फ योग में महारत हासिल की, वरन् अपने जिले-कस्बे का नाम रौशन करते हुए आम जन तथा युवा पीढ़ी को योग-साधना के साथ जोड़कर समाज व देश सेवा के महती कार्य किये। इन्हीं महान योग साधकों में एक महत्वपूर्ण नाम योगीराज हरिदेव प्रसाद ठाकुर का आता है जिन्हें लोग श्रद्धा के साथ याद करते हैं। योगीराज हरिदेव प्रसाद ठाकुर का जन्म 1935 में हुआ था। बिहार के भागलपुर में जन्मे योगीराज हरिदेव प्रसाद ठाकुर का नाम योग के क्षेत्र में बिहार में एक प्रसिद्ध नाम है। युवावस्था से स्वस्थ और निरोग जीवन को मूलमंत्र माननेवाले योगीराज श्री ठाकुर ने अपने गुरू विष्णु चरण घोष से योग में शिक्षा ली। विष्णु चरण घोष योगी योगानंद के भाई थे। विष्णु चरण घोष बी.के.एस अयंगर के समय से लगभग तीन दशक पहले कोलकाता में एक योग गुरु का कार्य करते थे जिन्होंने पश्चिमी दुनिया में योग को लोकप्रिय बनाया। बिष्णु चरण घोष ने योग को लोकप्रिय बनाने के लिए यूरोप से जापान तक दुनिया का दौरा किया। वे मुख्य रूप से चिकित्सा के लिए योग का उपयोग करते थे। उन्होंने ही लगभग एक सदी पहले दुनिया को बताया था कि बीमारी और पुरानी बीमारियों को ठीक करने के लिए योग एक सशक्त माध्यम है। ऐसे सक्षम गुरु से श्री हरिदेव ठाकुर ने न सिर्फ योग की बल्कि शारीरिक व्यायाम के विभिन्न विधाओं की भी शिक्षा ली। योग की सम्यक शिक्षा-दीक्षा लेने के उपरांत श्री ठाकुर ने अपने दृढ़ निश्चय के कारण नित नये मुकाम हासिल किये। शरीर सौष्ठव बाडी बिल्डिंग में वे 'बिहार श्री' की प्रतियोगिता में अनेकों बार प्रथम रहे। उन्हें बिहार के तात्कालीन राज्यपाल डॉ जाकिर हुसैन ने योगीराज की उपाधि से सम्मनित किया था। तब से उनके नाम के साथ योगीराज की उपाधि जुड़ गयी और लोग उन्हें इसी नाम से जानने लगे। बिहार के तत्कालीन राज्यपाल आर आर दिवाकर, तत्कालीन रेल मंत्री जगजीवन राम, लाल बहादुर शास्त्री, उत्तर प्रदेश के मुख्यमंत्री गोविंद बल्लव पंत सहित कई हस्तियों ने भी उन्हें समय-समय पर सम्मानित किया। पंडित जवाहरलाल नेहरू और चीन के प्रधानमंत्री चाउ एन लाई के द्वारा भी उन्हें सम्मान मिले जो एक बड़ी उपलब्धि है। स्थानीय, जिला और राज्य स्तर पर योग का प्रचार प्रसार करते हुए बंगाल के शांतिनिकेतन में भी उन्होंने योग की शिक्षा दी। योग प्रसार प्रचार के लिए अपनी जन्मभूमि भागलपुर के दीपनगर मुहल्ले में उन्होंने 1963 में भारतीय शारीरिक प्रशिक्षण केन्द्र की स्थापना की। लंबे अरसे तक भागलपुर के मारवाड़ी व्यायामशाला में योग के प्रशिक्षक भी रहे। तिलकामांझी भागलपुर विश्वविद्यालय तथा राज्य स्तर की कई प्रतियोगिताओं के प्रतियोगिताओं के निर्णायक मंडल में भी रहने का उन्हें मौका मिला। योग से निरोग का मूलमंत्र अपनाते हुए उन्होंने योग के प्रयोग को सामान्य जन के स्वास्थ्य हेतु तथा असाध्य रोगों के इलाज में किया। साथ ही मधुमेह, अनिद्रा, लकवा, गठिया के साथ साथ अनेक शारीरिक रोगों पर भी योग विद्या का सफल प्रयोग किया। यह वह दौर था, जब योग के संदर्भ में बहुत कम लोग जानते थे। न इलेक्ट्रॉनिक मीडिया था, न सोशल मीडिया। उन्होंने योग की राष्ट्रीय और राज्य स्तरीय प्रतियोगिताओं के लिए युवाओं को प्रेरित किया। इनके शिष्य शंकर कुमार कर्ण लगातार कई सालों से दिल्ली का खिताव जीत रहे हैं। योग को उन्होंने व्यवसाय नहीं, सेवा का माध्यम बनाया । इसके अलावा जगह जगह व्यायामशाला खुलवाया तात्कालीन केन्द्रीय खाद्य आपूर्ति मंत्री भागवत झा आजाद स्पांडिलाइसिस से परेशान थे। उन्होंने कुछ यौगिक मुद्राओं, आसन प्राणायाम से उन्हें ठीक कर दिया। आईपीएस अजय कुमार वर्मा, ए एस राजन समय समय उनसे पर योग की बारीकियों को समझते थे और अभ्यास करते थे। इसी तरह पूर्व शिक्षा मंत्री दिवाकर सिंह को योग के माध्यम से असाध्य बीमारी से राहत दिलवाने का काम भी उन्होंने किया। उनके तकनीक से चिकित्सा जगत भी प्रभावित था। कई चिकित्सक असाध्य रोगियों को उनके पास भेज देते थे। कारण यह था कि वे इस बात को अच्छी तरह समझते थे कि बीमारी की किस अवस्था में क्या योग हो सकता है । वे कहते बीमारी की जटिलता को देख यह चयन करना होता है कि आधुनिक चिकित्सा पद्धति जरूरी है या योग।

- शिव शंकर सिंह पारिजात

Naya India • 21 Jun • Ministry of Ayush

Delhi Sarkar gyarah sthanon par karega yoga ka ayojan.

3 • PG | 123 • Sqcm | 27091 • AVE | 89.78K • Cir | Middle Right

Delhi

दिल्ली सरकार ग्यारह स्थानों पर करेगी योग का आयोजन: रेखा गुप्ता

नई दिल्ली,वार्ता। दिल्ली की मुख्यमंत्री रेखा गुप्ता ने कहा कि अंतरराष्ट्रीय योग दिवस पर दिल्ली सरकार की ओर से शनिवार को ग्यारह स्थानों पर योग कार्यक्रम का आयोजन किया जाएगा और वह स्वयं यमुना तट पर सोनिया विहार में ख़ुद योग में हिस्सा लेंगी। श्रीमती गुप्ता ने शुक्रवार को यहाँ संवाददाताओं से कहा कि कल दिल्ली सरकार की ओर से ग्यारह जगहों पर योग दिवस मनाया जाएगा। दिल्ली सरकार पहली बार योग दिवस पर बड़े बड़े आयोजन कर रही है। इस कार्यक्रम में सरकार के सभी घटक भाग लेंगे। उन्होंने कहा कि दिल्ली की सभी संस्थाएं इसमें शामिल हो रही जिससे यहाँ उत्सव जैसा माहौल देखने को मिल रहा है।

उन्होंने कहा कि वह यमुना तट पर सोनिया विहार में ख़ुद योग में हिस्सा लेंगी। दिल्ली सरकार के सभी मंत्री और सांसद अलग अलग स्थानों पर योग कार्यक्रम में शामिल होंगे। उन्होंने कहा कि पिछली सरकार को योग को अपनाने में दिक्कत थी क्योंकि उनको इसमें प्रधानमंत्री नरेन्द्र मोदी का चेहरा नजर आता था लेकिन अब बड़े स्तर पर कार्यक्रम कराये जा रहे हैं।

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Jharkhand Mein antarrashtriya yoga Divas Ki Taiyariyan Puri.

8 • PG | 174 • Sqcm | 38340 • AVE | 89.78K • Cir | Middle Right

Delhi

झारखंड में अंतरराष्ट्रीय योग दिवस की तैयारियां पूरी, कई स्थानों पर होंगे विशेष आयोजन

रांची ■ आईएएनएस

11वें अंतरराष्ट्रीय योग दिवस पर 21 जून को झारखंड में कई स्थानों पर विशेष आयोजन की तैयारियां पूरी कर ली गई हैं। विभिन्न स्टेडियमों, मैदानों, स्कूलों और पार्कों में होने वाले आयोजनों में आम लोगों के साथ-साथ खास हस्तियां भी शिरकत करेंगी।

रक्षा राज्य मंत्री और रांची के सांसद संजय सेठ ने बताया कि वह कांके विधानसभा क्षेत्र अंतर्गत कुम्हरिया गांव में पीएमश्री विद्यालय के छात्र-छात्राओं के साथ योग करेंगे। उन्होंने कहा कि प्रधानमंत्री नरेंद्र मोदी की पहल से योग को न सिर्फ अंतरराष्ट्रीय पहचान मिली, बल्कि इसके जरिए भारत की संस्कृति कोने-कोने तक पहुंची। करो योग रहो निरोगर का उनका संदेश आत्मसात कर लोगों ने कोरोना काल में खुद को सुरक्षित रखा। उन्होंने कहा कि पीएम मोदी की प्रेरणा से 21 जून को पूरे देश में एक लाख

से भी अधिक स्थानों पर लोग सामूहिक तौर पर योग करेंगे। केंद्रीय महिला एवं बाल विकास मंत्री अन्नपूर्णा देवी देवघर में सामूहिक योग के कार्यक्रम में भाग लेंगी। वह इस कार्यक्रम के लिए शुक्रवार को देवघर पहुंच गईं। उन्होंने सोशल मीडिया पर लिखा, "अंतर्राष्ट्रीय योग दिवस के अवसर पर माननीय प्रधानमंत्री मोदी एक बार फिर योग का संदेश देंगे। मैं इस अवसर पर बाबा नगरी में आपके साथ उपस्थित रहूंगी।" रांची में राज्य सरकार की ओर से ओल्ड जेल परिसर स्थित बिरसा मुंडा पार्क में सामूहिक योग अभ्यास का शिविर सुबह छह बजे से शुरू होगा।

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Kuljeet Chehel yoga sthalon ka daura kar taiyaariyon key. Samiksha key.

3 • PG | 177 • Sqcm | 38951 • AVE | 89.78K • Cir | Bottom Left

Delhi

कुलजीत चहल ने योग स्थलों का दौरा कर तैयारियों की समीक्षा की

नई दिल्ली ■ वेबवार्ता

नई दिल्ली नगरपालिका परिषद (एनडीएमसी) द्वारा 21 जून को अंतरराष्ट्रीय योग दिवस को एनडीएमसी क्षेत्र के अनेक प्रतिष्ठित स्थलों पर भव्य रूप से मनाया जाएगा। इस आयोजन की पूर्व संध्या पर एनडीएमसी के उपाध्यक्ष कुलजीत सिंह चहल ने शुक्रवार को इन आयोजनों के लिए चिन्हित विभिन्न स्थलों का दौरा कर जमीनी तैयारियों की समीक्षा की। निरीक्षण के दौरान उन्होंने लॉजिस्टिक व्यवस्था, स्थल की तैयारी, साइनबोर्ड्स, प्रतिभागियों की योजना और योग सहयोगी संस्थाओं के साथ समन्वय की स्थिति का जायज़ा लिया।

चहल ने बताया कि यह पहल विकसित भारत 2047 के दृष्टिकोण की दिशा में एनडीएमसी की निरंतर प्रतिबद्धता का हिस्सा है, जिसमें स्वास्थ्य और तंदुरुस्ती को राष्ट्रीय लक्ष्यों की प्राप्ति के लिए मूलभूत माना गया है। उन्होंने बताया कि एनडीएमसी क्षेत्र के आठ प्रमुख स्थलों पर मुख्य योग दिवस कार्यक्रम आयोजित किए जाएंगे। जिसमें कर्तव्य पथ (साउथ लॉन), लोदी गार्डन, तालकटोरा गार्डन, शांतिपथ लॉन, सेंट्रल पार्क (कनॉट प्लेस), पंडारा पार्क, न्यू मोती बाग (आईएएस रेजिडेंस) और संजय झील (लक्ष्मीबाई नगर) शामिल हैं।

चहल ने आगे जानकारी दी कि विभिन्न स्थानों पर नागरिकों के साथ योग अभ्यास में भाग लेने के लिए प्रमुख हस्तियों और अति-विशिष्ट व्यक्तियों (वीवीआईपी) की उपस्थिति भी अपेक्षित होगी। उन्होंने कहा कि हर स्थल की सुरक्षा और समुचित व्यवस्था सुनिश्चित करना हमारी ज़िम्मेदारी है और इसके लिए प्रत्येक स्थल का गहन निरीक्षण आवश्यक है। उन्होंने जानकारी दी कि यह आयोजन मोरारजी देसाई राष्ट्रीय योग संस्थान, आर्ट ऑफ लिविंग, पतंजलि योग समिति, गायत्री परिवार सहित अन्य प्रतिष्ठित योग संस्थाओं के सहयोग से आयोजित किए जाएंगे। प्रत्येक स्थल पर 300 से 2000 प्रतिभागियों के भाग लेने की संभावना है।

Naya India • 21 Jun • Ministry of Ayush

Namami gange ghaat par yogabhyas ka ayojan

7 • PG | 205 • Sqcm | 45085 • AVE | 89.78K • Cir | Middle Center

Delhi

नमामि गंगे घाट पर योगाभ्यास का आयोजन

हरिद्वार ■ डेस्क

अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में नमामि गंगे घाट पर प्रातःकालीन योगाभ्यास का आयोजन किया गया, जिसका नेतृत्व कर्मा वेलनेस सेंटर की संचालिका डॉ. प्रिया आहूजा ने किया। इस आयोजन में बड़ी संख्या में महिलाओं ने उत्साहपूर्वक भाग लिया और योग के महत्व को अनुभव किया। डॉ. प्रिया आहूजा विगत दस वर्षों से महिलाओं को योग का प्रशिक्षण दे रही हैं और अब तक हजारों महिलाओं को लाभ पहुँचा चुकी हैं। उनका मानना है कि योग केवल शारीरिक स्वास्थ्य का ही नहीं, बल्कि मानसिक और भावनात्मक संतुलन का भी सशक्त माध्यम है। कार्यक्रम के दौरान सूर्य नमस्कार, ताड़ासन, वीरभद्रासन, प्राणायाम और ध्यान सहित अनेक योगासन कराए गए।

डॉ. प्रिया का कहना है कि दवा और दुआ के साथ योग भी रोगों से राहत दिलाने का सशक्त उपाय है। योग के निरंतर अभ्यास से थाइरॉइड, पीसीओडी/ पीसीओएस, मासिक धर्म की अनियमितताएं, मेनोपॉज़ संबंधी तनाव, डायबिटीज़, माइग्रेन और मानसिक तनाव जैसी बीमारियों से महिलाओं को राहत मिलती है। उन्होंने यह भी कहा कि महिला परिवार की रीढ़ होती है, और उसका स्वस्थ रहना पूरे परिवार के संतुलन और विकास की नींव है। कर्मा वेलनेस सेंटर नियमित रूप से महिलाओं के लिए विशेष योग सत्र आयोजित करता है, जो उनके संपूर्ण स्वास्थ्य, आंतरिक शक्ति और आत्म-संवर्धन की दिशा में एक सशक्त पहल है।

Naya India • 20 Jun • Ministry of Ayush

International Yoga Day

6 • PG | 62 • Sqcm | 13541 • AVE | 89.78K • Cir | Bottom Right

Delhi

अंतरराष्ट्रीय योग दिवस के लिए जिला प्रशासन ने की व्यापक तैयारियां

अजमेर। योग दिवस के व्यापक आयोजन की तैयारी को लेकर अतिरिक्त जिला कलक्टर श्री गजेंद्र सिंह राठौड़ की अध्यक्षता में विभिन्न सामाजिक संगठनों के प्रतिनिधियों के साथ समन्वय बैठक गुरुवार को आयोजित की गई। जिला कलक्टर श्री लोक बन्धु के निर्देशानुसार योग दिवस की तैयारियों के सम्बन्ध में गुरूवार को बैठक आयोजित हुई। इसकी अध्यक्षता अतिरिक्त जिला कलक्टर श्री गजेन्द्र सिंह राठौड़ ने की। बैठक में श्री राठौड़ ने कहा कि योग दिवस को जनआंदोलन का स्वरूप देने के लिए सभी संगठनों की भागीदारी आवश्यक है।

Naya India • 20 Jun • Ministry of Ayush

Udaipur Mein Gandhi ground sahit 14 sthalon par 62 yoga prashikshak karaaenge yoga prayas.

10 • PG | 463 • Sqcm | 101954 • AVE | 89.78K • Cir | Middle Left

Delhi

11वां अंतर्राष्ट्रीय योग दिवस 21 को

उदयपुर में गांधी ग्राउण्ड सहित 14 स्थलों पर 62 योग प्रशिक्षक कराएंगे योगाभ्यास

जिला कलक्टर ने किया आमजन से सहभागिता का आह्वान

उदयपुर ■ संवाद सूत्र

अंतर्राष्ट्रीय योग दिवस 21 जून को एक पृथ्वी, एक स्वास्थ्य के लिए योग थीम के साथ मनाया जाएगा। उदयपुर में जिला स्तरीय कार्यक्रम गांधी ग्राउण्ड में होगा। इसके अलावा शहर में 14 अन्य स्थलों पर भी प्रशिक्षित योग प्रशिक्षकों के निर्देशन में योग प्रोटोकॉल का पूर्वाभ्यास किया जाएगा। वहीं ब्लॉक और ग्राम पंचायत स्तर पर भी योगाभ्यास होगा। जिला कलक्टर नमित मेहता ने आमजन से अधिक से अधिक संख्या में इन कार्यक्रमों में सहभागिता की अपील की है। योग दिवस को सफल बनाने हेतु जन-जागरूकता के तहत विविध कार्यक्रम आयोजित किए जा रहे हैं।

अंतर्राष्ट्रीय योग दिवस कार्यक्रम के प्रशासनिक नोडल अधिकारी एडीएम सिटी वारसिंह ने बताया कि 21 जून को गांधी ग्राउण्ड में आयोजित होने वाले जिला स्तरीय कार्यक्रम को लेकर तैयारियां अंतिम चरण में है। कार्यक्रम में

जनप्रतिनिधिगण, अधिकारी, पुलिस जवान, शिक्षकगण, खिलाड़ी, एनएसएस-स्काउट गाइड स्वयंसेवक सहित बड़ी संख्या में आमजन भाग लेंगे। विभागीय नोडल अधिकारी उपनिदेशक आयुर्वेद डॉ राजीव भट्ट ने बताया कि योग दिवस पर गांधी ग्राउण्ड सहित 14 स्थलों पर 62 प्रशिक्षित योग प्रशिक्षकों की ओर से निर्धारित प्रोटोकॉल के अनुसार योगाभ्यास कराया जाएगा।

खेलगांव तरणताल में हुआ एक्वा योग का अभ्यास

सहायक नोडल अधिकारी वैद्य शोभालाल औदिच्य ने बताया कि योग दिवस को लेकर चल रहे योग सप्ताह के तहत प्रतिदिन अलग-अलग स्थलों पर योग पूर्वाभ्यास किया जा रहा है। इसी क्रम में 'खेलगाँव परिसर में जिला खेल अधिकारी डॉ महेश पालीवाल के सान्निध्य में 'एक्वा योग'' का आयोजन किया गया। इसमें जल में योगाभ्यास कराते हुए विभिन्न आसनों को प्रदर्शित किया गया। विशेषज्ञों के अनुसार एक्वा योग शरीर के जोड़ों पर कम दबाव डालता है और यह मोटापा, तनाव जैसी समस्याओं में लाभकारी सिद्ध होता है। साथ ही शरीर में लघुता आती है। शरीर का सम्पूर्ण व्यायाम एवं शरीर में नई स्फूर्ति पैदा होती है। एक्वा योग न केवल एक शारीरिक अभ्यास है, बल्कि यह मन और शरीर के बीच गहरे तालमेल को विकसित करने का माध्यम भी है, और इसलिए यह आधुनिक जीवनशैली में एक प्रभावी और रोचक योग पद्धति बन कर उभर रहा है। इसके अलावा सुबह फतहसागर झील के किनारे सामान्य योग प्रोटोकॉल का 'सामूहिक पूर्वाभ्यास' किया गया। इसमें जिला प्रशासन, आयुष विभाग, भारतीय योगिनी संघ, पतंजलि योग समिति एवं अन्य स्वयं सेवी संगठन के साथ, एन सी सी के लेफ्टिनेंट प्रेम शंकर श्रीमाली, सार्जेंट जय वीर सिंह, विक्रम सिंह एवं एन सी सी के छात्र द्वारा योग किया गया। बड़ी संख्या में आम नागरिकों, विद्यार्थियों तथा योग प्रेमियों ने भी भाग लिया।

आयोजन समिति के अनुसार 20 जून को गांधी ग्राउंड में योग प्रोटोकॉल का अंतिम पूर्वाभ्यास' आयोजित किया जाएगा।

Naya India • 17 Jun • Ministry of Ayush

Yoga protocol practice organised at Sukhadia Samadhi

10 • PG | 506 • Sqcm | 111286 • AVE | 89.78K • Cir | Top Left

Delhi

अंतराष्ट्रीय योग दिवस सप्ताह का हुआ आगाज

सुखाड़िया समाधि पर आयोजित हुआ योग प्रोटोकॉल अभ्यास

20 जून तक चलेंगे योग पूर्वाभ्यास

उदयपुर ■ संवाद सूत्र

अंतर्राष्ट्रीय योग दिवस 21 जून के अवसर पर जिला प्रशासन उदयपुर, आयुष विभाग द्वारा चलाए जा रहे साप्ताहिक योग अभ्यास कार्यक्रमों की श्रृंखला में 16 जून को सुखाड़िया समाधि, दुर्गा नर्सरी रोड पर भव्य योग प्रोटोकॉल का पूर्वाभ्यास किरण सोनी द्वारा करवाया गया। यह आयोजन जिला प्रशासन, आयुष विभाग, पतंजलि योग समिति, भारत विकास परिषद, आर्ट ऑफ लिविंग, तथा अन्य स्वयंसेवी संगठनों के सहयोग से आयोजित किया गया। इस अवसर पर स्थानीय नागरिकों,महिलाओ, एन सी सी, छात्रों, स्वयंसेवकों और योग प्रेमियों ने उत्साहपूर्वक भाग लिया ।

"योग के साथ पर्यटन" को दे रहा है नया आयाम

नमित मेहता जिला कलक्टर ने बताया कि ऐसे आयोजनों से जिले के प्रमुख पर्यटन स्थलों को भी सक्रियता मिल रही है। जब प्राकृतिक और ऐतिहासिक स्थलों पर सामूहिक योग आयोजन होते हैं, तो ये स्थल सिर्फ दर्शनीय नहीं, अनुभवात्मक भी बन जाते हैं। इससे स्थानीय पर्यटन को बढ़ावा और स्थानीय अर्थव्यवस्था को प्रोत्साहन मिलने की संभावना है ।

अतिरिक्त जिला कलक्टर (शहर) एवं योग समन्वयक वार सिंह ने बताया कि अधिक से अधिक संख्या में योग से जुड़ें और परिवार सहित 21 जून को होने वाले मुख्य कार्यक्रम में भागीदारी निभाएं।

नोडल अधिकारी डॉ. राजीव भट्ट ने कहा कि ग्रामीण क्षेत्र में ब्लॉक एवं पंचायत लेवल पर योग प्रशिक्षक एवं नोडल अधिकारी नियुक्त कर दिए गए हैं। तैयारी जोरों पर हैं। सहायक नोडल अधिकारी डॉ. शोभालाल औदीच्य ने बताया कि 17 जून को प्रातः सहेलियों की बाड़ी में योग पूर्वाभ्यास करवाया जायेगा । सभी सामाजिक एवं सर्व समाज संगठनो से निवेदन किया है की इस बार उदयपुर को राजस्थान में नम्बर एक पर लाने में सबका सहयोग अपेक्षित है ।

बलीचा में ब्लॉक स्तरीय पूर्वाभ्यास

आयुष विभाग, राजस्थान एवं उपखंड प्रशासन गिर्वा, उदयपुर के संयुक्त तत्वावधान में 11वें अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में सोमवार सुबह 6.30 से 8.00 बजे तक पन्नाधाय पार्क, गोवर्धन विलास, बलीचा (गिर्वा – उदयपुर) में ब्लॉक स्तरीय योग प्रोटोकॉल पूर्वाभ्यास कार्यक्रम का सफल आयोजन किया गया। ब्लॉक नोडल अधिकारी डॉ. दिलीप समालिया ने कहा कि "योग हमारे शरीर, मन और आत्मा को संतुलित रखने का एक प्रभावी माध्यम है। यह जीवनशैली में अपनाने योग्य एक सरल और सशक्त पद्धति है जो प्रत्येक व्यक्ति को दीर्घकालिक स्वास्थ्य प्रदान कर सकती

है।" योग सत्र का संचालन प्रशिक्षकों प्रीतम सिंह चुंडावत, नीलू गोस्वामी, रोशन रटाडिया एवं रवि जारोली द्वारा किया गया।

मुख्य योग कार्यक्रम 21 जून को

मुख्य योग कार्यक्रम 21 जून को गांधी ग्राउंड स्थित भंडारी दर्शक मण्डप पर आयोजित किया जाएगा। साथ ही जिले के अन्य 13 चयनित स्थलों गांधी ग्राउंड, फतहसागर पाल, सहेलियों की बाड़ी, मोती मगरी, गणगौर घाट, गुलाब बाग, बड़ी तालाब पाल, अमरख जी महादेव, सज्जनगढ़, केंद्रीय कारागृह, तारा संस्थान वृद्धाश्रम, नारायण सेवा संस्थान- बड़ी, मांझी का मंदिर, दूधतलाई पर भी प्रातः 7.00 से 8.00 बजे तक योग प्रोटोकॉल के अनुसार अभ्यास आयोजित होंगे। यह पहल "योग को जन-जन तक पहुँचाने" और एक स्वस्थ, अनुशासित एवं जागरूक समाज के निर्माण की दिशा में एक सशक्त प्रयास है।

Naya India • 16 Jun • Ministry of Ayush

Yoga Marathon' became a Sankalp Yatra in Haryana: Chief Minister Saini

4 • PG | 553 • Sqcm | 121563 • AVE | 89.78K • Cir | Top Center

Delhi

हरियाणा में 'योग मैराथन' बनी एक संकल्प यात्रा: मुख्यमंत्री सैनी

सैनी ने कहा कि इस संकल्प यात्रा में हजारों युवाओं, बुजुर्गों और महिलाओं ने जोश और खरोस के साथ दौड़ लगाकर एक नए आयाम को स्थापित किया है।

चंडीगढ़ ■ वार्ता/डेस्क

हरियाणा के मुख्यमंत्री नायब सैनी रविवार को कहा कि प्रदेश को 'योग युक्त, नशा मुक्त' बनाने के लिए गीता स्थली कुरुक्षेत्र की पावन धरा पर 'योग मैराथन' एक संकल्प यात्रा बनी है। सैनी ने कहा कि इस संकल्प यात्रा में हजारों युवाओं, बुजुर्गों और महिलाओं ने जोश और खरोस के साथ दौड़ लगाकर एक नए आयाम को स्थापित किया है। इस सरकार ने भी संकल्प लेकर राष्ट्र की संपत्ति युवा वर्ग को नशे से बचाने के लिए योग युक्त नशा मुक्त हरियाणा बनाने रूपी कर्म को ठाना है।

अहम पहलू यह है कि कुरुक्षेत्र में 21 जून को होने वाले अंतरराष्ट्रीय योग दिवस कार्यक्रम से पहले चलाए गए अभियान में अब तक प्रदेश के 19.27 लाख से अधिक लोग जुड़ चुके हैं, जो हमारे लिए गर्व की बात है। मुख्यमंत्री रविवार को ब्रह्मसरोवर के दक्षिण गेट पर हरियाणा खेल विभाग, आयुष विभाग, हरियाणा योग आयोग व जिला प्रशासन के तत्वावधान में आयोजित राज्य स्तरीय योग मैराथन को सम्बोधित कर रहे थे। इससे पहले उन्होंने, पूर्व राज्यमंत्री सुभाष सुधा और महानिदेशक संजीव वर्मा ने राज्य स्तरीय योग मैराथन को हरी झंडी दिखाकर रवाना किया तथा योग मैराथन के धावकों पर पुष्प वर्षा भी की।

उन्होंने इस मैराथन में महिलाओं और पुरुष वर्ग के विजेता 20 धावकों को पुरस्कार के रूप में तीन लाख 46 हजार रुपये के नकद पुरस्कार भी वितरित किये। इस योग मैराथन में प्रथम आने वाले गौरव और सोनीपत की मोनिका को 51 हजार रुपये देकर सम्मानित किया। इस योग मैराथन में हजारों युवाओं ने हिस्सा लेकर नशे के खिलाफ चल रहे यज्ञ में आहुति डालने का काम किया। इस मैराथन ने योग, खेल, संस्कृति और पर्यावरण चेतना को एक नई उंचाई दी है।अहमदाबाद में एयर इंडिया विमान हादसे में कुरुक्षेत्र की अंजू शर्मा की मौत पर सीएम सैनी ने कहा कि यह वास्तव में दुर्भाग्यपूर्ण है। इस तरह की त्रासदियां हम कभी नहीं जानते कि वे कब घटित हो जाएं। यह सब ईश्वर की योजना का हिस्सा है, परमपिता की लीला है। हमें बहुत दुख है कि हमारे अपने राम सरन माजरा की एक बेटी भी इस दुर्घटना में खो गई। हम परमपिता से प्रार्थना करते हैं कि वे दिवंगत आत्माओं को शांति प्रदान करें और उन्हें अपने श्रीचरणों में स्थान दें।

हरियाणा की कानून व्यवस्था पर कांग्रेस की ओर से उठाए जा रहे सवालों पर सीएम सैनी ने कहा कि प्रदेश में अपराधियों के खिलाफ एक्शन लिए जा रहे हैं। कोई भी अपराधी बक्शा नहीं जाएगा। वो सलाखों के पीछे जाएंगे। कांग्रेस के समय में कानून व्यवस्था की क्या स्थिति थी हरियाणा के लोग जानते हैं। लुधियाना वेस्ट उप-चुनाव को लेकर सीएम सैनी ने कहा कि पंजाब की जनता कांग्रेस और आम आदमी पार्टी से त्रस्त हो चुकी है। यहां होने वाले उपचुनाव में जनता कमल का बटन दबाएगी और जीत भाजपा के उम्मीदवार की होगी।

सैनी ने कहा कि 21 जून को पवित्र स्थल ब्रह्मसरोवर के तट पर योग गुरु स्वामी रामदेव के साथ योग करने का सौभाग्य मिलेगा जिसके लिए ऑनलाइन रजिस्ट्रेशन भी करवाए जा रहे हैं। अंतरराष्ट्रीय योग दिवस के कार्यक्रम से छह दिन पहले आज योग मैराथन का आयोजन किया गया है, जिसमें करीब 20 हजार से भी अधिक युवाओं ने हिस्सा लिया।

Nav Rashtra • 21 Jun • Ministry of Ayush

Do yoga stay healthy...

10 • PG | 83 • Sqcm | 136141 • AVE | 500.5K • Cir | Middle Center

Mumbai

Nav Rashtra • 21 Jun • Ministry of Ayush

Yoga is important for health

8 • PG | 122 • Sqcm | 201303 • AVE | 500.5K • Cir | Middle Right

Mumbai

आरोग्यासाठी योग महत्त्वाचा

प्राचीन शिकवण असलेला योग हा केवळ व्यायाम नसून तो आंतरिक समतोल आणि सजग जीवनाकडे नेणारा मार्ग आहे. आज २१ जून या दिवशी जागतिक पातळीवर योगा दिनाचे महत्त्व पटवून दिले जाते. झी टीव्हीच्या 'जाने अनजाने हम मिले' मध्ये उन्नतीची भूमिका साकारणारी सेहज राजपूत या योगा विषयी सांगते, 'योग हा माझ्या जीवनाचा एक महत्त्वाचा भाग आहे. त्यामुळे मला रोजच्या धावपळीच्या जीवनात केंद्रित राहण्यास मदत करतो. पण यावर्षीची संकल्पना 'एक पृथ्वी, एक आरोग्यासाठी योग' ने मला वैयक्तिक आरोग्याच्या पलीकडे विचार करायला लावले. याने मला आठवण करून दिली की आपल्या आरोग्याशी आपल्या आजूबाजूच्या जगाचे आरोग्य देखील जोडलेले आहे. सध्या मी अनेकदा घराबाहेर योग करते. मग ते आमच्या बागेत असो किंवा टेरेसवर. निसर्गाशी एकरूप होऊन श्वास घेण्याचा अनुभव काही विलक्षण असतो. यामुळे मी माझ्या रोजच्या सवयी अधिक सजगतेने पाहू लागले. प्लास्टिकचा कमी वापर, टिकाऊ कापड वापरणे, स्वच्छ अन्नाची निवड अशा गोष्टी अंगिकारू शकले . योग हा केवळ एक व्यायामप्रकार नसून, ती एक विचारसरणी आहे. एक जीवनशैली आहे. जर आपण प्रत्येक गोष्टी विचारपूर्वक स्वीकारली, तर आपण एक आरोग्यदायी पृथ्वी घडवू शकतो. जिथे आपण मोकळा श्वास घेऊ शकतो.'

Nav Rashtra • 21 Jun • Ministry of Ayush

Let's talk about yoga

6 • PG | 89 • Sqcm | 146711 • AVE | 500.5K • Cir | Middle Center

Mumbai

योगाविषयी बोलू काही

आंतरराष्ट्रीय योग दिनाच्या निमित्ताने अस्मिता देशमुख आणि राजश्री चिटणीस या अभिनेत्रींनी वैयक्तिक योग अनुभव शेअर केला आहे. 'तुझी माझी जमली जोडी' मालिकेतील सई म्हणजे अस्मिता देशमुख आणि 'आदिशक्ती' मालिकेतील शक्ती म्हणजे राजसी या दोघांचा सन मराठीवर दाखवल्या जाणाऱ्या मालिकेत सहभाग आहे.

अस्मिता सांगते, 'इयत्ता तिसरीपासून मी योगा करण्यास सुरुवात केली. कलाकार म्हणून मला याचा खूप फायदा झाला आहे. रोजच्या शूटिंगसाठी भरपूर ऊर्जा लागते आणि योगामुळे ती ऊर्जा टिकून राहते. दिवसभर काम करूनसुद्धा मी थकत नाही. योगामुळे अनेक आजार दूर राहतात, त्यामुळे प्रत्येकाने आपल्या दैनंदिन जीवनात योगाचा समावेश नक्कीच करायला हवा.' राजश्री शुभेच्छा देत सांगते, 'गेल्या काही महिन्यांपासून योगा माझ्या आयुष्याचा अविभाज्य भाग बनला आहे.

दिवसाला १२-१३ तास चालणारं मालिकेचं चित्रीकरण, त्यात स्वतःसाठी वेळ काढणं हे खरंच एक मोठं आव्हान असतं. पण कितीही धावपळ असली, तरी मी दररोज एक तास योगासाठी काढते. योगामुळे केवळ शरीर नाही, तर मनही शांत राहतं. माझ्या त्वचेमध्ये नैसर्गिक उजळपणा आला आहे, पचनक्रिया सुधारली आहे. अभिनेत्री म्हणून माझ्यासाठी मानसिकदृष्ट्या आणि शारीरिकदृष्ट्या तंदुरुस्त राहणं खूप गरजेचं आहे.'

Nav Rashtra • 21 Jun • Ministry of Ayush

Do yoga stay fit

8 • PG | 173 • Sqcm | 166435 • AVE | 860K • Cir | Bottom Left

Pune

Nav Rashtra • 21 Jun • Ministry of Ayush

International yoga day

4 • PG | 874 • Sqcm | 838817 • AVE | 860K • Cir | Top Left

Pune

योगाची जगात जागृती! भारतात काय?

आंतरराष्ट्रीय योगवर्षाची दहा वर्षे पूर्ण झाली. या दहा वर्षात निदान भारतामध्ये योगाचा कसा आणि किती प्रसार झाला की नुसतीच आंतरराष्ट्रीय योगवर्षाची प्रसिद्धी झाली. जगातल्या १८० लोकांनी जरी या योगदिनाला पाठिंबा दिला असला तरी भारतातल्या किमान १८० गावांमध्ये तरी योग पूर्णपणे पोहचला आहे का या ज्या योगाविषयी आपण मोठ्या अभिमानाने सांगत असतो आणि त्याला महर्षी पतंजलींच दिव्य देणगी म्हणून गौरवत असतो. या व्यायाम किंवा आसन पद्धतीचा भारताच्या खेड्यापाड्यापर्यंत अजूनही प्रचार प्रसार होऊ शकलेला नाही. म्हणजे गेल्या दहा वर्षाच्या कालावधीचे सिंहावलोकन करण्याची ही योग्यवेळ आहे. स्वाभाविकपणे या आणि यासारख्या अनेक प्रश्नांचा विचार करताना आंतरराष्ट्रीय योगदिवस हा एक वार्षिक इव्हेंट असल्याचे लक्षात येते. सरकारी पातळीवरून यासाठी कोणतेही ठोस प्रयत्न होताना दिसून येत नाहीत. योगासनं हा केवळ व्यायामप्रकार नसून तो शरीर, मन, बुद्धीसाठी एकाचवेळी उपयुक्त ठरतो. अनेकदृष्टींनी उपयुक्त ठरणारी ही व्यायामपद्धती व्यक्तीला तर सुदृढ ठेवतेच. परंतु त्यातून जागृत होणारा विवेक किंवा सारासार विचार करण्याची बुद्धी अधिक वेगाने विकसित होते. अशा अनेक दृष्टींनी योगाचे महत्व प्राचीन काळापासून सांगितले जाते. जर या योग पद्धतीत इतकं मोठं सार साठलेलं असेल तर भारतात त्याचा घरोघरी प्रचार प्रसार का होऊ शकत नाही. अजूनही अनेक ठिकाणी सुखवस्तू घरांमध्ये किंवा मोठ्या शहरांमध्येच योग हा प्रकार नियमितपणे केला जातो. पाश्चिमात्य देशात योगाकडे व्यायाम पद्धती म्हणूनच पाहिले जाते. परंतु तिथल्या सामाजिक परिस्थितीने विशेषतः पैसा कमावण्याच्या अतिरेकी स्पर्धेतून निर्माण होणारे ताणतणाव अनेक देशांमधल्या लोकांना मानसिक संतुलनासाठी योग आधार वाटत असतो. त्याचा सकारात्मक उपाय करून घेण्याचा उपयोग होतो. मानसिक स्वास्थ्यासाठी योग दिलासा देणारा आहे. असा अनुभव आल्यानेच बऱ्याच देशांमधल्या कॉर्पोरेट जगतामध्ये त्याला महत्व प्राप्त झाले.

योगाचे आध्यात्मिक महत्त्व

परदेशात योगाचे आध्यात्मिक महत्व पटवण्याचे काम स्वामी विवेकानंदांसारख्यांनी केले होते. परंतु त्याचा कृतीशील अनुभव देण्याचा आणि योगाचे पावित्र्य टिकवण्याचा प्रयत्न महेश योगी, अय्यंगार यासारख्यांनी केला. भारतात रामदेव बाबांनी योगाचा ज्या पद्धतीने प्रचार प्रसार केला पण त्यातूनही आता व्यापरच ठळकपणाने समोर येतो आहे. म्हणजेच योगाचे आध्यात्मिक महत्त्व बऱ्याच प्रमाणात दूर्लक्षित झाले. आणि त्याचे तितक्याच वेगाने व्यापारीकरण होते आहे. म्हणूनच आंतरराष्ट्रीय योग दिवस साजरा करताना त्याचे भारतीय संस्कृतीतील आध्यात्मिक महत्व टिकवून ठेवण्याचा प्रयत्न झाला पाहिजे. स्वाभाविकपणे योगासनांचे शरीर, मन, आणि बुद्धीला त्वरित लाभ होतात यात काही शंका नाही. अर्थातच त्याचा सातत्याने ध्यास घेतला तर एकूणच व्यक्तीमत्वामध्ये अमूलाग्र बदल घडून येतो. हा बदल अतिशय लक्षणीय असल्याने भारतातही ज्याला कॉर्पोरेट जग म्हणता येईल किंवा सुखवस्तू घरांमध्ये योगासनांचा नेमाने अवलंब केला जातो. विशेषतः आजच्या या वेगवान आणि स्पर्धात्मक युगामध्ये स्ट्रेस किंवा ताणतणाव प्रचंड आहे. दिवसातल्या चोवीस तासापैकी अक्षरशः चौदा चौदा तास काम करण्याची अनेकांवर वेळ येते. या सर्व मानसिक , शारीरिक आणि बौद्धिक थकव्यापासून काही काळ मुक्तता मिळवण्यासाठी म्हणजेच शरीर, मन, बुद्धीला हलके आणि ताजेतवाने करण्यासाठी योग पद्धती परिणामकारक ठरते. परंतु भारतासारख्या मोठी लोकसंख्या असलेल्या देशात साठ ते सत्तर टक्के लोक खेड्यांमध्ये राहातात. यातल्या पन्नास टक्के लोकांची आर्थिक स्थिती जेमतेम स्वरूपाची असते. दिवसभर काबाडकष्ट करण्यातच त्यांचा वेळ जातो. अशांना योगासारखे प्रकार करण्यासाठी पुरेशी जागाही नसते. वेळही नसतो. आणि तो शिकण्याची व्यवस्थाही उपलब्ध होत नाही. म्हणजे योग करणाऱ्यांमध्ये आर्थिकदृष्ट्या सबल असणाऱ्यांचाच वाटा जास्त आहे. अशा परिस्थितीत सामान्य माणसाला ही योगपद्धती सुलभरीतीने उपलब्ध होईल. ज्यातून त्याचाही जीवनाकडे बघण्याचा दृष्टीकोन विकसित होईल. अशा काही व्यवस्था निर्माण करण्याची आवश्यकता आहे.

युवाशक्तीला उपयुक्त

एकाचवेळी व्यक्तीला आणि समाजालाही सभ्यतेकडे घेऊन जाण्याची ताकद या योगासन कार्यपद्धतीत आहे. इतका मोठा लाभ ज्यातून सहजपणे मिळू शकतो. त्या प्रकाराकडे प्राधान्यक्रमाने केंद्र आणि राज्य सरकारांनी लक्ष देण्याची गरज आहे. दुर्दैवाने आज तसा प्रयत्न होत नाही. भारताच्या लोकसंख्येत युवकांचे प्रमाण सर्वाधिक आहे. आणि आजचा युवक सर्वाधिक तणावग्रस्त आहे. आणि म्हणूनच शिक्षणाचा रेटा सहन करणेही त्याला अशक्य होते. तरूणांमधल्या आत्महत्यांचे प्रमाण लक्षात घेतले तर त्यांच्यातील नैराश्याचे गांभिर्य शेवटपर्यंत लक्षात येईल. ही सगळी युवाशक्ती खऱ्या अर्थाने जपायची असेल किंवा त्याचे राष्ट्रीय महत्व लक्षात घ्यायचे असेल तर युवकांमध्ये योगजागृती घडवून आणली पाहिजे. आजच्या या माहिती तंत्रज्ञान युगात मोबाईल इन्स्टाग्राम , फेसबुकच्या आहारी गेलेला युवक मानसिकदृष्ट्या आणखीनच गुलाम होतो आहे. त्याचे दुष्परिणामही सामाजिक स्तरावर दिसू लागले आहेत. अगदी शालेय स्तरावरसुद्धा मुलांचा सर्वाधिक वेळ हा मोबाईल, लॅपटॉपच्या स्क्रीनवर जातो आणि ज्यातून मेंदूवर पडणारा ताण नैराश्याला आमंत्रण देणारा ठरतो. अशा या तरूण पिढीला योग्य पद्धतीने योगाकडे वळवण्याची आवश्यकता आहे. त्यांच्यातला उत्साह आणि जिद्द वाढीला लावण्याचे काम योगासनातून होऊ शकते. परंतु आजही अगदी आयआयटी आयआयएम , कोटा या शहरात अभ्यासासाठी येणाऱ्या विद्यार्थ्यांना योगासनांची महती सांगितली जात नाही किंवा तशी संधीही दिली जात नाही. योग किती चांगला आहे हे आम्ही जगाला भलेही पटवून सांगितले असेल पण आपल्याच देशातला जवळपास ८० टक्के वर्ग योगासंदर्भात पुरेसा जागरुक नाही ही वस्तुस्थिती आहे.

Nav Rashtra • 20 Jun • Ministry of Ayush

Shankara Eye Hospital organizes yoga workshop

2 • PG | 44 • Sqcm | 71891 • AVE | 500.5K • Cir | Middle Left | Mumbai Plus

Mumbai

शंकरा आय हॉस्पिटल योग कार्यशाळा आयोजन

मुंबई. भारत विकास परिषद पनवेल ही सामाजिक संस्था व आर झुनझुनवाला शंकरा आय हॉस्पिटल यांच्या संयुक्त विद्यमाने २३ जूनपर्यंत एक योग कार्यशाळा शंकरा आय हॉस्पिटल मधे आयोजित करण्यात आली आहे. या कार्यशाळेला विदुला दशपुत्रे व शिरीष गडकरी हे योगशिक्षक लाभलेले आहेत. योगवर्गात योगासने, प्राणायाम, फेसयोग, सूर्यनमस्कार,ओमकारसाधान व काही आजारांसाठी उपयुक्त योगासने यांचा समावेश आहे.अशाप्रकारच्या कार्यशाळेच्या नियोजनामुळे निरामय जिवनशैलीकडे नव्याने पाहण्याचा दृष्टिकोन, हेतू तर साध्य होतो आहे. योग कार्यशाळेचे हे द्वितीय वर्ष असुन ही कार्यशाळा सर्वांना मोफत आहे. २१ जून रोजी आंतरराष्ट्रीय योग दिवसही साजरा केला जाणार आहे. कार्यशाळेला पनवेलकरांकडून उत्तम प्रतिसाद मिळत आहे. दररोज साधारण पन्नास योगकर्मी सध्या योग वर्गाचा लाभ घेत आहेत. अधिक माहितीसाठी भाविप शाखा सचिव पद्मजा कुलकर्णी किंवा योग प्रशिक्षक विदुला दशपुत्रे यांना संपर्क करण्याचे आवाहन आर जे शंकरा आय हॉस्पिटलचे प्रमुख डॉ. राजेश कापसे यांनी केले आहे.

Nav Rashtra • 16 Jun • Ministry of Ayush

Yoga

7 • PG | 157 • Sqcm | 150751 • AVE | 860K • Cir | Bottom Left

Pune

आरोग्य • जगभरात सार्वजनिक आरोग्य धोरणे, कल्याण कार्यक्रम आणि अभ्यासक्रमांमध्ये समाविष्ट

योग आता जागतिक चळवळ, १७० देश सहभागी

दिल्ली, नवराष्ट्र न्यूज नेटवर्क. पंतप्रधान नरेंद्र मोदी यांच्या सततच्या प्रयत्नांमुळे, गेल्या १० वर्षांत योग वैयक्तिक आरोग्य दिनचर्येपासून जागतिक चळवळीत रूपांतरित झाला आहे आणि आता १७० हून अधिक देशांमध्ये उत्साहाने स्वीकारला जात असल्याचे केंद्रीय आयुष मंत्री प्रतापराव जाधव म्हटले आहे.

ते म्हणाले की, जागतिक स्तरावर योगाचा व्यापक स्वीकार करण्याचे श्रेय पंतप्रधान नरेंद्र मोदी यांच्या दूरदर्शी नेतृत्वाला दिले जाऊ शकते, ज्यांनी २०१४ मध्ये संयुक्त राष्ट्रांच्या महासभेत आंतरराष्ट्रीय योग दिनाची कल्पना मांडलीच नाही तर त्याला एकमताने पाठिंबा मिळवण्यासाठी वैयक्तिकरित्या जागतिक नेत्यांशी संपर्क साधला. हा प्रस्ताव १७७ देशांनी सह-प्रायोजित केला होता आणि विक्रमी ७५ दिवसांत तो स्वीकारण्यात आला, ज्यामुळे तो संयुक्त राष्ट्रांच्या इतिहासातील सर्वांत जलद मंजूर झालेल्या ठरावांपैकी एक महत्त्वाचा ठराव बनला.

तेव्हापासून योग विविध खंडातील लोकांना जोडणारा सांस्कृतिक पूल म्हणून उदयास आला आहे आणि 'आंतरराष्ट्रीय योग दिन' हा वार्षिक उत्सव एक जागतिक चळवळ बनला आहे. न्यूयॉर्कमधील टाईम्स स्क्वेअरपासून ते पॅसिफिक महासागरातील दुर्गम बेटांपर्यंत आरोग्य आणि सौहार्दाचा उत्सव म्हणून आता योगा मॅट्सचा वापर केला जात आहे. सार्वजनिक आरोग्य धोरणे, कल्याण कार्यक्रम आणि शालेय अभ्यासक्रमांमध्ये त्याचे एकत्रीकरण जगभरात वाढत आहे. एमडी आणि सर्जनसह आघाडीचे वैद्यकीय व्यावसायिक आता जीवनशैलीतील आजारांचे व्यवस्थापन, मानसिक आरोग्य सुधारणे आणि प्रतिबंधात्मक आणि उपचारानंतरच्या परिस्थिती सुधारण्यासाठी योगाची शिफारस करतात. पंतप्रधान नरेंद्र मोदी कॉमन योगा प्रोटोकॉलचे (सीवायपी) नेतृत्व करतील. यासोबतच, संपूर्ण भारतात एक लाखाहून अधिक ठिकाणी योग संगम कार्यक्रम आयोजित केले जातील.

२०२५ आंतरराष्ट्रीय योग दिनाची वैशिष्ट्ये

- २१ जून रोजी साजरा केला जाईल ११वा आंतरराष्ट्रीय योग दिन

१०० दिवसांचा काउंटडाउन कार्यक्रम समाविष्ट आहे ज्या अंतर्गत दिल्ली, भुवनेश्वर, नाशिक आणि पुडुचेरी येथे दर २५ दिवसांनी कार्यक्रम आयोजित केले जातील

१० हस्ताक्षर कार्यक्रमांची योजना बनविली आहे ज्यात योग संगम, योग बंधन, योग पार्क, योग समावेश, योग प्रभाव, योग कनेक्ट, हरित योग, योग अनप्लग्ड, योग महाकुंभ आणि योग संयोग अशी नावे आहेत

१० लाखांहून अधिक सहभागी अपेक्षित आहेत केवळ दिल्ली-एनसीआरमध्ये

१११ ठिकाणी कार्यक्रमांचे नियोजन फक्त दिल्ली-एनसीआरमध्ये

१३० हून अधिक आंतरराष्ट्रीय कार्यक्रमांचे नियोजन केले आहे या वर्षी ६० हून अधिक देशांमध्ये

४० हून अधिक देशांचे प्रतिनिधी २१ जून रोजी विशाखापट्टणम येथे सहभागी होण्याची अपेक्षा आहे.

Nav Rashtra • 16 Jun • Ministry of Ayush

Yoga session

10 • PG	93 • Sqcm	153317 • AVE	500.5K • Cir	Middle Left

Mumbai

दिल्ली. आंतरराष्ट्रीय योग दिनापूर्वी भारतीय नौदलातील जवान योग सत्रात सहभागी झाले. २१ जून हा आंतरराष्ट्रीय योग दिन म्हणून घोषित करण्यात आले आहे.

Punyanagari • 21 Jun • Ministry of Ayush

Yoga Day on behalf of railways

4 • PG	27 • Sqcm	14989 • AVE	72.24K • Cir	Top Right

Mumbai

रेल्वेच्या वतीने योग दिन

मुंबई : शनिवार, २१ जून रोजी मध्य, पश्चिम रेल्वेवर आंतरराष्ट्रीय योग दिनानिमित्त पहाटे ६.३० वाजता योग सत्राचे आयोजन करण्यात आले आहे. योगामुळे होणारे शारीरिक, मानसिक फायदे यांना प्रोत्साहन देण्यासाठी या दिनी सर्वांनी एकत्रितपणे योग सत्रात सहभागी होण्याचे आवाहन रेल्वे प्रशासनाकडून करण्यात आले आहे.

Punyanagari • 21 Jun • Ministry of Ayush

Yoga practice for heart disease, diabetes

4 • PG | 24 • Sqcm | 13302 • AVE | 72.24K • Cir | Top Left

Mumbai

हृदयरोग, मधुमेहासाठी योगाभ्यास

मुंबई : आज शनिवारी असलेल्या आंतरराष्ट्रीय योग दिनानिमित्त, डॉ. संदीप भेंडवाडेकर यांनी अनुभवी योग प्रशिक्षकांसोबत मिळून एक विशेष व्हिडीओ कॅम्पेन सुरू केली आहे. या व्हिडीओत जीवनशैलीशी संबंधित हृदयरोग, मधुमेह असा आजारांसाठी योग्य योगासने थेट प्रात्यक्षिकाद्वारे दाखवली जातात.

Punyanagari • 21 Jun • Ministry of Ayush

Yoga sessions across Mumbai on International Yoga Day

1 • PG | 102 • Sqcm | 56364 • AVE | 72.24K • Cir | Middle Right

Mumbai

आंतरराष्ट्रीय योग दिनी मुंबईभर योगसत्र

आतापर्यंत ४१ हजार ७५० नागरिकांनी घेतला लाभ

मुंबई : महानगरपालिकेच्या सार्वजनिक आरोग्य खात्याच्या वतीने २१ जून रोजी आंतरराष्ट्रीय योग दिन सर्वत्र साजरा करण्यात येणार आहे. त्यानिमित्ताने ठिकठिकाणी योगसत्रांचे आयोजन करण्यात आले आहे.

यावर्षी योग दिनाची संकल्पना 'एक पृथ्वी, एक आरोग्य, आरोग्यासाठी योग' ही आहे. पालिकेच्या वतीने १०६ शिव योग केंद्रांमार्फत योग सेवा प्रदान केली जाते. आतापर्यंत ४१,७५० नागरिकांनी या केंद्रांतून

योग सेवांचा लाभ घेतला आहे. आंतरराष्ट्रीय योग दिनाच्या निमित्ताने मुख्य योग सत्रासाठी 'डी' विभागमार्फत ऑगस्ट क्रांती मैदानाजवळ गोकुलदास तेजपाल सभागृह येथे योग सत्र आयोजित करण्यात आले आहे. हे सत्र सकाळी ६.३० ते ७.३० या वेळेत होईल. मुंबईतील प्रत्येक प्रशासकीय विभागात (वॉर्ड) विभागीय वैद्यकीय आरोग्य अधिकारी यांच्या समन्वयाने महानगरपालिका कर्मचाऱ्यांसाठी तसेच स्थानिक नागरिकांसाठी योग सत्रांचे आयोजन करण्यात आले आहे.

चॅटबॉटवर मिळणार माहिती

पालिकेच्या व्हॉट्सॲप चॅटबॉटवर (८९९९२२८९९९) शिव योग केंद्राची माहिती समाविष्ट करण्यात आली आहे. यामध्ये योग सत्रांची वेळ, स्थळ आदी माहिती उपलब्ध होणार आहे.

Punyanagari • 21 Jun • Ministry of Ayush

Yoga Day is celebrated in the country and abroad today

1,9 • PG | 104 • Sqcm | 56965 • AVE | 72.24K • Cir | Bottom Left,Middle Left

Mumbai

देश-विदेशात आज योग दिन

नवी दिल्ली : भारतासह जगभरात शनिवारी ११ वा आंतरराष्ट्रीय योग दिन साजरा केला जाणार आहे. आंध्र प्रदेशातील विशाखापट्टणमच्या आर. के. किनारपट्टीवर पंतप्रधान नरेंद्र मोदी यांच्या उपस्थितीत योग दिनाचा मुख्य सोहळा पार पडणार आहे. या कार्यक्रमात आंध्रचे मुख्यमंत्री एन. चंद्राबाबू नायडू यांच्यासोबत ▸▸ पान ९ वर...

देश-विदेशात आज योग दिन

(पान १ वरून) ३ लाखांहून अधिक लोक सहभागी होण्याची शक्यता आहे. योग दिनासाठी मोदी शुक्रवारीच आंध्र प्रदेशात दाखल झाले आहेत. देशात १०० पर्यटन आणि ५० सांस्कृतिक ठिकाणांवर, तर जगभरातील १९१ देशांमधील १३०० शहरांमध्ये योग दिनाचा कार्यक्रम आयोजित करण्यात आला आहे. केंद्रीय संरक्षणमंत्री राजनाथ सिंह जम्मू-काश्मीरच्या उधमपूर छावणीमध्ये जवानांसोबत योग अभ्यास करतील. तर केंद्रीय गृहमंत्री अमित शाह अहमदाबादजवळील ऐतिहासिक अदालज विहिरीजवळील कार्यक्रमात सहभागी होतील. त्याचबरोबर विविध केंद्रीय मंत्री व भाजप नेते वेगवेगळ्या ठिकाणी आयोजित कार्यक्रमांमध्ये सहभागी होणार आहेत. आंतरराष्ट्रीय योग दिन २०२५ साठी 'एक पृथ्वी, एक आरोग्यासाठी योग' अशी संकल्पना ठेवण्यात आली आहे. योग दिनाच्या पूर्वसंध्येला गुजरातच्या अहमदाबादमध्ये एनसीसीच्या जवळपास १ हजार कॅडेट्सनी योग अभ्यास केला.

Punyanagari • 17 Jun • Ministry of Ayush

Not a coincidence, just yoga!

6 • PG | 342 • Sqcm | 187957 • AVE | 72.24K • Cir | Top Left

Mumbai

योगायोग नव्हे, केवळ योग!

एका बाजूला अनिश्चितता वाढते आहे, अनपेक्षितपणे कोठूनही येऊन कोसळणाऱ्या संकटांमुळे असुरक्षिततेची भावना वाढीस लागते आहे, जीवनशैलीचे रहाटगाडगे सुरळीतपणे सुरू असताना अचानक आदळणाऱ्या एखाद्या आजारामुळे किंवा जीवघेण्या साथीच्या जागतिक फैलावामुळे जगण्याची अशाश्वताही वाढीस लागलेली आहे आणि अशा परिस्थितीत सुरक्षित जगण्याची हमी हवी याकरिता आर्थिक स्थैर्य प्राप्त करण्याच्या संघर्षात मानसिक तणाव, चिंता आदी विकारांचे प्रमाणही वाढीस लागल्याने आरोग्याच्या समस्याही वाढत आहेत. अशा प्रकारे सर्वच बाजूंनी काहीसे बेभरवशी वातावरण पसरलेले असताना केवळ शारीरिकच नाही, तर मानसिक आरोग्याची तंदुरुस्ती राखण्याची गरजही वाढीला लागली असून रुळावरून घसरत चाललेल्या जीवनशैलीचा गाडा पुन्हा एकदा सुरळीत मार्गावर आणण्याच्या उपायांचा शोधही सुरू झाला ही एक समाधानाची बाब ठरली आहे. शारीरिक आरोग्याच्या समस्या गेल्या काही दशकांपासून वाढीस लागल्या आहेत. नवनवे आजार दबा धरून बसले असून प्रतिकारशक्ती क्षीण झाल्याचे लक्षात येताच ते कोणावरही आक्रमण करू लागल्याने, आरोग्य राखण्याच्या संघर्षात आर्थिक डोलारेही अनेकदा कोसळू लागल्याने मानसिक स्वास्थ्य बिघडून चिंताग्रस्तता, तणावासारखे नवेच आजार आता समाजात मोठ्या प्रमाणावर दिसू लागले आहेत. ही कोणा एका समाजवर्गाची, देशाची समस्या नसून, सामाजिक आरोग्याचे रक्षण हे एक जागतिक आव्हान ठरू पाहात आहे. सहाजिकच अशा आव्हानांची संकटे जेव्हा उग्र होतात, तेव्हा व्यापारविश्वाची पर्वणीही सुरू होत असते. आरोग्याच्या क्षेत्रात अलीकडे तसे काहीसे होऊ लागले असून औषधनिर्मिती उद्योगातील तीव्र स्पर्धेतून त्याचे जागतिक दर्शन होऊ लागले आहे. कोविड महामारीच्या काळात या स्पर्धेचे हिडीस रूप जगाने पाहिले आहे आणि औषधांच्या या स्पर्धेत रुग्णाची अवस्था किती केविलवाणी होते, याचे दाखलेही अनेकांनी अनुभवले आहेत. कदाचित यामुळेच, आता 'आपले आरोग्य वैद्यकक्षेत्राच्या हातात' ही समजूत काळासोबत कमी होत असून आरोग्यरक्षणाचे भान आणि जाणिवा जिवंत होत आहेत. त्यामुळेच 'आपले आरोग्य आपल्या हातात' ही भावना वाढीस लागली असून, शारीरिक व मानसिक आरोग्य जपण्याच्या उपायांचा अंमल वाढत आहे. तरीही अजूनही मानसिक आरोग्याच्या समस्या पूर्णपणे संपलेल्या नाहीत. अनेकदा मानसिक आरोग्याचे संतुलन बिघडले की मनस्थिती ताळ्यावर राखण्याचे उपाय करण्याऐवजी व्यसनांच्या विळख्यात स्वतःस गुरफटवून घेणाऱ्या तरुणाईने भविष्याच्या चिंतादेखील वाढविल्या आहेत, म्हणूनच शारीरिक व मानसिक आरोग्यावरचा एकमात्र उपाय म्हणून योगसाधनेचा वाढता प्रसार ही एक दिलाशाची बाजू म्हणता येईल.

भारत ही योगसाधनेची जननी आहे असे म्हटले जाते. देशात सत्तांतर होऊन नरेंद्र मोदी यांच्या नेतृत्वाखालील सरकार सत्तेवर आल्यानंतर योगसाधनेस सरकारी स्तरावर मान्यता मिळाली आणि योगप्रसाराच्या मोहिमेने वेगही घेतला. खुद्द पंतप्रधानांनीच योगप्रसाराच्या कार्यात उडी घेतल्याने भारतात तर योगसाधनेला चालना मिळालीच, पण संयुक्त राष्ट्रांनीही योगविद्येच्या जागतिक प्रसाराच्या कामात सहभागी होऊन आंतरराष्ट्रीय योगदिनाच्या निमित्ताने योगविद्येवर जागतिक मान्यतेची मोहोर उमटविली. भारताच्या दृष्टीने ही एक सांस्कृतिक क्रांती म्हणावी लागेल. आणखी पाच दिवसांनी, २१ जून रोजी जागतिक योग दिनाच्या निमित्ताने जगातील अनेक राष्ट्रांमध्ये भारतीय परंपरेचा वारसा असलेल्या योगसाधनेस जीवनशैलीमध्ये हमखास स्थान दिले जाईल. संयुक्त राष्ट्रांनी २१ जून हा 'आंतरराष्ट्रीय योग दिवस' म्हणून जाहीर केल्यानंतर जगभरातील अनेक देशांत योगाचरणामुळे समाजाच्या जीवनशैलीत मोठे बदल दिसून येऊ लागले असून शारीरिक व मानसिक तंदुरुस्तीस अनुकूल बदल घडल्यामुळे आर्थिक, मानसिक तणावमुक्तीचा अनोखा अनुभवही अनेकांस येऊ लागल्याचे समाधानकारक निष्कर्ष केंद्र सरकारच्या आयुष मंत्रालयाच्या ताज्या पाहणीतून समोर आले आहेत. योगसाधनेच्या सवयीमुळे भारतीयांच्या जीवनशैलीवरही सकारात्मक परिणाम घडत असून, आज देशातील ४१ टक्के लोकसंख्येच्या जीवनशैलीत योगाचरण हा अविभाज्य भाग बनल्याचे या पाहणीनंतर स्पष्ट झाले आहे. सुमारे २५ टक्के लोकांना योगसाधनेमुळे आरोग्य सुधारल्याचा अनुभव आला असून सुमारे १७ टक्के लोकांनी योगसाधनेतून तणावमुक्तीचा अनुभव घेतल्याचेही स्पष्ट झाले आहे. देशातील ३४ राज्ये आणि केंद्रशासित प्रदेशांतील तीस हजारांहून अधिक कुटुंबांमध्ये करण्यात आलेल्या प्रातिनिधिक सर्वेक्षणानंतर आयुष मंत्रालयाने हा तपशील जाहीर केला आहे. सुमारे ११ टक्के लोक नियमित योगसाधना करतात, तर १४ टक्के लोक अधूनमधून योगसाधना करतात. ज्या ४१ टक्के लोकांना जीवनशैलीतील बदल अनुभवास येत आहे, त्यापैकी बहुतांश लोक 'भक्तियोगा'चे आचरण करतात असेही या पाहणीत आढळून आल्याने, बदलत्या जीवनशैलीतही परंपरा आणि संस्कृतीचे अविभाज्य अंग असलेल्या भाविकतेचे स्थान टिकून राहिल्याचेही स्पष्ट होत आहे. नव्या योगसाधनेतील 'हरित योग' नावाच्या अनोख्या योगाचरणातून पर्यावरणविषयक जाणिवा जिवंत आणि जागृत होत असल्याचे दिसू लागले आहे.

कोणत्याही कारणाने समाजात आणि जीवनशैलीत होणाऱ्या सकारात्मक बदलांमुळे समाजजीवन समृद्ध होत असते. समस्यांच्या विळख्यात सापडून सतत असुरक्षितता, अशाश्वतता आणि अनिश्चिततेच्या चिंतने ग्रासलेल्या समाजजीवनात होणारा हा बदल म्हणजे केवळ योगायोग नव्हे, तर सुरक्षित भविष्याची दिशा दाखविणारी सुचिन्हे म्हणावी लागतील. कारण जागतिकीकरणाच्या आक्रमणात सापडून जीवनशैलीची दिशा बदलण्याची भीती देशात व्यक्त होत असताना जीवनाला सकारात्मक दिशा देण्याची मानसिकता बळावत आहे आणि योगसाधनेची वाढती लोकप्रियता हे त्याचेच उदाहरण आहे. अनेकदा समाज कोठे चालला आहे, या नकारात्मक चिंतेचे सूर आसपास उमटत असताना, समोर येणारी ही बाजू नक्कीच दिलासादायक आहे.

Punyanagari • 16 Jun • Ministry of Ayush

Preparations in full swing for Yoga Day across the country

10 • PG | 91 • Sqcm | 49835 • AVE | 72.24K • Cir | Top Right

Mumbai

देशभरात योग दिनासाठी जय्यत तयारी

विशाखापट्टणम : जसजशी आंतरराष्ट्रीय योग दिनाची दशकपूर्ती जवळ येत आहे, तसतसा संपूर्ण भारतात तयारीला वेग आला आहे. यंदाच्या ११व्या आवृत्तीचे राष्ट्रीय यजमानपद लाभलेल्या विशाखापट्टणम शहरामध्ये आयुष मंत्रालय आणि आंध्र प्रदेश सरकारच्या वरिष्ठ अधिकाऱ्यांनी कार्यक्रमस्थळाला भेट देऊन एक उच्चस्तरीय आढावा बैठक घेतली. पंतप्रधानांच्या शेवटच्या गावातील व्यक्तीपर्यंत योगाचा प्रसार करण्याबाबत पंतप्रधान नरेंद्र मोदी यांनी केलेल्या आवाहनामुळे देशभरात या आयोजनाच्या तयारीला वेग आला असून, या पार्श्वभूमीवर हा आढावा घेण्यात आला.

या आढावा बैठकीत, आंतरविभागीय समन्वय, जमवाजमव घोरणे, सुरक्षा शिष्टाचार आणि सांस्कृतिक एकात्मता यावर सविस्तर चर्चा झाली. पायाभूत सुविधांची तयारी आणि जनसामान्यांचा सहभाग यावर विशेष भर देण्यात आला, जेणेकरून योगाला जनचळवळ बनवण्याचे राष्ट्रीय महत्त्वाकांक्षी आयोजन सर्व अंगांनी सुसंगत आणि प्रभावी राहील. आंध्र प्रदेशच्या प्रयत्नांच्या केंद्रस्थानी असलेला 'योगांध्र' उपक्रम हा अग्रगण्य उपक्रम आहे. या उपक्रमाचा उद्देश राज्यातील दोन कोटींहून अधिक नागरिकांना दररोज योगाभ्यासाची सवय लावणे हा आहे. यात जनजागृती मोहीम, शाळा आणि विद्यापीठांमध्ये योग शिबिरे आणि २० लाख प्रमाणित योगसाधक घडवण्याची योजना समाविष्ट आहे.

Punyanagari • 15 Jun • Ministry of Ayush

Patanjali's public relations campaign gains momentum on International Yoga Day

10 • PG | 112 • Sqcm | 61480 • AVE | 72.24K • Cir | Middle Left

Mumbai

आंतरराष्ट्रीय योग दिनानिमित्त पतंजलीच्या जनसंपर्क अभियानाला गती

कुरुक्षेत्र : स्वामी रामदेव महाराज यांचे दिशादर्शन तसेच हरियाणा योग आयोग, आयुष विभाग, हरियाणा, आयोजित ११ व्या आंतरराष्ट्रीय योग दिनानिमित्त पतंजलीच्या जनसंपर्क कार्याला गती मिळाली आहे.

स्वतः योगऋषी स्वामी रामदेव आणि राज्याचे प्रमुख नायबसिंग सैनी योग आणि प्राणायाम शिकवण्यासाठी येत असल्याने कुरुक्षेत्रातील लोकांमध्ये उत्साह आहे, असे पतंजली योग समितीच्या मुख्य केंद्रीय प्रभारी भाई राकेश कुमार 'भारत' यांनी सांगितले. या वेळी आंतरराष्ट्रीय योग दिन खूप भव्य आणि ऐतिहासिक असेल आणि यामध्ये देशातल्या सर्व राज्यांतील सर्व साधक योगाचा अभ्यास करून आरोग्य फायदे घेतील, असे ते म्हणाले.

कार्यकर्ते २१ जून रोजी ब्रह्मासरोवर येथे आयोजित आंतरराष्ट्रीय योग दिनासाठी लोकांना आमंत्रित करत आहेत. यासंदर्भात, भाई राकेश 'भारत' यांनी इस्माईलबादमधील अग्रवाल धर्मशाला आणि इस्माईलबादमधील खेडी शहीद येथे सकाळचा योग वर्गही संचालित केला.

पुढील दोन दिवसांत आम्हाला तहसील पिहोवाच्या ४० मुद्द्यांवर प्रसिद्धीचे काम पूर्ण करावे लागेल. हे लक्षात घेऊन स्वामी कौशल देव, पतंजली युवा भारत पंजाबचे राज्य प्रभारी सतगुरुजी, सुभाष सारसा यांनी यांच्या पिहोवा गावात योग सादर केले. यासह, कार्यकर्त्यांनी पिहोवा, गुरुनानक कॉलनी, गीता मॉडेल स्कूल इत्यादी ठिकाणी योग सादर केला आणि या ऐतिहासिक घटनेचे भागीदार होण्यासाठी प्रेरित केले, जेणेकरून ते औषधमुक्त, तणावमुक्त आणि निरोगी जीवनाकडे जाऊ शकतील.

Punyanagari • 13 Jun • Ministry of Ayush

Free yoga camp at Versova Beach

3 • PG | 73 • Sqcm | 40330 • AVE | 72.24K • Cir | Top Left

Mumbai

वर्सोवा बीचवर मोफत योग शिबीर

अंधेरी : आंतरराष्ट्रीय योगदिनाच्या निमित्ताने २१ जून रोजी वर्सोवा बीचवर मोफत योग शिबीर आयोजित करण्यात आले आहे. सकाळी ७ वाजता सेव्हन बंगलोजवळील डब्लूटीएफ हॉटेलजवळ हे शिबीर होणार असून, निसर्गाच्या सान्निध्यात आरोग्यसंपन्न सुरुवात करण्याची ही एक अनोखी संधी आहे. तरुण वर्गासाठी हे शिबीर तणावमुक्त आयुष्याची दिशा दाखवणारे ठरेल. या उपक्रमामागचा उद्देश म्हणजे सामान्य नागरिकांमध्ये योगाची जाणीव वाढवणे व आरोग्यविषयी सकारात्मक विचार निर्माण करणे. नोंदणीपूर्वक सहभाग आवश्यक आहे, त्यामुळे इच्छुकांनी लवकरात लवकर सहभाग नोंदवावा, असे आवाहन करण्यात आले आहे.

Bhaanga Bhuin • 21 Jun • Ministry of Ayush

Do yoga regularly

6 • PG | 401 • Sqcm | 0 • AVE | N/A • Cir | Middle Left

Goa

नेमान योग करचो

योग कसो करचो, खंयच्या योगासनाक लागून मन आनी कूड घटमूट दवरूं येता हाचेर अभ्यासकांनी मतां मांडल्यांत. ते तरेन दर दिसा योग करप गरजेचें आसता.

■ श्याम ठाणेदार
9922546295

आयज 21 जून हो दीस संवसारभर आंतरराष्ट्रीय योग दीस म्हणून मनयतात. सप्टेंबर 2014 वर्सा जाल्ले संयुक्त राष्ट्रांच्या सार्वत्रिक सभेंत 21 जून हो आंतरराष्ट्रीय योग दीस म्हणून मनोवपाचो प्रस्ताव भारतीय प्रधानमंत्री नरेंद्र मोदी हांणी मांडलो. संवसारांतल्या जायत्या देशांनी हो सगळ्यांत व्हड दीस.

21 जून दिसा उत्तरायण सोंपता आनी दक्षिणायन सुरू जाता. ह्या दिसा दीस लांब आनी रात ल्हान आसता. 21 जून दिसा सुर्योदय बेगीन आनी सांजवेळार चड वेळ मेरेन उजवाड आसता. देखून ह्या दिसाक खाशेलें म्हत्व. म्हणून होच दीस आंतरराष्ट्रीय योग दीस म्हणून मनोवपाचो प्रस्ताव प्रधानमंत्री नरेंद्र मोदी हांणी मांडलो. तांच्या ह्या प्रस्तावाक संयुक्त राश्ट्रांच्या 193 देशांतल्या 175 देशांच्या प्रतिनिधींनी तेंको दिलो. सुरक्षा आयोगाचे कायमचे वांगडी आशिल्ले अमेरिकेंत, इंग्लंड, फ्रांस, चीन, रशिया सारकिल्ले देशूय ह्या प्रस्तावाचे सहप्रतिनिधी आसात. पयलो आंतरराष्ट्रीय योग दीस 21 जून 2015 दिसा संवसारभर मनयलो.

योग म्हळ्यार कूड आनी मन एकठांय करुन केल्लो व्यायाम. आयच्या व्यस्त जिवितांत आमी योगा वरवीं आमची कूड ठणठणीत दवरूंक शकतात, ते भायर मनाचेर बरें संस्कार करुंक शकता. भारतांतली योग संस्कृताय संवसारीक पांवड्यार मान्य जाल्या. संवसारभरांतल्या देशांनी फकत योग आपणायला अशें न्हय, तर ताचो प्रचार आनी प्रसारय केला. कोरोना महामारीच्या काळांत योग दिसाक खाशेलें म्हत्व मेळ्ळें. कोरोना सारकिल्ल्या महामारी आड झुजपाक जाय जाल्यार आमच्या कुडीची रोगप्रतिकार शक्त वाडोवपाचेर लक्ष केंद्रीत करपाक जाय.

योग कसो करचो, खंयच्या योगासनाक लागून मन आनी कूड घटमूट दवरूं येता हाचेर अभ्यासकांनी मतां मांडल्यांत. ते तरेन दर दिसा योग करप गरजेचें आसता. आयज योग दिसा निमतान एक दीस योग करून सोशल मिडियाचेर आपले फोटो घालून ती एक कार्यावळ करीनासतना नेमान योग करचो. आमी नेमान योग केल्यारच आयचो योग दीस फायद्याचो थारतलो, अशें म्हणू येता.

Bhaanga Bhuin • 21 Jun • Ministry of Ayush

International 'Yoga Disa Vishi'...

6 • PG | 435 • Sqcm | 0 • AVE | N/A • Cir | Middle Right

Goa

आंतरराष्ट्रीय 'योग दिसा' विशीं.....

योगाचो दिसपट्ट्या जिणेंत आसपाव केल्यार जायत्या दुयेंसां पसून

पयस दवरपाक फायदेशीर आसता आनी ताण उणो करपा सावन रगताची येरादारी सुदारपा मेरेन जायत्या गजालीं खातीर योग फायदेशीर आसता. दर वर्सा 21 जून हो दीस 'आंतरराष्ट्रीय योग दीस' म्हूण मनयतात. योग ही एक पुर्विल्ली पद्दत जी भारतांत 5000 वर्सां पयलीं सुरू जाल्ली. कूड, मन आनी आत्म्याच्या बऱ्यापणा खातीर ताची उदरगत जाल्ली. योग आसन, प्राणायम आनी ध्यान हाचे संयोजना वरवीं शारिरीक बळगें, मानसीक स्पश्टताय आनी भावनिक समतोल वाडोवपाक मजत करता.

योग दिसाचो इतिहास

योगाचो आदर करुन ताचो फायदो संवसारभर पातळावपा खातीर प्रधानमंत्री नरेंद्र मोदी हांच्या प्रस्तावावेल्यान संयुक्त राष्ट्रांनी 2014 वर्सा 21 जून हो आंतरराष्ट्रीय योग दीस म्हूण जाहीर केलो. तेन्ना सावन हो दीस संवसारभर मनयतात. हे खातीर लाखांनी लोक एकठांय येवन योग करतात आनी भलायकेन भरिल्ली, चड जागृत जिवीत पद्दत आपणायतात.

योग दिसाची थीम

आयुश मंत्रालयान आंतरराष्ट्रीय योग दीस 2025 ची थीम जाहीर केला. 21 जून हो दीस "एक पृथ्वी, एक भलायकी" ह्या थीमी वांगडा मनयतले. लोकांक योगा वरवीं चड जाणीवपूर्वक जगपाक, हानी टाळपाक, तांच्या निवडीची जाणविकाय करपाक आनी सैमाचो आदर करपाक प्रोत्साहन दिवप हे ह्या थीमीचे म्हत्व आसा. आमी स्वास घेतात ती हवा, आमी खातात तें जेवण आनी आमी पितात तें उदक हीं सगळीं एकामेकांक जोडिल्लीं आसात. देखून योग आमकां जागृत जावपाक, जापसालदारकी घेवपाक आनी आमच्या जिवितांत आनी आमच्या भोंवतणच्या संवसारांत समतोल मेळोवपाक आदार करता.

असो मनयात आंतरराष्ट्रीय योग दीस

- **थळाव्या गटाचो भाग जावन वा घरांतल्यान ऑनलायन वर्गांत वांटो घेवन तुमी 21 जून दिसा आंतरराष्ट्रीय योग दीस मनोवंक शकतात.**
- **तुमच्या ऑफिसांत, शाळेंत वा तुमच्या शेजारांतल्या पार्कांत लेगीत योग सत्र आयोजीत करूं येता.**
- **अंदूंची थीम पर्यावरण-अनुकूल सवयींक प्रोत्साहन दिता, देखून परत वापरपाक येवपी उदकाची बाटली हाडची, प्लास्टीक टाळचें आनी तुमच्या योग सत्रांत चलत वा सायकलीन वचात.**

Bhaanga Bhuin • 21 Jun • Ministry of Ayush

Yoga keeps the mind happy

6 • PG | 475 • Sqcm | 0 • AVE | N/A • Cir | Bottom Center

Goa

योगान मन प्रसन्न उरता

कोणाचें ऑपरेशन वा कसलोय मार, भलायकीची कागाळ आशिल्यान योग करुंक जायना, अशें जाणकार लोकांचें मत जावन आसा.

आयज काल व्यायाम करप हो जणएकल्याचो जिणेचो वेगळांव नज असो घटक जाला. ल्हान - व्हड सगल्यांक व्यायामाचें व्यसन लागलां. जो तो रस्त्यार, मैदानाचेर धांवतना दिसता.

आमच्या भारत देशान वर्साचे 365 दीस कसल्या ना कसल्या गजाली खातीर उमेदीन मनयतात. दरेका दिसाची वेगवेगळी खासीयत जावन आसा. आयज 21 जूनाक आंतरराष्ट्रीय योग दीस म्हूण संबंद भारतांत मनयतात. ह्या दिसा करोडांनी नागरीक योग करतात. योग एकच दीस न्हय तर सदाच नित्य नेमान करप चड गरजेचें. योग अमुकुच म्हणजे मठ, आश्रम, महाविद्यालय अशा जाग्यारुच करपाक वचुंक जाय अशें ना. आपणाक सोंपें दिसता त्या जाग्यार बसून योग करप चड गरजेचे. आपल्या घरातल्या एक मोठ्या हॉलान नाजाल्यार बल्कावांत पसून योगा करप खरेंच बरें.

आतां योग करतना थोडे नेम, अटी पाळप चड गरजेचें. योगासन म्हणटा तें उपाशी पोटार करप. कोणाकूय दुबळेंपण आसा जाल्यार तांणी हुनहुनीत उदकांत म्होंवाचे दोन थेबे घालून पियोवचें.

जेन्ना योग करुंक मनीस बसता तेन्ना जमखणाचेर बसप बरें. जाय तशे हात पाय सोडूक मेळटात आनी योग बरो जाता. सगळ्यांत पयलीं योगासन करपाक खोशेचें वातावरण आनी जण एकल्याचें मन शांत आसप चड गरजेचें. आपली कूड आनी स्वास बाळगून ल्हवू ल्हवू योग सुरु करप. घरांतले चड काम, ताणतणाव जावं कसलेंय दुर्येस आसा तांणी योग करुंक जायना. चलयांनी मासीक पाळये वेळार थोडीं आसनां करुंक जायनात. जेवले उपरांत रोखडोच योग करुंक जायना. तशेंच तो करून रोखडेंच न्हांवक वचूंक जायना. जेवण वा उदक पिवपाक जायना.

कोणाचें ऑपरेशन वा कसलोय मार, भलायकीची कागाळ आशिल्यान योग करुंक जायना, अशें जाणकार लोकांचें मत जावन आसा. आतां योग केल्ल्यान खरेंच जण एकल्याक खूब फायदे जातात, हें तितलेंच खरें. मन शांत रावता, कुडीची सर्वांगी उदरगत जाता, भलायकी बरी उरता, जेवणुय बरें वता, कुडीची वाड जाता, रक्ताभिसरण जाता. दिसान दीस प्रकृती ठणठणीत उरता, योग करतकच हलको फुलको आहार खावपाक जाय. शीत, दाळ, टॉमेटो, सफरचंद, बीट, गाजर सुप दिसाक दोन फावटी पिवप. धंय, ताक जेवले उपरांत पिवप.

■ सिध्दी तिळवे
7972535321

Bhaanga Bhuin • 21 Jun • Ministry of Ayush

Yoga Festival today on the occasion of Yoga Day

8 • PG | 189 • Sqcm | 0 • AVE | N/A • Cir | Middle Center

Goa

योग दिसा निमतान आयज योग महोत्सव

भांगरभूंय । प्रतिनिधी

माशेल : पतंजली योग समिती, भारत स्वाभिमान न्यास, महिला पतंजली योग समिती, युवा भारत पतंजली, किसान सेवा समिती, पतंजली सोशल मिडिया गोंय हांच्या जोड पालवान 21 जून ह्या दिसा फांतोडेर 5 ते सकाळीं 7.30 वरां मेरेन नोनु व्हिलेज, संगीता सभाघर हांगा 11 व्या आंतरराष्ट्रीय योग दिसा निमतान योग महोत्सवाचें आयोजन केलां.

ह्या योग महोत्सवाचे प्रायोजक भारतीय जनता पार्टी उत्तर गोंय, बेतकी - खांडोळें पंचायत, सम्राट क्लब खांडोळें, मायबोली कला क्रीडा समाजीक आनी सांस्कृतीक संस्था खांडोळें, बेतकी - खांडोळें स्पोर्टस् ॲण्ड कल्चरल क्लब आसात. ह्या योग महोत्सवांत व्हडा संख्येन हाजीर रावन हो महोत्सव येसस्वी करपांत योगदान दिवचें अशें आवाहन आयोजकांनी केलां.

Bhaanga Bhuin • 21 Jun • Ministry of Ayush

Embrace yoga for a healthy Goa

8 • PG | 777 • Sqcm | 0 • AVE | N/A • Cir | Middle Right

Goa

निरोगी गोंया खातीर योगाक वेंगायात

योग दिसा निमतान विशेश....

"योग म्हणल्यार आत्म्याचो, आत्म्या वरवीं, आत्म्या कडेन वचपाचो प्रवास." - भगवद् गीता

ह्या आंतरराष्ट्रीय योग दिसा (21 जून) गोंयच्या माडांच्या चुडटांल्यान फांतोडेर किरणां भितर सरतना राज्य फकत आध्यात्मिक दायजाक आकार दिवपी एक पद्दत मनयतनाच, योगा वरवीं बुद्दी कडेन परतून जोडटा. तेंय बी योग करप्याच पिरायेची पर्वा करिनासतना. फाटलीं 25 वर्सां गोंयभर योग शिकयल्यान, पणजी शाळां पासून ते दर्या वेळां वयल्या रिट्रीटा मेरेन, कंपनी ते गांवच्या पंचायतींच्या उक्त्या मैदानां मेरेन, योग कसो आसा तें हांवें स्वता पळयलां.

ताण आशिल्लो थंय शांतीकाय, गोंदळ आशिल्लो थंय स्पश्टताय आनी दुबळेपण आशिल्ल्या सुवातेर बळगें हाडपी योग जिवितायें रुपांतर करता. आयज फकत योग शिक्षक म्हणून न्हय, तर हे दैवी कलेचो आजीवन विद्यार्थी म्हणून, दर एका गोंयकाराक- तरणाटो वा जाण्ट्यांक भितरल्या सगळ्यांत बऱ्याक जागृत करपाक उलो मारता.

फकत शारिरीक व्यायामाचो संच न्हय तर योग हो जिणेचें तत्वगिन्यान. वेद आनी उपनिषद हांच्या पुर्विल्ल्या ग्रंथांत रुजिल्लो योग शैंकड्यांनी वर्सां आनी खंडांनी पावला. ताणें एकवटाची एक सार्वत्रिक संदेश दिला. योग फॉर सेल्फ अँड सोसायटी ही संकल्पना ह्या काळाचे गरजे कडेन जुळटा. हुस्को, संकश्ट, आधुनिक समस्या हाचेर आदलो उपाय म्हणल्यार योग.

दिसाक फकत २० मिनटांचो योग-फक्त एक सूर्य नमस्कार. स्वासोच्छवास, ध्यान कितेंतरी अद्भुत निर्माण करूंक शकता:

ताण आनी चिंता उणी करप, लवचीकता आनी रोगप्रतिकार शक्त सुदारप, भावनीक संतुला सांबाळप, चिरकालीन वेदना सोंसपाक मदत करप एकाग्रताय आनी सृजनशीलताय वाडोवप हें काम योग करता.

हांव म्हज्या वर्गांत म्हणटा, योग कुडीक ताल दिता. श्वासाक लय मेळटा, मनाक शांती मेळटा. वर्सां भितर हजारांनी विद्यार्थ्यांक मार्गदर्शन करपाचें भाग्य मेळ्लां. योग हो सगळ्या पिरायेच्या, कुडीच्या प्रकारच्या, धर्माच्या आनी क्षमतायच्या लोकांक येवकार दिवपी असो.

गोंयभर शाळांनी,आमी भुरग्यांची एकाग्रताय आनी शारिरीक भलायकी सुदारपा खातीर सार्दी आसनां आनी प्राणायाम नित्यनेमान शिकयतात. एकदां परिक्षेच्या ताण वा लक्ष्य एकाग्र करपा कडेन झगडपी विद्यार्थी आतां शांत जाल्यात. पद्मासन, तांचो स्वास स्थीर, करता. योगाचो आध्यात्मिक संदेश आसा. शांती हो आमचो सभाव. ती आमकां योगा वरवीं तिगोवंक मेळटा. योग आमकां संवसार पळोवंक शिकयता.

हांव सदांच विद्यार्थ्यांक सांगतां: " योग सुरू जाता जेन्ना तुमी शेंदरेर पावल घालतात. आमी कशे उलयतात, आयकतात, काम करतात. आनी मोग-हीं निमार्णीं मुद्रा. तशेंच योग हो फकत शारिरीक न्हय. तर मानसीकूय. दर एका आसना फाटल्यान एक तत्वगिन्यान आसता. दरेक श्वास (प्राणायाम) हो एक संदेश. आनी दर एका मौ फाटल्यान (ध्यान) कितें तरी व्हड कडेन जोडप आसता. दिसाक पांच मिनटां लेगीत तुमची परतून येवपाची शांती, खोशे कडे परत येवपाची तिकीट जावंक शकता.

म्हजो निमाणो संदेश

म्हज्या जिवितायीं फाटलीं 25 वर्सां गोंयांत योग शिकोवपाक हां ओंपून घेतला. योग हें भलायकेचें बरें शस्त्र.

हांवें पळयलां, लजपी भुरग्यीं यो करतकच आत्मविस्वास उलोवपी जातात, सौम्य पालकांचे आक्रमक अशे वेवसायीक जातात. योग हो भारतान संवसाराक दिल्ली देणगी अभिमानी गोंयकार म्हणून आमी वर्साक एक फावट न्हय, तर दर दिसा ताका वेंगावंक जाय.

हो योग दीस फकत एक उत्सव न्हय, तर आमच्या भलायके खातीं मानसीक स्पश्टताये खातीर एक वचनबद्धताय थारूं. तुमची शेंदरी उगडात आनी दोळे बंद करात. ए खोल उस्वास घेयात आनी योग सुरू करात. योग दिसाचीं सगल्यां परबीं.

सुरेश कुमार, योग
प्रशिक्षक, गोंय
(25 वर्सांची योग सेवा)

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आमी 500 मि.ली. चो एक स्वास घेतात. तेंच प्राणायाम करून आमी 4500 मेरेन वचूंक शकतात. हाका लागून रगतांत ऑक्सिजनाचें प्रमाण वाडटा. रोगप्रतिकार शक्त वाडटा.

योग - भारताचें संवसाराक आगळें दान

■ शांताराम वाघ
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योग दिसाची आंतरराश्ट्रीय पांवड्यार सुमार णव वर्सां आदीं सुरवात जाली. प्रधानमंत्री नरेंद्र मोदी हांचे प्रेरणेचेर संयुक्त राश्ट्रांत भारताचे कायम प्रतिनिधी अशोक मुखर्जी हांणी संयुक्त राश्ट्रांत योग दिसा विशीं एक थाराव मांडलो आनी ताका 177 राश्ट्रांची सोमतीच मान्यताय मेळ्ळी. 11 डिसेंबर 2014 दिसा संयुक्त राष्ट्रांच्या महासंघान 21 जून हो संवसारीक योग दीस म्हूण मनोवपाक मान्यताय दिली. 21 जून हो वर्साचो सगळ्यांत लांब दीस. उत्तरायण सोंपता आनी त्याच दिसा दक्षिणायन सुरू जाता. ह्या काळांत मेळिल्ली उर्जा सगळ्या जिवांक फायदेशीर आसता. योग हें भारताचें संवसाराक दिल्लें अमूल्य आनी सासणाचें दान.

संवसारांतले सगळ्यांत पोरने ग्रंथ ऋग्वेदांत, नारदीय सूक्त आनी भगवतगीतेंत योगाचो जायते फावट उल्लेख आयला. महाभारताच्या शांती पर्वांत लेगीत योगाचो उल्लेख केला. योगाचे मूळ 10 हजार वर्सां मेरेन फाटीं आसा. पतंजली मुनीन इ. स. पयलीं 150 वर्सा योगाचेर योगसूत्रां बरयल्यांत. पुर्विल्ल्या मोहेंजोदाडो, हडप्पा संस्कृतायेंत योगाच्या आसनांच्यो जायत्यो मूर्ती मेळ्ळ्यात. आमचे कडेन स तत्वगिन्यानां आसात, तातूंतलेय योग हें एक तत्वगिन्यान. वेद उपनिषदांतय योगाचो उल्लेख आसा.

बी. के. एस. अय्यंगार हांणी हालींच्या वर्सांनी योगाची शास्त्रशुद्ध बुन्याद घाली. मागीर गुरू बाबा रामदेव हांणी तो संवसाराच्या खाची-कोनशांनी पावयलो. स्वामी शिवानंद हांणीय कितल्याशाच वर्सां सावन योगाचो प्रसार आनी प्रचार करपाचो म्हत्वाचो वावर केला. ह्या तिगांयनी सामान्य लोकांक योगाची वळख करून दिली. गुरुदेव श्री रवीशंकर म्हणटात "योग म्हळ्यार फकत व्यायाम आनी मुद्रा न्हय. भावनीक संतुळा आनी त्या शाश्वत आनी अनंत तत्त्वाचो स्पर्श करून अध्यात्मीक उदरगतींतल्या सगल्या शक्यतायांची वळख करुन दिवपी हें शास्त्र.'

योग हें एक पुराय शास्त्र. ही एक पुराय जिणे पद्दत. ही एक पुराय बरे करपाची पद्दत, जी तुमकां नकारात्मकांतल्यान सकारात्मकांत, ताणांतल्यान सुखांत वचपाचें मार्गदर्शन करता. योग म्हळ्यार जीवात्म आनी परमात्म हांचो संयोग. आयज जायत्या शाळांनी योगाचे धडे दितात. सूर्यनमस्कार हो एक बरो सोबीत व्यायाम. आयज जायत्या सुवार्तीनी योग शिबिरां आयोजीत करतात.

योग हो फकत एका दिसांत शिवपाची वा करपाची गजाल न्हय, तो नेमान केल्यारुच ताचे परिणाम दिसतले. दर दिसा योगा करपाक थोडो वेळ दिल्यार आनी तो नेमान केल्यार ताचो शारिरीक आनी मानसीक फायदो जातलो. चिंतेची भावना, दुस्वास, भंय दिसल्यार कुडींतले हार्मोन वाडटा आनी रगतांतली साकर वाडटा. दिसपट्टे जिणेंत योगाचो योग्य आस्पाव केल्यार रगतांतली साकर नियंत्रीत उरपाक मजत जाता. तुमी तरणाटे आसूं वा जाण्टे, भलायकेन बरे आसूं वा दुर्येंत आसूं योग सगल्या खातीर फायदेशीर आसता. आनी तो सगल्यांक उदरगतीच्या मार्गाचेर व्हरता.

योगांतल्या प्राणायामाचे जायते फायदे आसात. आमी 500 मि.ली.चो एक स्वास घेतात. तेंच प्राणायाम करून आमी 4500 मेरेन वचूंक शकतात. हाका लागून रगतांत ऑक्सिजनाचें प्रमाण वाडटा. रोगप्रतिकार शक्त वाडटा. काळजाचे, फुफ्फुसाचे आनी मेंदवाचे दुर्येस पयस वतात. मन शांत आनी स्थिर जाता. आयुश्य वाडटा. मनाची अस्वस्थताय पयस जाता.

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योगाक लागून रगत प्रवाह सुदारिल्ल्यान आनी ताण उणो जाल्ल्यान उच्च रक्तदाब, कोलेस्टेरॉल, दाह सारकिल्ले काळजाच्या दुयेंसांचे धोके उणे जातात.

कूड, मन आनी समाज एकठांय करपी योग

■ डॉ. आल्वारिन्हो लुईस
9422457368

आंतरराष्ट्रीय योग दीस दर वर्सा 21 जून दिसा मनयतात. हातूंत शारिरीक, मानसीक आनी आध्यात्मिक भलायके खातीर योगाचे समग्र फायदे आसतात. ही तारीख उत्तर गोलार्धातल्या सगळ्यांत लांब दिसा कडेन जुळटा, जो उजवाड, उर्जा आनी समतोल हांचें प्रतीक आसा. भारताच्या प्रस्तावा उपरांत 2014 वर्सा संयुक्त राश्ट्रांनी ताका मान्यताय दिली. पयलो उत्सव 21 जून 2015 दिसा जालो आनी तेन्ना सावन संवसारभर लाखांनी लोकांनी ह्या पुर्विल्ल्या परंपरेक मान दिवपा खातीर योग सत्रांनी, कार्यशाळांनी आनी जागृताय मोहिमांनी वांटो घेतला. आंतरराष्ट्रीय योग दीस 2025 खातीर "स्वता आनी समाजा खातीर योग" हो विशय योग वैयक्तीक भलायकी आनी समाजांत शांततायेन जगपाक कसो आदार करता तें दाखवयता.

योगाची उत्पत्ती पुर्विल्ल्या भारतीय तत्वगिन्यानांतल्यान जाली, जी 5,000 वर्सां परस चड काळाची आसा, ताचे संदर्भ ऋग्वेद आनी उपनिषदांत मेळटात. पतंजलीन योगसूत्रांत इ. स. प. 200 च्या सुमाराक योगाची एक पद्दत घडोवन हाडली. नैतिक नेम, शरीराची मुद्रा, श्वास व्यायाम, ध्यान हांचो आस्पाव आशिल्ल्या अश्टांगमार्गाचें (अश्टांग योग) तार्णें वर्णन केलें. शेंकड्यांनी वर्सां योगाची उदरगत वेगवेगळे प्रकार आनी शैलींत जाली- राजयोगाच्या शांत, ध्यानात्मक अभ्यासा सावन ते हठयोगाच्या सक्रिय हालचालीं मेरेन. आयज फकत हिमालयांतल्या ऋशींनीच न्हय तर ऑफिसांतले कामगार, विद्यार्थी, नामनेच्या व्यक्तींनीय योग आपणायला.

योग हो संस्कृत मूळ युज म्हणल्यार संयोग वा जोडप ह्या उतरा वयल्यान मेळ्ळा आनी ताचो अर्थ एकीकरण वा जोडणी. ही पुर्विल्ली पद्दत शारिरीक मुद्रा (आसन), श्वास तंत्र (प्राणायाम), ध्यान आनी नैतिक तत्वांचो समग्र मिश्रण आसून, हे सगळे कुडी, मन आनी आत्मो हांचे मदीं समरसताय (एकग्रता) वाडोवपा खातीर तयार केल्लीं आसात.

योगाचे आठ भाग आसून पयलो यम, म्हणल्यार आत्मसंयम. सत्यवादी आसप (सत्य), चोरप ना (अस्तेय), इत्सा नियंत्रण दवरप (ब्रह्मचर्य), लोभी नासप (अपरिग्रह) आनी दुसऱ्यांक दुखोवंक ना (अहिंसा) अशे पांच मुखेल नेम पाळटात. योगाचो दुसरो भाग म्हणल्यार नियम (पालन) हातूंत नितळसाण (सौच), समाधान (संतोष), आत्मशिस्त (तप), स्वता विशीं शिकप (स्वाध्याय), आनी उच्च शक्तीची भक्ती (श्वर प्राणिधन) अशो पांच आचार आसात.

योगाचे फुडले तीन भाग ध्यानाची (ध्यान) तयारी करपाक आदार करतात. ते अशे: आसन (शरीराची मुद्रा), प्राणायाम (श्वास नियंत्रण), आनी प्रत्याहार (इंद्रियां पसून लक्ष वळोवप). निमाण्या तीन भागांत एकठांय संयम अशें म्हणटात, तातूंत धरण (एकाग्रताय), ध्यान (खोल ध्यान) आनी समाधी (खोल शांततायेची वा भायल्या विक्षेपांतल्यान मुक्तताय) हांचो आस्पाव जाता. हीं मनाक खोलायेन लक्ष केंद्रीत करपाक आनी आध्यात्मिक जागृताय करपाक आदार करतात.

भलायकेक योगाचे फायदे

स्नायू आनी संयोजी ऊतकांक शिथील करून योगाक लागून लवचीकपण वाडटा. हाका लागून दुखप आनी दुखप उणें करपाक मदत जाता. वेगान आनी व्हावपी हालचालींचो आस्पाव आशिल्ल्या अश्टांग योगाक लागून बळ आनी सहनशक्ती निर्माण जाता. एका अभ्यासांत सप्तकांतल्यान दोन फावटीं केल्ल्या 8 सप्तकांचो हठयोग कार्यावळीन लवचीकपण 14-35% वाडयलें (बसून पावपाच्या चांचण्यांनी मेजप). तशेंच योग करिनाशिल्ल्या लोकां परस धरपाची तांक आनी पांयांची सहनशक्ती सयत स्नायूंची तांक वाडली.

योगाक लागून रगत प्रवाह सुदारिल्ल्यान आनी ताण उणो जाल्ल्यान उच्च रक्तदाब, कोलेस्टेरॉल, दाह सारकिल्ले काळजाच्या दुयेंसांचे धोके उणे जातात. जर्नल ऑफ आयुर्वेद आनी इंटिग्रेटिव्ह मेडिसीनांतल्या 2019 वर्सा केल्ल्या नियाळांत प्राणायाम (योगीक श्वास) हृदयविकाराचें कार्य वाडयता, जाका लागून काळज, मेंदू आनी फुफ्फुसाचे भलायकेचेर फायदो जाता अशें दिसून आयलां. योगाक लागून फाटीच्या सकयल्या भागांत दुखप, संधिवात, फायब्रोमायल्जिया सारकिल्या दीर्घकाळ चलपी वेदनेच्यो परिस्थिती उणी जाता आनी चड करून मानक उपचारां परस चड कामगिरी जाता.

अभ्यासांत योग कॉर्टिसोल (ताण हार्मोन) उणो करून आनी पॅरासिम्पॅथेटिक तंत्रिका तंत्रा वरवीं कुडीक शांत करून ताण आनी चिंता उणी करपाक मदत करता अशें दिसून आयलां. हाका लागून भुरग्यांची भावनीक भलायकी बरीच सुदारता (Afonso et al. 2017, Frontiers in Aging Neuroscience).

अष्टांग विन्यास बळिश्ट आनी सक्रिय हालचालींनी काळजाची भलायकी सुदारता आनी बळगें तयार जाता. ताच्या स्वासाचेर लक्ष केंद्रीत करप आनी स्थिर नदर (दृष्टी) मन निवळ करपाक आदार करता.

योग चडसो सुरक्षीत आसता पूण गुरवार आशिल्ल्या वा जखमी जाल्ल्या लोकां खातीर तातूंत बदल करपाची गरज आसता. खास करून अष्टांग योगांत नवशिक्यांनी दुखापत जावचें न्हय म्हणून प्रशिक्षीत शिक्षकां कडल्यान शिकचें.

(लेखक नॅशनल सेंटर फॉर पोलर अँड ओशन रिसर्च, मुरगांवचे वरिश्ठ शास्त्रज्ञ आनी फ्रीलान्सर आसात.)

Bhaanga Bhuin • 20 Jun • Ministry of Ayush

The need to look at yoga from a spiritual perspective: Sadhguru Brahmeshanand Acharya

2 • PG | 389 • Sqcm | 0 • AVE | N/A • Cir | Middle Center

Goa

योगशास्त्रा कडेन अध्यात्मीक नदरेन पळोवपाची गरज : सद्‌गुरू ब्रह्मेशानंदाचार्य

तपोभूमींत हिंदू संघटणा मुखेल्यांचे बसकेंत गांवागांवांनी योग दीस मनोवपाचो संकल्प

भांगरभूंय । खबरांमेज

पणजी : मन आनी आत्म्याचें मिलन म्हणल्यार योग. म्हणून आत्मस्वरूपा कडेन मन लावपाचो जो विधी आसा तो योग आसा. जंय वतले थंय योगशास्त्राचो प्रचार करात. खंयचेय जातींतलो, धर्मातलो, प्रांतांतलो आसूं हो योग ताका तारता. ह्या योगशास्त्रा कडेन आमी अध्यात्मीक नदरेन पळोवपाची गरज आसा. हें शास्त्र अध्यात्माची तेंगशी गांठपाक उपयुक्त आसा. म्हणून सगल्यांनी योगशास्त्र शिकूंक जाय अशें संबोधन श्री दत्त पद्मनाभ पीठ, पीठाधीश्वर अध्यात्म शिरोमणी पद्मश्री विभूषित सद्‌गुरू ब्रह्मेशानंदाचार्य स्वामीजींनी केलें.

पूज्य स्वामीजींच्या मार्गदर्शना खाला श्री क्षेत्र तपोभूमी गुरूपीठाचेर आंतरराष्ट्रीय योग दिसा निमतान हिंदू संघटणा मुखेल्यांची बसका जाली. ह्या वेळार पूज्य स्वामीजी संबोधीत करताले. ज्ञानवंतांनी हिंदू समाजाक ज्ञानी करपाचो यत्न करूंक जाय अशेंय पूज्य स्वामीजींनी सांगलें.

हे बसकेंत देव, देश आनी धर्म ह्या त्रिसुत्रींचेर आदारीत कार्य आनी उपक्रमाचेर विचारविमर्श करून विवीध विशयांचेर चर्चा जाली. गोंयांतल्या सगल्या म्हालांतल्यान, खानापूर - बेळगांव (कर्नाटक) आनी सावंतवाडी - सिंधुदुर्ग (महाराष्ट्र) अश्या विवीध वाठारांतल्यान हिंदू संघटणांचे मुखेल कार्यकर्ते हे बसकेक हाजीर आसले. ह्या वेळार श्री दत्त पद्मनाभ पीठाचे संचालक आनी महाप्रबंधक, समाजिक विभाग पदाधिकारी आनी कृपाकांक्षी हेवूय हाजीर आसले.

हिंदू संघटणा मुखेल्यांचे बसकेंत संबोधीत करतना सद्‌गुरू ब्रह्मेशानंदाचार्य स्वामीजी आनी हाजीर आशिल्ले कार्यकर्ते.

Bhaanga Bhuin • 20 Jun • Ministry of Ayush

Education department issues directives to schools in the state on the occasion of Yoga Day

8 • PG | 278 • Sqcm | 0 • AVE | N/A • Cir | Middle Left

Goa

योग दिसाचे निमतान राज्यांतल्या शाळांक शिक्षण खात्या कडल्यान निर्देश जारी

भांगरभूंय । प्रतिनिधी

पणजी: 11वो आंतरराष्ट्रीय योग दिस 2025 ची संकल्पना एक पुर्थी, एक भलायकी खातीर योग आसतली. देखून हे दिसा राज्यांतले सरकारी आनी अनुदानींत शाळा तशेंच उच्च माध्यमीक विद्यालयांनी हे दिसा वांटेकार जावन आपले योगाच्यो कार्यावळी आयुष मंत्रालयाच्या पोर्टलाचेर घालच्यो. तशेंच शाळांनी प्रधानमंत्री नरेंद्र मोदी हांचे भाशणाचे थेट प्रक्षेपण दर शाळांनी दाखोवचे, अशें निर्देश शिक्षण संचालनालयान परिपत्रका वरवीं दिल्या.

संवसारीक भलायकी आनी एकता हे भारताचे बांदिलकेक घटमूट करपा खातीर योग संगम उपक्रमा खाला आयुष मंत्रालय देशभराच्या शैक्षणीक संस्थांच्या जोडपालवान 1 लाख योग कार्यावळी घडोवन हाडपाची मोख दवरल्या.

हे विशीं शिक्षण संचालनालयान परिपत्रक काडून हे कार्यावळी विशींची सविस्तर म्हायती सगळ्या सरकारी, अनुदानींत, बिगर अनुदानींत मुळाव्यो, माध्यमीक, उच्च माध्यमीक आनी विशेष भुरग्यांचे शाळांक दिल्या. 21 जून खातीरचे योग कार्यावळी शैक्षणीक संस्थानी आयुष मंत्रालयाच्या पोर्टलाचेर नोंद करच्यो. तशेंच सकाळीं 6.30 ते 7.45 वरा मजगतीं विद्यार्थी, शिक्षक आनी कर्मचारी योग कार्यावळींत व्हड प्रमाणांत वांटेकार जातले हे निश्चीत करचे. तशेंच कार्यावळी उपरांत जे फोटो आसात ते योग संगम पोर्टलाचेर अपलोड करचे.

सकाळीं 6.30 वराचेर प्रधानमंत्री नरेंद्र मोदी देशाक संबोधीत करतले आनी तांचे भाषणाचे थेट प्रक्षेपण जातले. राज्यांतल्या सगळ्या शाळांनी प्रधानमंत्र्यांचे थेट प्रक्षेपण विद्यार्थ्यांक दाखोवपा खातीर तजवीज करची, अशें निर्देश शिक्षण संचालक शैलेश झिंगडे हांणी परिपत्रका वरवीं दिल्या.

Bhaanga Bhuin • 20 Jun • Ministry of Ayush

Special program on behalf of Patanjali Yoga Samiti in Divchole

8 • PG	139 • Sqcm	0 • AVE	N/A • Cir	Middle Center

Goa

पतंजली योग समितीचे वतीन दिवचले विशेश कार्यावळ

दिवचल : पतंजली योग समितीचे वतीन आंतरराष्ट्रीय योग दिसा निमतान दिवचले विशेश कार्यावळीचें आयोजन केलां. 21 जून ह्या दिसा सकाळीं 5.30 ते 7.00 वरां मेरेन श्री शासकीय शाळा, शिवाजी संकुल मार्केट, दिवचल हांगा योग प्रोटोकॉल वर्गाचें आयोजन केलां. ह्या उपक्रमाचे आदले सांजेक म्हणल्यार 20 जूनाक सांजवेळा 5 वरांचेर दिवचल आनी सरभोंवतणच्या वाठारांनी जनजागृती आनी वातावरण निर्मिती जावपा खातीर बायक आनी कार रॅलीचें आयोजन केलां. ही रॅली दिवचलच्या पोरण्या बसस्टॅण्डा वयल्यान सुरू जातली आनी दिवचल पालिकेच्या वाठाराक भोंवताडो मारतली.

सकाळीं येवन योग सत्रांत सहभागी जावप शक्य नाशिल्ल्या नागरिकां खातीर भोव करून सरकारी कर्मचाऱ्यां खातीर पालिका भवन, नवें मार्केट, दिवचल हांगा सकाळीं 10 वरांचेर, 11 वरांचेर आनी सांजवेळा 5 वरांचेर अतिरिक्त प्रोटोकॉल वर्ग आयोजीत केल्यात. इत्सुकांनी 7722010338, 9326101050, 98236 61489 ह्या नंबराचेर संपर्क सादचो.

Dainik Konkansaad • 21 Jun • Ministry of Ayush

Yoga Day at 15,000 places in Goa

6 • PG | 281 • Sqcm | 0 • AVE | N/A • Cir | Middle Right
Goa

गोव्यात १५ हजार ठिकाणी योग दिन

मधुमेह, उच्च रक्तदाब या व्याधींसह मानसिक आरोग्य राखण्यासाठी योगासने उपयोगी ठरतात. आंतरराष्ट्रीय योग दिनाचे औचित्य साधून प्रत्येकाने स्वत:च्या आरोग्यासाठी योगासने करावीत. योगासनाच्या आधारे स्वस्थ गोवा, सशक्त गोवा करण्यास प्रत्येकाने हातभार लावावा, असे आवाहन मुख्यमंत्री डॉ. प्रमोद सावंत यानी केले आहे. आंतरराष्ट्रीय योग दिनानिमित्त २१ जून रोजी गोव्यात १० ते १५ हजार ठिकाणी योगासनाचे कार्यक्रम होणार असल्याचेही मुख्यमंत्र्यांनी सांगितले.

देशाच्या इतर भागांसह संपूर्ण गोव्यात २१ जून रोजी आंतरराष्ट्रीय योग दिन साजरा केला जाणार आहे.

शाळा, विद्यालये, सरकारी कार्यालये, पोलीस स्थानके, पंचायती मिळून प्रत्येक गावात योग दिनाचे कार्यक्रम होणार आहेत. मुख्य कार्यक्रम सकाळी ६ ते ८.३० पर्यंत ताळगाव येथील डॉ. श्यामाप्रसाद मुखर्जी स्टेडियमात होणार आहे. भारत स्वाभिमान ट्रस्ट, दिशा चॅरीटेबल ट्रस्ट, आयुर्वेदिक महाविद्यालय तसेच अन्य संस्थांच्या आधारे गोव्यात ठिकठिकाणी योगा कार्यक्रम होणार आहेत. या आयोजित कार्यक्रमाची नोंदणी 'योगसंगम' या वेबसाईटवर आयोजकांनी करावी, अशी माहिती मुख्यमंत्री डॉ. प्रमोद सावंत यांनी दिली.

आंतरराष्ट्रीय योग दिनाच्या तयारीचा आढावा घेण्यासाठी मुख्यमंत्र्यांच्या अध्यक्षतेखाली आज बैठक झाली. सरकारी कार्यालये तसेच शिक्षण संस्थांसह आयुर्वेदिक महाविद्यालय, शिरोडा, ब्रह्मकुमारी, दिशा फाउंडेशन, आर्ट ऑफ लिव्हिंग, ओमनिती वेदाश्रम, दत्त पद्मनाभ पीठ या संस्थांनी योगा कार्यक्रमांचे आयोजन केले आहे. काही संस्था योगा कार्यक्रमासाठी सरकारी कार्यालयांत शिक्षकांची व्यवस्था करणार आहेत.

Dainik Konkansaad • 21 Jun • Ministry of Ayush

Yoga Day to be celebrated at 100 famous tourist and 50 cultural places

6 • PG | 451 • Sqcm | 0 • AVE | N/A • Cir | Middle Left

Goa

१०० प्रसिद्ध पर्यटन आणि ५० सांस्कृतिक स्थळांवर साजरा होणार योग दिवस

१०० प्रसिद्ध पर्यटन आणि ५० सांस्कृतिक स्थळांवर साजरा होणार योग दिवस, महाराष्ट्रातील या ठिकाणांचा समावेश

संस्कृती मंत्रालय देशभरातील १०० प्रसिद्ध पर्यटन स्थळे आणि यासोबतच ५० सांस्कृतिक स्थळांवर योग सत्रांचे आयोजन करून ११ वा आंतरराष्ट्रीय योग दिन (आयडीवाय) साजरा करणार आहे. २१ जून रोजी होणारे हे कार्यक्रम आयुष मंत्रालयाने विशाखापट्टणम येथे आयोजित केलेल्या मुख्य उत्सवांना पूरक ठरतील. या कार्यक्रमाला पंतप्रधान नरेंद्र मोदी, आंध्र प्रदेशचे मुख्यमंत्री एन चंद्राबाबू नायडू आणि उपमुख्यमंत्री पवन कल्याण यांच्यासह इतर मान्यवर उपस्थित राहणार आहेत.

संस्कृती आणि पर्यटन मंत्री गजेंद्र सिंह शेखावत राजस्थानातील जोधपूर येथील ऐतिहासिक मेहरानगड किल्ल्यावर होणाऱ्या आंतरराष्ट्रीय योग दिन कार्यक्रमात सहभागी

होतील. योग दिनाचे आयोजन करण्यात आलेल्या काही प्रसिद्ध स्थानांमध्ये युनेस्कोची जागतिक वारसा स्थळे जसे की - चरैदेव मैदम (आसाम), राणी की वाव आणि धोलाविरा (गुजरात), हम्पी आणि पट्टाडकल (कर्नाटक), खजुराहो स्मारक समूह आणि सांची स्तूप (मध्य प्रदेश), कोणार्क (ओदिशा) येथील सूर्य मंदिर, एलिफंटा लेणी (महाराष्ट्र) आणि तंजावर (तामिळनाडू) येथील बृहदेश्वर मंदिर या ठिकाणांचा समावेश आहे.

गोवळकोंडा किल्ला आणि सालारजंग संग्रहालय (हैदराबाद), हुमायूनचा मकबरा, पुराना किल्ला आणि सफदरजंग मकबरा (दिल्ली), जालियनवाला बाग (अमृतसर), चित्तोडगड आणि कुंभलगढ किल्ले (राजस्थान), लेह पॅलेस (लडाख), परी महल (श्रीनगर), बेकल किल्ला (केरळ), आणि हजारदुआरी आणि कूचबिहार पॅलेस (पश्चिम बंगाल) यासारख्या इतर काही प्रमुख सांस्कृतिक आणि ऐतिहासिक स्थळांचाही यात समावेश आहे.

संपूर्ण भारतात या उपक्रमाच्या आयोजनात संस्कृती मंत्रालयाच्या अंतर्गत संलग्न कार्यालये, अधीनस्थ संस्था आणि स्वायत्त संस्था महत्त्वाची भूमिका बजावत आहेत. या उपक्रमामुळे भारताच्या सांस्कृतिक वारशाला योगाच्या कल्याणकारी परंपरांशी जोडण्याच्या मंत्रालयाच्या वचनबद्धतेला बळकटी मिळत आहे.

महाराष्ट्रात कुठे साजरा होणार योग दिवस?

- गायमुख मंदिर (लोणार, बुलडाणा)
- साउथ सेंट्रल जोन कल्चरल सेंटर (नागपूर)
- शिवनेरी किल्ला (जुन्नर, पुणे)
- आगा खान पॅलेस (पुणे)
- एलिफंटा लेणी (मुंबई)
- बीबी का मकबरा (छत्रपती संभाजीनगर)
- बौद्ध स्तुप (अमरावती)

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Yoga' is about prosperity.

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Goa

शनिवार, दि. २१ जून २०२५

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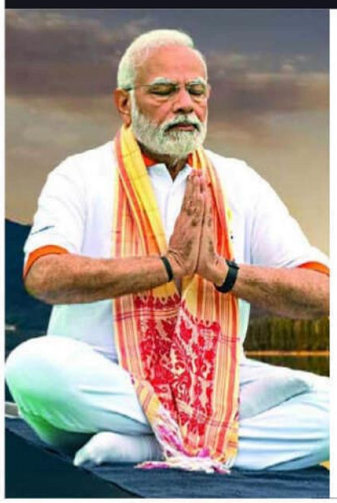
२१ जूनच का?

मोदींनी मांडलेल्या प्रस्तावाला संमती देत जागतिक योग दिन साजरा करावा असे ठरले, परंतु नेमका कोणता दिवस यावर चर्चा केली असता मोदींनी २१ जून ही तारीख सुचवली. कारण २१ जून हा वर्षातील मोठा दिवस असतो आणि योगाभ्यास दीर्घायुष्य देतो. १ डिसेंबर २०१४ रोजी, संयुक्त राष्ट्रसंघाच्या १७७ सदस्यांनी २१ जून हा दिवस "आंतरराष्ट्रीय योग दिवस" म्हणून साजरा करण्याच्या प्रस्तावाला मान्यता दिली.



भारताचे पंतप्रधान नरेंद्र मोदी यांनी 'युनों'च्या व्यासपीठावरून सर्व जगाला आवाहन केले की, जगात सुख, शांती नांदायची असेल, तर भारतीय परंपरेतून आलेल्या योगाचा अभ्यास जगभर झाला पाहिजे. या विषयाकडे जगाचे लक्ष केंद्रित व्हावे म्हणून आंतरराष्ट्रीय योगदिन साजरा करण्याचे त्यांनी आवाहन केले आणि १०० हून देशांत गेल्या दहा वर्षांपासून २१ जून हा दिवस जागतिक योग दिन म्हणून साजरा केला जात आहे. यंदा योग दिन २०२५ ची थीम 'एक पृथ्वी, एक आरोग्यासाठी योग' आहे. ही थीम पृथ्वीवरील प्रत्येक व्यक्तीच्या आरोग्यासाठी योगास प्रोत्साहन देण्यावर आधारित आहे. या थीमचा उद्देश वैयक्तिक आणि जागतिक आरोग्यामधील संबंध अधोरेखित करणे आहे. यासोबतच, पर्यावरण संतुलन आणि शाश्वत विकासात योगाची भूमिका देखील अधोरेखित करायची आहे.

योग साधनेची परंपरा आपल्या देशात प्राचीन काळापासून आहे. गेल्या काही वर्षांत योगाचा मोठ्या प्रमाणावर प्रचार केल्याचा परिणाम असा झाला की, हा प्रत्येकाला करता येण्याजोगा विषय आहे आणि आपले आरोग्य उत्तम राखण्यासाठी योगाइतके प्रभावी साधन नाही, ही जाणीव देशभरातल्या लक्षावधी लोकांना झाली. अनेकांनी रामदेव बाबांसारख्या योगगुरूंचे कार्यक्रम पाहून किंवा कोणा मार्गदर्शकाची मदत घेऊन आसने आणि प्राणायाम यांची थोडी माहिती करून घेत नियमित योगसाधना सुरू केली. परदेशातही अनेक योगशिक्षण संस्था स्थापन झाल्या आहेत. लाखोंच्या संख्येने युरोपियन व अमेरिकन नागरिक सध्या या उपचार पद्धतीचा लाभ घेत आहेत. आज बदलत्या काळात धकाधकीच्या जीवनात आरोग्याचे अनेक प्रश्न निर्माण होऊ लागले आहेत. शारीरिक समस्यांबरोबरच मानसिक व्याधींचे प्रमाणही वाढू लागले आहे. शारीरिक आणि मानसिक व्याधींवर योगासने आणि प्राणायाम हा हुकमी उपचार ठरतो आहे. योगासनांमुळे शरीराबरोबरच मानसिक आरोग्यही सुधारत असते, हे अनेकांना ठाऊक नसते; पण ती एक अनुभूती आहे. आरोग्याच्या तक्रारींचे प्रमाण वाढले की, दैनंदिन जीवनात अस्वस्थता निर्माण होते. आरोग्याच्या सततच्या तक्रारींना माणूस वैतागून जातो. त्यामुळेच आपले शारीरिक आणि मानसिक आरोग्य तंदुरुस्त ठेवण्यासाठी योगासने आणि प्राणायाम नियमित रूपात करणे आवश्यक आहे. जागतिक योग दिन ही योगमार्गाने आयुष्य जगण्यासाठीची सुरुवात करण्याची संधी मानायला हवी.

पूर्वीच्या काळी शिष्य निवडताना आणि शिष्यांना योगविद्येची शिकवण देताना गुरूंकडून अनेक परीक्षा घेतल्या जात असत. सरसकट सर्वांना योगविद्येची शिकवण दिली जात नसे. त्यामुळे आंतरराष्ट्रीय स्तरावर योगप्रसार करताना ही मूलभूत गोष्ट सर्वांनीच लक्षात ठेवली पाहिजे. योगविद्येचे सखोल ज्ञान घेणे आवश्यक आहे. योगविद्येनुसार आचरण करण्याची सुरुवात स्वत:पासून, स्वत:च्या मनापासून झाली पाहिजे. आज आसन व प्राणायाम या दोन पायऱ्यांसंबंधी काही प्रमाणावर माहिती लोकांना आहे. सामान्यत: योग शिक्षणाचे जे वर्ग चालतात ते या दोन पायऱ्यांचाच अभ्यास करून घेतात. योगासने हे सांधे, स्नायू व मज्जा या तिन्हींस कार्यक्षम करतात. शरीर सुदृढ होते. लवचिक होते. योगासनांमुळे अनेक अंतस्रावी ग्रंथी कार्यक्षम होतात. डायबेटिस, ब्लड प्रेशरसारखे जगापुढील आव्हान बनलेले आजारही योगासनांच्या नियमित अभ्यासाने नियंत्रणात येतात. योगशास्त्र तर असे सांगते की, असलेल्या व्याधी तर योगासनांच्या अभ्यासाने दूर होतातच; पण नियमित योगासने करणारा साधक सहजपणे सर्व व्याधींपासून मुक्त राहू शकतो. सूर्यनमस्कार हा सर्वांगसुंदर व्यायाम मानला जातो. प्रत्येक नमस्काराच्या वेगवेगळ्या स्थिती ही निरनिराळी आसनेच आहेत. प्राणायाम हा श्वासाचा व्यायाम आहे. श्वसनमार्गाची शुद्धी, फुफ्फुसांची ताकद वाढणे, आवाज गोड होणे हे परिणाम लगेच दिसतात; पण मानवी शरीरातील अनेक आंतरिक शक्ती या प्राणायाम केल्याने हळूहळू जागृतही होतात. योगासने आणि प्राणायामामुळे मनावर आलेला ताण दूर होतो. पाश्चिमात्य संशोधकांनाही शरीर आणि मनावरील ताण दूर करण्यात योगासने आणि प्राणायाम अत्यंत उपयुक्त ठरतात, असे आढळून आले आहे.

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Yoga 'Wari!' in Pune

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कोडे आत्ता उलगडले...

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व्याधी पळून जातील दूर ||१||
धकाधकीच्या या जीवनात
स्वास्थ्य सारे बिघडले
योगाशिवाय पर्याय नाही
हे कोडे आत्ता उलगडले ||२||
आपल्याच बेफिकीर वागण्याने
वातावरण दुषित झाले
शुगर, बी.पी, दम्यासारख्या
आजाराला निमंत्रण दिले ||३||
कामे ही नेहमीचीच असतात
त्यातून वेळ काढूया सर्वांनी
शरीर तंदुरुस्त राहण्यासाठी
योगा करूया थोरा मोठ्यांनी ||४||
तन मन सुंदरतेसाठी
झटकून टाकू सारा क्षीण
वर्षातील एकच दिवस
साजरा करायचा नसतो दिन ||५||
दैनंदिन योगामुळे
मरगळ सारी निघून जाईल
आयुष्याच्या वळणावर
जगण्याची संजिवनी देईल ||६||

सौ.पुर्वा प्रथमेश नाईक (सामंत) परुळे

योग दिनाच्या दशकपूर्तीचे औचित्य साधत, 'एक पृथ्वी, एक आरोग्यासाठी योग' हा १०० दिवसांचा उपक्रम आखण्यात आला आहे. १० वैशिष्ट्यपूर्ण उपक्रमांसह देशभरात आणि जगभरात योगाभ्यासाच्या महत्त्वाचा प्रसार केला जाईल.

ते १० वैशिष्ट्यपूर्ण उपक्रम कोणते?

१. योग संगम : संपूर्ण देशात १ लाख ठिकाणी एकाच वेळी सामूहिक योगाभ्यास. हिमालयातील बर्फाच्छादित गावांपासून ते समुद्रकिनाऱ्यावरील मच्छीमार वसाहतींपर्यंत लाखो नागरिक एकत्र योगासने करतील. हे आरोग्य, ऐक्य आणि राष्ट्रीय एकात्मतेचे जिवंत प्रतीक असेल!

२. योग बंधन : जपानसारख्या देशांत भाषा न समजतासुद्धा लोकांना एकत्र आणणारी शक्ती आहे योगाभ्यास. १० भागीदार देशांसोबत योग प्रतिनिधींचे परस्पर आदान-प्रदान करून जागतिक मैत्रीस बळ दिले जाईल.

३. योग पार्क : शहरी आणि ग्रामीण भागातील १,००० सार्वजनिक ठिकाणी कायमस्वरूपी योग आणि आरोग्याच्या दृष्टीने समर्पित 'योग उद्यानां'ची उभारणी.

४. योग समावेश : १० विशेष गटांसाठी अनुकूल योगाभ्यासाचा अभ्यासक्रम- मधुमेही, उच्चदाबाचे रुग्ण, महिला, गरोदर स्त्रिया, वृद्ध, मानसिक आरोग्य व व्यसनमुक्ती क्षेत्रातील नागरिक यांना योग्य मार्गदर्शन.

५. योग प्रभाव : गेल्या १० वर्षांतील प्रगतीचे संशोधन आणि आकडेवारीसह दस्तावेजीकरण. दिल्लीतील एका शिक्षिकेला योगाभ्यासामुळे विद्यार्थ्यांच्या एकाग्रतेत सुधारणा दिसली, चेन्नईतील एका उद्योजकाचा रक्तदाब योगाभ्यासामुळे नियंत्रित झाला... अशा अनुभव कथांचे संकलन.

६. योग कनेक्ट : हायब्रिड स्वरूपात जागतिक परिषद – योगतज्ज्ञ, धोरणकर्ते, आरोग्य क्षेत्रातील तज्ज्ञ आणि प्रभावशाली व्यक्तींना एकत्र आणणारा चर्चा-मंच.

७. हरित योग : निसर्गाशी एकरूपता साधत पर्यावरणपूरक कृतींसोबत योगाभ्यास

८. योग अनप्लग्ड : तरुणांपर्यंत पोहोचण्यासाठी ऑनलाइन आणि ऑफलाइन नवकल्पनाशील स्वरूपे – पारंपरिक योगाभ्यास आणि आधुनिक संगीत व नृत्य यांचे मिश्रण

९. योग महाकुंभ : मागील १० प्रमुख योग दिवस साजरा केलेल्या शहरांमध्ये आठवडाभर चालणारे महोत्सव - सामुदायिक सहभागातून योगाचा उत्सव.

१०. योग संयोग : योग व आयुर्वेद, सिद्ध, युनानी, होमिओपथी, निसर्गोपचार, सोवा रिग्पा यांसारख्या पद्धतींचा आधुनिक आरोग्य व्यवस्थेशी संयोग - वैज्ञानिक आधारासह प्रस्तुती.

माझा स्वत:चा योगप्रवास

मला नेहमी आठवतो. कॉलेजमध्ये आजोबांच्या आग्रहामुळे योगासने सुरू केली होती; पण आज माझी प्रत्येक सकाळ सूर्यनमस्काराशिवाय पूर्णच होत नाही. मानसिक संतुलन आणि दिवसभरासाठीची ऊर्जा त्यातून मिळते.

पुण्यात योग 'वारी!'

श्री संत ज्ञानेश्वर महाराज आणि श्री संत तुकाराम महाराज यांच्या पालख्या २१ जून रोजी पुण्यात मुक्कामी आहेत. याच दिवशी जागतिक योग दिन साजरा केला जाणार आहे. त्यामुळे राज्य सरकारच्या पुढाकाराने पुण्यात 'वारकरी भक्तियोग उपक्रम' आयोजित करण्यात आला आहे. मुख्यमंत्री देवेंद्र फडणवीस यांच्या प्रमुख उपस्थितीत लाखो वारकरी, विद्यार्थी, सामाजिक, राजकीय क्षेत्रातील नागरिक योगासने करणार आहेत. या उपक्रमात सुमारे १० लाख जण सहभागी होतील.

जागतिक योग दिनाच्या दिवशी पालख्या पुण्यात मुक्कामी असणार आहेत. मुख्य कार्यक्रम पुणे विद्यापीठाच्या सभागृहात सकाळी ८ वाजता होणार आहे. देवेंद्र फडणवीस, उपमुख्यमंत्री अजित पवार, एकनाथ शिंदे, चंद्रकांत पाटील यांच्या उपस्थितीत होईल. या उपक्रमात शहरात सुमारे पाच लाख वारकरी, पुणेकर सहभागी होतील. या उपक्रमात शहरातील २०० हून अधिक महाविद्यालये, २५ विद्यापीठे, विविध सामाजिक संस्था, राजकीय पक्ष आणि गणेश मंडळांचे कार्यकर्ते सहभागी होणार आहेत, असे श्री. पांडे यांनी सांगितले. या उपक्रमात मदत करण्यासाठी प्रत्येक दिंडीसोबत महाविद्यालयीन विद्यार्थ्यांचे एक पथक सोबत असणार आहे, असे पांडे यांनी सांगितले.

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Goa

डॉ. अर्चना जोशी
डॉ. हेमंत जोशी
आरोग्यवार्ता

योग शिका, दीर्घायुषी व्हा!

भारतात वाढत्या रोगांवर योग हा प्रभावी उपाय आहे. योगासने, प्राणायाम, कपालभाती, त्राटक व शुद्धीक्रिया यांमुळे मेंदू, पचन, श्वसन, डोळे, सांधे व मनाचे आरोग्य सुधारते. रोज योग केल्यास आयुष्य वाढते. प्रत्येकाने नियमित योगाभ्यास करणे ही काळाची गरज आहे. २१ जूनच्या आंतरराष्ट्रीय योग दिवसानिमित्त, आपण सर्वांनी संकल्प करूया, आरोग्यदायी जीवनासाठी रोजच्या दिनचर्येत योगाचा समावेश करूया!

जगातील सर्वाधिक पोट सुटलेले, डायबेटीस झालेले, ब्लडप्रेशर असलेले, हृदयाचा व किडनीचा आजार असलेले लोक आपल्या देशात आहेत. यांच्यामुळेच पस्तिशीपासून लोक मरायला लागतात. या सर्वांपासून स्वतःला वाचवणारी लस आहे, योग. भारतातील प्रत्येक चौथ्या व्यक्तीला काही ना काही मानसिक त्रास आहे. खूप लोकांना मानसिक आजार आहेत आणि ते त्यांना माहीत नाही. त्यांना माहीत नाही, हे सुद्धा त्यांना माहीत नाही. यापासून वाचवायला कोणती लस आहे? - योग.

योग म्हणजे योग्य जगण्याची पद्धत. जगात तीन प्रकारची माणसे असतात. योगी : जे योगामुळे दीर्घायुषी व चिरतरुण राहतात. रोगी : जे अल्पायुषी असतात. भोगी : जे अल्पायुषी होतात.

योग हा केवळ संन्यासी व्यक्तींसाठी नसून तो मूलतः गृहस्थाश्रमींच्या कल्याणासाठी आहे. अर्थात, योगापेक्षा श्रेष्ठ कोणतेही पुण्य नाही; योगापेक्षा श्रेष्ठ, पवित्र व कल्याणकारी मार्ग नाही.

योग म्हणजे नुसती आसने नव्हेत. आठ योगांपैकी एक प्रकार म्हणजे योगासने. ही योगांमधील आसने आहेत म्हणून त्यांना योगासने म्हणतात. ते उचितच आहे. आज योगाची जगभर काय क्रेझ आहे. पोलिओची लस घेतली की पोलिओ होत नाही, धनुर्वाताची लस घेतली की धनुर्वात होत नाही, टायफॉईडच्या लसीने टायफॉईड थांबतो. पण आपले वय वाढल्यानंतर जे आजार होतात, जसे ब्लडप्रेशर, हृदयरोग, मेंदूचा आजार, सांधेदुखी, म्हातारपण यांची लस कोठे आहे? यांची एकच लस आहे. त्याचे नाव आहे योग.

योग म्हणजे आदर्श जीवनपद्धत. त्याला 'अष्टांग योग' असेही म्हणतात. कारण त्याचे आठ भाग आहेत. कुठले भाग आहेत? यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान आणि समाधी.

मेंदूच्या भागाचा रक्तपुरवठा कमी झाला, तर मेंदूचे काम बिघडते. स्मरणशक्ती व निर्णयक्षमता कमी होते, अपंगत्व व पांगळेपणा येतो आणि मेंदूच्या महत्त्वाच्या भागाचा रक्तपुरवठा बंद पडला, तर श्वास थांबून हृदय बंद पडून जीव जातो.

पण योग करणाऱ्या लोकांचा आहारावर ताबा येतो. आहार कमी होतो. हालचाली वाढल्यामुळे शरीरातील चरबी कमी होते व रक्तवाहिन्या मोकळ्या राहतात. त्यामुळे हृदयरोग व स्ट्रोकचा धोका कमी होतो. हृदयाला प्राणवायूचा पुरवठा चांगला होतो, त्यामुळे आयुष्य वाढते.

माणसाला ११० वर्षांचे आयुष्य लाभले आहे, पण आपण निम्म्यातच दगावतो. कारण आपण स्वतःची काळजी घेत नाही. स्वतःची काळजी घेऊन जगणे म्हणजे योगमार्गाने जगणे हे प्रत्येकाचे जन्मजात कर्तव्य आहे. एक दिवस योगासन केल्यास कित्येक दिवस निरोगी आयुष्य मिळते. म्हणून रोज योगासने करावीत. रोज योगासन करणे ही दीर्घायुष्याची किल्ली आहे.

ताणतणावामुळे हृदयविकाराचे झटके येतात. योगी व्यक्ती ताणतणावमुक्त जगतात किंवा त्यांना कमी ताणतणाव असतो. त्यामुळे त्यांना हृदयविकाराचे त्रास कमी असतात. योगासनामुळे शरीराला व्यायाम मिळतो, वजन वाढत नाही, आयुष्य वाढते आणि सर्व स्नायू सुस्थितीत राहतात. आयुष्य सुखकर होते. माणूस चपळ राहतो, बुद्धिमान राहतो, दीर्घायुषी आणि सुखी होतो.

पोटाची आसने

पोटाची आसने केली, तर पोटाचे स्नायू बळकट होतात. ज्या मुली योगासने करतात, त्यांचे बाळंतपण चांगले होते. मुलींचे स्नायू कमजोर असतात. त्यामुळे बाळंतपणाच्या वेळी ओटीपोटातील बाळ बाहेर काढता येत नाही. त्या थकून जातात व पोट चिरून बाळंतपण करावे लागते. दर दहाव्या मुलीवर अशी वेळ येते. काही वेळा हे बाळंतपण जिवावर बेततें.

■ सर्दी, खोकला, दमा आणि योगा :-

लांबणारा सर्दी-खोकला आणि दमा हे भाऊ-भाऊ आहेत. यांचे त्रास व औषधे सारखीच असतात. हे त्रास असणाऱ्यांनी योगासने व प्राणायाम नक्की करावा. दम्याच्या आजारामुळे अल्पायुषी होण्याची शक्यता असते. हिस्टॅमीन नावाचे रसायन शरीरात तयार झाल्यामुळे दमा होतो. त्याचे इंजेक्शन दिल्यास सूज येते. जर दमा असणाऱ्या व्यक्तीने प्राणायाम केला, तर ही सूज २५ टक्के कमी होते. संशोधनानुसार, प्राणायामामुळे दमा २५ टक्के कमी होतो. १० टक्के लोकसंख्येला दम्याचा व पित्ताचा त्रास आहे. त्यांनी प्राणायाम केल्यास आयुष्य २५टक्के वाढते. ज्यांना त्रास आहे, त्यांनी योगासने व प्राणायाम केलेच पाहिजे.

■ कपालभाती :-

१० टक्के लोकांना सायनस, सर्दी, दम्याचा त्रास होतो. जे प्राणायाम व कपालभाती करतात, त्यांची श्वसनसंस्था सक्षम राहते. श्वासक्षमता वाढते, छातीचे-नाकाचे विकार कमी होतात, आणि आयुष्य सुखकर होते.

कपालभाती हा श्वसनाचा प्रकार आहे. कपालभाती केल्यामुळे सायनस मोकळे होतात. मेंदूचे संरक्षण करणारे कवच हाडांचे असते. ते जड असल्याने त्यात पोकळ्या असतात, ज्या नाकाशी जोडलेल्या असतात. त्यातील हवा खेळती राहणे आवश्यक असते. कपालभातीमुळे त्या पोकळ्यांतील हवा खेळती राहते. त्यामुळे ध्यान, धारणा, समाधी यशस्वी होते.

जो योगमार्गाने जगतो, तो ११० वर्षे सुखाने जगतो. आपल्याकडे पस्तिशीपासून हार्ट अटॅक, सांधेदुखी, पोट सुटणे, डायबेटीस, भ्रम, बुद्धी कमी होणे, मानसिक आजार सुरू होतात. हे सर्व योगामुळे कमी होते.

योगाचे फायदे

■ प्राणायाम :-

आपली बुद्धिमत्ता कपाळाखालच्या मेंदूच्या भागात असते. कविता, शोध, नवीन कल्पना या सर्व गोष्टी तिथे घडतात. प्राणायाम आणि योगासनांमुळे मेंदूचे रक्ताभिसरण सुधारते व प्राणवायू पुरवठा वाढतो आणि त्यामुळे बुद्धीमत्ता वाढते. बुद्धिमत्ता वाढली की, आपण अधिक कार्यक्षम होतो. जगावर राज्य करणारे बहुतेकजण बुद्धिमान असतात. त्यामुळे आपल्याला जगावर राज्य करायचे असल्यास योगासने रोज केली पाहिजेत.

■ डोळ्यांचे व्यायाम :-

योगातील डोळ्यांचे व्यायाम केल्यास डोळे चांगले राहतात. त्राटक केल्यास डोळ्यांचे स्नायू बळकट होतात. डोळ्याचे स्नायू हे शरीरातील सगळ्यात बारीक स्नायू असतात. थकवा आला की डोळे दुखतात. त्राटक केल्यास डोळ्यांचे स्नायू सशक्त राहतात, चष्म्याचा नंबर लवकर लागत नाही.

■ शुद्धीक्रिया :-

योगामध्ये शुद्धीक्रिया असतात. त्याने शरीर स्वच्छ होते. ॲसिडिटी असणाऱ्यांसाठी हे उपयुक्त आहे. सकाळी उठून गळ्यापर्यंत पाणी प्यावे व उलटी करून ते पाणी बाहेर टाकावे. त्यामुळे पोटातील ॲसिड बाहेर पडते व ॲसिडिटी कमी होते.

■ पाठदुखी व सांधेदुखी :-

१/३ लोकांना पाठदुखीचा त्रास आहे. योगासने केल्यास पाठदुखी दूर होते. इतर कोणत्याही उपचारांनी न गेलेली पाठदुखी योगासनाने जाते, हा अनेकांचा अनुभव आहे.

चाळिशीच्या पुढे बहुतेकांना सांधेदुखी होते. योगासने केल्यास ती होत नाही. टेबलावर न बसता जमिनीवर जेवावे. यामुळे पायांचे सांधे लवचीक राहतात.

■ मानसिक विकार :-

दर चौथ्या माणसाला मानसिक त्रास आहे. त्यामुळे मानसिक विकार जास्त आहेत. प्राणायाम व योगासने केल्यास मनावर ताबा मिळतो, शांती मिळते व मानसिक आजार कमी होतात.

शेवटी महत्त्वाचे काय, तर योगाभ्यास केला पाहिजे. योग शिका. टी.व्ही., रेडिओ, पुस्तके यांच्या सहाय्याने योग शिका. पण योग जरूर शिका.

ज्येष्ठ बालरोगतज्ज्ञ

Dainik Konkansaad • 19 Jun • Ministry of Ayush

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(शब्दांकन)

विशेष

योगात शरीराची क्षमता वाढवण्याची किमया -किशोरी शहाणे-विज

योग क्रिया, योगाभ्यास खरं म्हणजे भारताचा शोध! आपल्या प्राचीन व अर्वाचीन काळात अनेक ऋषीमुनींनी योगाभ्यास करून त्याचे अनेक फायदे जगासमोर आणलेत. योग आपला आविष्कार असूनही अनेक वर्षे तो 'अंडररेटेड' एक्सरसाइज होता. पण आता २१ जून हा आंतरराष्ट्रीय योग दिन आपल्या देशामुळे ग्लोबली साजरा होतोय. आपला योग दिन वैश्विक झालाय, याचं श्रेय आपल्या सर्वच भारतीयांना आहे.

पूर्वी ज्यांना योगाबद्दल माहिती होती, तेच तो करत असत. पण योग दिन साजरा करण्याच्या नव्या परंपरेमुळे योगाचे महत्त्व अधोरेखित झाले. योगाचे अनंत फायदे शरीराला, मनाला लाभतात, याची नव्याने जाणीव जगाला आपण करून दिली. शरीरासाठी योग किती गरजेचा आहे, हे नव्याने पटले आणि जगाने त्याचा आपसूक स्वीकार केला.

बहुतेकदा जिममध्ये व्यायाम करताना एकूणच फिटनेसच्या दृष्टीने व्यायाम केला जातो. कधी वजन वाढवणे, कधी घटवणे हे जिममध्ये साध्य केले जाते. पण ती फक्त सुपरफिशियल बॉडी असते. योगात शरीराची आंतर-बाह्य क्षमता वाढवण्याची किमया आहे. शरीर–मन कणखर, सशक्त करण्याची क्षमता आपल्या योगात आहे. शरीर निरोगी असावे, त्याला व्याधी नसाव्यात, अगदी वृद्धत्व आले, तरी आपण स्वावलंबी असले पाहिजे, अशी आपली इच्छा असते. म्हणूनच मग त्यासाठी योग करणे गरजेचे नाही, तर अत्यावश्यक ठरतं.

शरीर नियंत्रणात ठेवणारा एक महत्त्वाचा घटक म्हणजे श्वास. प्राणायाम, अनुलोम-विलोम, सूर्यनमस्कार — या सगळ्या योगाच्याच बाजू. योग करताना जमिनीवर बसून आसने करण्यासाठी जर शरीर साथ देत नसेल, तर प्राणायाम, श्वसन प्रकार, अनुलोम-विलोम करूनही शरीराचे संतुलन साधता येते.

योग दररोजच करावा, असं नाही. आठवड्यातून किमान तीन वेळा योगाभ्यास केला तरी चालतो. कारण योगाचा प्रभाव दीर्घकाळ टिकतो, जाणवतो. योग करण्यासाठी महागड्या जिम्समध्ये जाऊन लाखो रुपये खर्च करण्याची गरज नाही. फक्त एक योगा मॅट पुरेशी आहे. जिममध्ये जाण्यासाठी महागडे पोशाख लागत नाहीत, किंवा लाऊड म्युझिकचीही गरज नसते. माझे पती दीपक बलराज विज यांच्या हातात रामदेव बाबांची एक सीडी लागली. ते साल २००८ असावं. त्यांना ती योगाची सीडी भेट म्हणून मिळाली होती. स्वतः दीपकजींना व्यायामाची खूपच आवड आहे. त्यात योगाभ्यासाची सीडी मिळाल्याने दररोज ते ती लावून योग करू लागले.

आमचा मुलगा बॉबी हा किशोरवयात असल्यापासून जिममध्ये जात असे. तो जिममध्ये तर जातच असे, पण पप्पांना योग करताना पाहून तोही योगासनं करू लागला आणि मग हे दोघे नित्यनियमाने योग करत आहेत, हे पाहून मी देखील प्रेरित झाले.

रोज शूटिंगला जाणं, घरातील कामावरची देखरेख, यामुळे मला व्यायामाला वेळ देता येत नसे. पण घरातच हे योगमय वातावरण निर्माण झाल्यामुळे मी नियमित योग करू लागले. तोपर्यंत मी योगाबाबत गंभीर नव्हते.

मला आठवतंय, २०१० साली मी एका डान्स रिॲलिटी शोमध्ये भाग घेतला होता. गम्मत म्हणजे या शोची मी विनर ठरले होते. पण त्याची जबर किंमत तेव्हा भरावी लागली. इतक्या प्रचंड प्रमाणात डान्स करायची सवय नसल्याने माझे पाय, गुडघे अगदी थकून गेले. चालताना ठणका बसायचा. हा शो जिंकायचाच, या जिद्दीने मी दिवसाचे १०–१२ तास डान्सचा कसून सराव करू लागले, जो मला नंतर त्रासदायक ठरला. हा सराव तब्बल तीन महिने चालला. मी जेव्हा जिंकले, त्या क्षणी मला पाय, गुडघे, कंबर यांची वेदना जाणवली नाही. कारण आनंद प्रचंड होता. पुरस्कार घेतल्यावर मी धन्य झाले. माझी मेहनत फळाला आली, असं वाटलं. पण नंतर पाय, गुडघे ठणकू लागले आणि गुडघे इतके सुजलेत हे लक्षात आलं. अवघ्या चार पायऱ्या चढणे-उतरणे देखील शक्य नव्हतं. त्याच दरम्यान घरात सीडी पाहणे सुरू झाले. मी त्याचे अनुकरण केलं. केवळ अनुलोम-विलोम केल्यामुळे दोन आठवड्यांतच मला पुष्कळसा आराम मिळाला. महिनाभरात मी नॉर्मल झाले.

दररोज शरीरात १००० पेशी तयार होतात. त्यांचे कार्य सुरळीत ठेवायचे असल्यास योगाला काही विकल्प नाही. योगातून मिळणारी ऊर्जा शरीरात आनंदलहरी निर्माण करते, रोगप्रतिकारक शक्ती वाढवते, सकारात्मकता वाढवतं. हे सगळं अंतर्गत पातळीवर चालतं. योगाने शरीरात जादू घडावी, असा अनुभव दीपकजींना जाणवू लागला आणि म्हणूनच आम्ही हरिद्वारला गेलो. तिथे २१ दिवस होतो. तिथे प्रत्यक्ष योग, प्राणायाम, श्वसनाचे अनेक दुर्मिळ प्रकार अनुभवलेत. याची अनुभूती आयुष्यभर पुरेल. त्या शिबिरात शिकवण्यात आलं की, तुमचे पाय जर कायम सशक्त ठेवायचे असतील, तर 'बॅक वॉक' करणे हा सर्वोत्तम उपाय आहे. बॅक वॉक करण्यासाठी उत्तम जागा म्हणजे समुद्रकिनाऱ्यावर रेतीत चालणे. किंवा बागेत, स्वतःच्या घरात पाठीमागे चालणे. यामुळे आत्मविश्वास वाढतो, ऊर्जा मिळते आणि मुख्य म्हणजे पाय मजबूत होतात. वाढत्या वयात पाय अधिक थकतात. माझ्या मेकअप रूममध्ये मी कधीच खुर्चीत बसून राहत नाही. हातात स्क्रिप्ट आली की, ती घेऊन मी मागे पुढे चालत राहते.

शरीर जितके सक्रिय ठेवाल, जितके चपळ ठेवाल, तितके ते कायम साथ देईल. पायांना संथपणा येतो, तेव्हा वय वाढल्याची जाणीव होते. स्वतःलाही आणि इतरांनाही. शरीर फिट ठेवणे हे एकप्रकारे युद्ध आहे आणि ते जिंकलंच पाहिजे. त्यासाठी मेहनत घ्यावीच लागते.

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International Yoga Day 2025

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Delhi

सिलेब्स ने बताया, कैसे कैंसर, डिवोर्स व डिप्रेशन जैसे मुश्किल दौर में योग ने दिया साथ

'सिर्फ फिटनेस नहीं, मुश्किल वक्त में योग ने दिया सहारा भी'

फिटनेस के साथ ही योग मानसिक शांति और जिंदगी में संतुलन बनाने का जरिया भी है। यहां तमाम सिलेब्स बता रहे हैं कि कैसे योग ने मुश्किल घड़ी में उनका साथ दिया :

संघर्ष के दिनों में योग ने उबारा : पंकज त्रिपाठी

मैं दावे के साथ कह सकता हूं कि अगर कोई व्यक्ति नियमित रूप से योग करेगा, तो उसे उस वक्त तो पता नहीं चलेगा, मगर 6 महीने बाद वह जान जाएगा कि योग ने उसकी जिंदगी बदल दी है। योग चमत्कारिक चीज है, दुख, दर्द, पीड़ा, डिप्रेशन और संघर्ष में ये हिम्मत देने का काम करता है। आठ-दस साल जब मैं फिल्मों में संघर्ष कर रहा था, तब मेरा कुछ हो नहीं पा रहा था। मगर उस वक्त किसी तरह के डिप्रेशन या नेगेटिविटी ने अगर मुझे बचाकर रखा, तो वह योग ही था। मुझे याद है कि ऑडिशन से पहले मैं नियमित योग करता था। मुझे जब-जब रिजेक्शन मिला और मेरा संघर्ष बढ़ा, तब योग ने मुझे स्थिर रखा। वरना कई बार लोग लगातार नकारे जाने के बाद टूट जाते हैं। योग आपके दिमाग और शरीर को एक कर देता है। बीच में काम की अधिकता के कारण मेरा योग छूट गया था मगर अब मैंने दोबारा योग करना शुरू किया है।

अन्तर्राष्ट्रीय योग दिवस पर ख़ास

Rekha.Khan@timesofindia.com

योग सिर्फ फिट रहने और मानसिक सेहत को दुरुस्त रखने का तरीका नहीं है बल्कि जिंदगी को संवारने का जरिया भी है और यह बात तमाम सिलेब्रिटी समझते हैं। इसीलिए योग को जिंदगी का हिस्सा बनाने वाले तमाम सिलेब्स का कहना है कि संघर्ष का दौर हो या मुश्किल दिन, योग ने उन्हें ना सिर्फ फिटनेस दी बल्कि हिम्मत भी दी और संभाला भी।

योग ने मुझे कैंसर से लड़ने की ताकत दी : हिना खान

योग हमेशा से मेरी जिंदगी का अहम हिस्सा रहा है लेकिन जब मुझे ब्रेस्ट कैंसर का पता चला, तो इसने मेरे लिए असली ताकत का काम किया। उस वक्त डॉक्टर ने सबसे पहले रॉकी (उनके पति) को बताया, मुझे नहीं। लेकिन अजीब बात ये है कि उसी दिन मैंने फालूदा मंगवाया, जैसे दिल ने कह दिया हो कि कुछ मीठा जरूरी है, सब ठीक हो जाएगा। ये पॉजिटिविटी योग से आई थी। अगर मैं मानसिक रूप से कमजोर होती, तो शायद ये लड़ाई लड़ ही नहीं पाती। अगर मन मजबूत न हो, तो शरीर कितना भी ठीक हो, टूट ही जाता है। मैं पहले भी योग करती थी लेकिन पिछले दो महीने से मेडिटेशन भी करने लगी हूं। खासतौर पर ब्रीथिंग एक्सरसाइज। हाल ही में मैंने सुदर्शन क्रिया, सहज समाधि और अंतर्ज्ञान जैसे अभ्यास भी शुरू किए हैं। सच कहूं तो, योग ने न सिर्फ मेरे शरीर को संभाला, बल्कि मेरी आत्मा को भी लड़ने की हिम्मत दी।

फिल्म इंडस्ट्री में कदम रखना जितना रोमांचक है, उतना ही थकने वाला भी। ऑडिशन का दबाव, लंबे शूट, आत्म-संदेह और हर दिन शारीरिक व मानसिक रूप से तैयार रहना, ऐसे में योग मेरी सबसे बड़ी ताकत बना। योग ने न सिर्फ मुझे फिट रखा, बल्कि मानसिक शांति और भावनात्मक संतुलन भी दिया।

योग और ध्यान ने मुझे टूटने से बचाया : सई मांजरेकर

डिवोर्स के समय योग बना थेरेपी : शुभांगी अत्रे

योग मेरे जीवन का अभिन्न हिस्सा है। मैं अक्सर प्राणायाम से शुरुआत करती हूं और फिर आसनों में उतरती हूं। सूर्य नमस्कार मेरा पसंदीदा है, यह पूरे शरीर पर काम करता है और मानसिक संतुलन भी देता है। कुछ दिन योग मेरे शरीर के लिए होता है, कुछ दिन मेरे मन के लिए। और हर सत्र का अंत मैं ध्यान से करती हूं, भले सिर्फ पांच मिनट के लिए क्यों न हो। ध्यान मुझे खुद से जुड़ने और भीतर की शांति तक पहुंचने में मदद करता है। कुछ साल पहले जब मेरा तलाक हुआ था, वह मेरी जिंदगी का सबसे भावनात्मक रूप से टूटने वाला दौर था। उस वक्त योग मेरी थेरेपी बन गया।

कुछ मिनटों का योग नजरिया बदल देता है : रवीना टंडन

पिछले कुछ वर्षों में योग मेरे जीवन का अहम हिस्सा बन चुका है। यह केवल एक शारीरिक क्रिया नहीं, बल्कि जीवन जीने का तरीका बन गया है। एक ऐक्टर, मां और इंसान के रूप में मेरी जिंदगी में कई भूमिकाएं हैं और योग ही है जो मुझे उन अलग-अलग रोल्स को निभाने की ताकत देता है। मेरे डेली योग रूटीन में आसन, प्राणायाम और ध्यान शामिल हैं। दिन की शुरुआत मैं हल्के स्ट्रेच और सूर्य नमस्कार से करती हूं। फिर वृक्षासन, त्रिकोणासन और भुजंगासन जैसे आसनों के जरिए फ्लेक्सिबिलिटी और स्ट्रेंथ बनाए रखती हूं। मानसिक सुकून के लिए अनुलोम-विलोम और भ्रामरी जैसे प्राणायाम बेहद प्रभावी हैं। जब भी समय मिलता है, मैं 15-20 मिनट का मौन ध्यान भी करती हूं। जैसे सभी की जिंदगी में उतार-चढ़ाव आते हैं, वैसे ही मेरे भी आए हैं, डिप्रेशन, सेल्फ डाउट और इमोशनल स्ट्रगल झेला है। लेकिन इतना जरूर कह सकती हूं कि योग ने हर मुश्किल वक्त में मुझे संभाला है। केवल 20 मिनट का ध्यानपूर्वक सांस लेना भी कई बार दृष्टिकोण बदलने में मदद करता है। योग मुझे संबल देता है, हील करता है और भीतर झांकने की ताकत देता है।

हमसे शेयर करें अपनी फोटोज

अन्तर्राष्ट्रीय योग दिवस पर अगर आप भी योगाभ्यास कर रहे हैं, तो अपनी फोटोज हमसे शेयर करें dtmmresponse@timesofindia.com पर। इसके बारे में 100 शब्दों में बताएं। सब्जेक्ट में लिखें Yoga

Navbharat Times • 21 Jun • Ministry of Ayush

BMC is teaching yoga to 10 thousand people every year

2 • PG | 58 • Sqcm | 65734 • AVE | 380K • Cir | Bottom Center

Mumbai

BMC हर साल 10 हजार लोगों को सिखा रही योग

NBT रिपोर्ट, मुंबई: बीएमसी के शिव योग केंद्र पर हर वर्ष औसतन 10 हजार लोग निशुल्क प्रशिक्षण ले रहे हैं। शनिवार को योग दिवस के उपलक्ष्य में बीएमसी ने भी विशेष योग सत्र का आयोजन किया है। बीएमसी ने वर्ष 2022 में शिव योग केंद्र की शुरुआत की थी। नागरिकों को अपने नजदीकी शिव योग केंद्र की जानकारी अब बीएमसी केवॉट्सऐप चैटबॉट (8999228999) से मिल सकेगी।

बीएमसी स्वास्थ्य विभाग के अनुसार, 2022 से लेकर अबतक 106 योग केंद्रों के माध्यम से 41750 लोगों को योग प्रशिक्षण दिया गया है।

मुख्य कार्यक्रम ग्रैंट रोड स्थित जीटी हॉल में: मुख्य योग सत्र बीएमसी के 'D' विभाग द्वारा गोकुलदास तेजपाल (GT) सभागृह, ग्रांट रोड (पश्चिम) में आयोजित किया जाएगा। यह सुबह 6:30 से 7:30 बजे तक चलेगा। इसके अलावा बीएमसी के 25 वॉर्डों में भी आरोग्य अधिकारियों की देखरेख में बीएमसी कर्मचारियों और स्थानीय नागरिकों के लिए स्थानीय स्तर पर योग सत्र आयोजित किए जाएंगे।

Navbharat Times • 21 Jun • Ministry of Ayush

International Yoga Day

2 • PG | 105 • Sqcm | 119999 • AVE | 380K • Cir | Top Left

Mumbai

Navbharat Times • 21 Jun • Ministry of Ayush

Seminar on Yoga concluded in CR

2 • PG | 26 • Sqcm | 29984 • AVE | 380K • Cir | Bottom Center

Mumbai

CR में योग पर संगोष्ठी संपन्न

NBT रिपोर्ट, सीएसएमटी: मध्य रेलवे ने अंतरराष्ट्रीय योग दिवस की पूर्व संध्या पर सीएसएमटी पर योग के महत्व पर संगोष्ठी आयोजित की। अपर महाप्रबंधक प्रतीक गोस्वामी की अध्यक्षता में आयोजित इस संगोष्ठी में योग के शारीरिक, मानसिक और आध्यात्मिक लाभों पर व्यापक चर्चा हुई। महिला पतंजलि योग समिति, मुंबई के प्रशिक्षित ट्रेनरों ने भी एक योग सत्र आयोजित किया, जिसमें अधिकारी और कर्मचारी सक्रिय रूप से शामिल हुए।

Navbharat Times • 21 Jun • Ministry of Ayush

Yoga not only helped in fitness but also helped in difficult times

10 • PG | 731 • Sqcm | 833402 • AVE | 380K • Cir | Top Left

Mumbai

सिलेब्स ने बताया, कैसे कैंसर, डिवोर्स व डिप्रेशन जैसे मुश्किल दौर में योग ने दिया साथ

'सिर्फ फिटनेस नहीं, मुश्किल वक्त में योग ने दिया सहारा भी'

फिटनेस के साथ ही योग मानसिक शांति और जिंदगी में संतुलन बनाने का जरिया भी है। यहां तमाम सिलेब्स बता रहे हैं कि कैसे योग ने मुश्किल घड़ी में उनका साथ दिया :

संघर्ष के दिनों में योग ने उबारा : पंकज त्रिपाठी

मैं दावे के साथ कह सकता हूं कि अगर कोई व्यक्ति नियमित रूप से योग करेगा, तो उसे उस वक्त तो पता नहीं चलेगा, मगर 6 महीने बाद वह जान जाएगा कि योग ने उसकी जिंदगी बदल दी है। योग चमत्कारिक चीज है, दुख, दर्द, पीड़ा, डिप्रेशन और संघर्ष में ये हिम्मत देने का काम करता है। आठ-दस साल जब मैं फिल्मों में संघर्ष कर रहा था, तब मेरा कुछ हो नहीं पा रहा था। मगर उस वक्त किसी तरह के डिप्रेशन या नेगेटिविटी ने अगर मुझे बचाकर रखा, तो वह योग ही था। मुझे याद है कि ऑडिशन से पहले मैं नियमित योग करता था। मुझे जब-जब रिजेक्शन मिला और मेरा संघर्ष बढ़ा, तब योग ने मुझे स्थिर रखा। वरना कई बार लोग लगातार नकारे जाने के बाद टूट जाते हैं। योग आपके दिमाग और शरीर को एक कर देता है। बीच में काम की अधिकता के कारण मेरा योग छूट गया था मगर अब मैंने दोबारा योग करना शुरू किया है।

अन्तर्राष्ट्रीय योग दिवस पर ख़ास

Rekha.Khan@timesofindia.com

यो ग सिर्फ फिट रहने और मानसिक सेहत को दुरुस्त रखने का तरीका नहीं है बल्कि जिंदगी को संवारने का जरिया भी है और यह बात तमाम सिलेब्रिटी समझते हैं। इसीलिए योग को जिंदगी का हिस्सा बनाने वाले तमाम सिलेब्स का कहना है कि संघर्ष का दौर हो या मुश्किल दिन, योग ने उन्हें ना सिर्फ फिटनेस दी बल्कि हिम्मत भी दी और संभाला भी।

योग ने मुझे कैंसर से लड़ने की ताकत दी : हिना खान

योग हमेशा से मेरी जिंदगी का अहम हिस्सा रहा है लेकिन जब मुझे ब्रेस्ट कैंसर का पता चला, तो इसने मेरे लिए असली ताकत का काम किया। उस वक्त डॉक्टर ने सबसे पहले रॉकी (उनके पति) को बताया, मुझे नहीं। लेकिन अजीब बात ये है कि उसी दिन मैंने फालूदा मंगवाया, जैसे दिल ने कह दिया हो कि कुछ मीठा जरूरी है, सब ठीक हो जाएगा। ये पॉजिटिविटी योग से आई थी। अगर मैं मानसिक रूप से कमजोर होती, तो शायद ये लड़ाई लड़ ही नहीं पाती। अगर मन मजबूत न हो, तो शरीर कितना भी ठीक हो, टूट ही जाता है। मैं पहले भी योग करती थी लेकिन पिछले दो महीने से मेडिटेशन भी करने लगी हूं। खासतौर पर ब्रीथिंग एक्सरसाइज। हाल ही में मैंने सुदर्शन क्रिया, सहज समाधि और अंतर्ज्ञान जैसे अभ्यास भी शुरू किए हैं। सच कहूं तो, योग ने न सिर्फ मेरे शरीर को संभाला, बल्कि मेरी आत्मा को भी लड़ने की हिम्मत दी।

योग और ध्यान ने मुझे टूटने से बचाया : सई मांजरेकर

फिल्म इंडस्ट्री में कदम रखना जितना रोमांचक है, उतना ही थकाने वाला भी। ऑडिशन का दबाव, लंबे शूट, आत्म-संदेह और हर दिन शारीरिक व मानसिक रूप से तैयार रहना, ऐसे में योग मेरी सबसे बड़ी ताकत बना। योग ने न सिर्फ मुझे फिट रखा, बल्कि मानसिक शांति और भावनात्मक संतुलन भी दिया।

डिवोर्स के समय योग बना थेरेपी : शुभांगी अत्रे

योग मेरे जीवन का अभिन्न हिस्सा है। मैं अक्सर प्राणायाम से शुरुआत करती हूं और फिर आसनों में उतरती हूं। सूर्य नमस्कार मेरा पसंदीदा है, यह पूरे शरीर पर काम करता है और मानसिक संतुलन भी देता है। कुछ दिन योग मेरे शरीर के लिए होता है, कुछ दिन मेरे मन के लिए। और हर सत्र का अंत मैं ध्यान से करती हूं, भले सिर्फ पांच मिनट के लिए क्यों न हो। ध्यान मुझे खुद से जुड़ने और भीतर की शांति तक पहुंचने में मदद करता है। कुछ साल पहले जब मेरा तलाक हुआ था, वह मेरी जिंदगी का सबसे भावनात्मक रूप से टूटने वाला दौर था। उस वक्त योग मेरी थेरेपी बन गया।

कुछ मिनटों का योग नजरिया बदल देता है : रवीना टंडन

पिछले कुछ वर्षों में योग मेरे जीवन का अहम हिस्सा बन चुका है। यह केवल एक शारीरिक क्रिया नहीं, बल्कि जीवन जीने का तरीका बन गया है। एक ऐक्टर, मां और इंसान के रूप में मेरी जिंदगी में कई भूमिकाएं हैं और योग ही है जो मुझे उन अलग-अलग रोल्स को निभाने की ताकत देता है। मेरे डेली योग रूटीन में आसन, प्राणायाम और ध्यान शामिल हैं। दिन की शुरुआत मैं हल्के स्ट्रेच और सूर्य नमस्कार से करती हूं। फिर वृक्षासन, त्रिकोणासन और भुजंगासन जैसे आसनों के जरिए फ्लेक्सिबिलिटी और स्ट्रेंथ बनाए रखती हूं। मानसिक सुकून के लिए अनुलोम-विलोम और भ्रामरी जैसे प्राणायाम बेहद प्रभावी हैं। जब भी समय मिलता है, मैं 15-20 मिनट का गौन ध्यान भी करती हूं। जैसे सभी की जिंदगी में उतार-चढ़ाव आते हैं, वैसे ही मेरे भी आए हैं, डिप्रेशन, सेल्फ डाउट और इमोशनल स्ट्रगल झेला है। लेकिन इतना जरूर कह सकती हूं कि योग ने हर मुश्किल वक्त में मुझे संभाला है। केवल 20 मिनट का ध्यानपूर्वक सांस लेना भी कई बार दृष्टिकोण बदलने में मदद करता है। योग मुझे संबल देता है, हील करता है और भीतर झांकने की ताकत देता है।

हमसे शेयर करें अपनी फोटोज

अन्तर्राष्ट्रीय योग दिवस पर अगर आप भी योगाभ्यास कर रहे हैं, तो अपनी फोटोज हमसे शेयर करें dtmmresponse@timesofindia.com पर। इसके बारे में 100 शब्दों में बताएं। सब्जेक्ट में लिखें Yoga

Navbharat Times • 21 Jun • Ministry of Ayush

Yoga will be held today in 1300 cities of 191 countries

1 • PG | 144 • Sqcm | 164467 • AVE | 380K • Cir | Top Right

Mumbai

191 देशों के 1300 शहरों में आज होगा योग

- 11वें अंतरराष्ट्रीय योग दिवस पर शनिवार को 191 देशों के 1300 शहरों में योग का आयोजन होगा।
- अकेले भारत में 100 प्रसिद्ध टूरिस्ट स्पॉट और 50 सांस्कृतिक स्थलों पर योग सत्र होंगे।
- मुख्य कार्यक्रम विशाखापत्तनम में आरके बीच से भोगपुरम तक फैले 26 किमी. लंबे गलियारे में होगा।
- जहां सुबह 6:30 से 8 बजे के बीच 3.19 लाख लोग एकसाथ योग कर गिनिस वर्ल्ड रेकॉर्ड बनाएंगे।

ताजमहल के पीछे दशहरा घाट पर योग करतीं महिलाएं।

INTERNATIONAL Yoga Day

अंदर हर पेज पर देखें योग क्रियाएं

आज अंतरराष्ट्रीय योग दिवस पर **NBT** अपने पाठकों के लिए पेश कर रहा है कुछ जरूरी आसन, प्राणायाम, ध्यान करने के तरीके और उनके फायदे। इन्हें आप अंदर के पेजों पर टॉप पर देख सकते हैं।

Navbharat Times • 21 Jun • Ministry of Ayush

Yoga is a ray of hope in a world full of problems

8 • PG | 239 • Sqcm | 272373 • AVE | 380K • Cir | Bottom Right

Mumbai

समस्याओं से घिरी दुनिया में आशा का दीपक है योग

स्वामी चिदानन्द सरस्वती

योग शरीर, मन और आत्मा के संतुलन का मार्ग है। यह दुर्भाग्यपूर्ण रहा कि इतने वर्षों तक दुनिया में इसका प्रचार-प्रसार कम ही हुआ। पीएम नरेंद्र मोदी ने 21 जून को मनाए जाने वाले अंतरराष्ट्रीय योग दिवस को वैश्विक स्तर पर मान्यता दिलाने में महत्वपूर्ण भूमिका निभाई है।

भारत का उपहार । योग का अर्थ है 'जोड़', यानी आत्मा का परमात्मा से मिलन। ऋग्वेद और यजुर्वेद में योग संबंधी अवधारणाएं हैं। श्वेताश्वतर उपनिषद, कठोपनिषद और मुण्डक उपनिषद में योग व ध्यान पर विशेष प्रकाश डाला गया है। योग का सबसे व्यवस्थित रूप महर्षि पतंजलि द्वारा प्रस्तुत किया गया, जिसे हम राजयोग या अष्टांग योग कहते हैं।

प्रकृति से नाता । हर साल 21 जून को जब सूर्य उत्तरायण की चरम स्थिति में होता है, संपूर्ण विश्व एक साथ शांति, स्वास्थ्य और संतुलन की साधना करता है। यह दिवस आत्मा, मन और प्रकृति के बीच के गहरे संबंध का भी उत्सव है। प्रधानमंत्री मोदी ने एक इंटरव्यू में कहा था कि वह कहीं भी रहें, सुबह उठकर योग के आसन और प्राणायाम जरूर करते हैं।

पूरा विश्व परिवार । अंतरराष्ट्रीय योग दिवस विश्व को भारत की उस विरासत से परिचित कराता है, जो आत्मिक शांति, शरीर-मन के संतुलन और सर्वभूतहिताय के सिद्धांत पर आधारित है। जब पूरी दुनिय एक साथ योग करती है, तो 'वसुधैव कुटुम्बकम' की भावना और भी गहराई से दिखती है।

योग दिवस के मायने

- आत्मा, मन और प्रकृति के बीच गहरा संबंध
- 'वसुधैव कुटुम्बकम' की भावना करता है स्थापित
- दुनिया को आध्यात्मिक दिशा दिखाई

सांस्कृतिक गौरव । अंतरराष्ट्रीय मंच पर योग दिवस का स्वीकार होना भारत के लिए आत्मगौरव का प्रतीक है। यह दिखाता है कि भारत की प्राचीन परंपराएं आज भी प्रासंगिक हैं। योग ने भारतीय संस्कृति को बढ़ावा दिया है। उत्तर प्रदेश, हरियाणा और दिल्ली ने योग को अनिवार्य विषय या पाठ्यक्रम में शामिल किया है।

गुरु राष्ट्र । प्रधानमंत्री मोदी के प्रयास से योग को अंतरराष्ट्रीय मंच पर स्थान मिला। इसका महत्व तब और बढ़ गया, जब UNESCO ने दिसंबर 2016 में योग को 'मानवता की अमूर्त सांस्कृतिक विरासत' के रूप में मान्यता दी। योग अहिंसा, संतुलन और आत्म-ज्ञान का प्रतीक है। जब दुनिया ने इसे अपनाया तो भारत को 'गुरु राष्ट्र' के रूप में देखा जाने लगा।

मुश्किलों का समाधान । योग से देश के अन्य गूढ़ विषयों - आयुर्वेद, ध्यान, प्राच्य दर्शन, गीता और उपनिषद की ओर भी लोगों की रुचि बढ़ी। इससे भारत के सांस्कृतिक और बौद्धिक प्रभाव में वृद्धि हुई। योग ने भारत को आध्यात्मिक मार्गदर्शक, एक विचार, एक जीवन शैली और एक समाधान के रूप में दुनिया के सामने प्रस्तुत किया। आज जब विश्व तनाव, प्रदूषण और तमाम रोगों से जूझ रहा है, तब योग शांति, स्वास्थ्य और संतुलन का दीपक बनकर उभरा है।

सांस्कृतिक कूटनीति । योग ने भारत को फिर से 'विश्व गुरु' बनने की दिशा में अग्रसर किया है। आज हम कह सकते हैं कि अंतरराष्ट्रीय योग दिवस केवल स्वास्थ्य का ही नहीं, भारत की सांस्कृतिक कूटनीति का भी उत्सव है। यह दिवस दिखाता है कि भारत की संस्कृति पूरे विश्व के कल्याण की सोच रखती है। यही हमारी सनातन परंपरा की सबसे बड़ी विशेषता है।

(लेखक परमार्थ निकेतन के संस्थापक हैं)

Navbharat Times • 21 Jun • Ministry of Ayush
Yoga works like a lifesaver in the body

8 • PG | 323 • Sqcm | 368694 • AVE | 380K • Cir | Bottom Center

Mumbai

शरीर में संजीवनी की तरह काम करता है योग

रेखा गुप्ता, *मुख्यमंत्री, दिल्ली*

आज का युग असंतुलन का है। जीवनशैली संबंधी बीमारियां आधुनिक समाज को भीतर से खोखला कर रही हैं। ऐसे में योग वह 'संजीवनी' है, जो शरीर को पुष्ट करने के साथ ही मन को शांत और आत्मा को प्रबुद्ध करता है।

सांस्कृतिक शक्ति । 2014 में जब पीएम नरेंद्र मोदी ने संयुक्त राष्ट्र महासभा में अंतरराष्ट्रीय योग दिवस मनाने का प्रस्ताव रखा, तो दुनिया ने राष्ट्र नीति का आध्यात्मिक आयाम देखा। प्रस्ताव का 177 देशों ने समर्थन किया था। यह इस बात का प्रमाण था कि योग अब समस्त मानवता की साझी विरासत है।

सॉफ्ट पावर । आज योग भारत का सबसे बड़ा निर्यात बन चुका है। दुनिया भर में फैली भारतीय संस्थाओं ने योग दिवस को जन आंदोलन में बदल दिया है। यही भारत की सच्ची 'सॉफ्ट पावर' है।

विश्व गुरु की भूमिका । योग दिवस भारत को विश्व गुरु की भूमिका में स्थापित करता है। योग भारत की सांस्कृतिक मुद्रा है। मोदी सरकार ने इसे उत्सव से आगे नीति और व्यवहार का अंग बनाया है। mYoga ऐप, विश्व स्वास्थ्य संगठन की साझेदारी और 'योग लोकेटर' जैसे डिजिटल टूल्स ने योग को सुलभ, सस्ता और सर्वसुलभ बना दिया है।

चिंतन का आधार । योग सदियों से भारतीय दर्शन का अभिन्न अंग रहा है। ऋषियों ने कहा था, 'सत्त्वे स्थिता न सस्यन्ते दुःखेन न विचालयन्।' योग वह स्थिति है जहां मन, बुद्धि और आत्मा समरस हो जाएं। उपनिषदों से लेकर गीता तक, योग भारतीय चिंतन की धुरी रहा है। यह जीवन की कला है - जैसे तुलसीदास की साधना, विवेकानंद की चेतना, गांधी जी का आत्मनियंत्रण या दीनदयाल जी की करुणा।

योग से ताकत । मेरे लिए योग आंतरिक स्थिरता की पूंजी है। निर्णायक क्षणों में, जब दिमाग थक जाता है, तब योग मुझे धीरज की ढाल और दृष्टि की दीपशिखा देता है। यही अनुभव मैं दिल्ली के हर नागरिक तक पहुंचाना चाहती हूं। मेरा संकल्प है कि योग किसी विशेष वर्ग की परिधि में न बंधे, वह हर जगह पहुंचे। हमारा लक्ष्य ऐसी संस्कृति विकसित करना है, जिसमें योग दिल्ली की दिनचर्या का हिस्सा बन जाए, तभी दिल्ली 'स्वस्थ राजधानी' बन पाएगी।

जोड़ने वाला पुल । आज जब समाज वैचारिक विघटन और मानसिक असंतुलन के दौर से गुजर रहा है, तब योग वह साझी भूमि है, जहां विचार, धर्म, वर्ग या जाति की कोई दीवार नहीं। दिल्ली जैसे विविधता भरे महानगर में योग लोगों को जोड़ने वाला भावनात्मक सेतु बन सकता है।

आत्मा का अनुशासन । जहां पश्चिमी सभ्यता ने 'I think, therefore I am' को जीवन का आधार माना, वहीं भारत ने हजारों वर्षों पहले कह दिया था - 'योगः कर्मसु कौशलम्'। योग जीवन के हर कर्म में संतुलन और सटीकता का नाम है। आज दुनिया योग सीख रही है और भारत के भीतर छुपे उस शाश्वत विज्ञान को सम्मान दे रही है, जो न तो समय से बंधा है, न सीमा से। यह 'सांस्कृतिक पुनर्जागरण' का समय है और योग उसकी मशाल है। प्रधानमंत्री मोदी ने जिस 'One Earth, One Health' का आह्वान किया है, वह भारत की आध्यात्मिक दृष्टि का वैश्विक अनुवाद है।

दुनिया ने माना योग को

- भारतीय ज्ञान परंपरा को सभी ने स्वीकार किया
- नीति और व्यवहार का अंग बन चुका है योग
- जीवन में संतुलन और सटीकता लाने की ताकत

Navbharat Times • 21 Jun • Ministry of Ayush
International Yoga Day, 2025

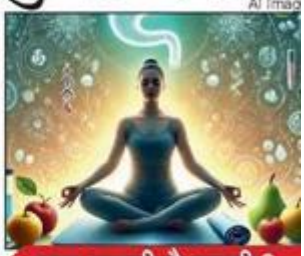
5 • PG | 126 • Sqcm | 246402 • AVE | 2.68M • Cir | Middle Left

Delhi

योग से PCOS मरीज़ों का हॉर्मोन हुआ बैलेंस

Rahul.Anand@timesofindia.com

AI Image



■ **नई दिल्ली :** जो महिलाएं PCOS (पॉलीसिस्टिक ओवेरियन सिंड्रोम) से परेशान हैं, उनके लिए योग राहत की राह बन सकता है। AIIMS की ताजा स्टडी में यह साफ हुआ है कि सिर्फ 12 हफ्ते के नियमित योग प्रैक्टिस से हॉर्मोन संतुलन बेहतर होता है। शरीर में अंदरूनी तनाव यानी ऑक्सिडेटिव स्ट्रेस घटता है और ओवरी की सेहत में भी सुधार आता है।

पीसीओएस से जूझ रहीं 75 महिलाओं पर की गई इस स्टडी में 32 महिलाओं को योग कराया गया, जबकि 29 महिलाओं को दूसरे ग्रुप में रखा गया। 12 हफ्ते बाद जिन महिलाओं ने योग किया, उनमें हार्मोनल बैलेंस, माइटोकॉन्ड्रियल हेल्थ और मानसिक स्थिति में काफी सुधार देखा गया। यह रिसर्च एम्स की डॉ. रीमा दादा, डॉ. रिचा मिश्रा, डॉ. दीपिका कुमारी, डॉ. मनोज कुमार, डॉ. आशीष दत्त उपाध्याय, डॉ. नीना मल्होत्रा, डॉ वत्सला डडवाल और डॉ. तुषार सहगल ने की है।

> मानसिक सेहत पर भी योग का पॉजिटिव असर दिखा

स्टडी में पाया गया कि पीसीओएस की वजहों में खराब लाइफस्टाइल, उल्टा-सीधा खाना, प्रदूषण, शरीर में जमा चर्बी और गर्भावस्था के दौरान कुछ हॉर्मोन बिगाड़ने वाले केमिकल्स के असर शामिल हैं। इससे शरीर में ऑक्सिडेटिव स्ट्रेस बढ़ता है, जो अंदरूनी अंगों खासकर ओवरी के माइटोकॉन्ड्रिया को नुकसान पहुंचाता है।

क्या कहती है स्टडी?

रिसर्चर्स का कहना है कि नियमित योग से न सिर्फ पीसीओएस के लक्षणों को कंट्रोल किया जा सकता है, बल्कि इसे रोकने या देरी से उभरने से भी रोका जा सकता है। योग एक सस्ता, सुरक्षित और असरदार तरीका है, जिसे हर महिला अपनी दिनचर्या में शामिल कर सकती है।

नतीजा यह होता है कि पीरियड्स अनियमित होते हैं, ओवुलेशन में दिक्कत आती है और इनफर्टिलिटी जैसी समस्याएं बढ़ती हैं।

योग करने वाली महिलाओं के शरीर में माइटोकॉन्ड्रियल DNA की संख्या बढ़ी जो सेल की ऊर्जा और सेहत के लिए जरूरी है। इसके अलावा शरीर में सूजन के निशान कम हुए, ऑक्सिडेटिव स्ट्रेस घटा और कोशिकाओं की उम्र बताने वाले टिलोमेयर की लंबाई में भी सुधार देखा गया। मानसिक सेहत पर भी योग ने असर दिखाया। 'बीक डिप्रेशन इन्वेंटरी-II' से मापे गए डिप्रेशन के स्तर में योग करने वाली महिलाओं में कम पाई गई।

Navbharat Times • 20 Jun • Ministry of Ayush

Vidyut said, 'Yoga gave direction to my life

11 • PG | 24 • Sqcm | 26798 • AVE | 380K • Cir | Top Right

Mumbai

विद्युत बोले, 'योग ने दी मेरी जिंदगी को दिशा'

विद्युत जामवाल ने हाल ही में फैंस को नशे से दूर रहने की सलाह दी। उन्होंने कहा, 'नशा हानिकारक है।' विद्युत ने कहा, 'योग ने मेरे जीवन पर गहरा प्रभाव डाला। इसने मेरी जिंदगी, अनुशासन को आकार दिया।'

Navbharat Times • 20 Jun • Ministry of Ayush

International Yoga Day

6 • PG | 37 • Sqcm | 72686 • AVE | 2.68M • Cir | Middle Left

Delhi

'योग संगम' के जरिए फिट रहने का संदेश

■ NBT रिपोर्ट, नई दिल्ली: अंतरराष्ट्रीय योग दिवस के मद्देनजर दिल्ली से लेकर गोवा तक योगोत्सव की धूम है। आयुष मंत्रालय ने 10 सिग्नेचर इवेंट्स के साथ योग कार्यक्रम का आगाज किया है। इसका समापन 21 जून को योग संगम के जरिए होगा।

योग दिवस की तैयारियों के तहत अखिल भारतीय आयुर्वेद संस्थान ने योग के संदेश, सामंजस्य, स्वास्थ्य और संतुलित जीवन को आम जन तक पहुंचाने के उद्देश्य से एक भव्य श्रृंखला की शुरुआत की है। यह आयोजन आयुष मंत्रालय की 10 सिग्नेचर इवेंट्स पहल का हिस्सा है। योग संगम 21 जून 2025 को आयोजित होगा। इस दिन कॉमन योगा प्रोटोकॉल पर आधारित सामूहिक योग प्रदर्शन सुप्रीम कोर्ट परिसर, केंद्रीय विद्यालय एनटीपीसी मैदान और बदरपुर में आयोजित किया जाएगा।

Navbharat Times • 20 Jun • Ministry of Ayush

Vidhyut Bole, Yoga ne di meri zindagi ko disha

16 • PG | 25 • Sqcm | 48252 • AVE | 2.68M • Cir | Top Right

Delhi

विद्युत बोले, 'योग ने दी मेरी जिंदगी को दिशा'

विद्युत जामवाल ने हाल ही में फैंस को नशे से दूर रहने की सलाह दी। उन्होंने कहा, 'नशा हानिकारक है।' विद्युत ने कहा, 'योग ने मेरे जीवन पर गहरा प्रभाव डाला। इसने मेरी जिंदगी, अनुशासन को आकार दिया।'

Navbharat Times • 20 Jun • Ministry of Ayush

Vidyut jamwal bole yoga ne di meri Zindagi ko disha.

4 • PG	41 • Sqcm	5145 • AVE	3.21M • Cir	Middle Right

Gurugram • Noida

विद्युत जामवाल बोले, 'योग ने दी मेरी जिंदगी को दिशा'

विद्युत जामवाल ने हाल ही में फैंस को नशे से दूर रहने की सलाह दी। उन्होंने कहा, 'नशे से दूर रहना चाहिए। यह हानिकारक है।' कलारीपयट्टु में माहिर विद्युत ने कहा, 'योग भारत की धरोहर है। योग ने मेरे जीवन पर गहरा प्रभाव डाला। इसने मेरी जिंदगी, अनुशासन को आकार दिया।'

Navbharat Times • 20 Jun • Ministry of Ayush

Zindagi men yoga ko kiya shamil to Kai bimariyon se paaya chhutkara.

2 • PG | 608 • Sqcm | 57713 • AVE | 3.21M • Cir | Top Left

Noida

जिंदगी में योग को किया शामिल तो कई बीमारियों से पाया छुटकारा

योग से हुए निरोग

■ **NBT न्यूज, ग्रेटर नोएडा :** योग केवल बीमारियों को दूर करने का माध्यम नहीं, बल्कि यह जीवन की गुणवत्ता को बेहतर बनाने का एक प्रभावशाली तरीका है। ग्रेटर नोएडा के सेक्टर अल्फा-1 रेल विहार की रीता यादव और डॉ. रविन्द्र कुमार इसकी मिसाल हैं। रीता कब्ज और गैस की पुरानी समस्याओं से परेशान थीं, लेकिन योग को अपनाने के बाद उनकी पाचन क्रिया मजबूत हो गई और उन्होंने दवाइयों से दूरी बना ली। वहीं, डॉक्टर रविन्द्र कुमार शारीरिक थकान और ध्यान भटकने से जूझ रहे थे। योग से उन्हें नई ऊर्जा और मानसिक एकाग्रता मिली, जिससे उनके काम में निखार आया।

'योग से शरीर में हुआ नई ऊर्जा का संचार'

ग्रेटर नोएडा के डॉ. रविन्द्र कुमार पहले शारीरिक थकान और ध्यान भटकने जैसी समस्याओं से जूझ रहे थे, जिससे उनके काम पर भी असर पड़ रहा था। करीब सात महीने पहले उन्होंने योग को अपनी दिनचर्या में शामिल किया। इसके बाद उनके शरीर में नई ऊर्जा का संचार हुआ और काम करने की शक्ति भी बढ़ी। योग के नियमित अभ्यास से उनका मन अब काम में ज्यादा लगने लगा है। साथ ही मानसिक एकाग्रता में भी काफी सुधार हुआ है। अब वह हर सुबह योग आसनों के साथ ध्यान मुद्रा में समय बिताते हैं, जिससे उन्हें सकारात्मकता और मानसिक शांति मिलती है।

डॉ. रविन्द्र कुमार

'पेट की समस्याओं से मिली राहत'

ग्रेटर नोएडा के सेक्टर अल्फा-1 रेल विहार निवासी रीता यादव लंबे समय तक कब्ज और गैस की समस्या से परेशान थीं, लेकिन जब उन्होंने योग को अपनाया तो धीरे-धीरे पेट से जुड़ी सभी परेशानियां दूर हो गईं हैं और दवाइयों से भी छुटकारा मिल गया है।

श्री दिगंबर जैन भगवान पार्श्वनाथ प्रभावना समिति ने आयोजित किया कार्यक्रम

वेदवन पार्क में योग सत्र आयोजित

■ **NBT न्यूज, नोएडा :** श्री दिगंबर जैन भगवान पार्श्वनाथ प्रभावना समिति ने ओम अर्हं सोशल वेलफेयर फाउंडेशन के तत्वावधान में गुरुवार को योग सत्र का आयोजन किया गया। योग महाकुंभ की श्रृंखला के अंतर्गत 15 जून से 21 जून तक वेदवन पार्क में मुनि 108 प्रणम्य सागर महाराज की विशेष प्रेरणा से सुबह 5:30 से 7 बजे तक अर्हं ध्यान योग का शिविर लगाया गया, जिसमें सुबह के समय में काफी संख्या में लोगों ने हिस्सा लिया। अर्हं टीम ने सभी से स्वस्थ तन, प्रसन्न मन और निर्मल चेतन के लिए अधिक से अधिक संख्या में 21 जून को समय से शिवालिक पार्क में आकर अर्हं ध्यान योग करने और जीवन में अपनाने का आह्वान किया।

100 से अधिक स्थानों पर होगा कार्यक्रम

■ **NBT न्यूज, नोएडा :** सेक्टर और सोसायटियों में योग दिवस की तैयारियां चल रही हैं। शहर में 100 से अधिक जगहों पर योग के आयोजन होंगे, जिसमें सबसे बड़ा कार्यक्रम सेक्टर-21ए नोएडा स्टेडियम और सेक्टर-33ए नोएडा हाट के सामने के शिवालिक पार्क में होगा। सेक्टर-122 में अंतरराष्ट्रीय योग दिवस को लेकर आरडब्ल्यूए अध्यक्ष डॉ उमेश शर्मा ने बताया कि सेक्टर के सेंट्रल पार्क में सुबह 5:45 बजे से 7:20 बजे तक योग सत्र योग प्रशिक्षकों की ओर से सामान्य योग प्रोटोकॉल का अभ्यास होगा। सेक्टर-121 के होम्स 121 में भारतीय योग परिषद की ओर से योग का कार्यक्रम होगा। इसमें लोगों से अपील है कि वे अपने साथ योगा मैट लेकर आएं।

Navbharat Times • 19 Jun • Ministry of Ayush

CM Yamuna Tat par karengi Yoga

4 • PG | 179 • Sqcm | 348613 • AVE | 2.68M • Cir | Middle Center

Delhi

मुख्यमंत्री यमुना तट पर करेंगी योग, दिल्ली में 11 जगहों पर होंगे कार्यक्रम

■ NBT रिपोर्ट, नई दिल्ली

मुख्यमंत्री रेखा गुप्ता ने बुधवार को शालीमार बाग के महर्षि आयुर्वेद अस्पताल में 'सोमा-द आयुर्वेदिक किचन' का उद्घाटन किया। इस अवसर पर मुख्यमंत्री ने आयुर्वेद की प्राचीन परंपरा को दोबारा जीवित करने और हेल्दी लाइफस्टाइल को बढ़ावा देने पर जोर दिया। सीएम ने कहा कि अंतरराष्ट्रीय योग दिवस पर दिल्ली सरकार पहली बार 11 जगहों पर योग कार्यक्रम आयोजित करेगी और वे खुद यमुना तट पर योग कार्यक्रम में भाग लेंगी। उन्होंने योग को वैश्विक पहचान दिलाने के लिए प्रधानमंत्री मोदी के योगदान की भी सराहना की। मुख्यमंत्री ने कहा कि आज दुनिया भर से लोग भारत के आयुर्वेद पर भरोसा करते हैं और दिल्ली उनके इलाज के लिए प्रमुख केंद्र बन चुका है। उन्होंने एम्स आयुर्वेद से लेकर अन्य सरकारी और निजी आयुर्वेदिक संस्थानों की सराहना की। उन्होंने आगे कहा कि भारत को यह सौभाग्य प्राप्त है कि यहां एलोपैथी के साथ-साथ आयुर्वेद, योग और अन्य वैकल्पिक चिकित्सा पद्धतियों का विशाल और वैज्ञानिक ज्ञान मौजूद है।

सीएम ने महर्षि आयुर्वेद अस्पताल में 'सोमा-द आयुर्वेदिक किचन' का उद्घाटन किया

वहीं, मुख्यमंत्री ने सोमा किचन की प्रशंसा करते हुए कहा कि उन्होंने इंस्टाग्राम पर मिलेट्स आधारित भोजन की एक लोकप्रिय रील देखी। इससे प्रभावित होकर वे शालीमार बाग में इस जगह पर पहुंचीं। यहां का हर खाना मिलेट्स और प्राकृतिक अनाज से तैयार किया गया है, जो न केवल स्वादिष्ट बल्कि स्वास्थ्यवर्धक भी है। मुख्यमंत्री ने कहा कि मिलेट्स कभी भारतीय रसोई का हिस्सा थे, पर आज की पीढ़ी से वह दूर होते जा रहे हैं। जब यही अनाज विदेशी पैकेजिंग में लौटते हैं तो उन्हें ट्रेंडी सुपरफूड कहा जाता है, जबकि वे हमारे घरों की परंपरा में सदियों से मौजूद हैं।

'सोमा-द आयुर्वेदिक किचन' पूरी तरह से है सात्विक

■ NBT रिपोर्ट, नई दिल्ली : महर्षि आयुर्वेदिक हॉस्पिटल के डायरेक्टर लक्ष्मण श्रीवास्तव के अनुसार, यह देश का पहला सात्विक किचन है, जहां पर न लहसुन और न ही प्याज का इस्तेमाल होता है और न ही मैदा या रिफाइंड ऑयल का इस्तेमाल किया जाता है।

सोमा– द आयुर्वेदिक किचन की कुछ खास बातें

■ यहां खाना व्यक्ति के दोष, वात, पित्त या कफ के अनुसार परोसा जाता है।

■ एक अनुभवी डाइटिशियन हैं, जो नाड़ी परीक्षण के जरिए दोष की पहचान कर उसी अनुसार खाने की सलाह देते हैं।

■ सारा खाना सात्विक शैली में बनता है, लेकिन मॉडर्न ट्विस्ट के साथ, जैसे मोमोज, पिज्जा और वर्गर।

■ हर चीज बाजरे (मिलेट्स) से बनी होती है, सेहतमंद और संपूर्ण पोषण के साथ। हमारा सबसे लोकप्रिय आइटम है आयुर्वेदिक तरीके से तैयार किया गया गोलगप्पा , जिसमें मीठे आलू की स्टफिंग होती है।

Navbharat Times • 19 Jun • Ministry of Ayush

Do Yoga with NBT on 21st June

4 • PG | 93 • Sqcm | 180429 • AVE | 2.68M • Cir | Top Right

Delhi

21 जून को कीजिए एनबीटी के साथ योग

■ NBT रिपोर्ट, नई दिल्ली

अंतरराष्ट्रीय योग दिवस पर एनबीटी के संग योग करने का मौका आपके पास है। 21 जून को द्वारका के वेगस मॉल में एनबीटी अंतरराष्ट्रीय योग दिवस मनाएगा जाएगा, वो भी कई कार्यक्रम के साथ। इस कार्यक्रम में दिल्ली के पर्यटन मंत्री कपिल मिश्रा भी बतौर खास मेहमान पहुंचेंगे। ज्यादा से ज्यादा लोगों को सेहतमंद जिंदगी की ओर ले जाने के मकसद इस कार्यक्रम में एक सामूहिक योग सेशन आयोजित किया जाएगा। सुबह 6 बजे से 8 बजे तक यह सेशन चलेगा, जिसमें योग की कई एक्टिविटी चलेंगी। कार्यक्रम में बतौर मुख्य अतिथि दिल्ली के पर्यटन मंत्री कपिल मिश्रा पहुंचेंगे। साथ ही, योग गुरु मनमोहन गुप्ता विशेष अतिथि के तौर पर शामिल होंगे और लोगों को योग करने के लिए प्रेरित करेंगे। योग से होने वाले फायदों के साथ-साथ कैसे अलग-अलग योगासन करें, इस कार्यक्रम में यह भी जानकारी मिलेगी। इस कार्यक्रम में मीनल पाठक एक योग सत्र का नेतृत्व करेंगी और लोगों को योग करवाएंगी। उसके बाद एशले कौर अपने जुम्बा के सेशन के साथ लोगों के भीतर एनर्जी भरेंगी। शर्ट दी जाएगी और सर्टिफिकेट भी दिया जाएगा। खाने-पीने की व्यवस्था भी होगी।

आइये करें योग

कब : 21 जून, सुबह 6 से शाम 8 बजे तक

कहां : वेगस मॉल, सेंट्रल पियाजा, द्वारका

Navbharat Times • 19 Jun • Ministry of Ayush

Lutians Zone mein 8 jagao par manay jayega Yoga Day

4 • PG | 62 • Sqcm | 121454 • AVE | 2.68M • Cir | Middle Center

Delhi

लुटियंस जोन में 8 जगहों पर मनाया जाएगा योग दिवस

■ NBT रिपोर्ट, नई दिल्ली

21 जून को इंटरनैशनल योग दिवस का आयोजन लुटियंस दिल्ली में 8 जगहों पर किया जाएगा। योग दिवस आयोजन के लिए बुधवार से लोदी रोड और तालकटोरा गार्डन में अभ्यास भी शुरू किया गया है। यह कहना है कि एनडीएमसी उपाध्यक्ष कुलजीत सिंह चहल का। योग दिवस कार्यक्रम में करीब 6,200 लोगों के बैठने की इस बार व्यवस्था होगी।

चहल के अनुसार, कर्तव्य पथ पर 2,000 लोगों के बैठने की व्यवस्था की जाएगी। नई दिल्ली एरिया में जितने भी वीवीआईपी, केंद्रीय मंत्री हैं, उनके लिए यहीं योग करने का प्रबंध किया जाएगा। शांति पथ लॉन में 1,000 लोगों के बैठने की व्यवस्था की जाएगी। शांति पथ के आसपास ही सभी देशों के दूतावास हैं। इसलिए यहां भी योग कार्यक्रम के लिए बेहतर प्रबंध करने का आदेश दिया गया है। लोधी और तालकटोरा गार्डन में भी 1000-1000 लोगों के बैठने की व्यवस्था की जाएगी। कनॉट प्लेस के सेंट्रल पार्क, पंडारा पार्क, न्यू मोतीबाग आईएएस रेजिडेंस और लक्ष्मीबाई नगर में संजय झील पार्क में 300-300 लोगों के बैठने की व्यवस्था होगी। नेहरू पार्क में इस बार कार्यक्रम नहीं किया जाएगा।

Navbharat Times • 16 Jun • Ministry of Ayush

Parsunath digambar Jain mandir Mein yoga karyakram.

2 • PG	61 • Sqcm	5789 • AVE	3.21M • Cir	Middle Left

Noida

पार्श्वनाथ दिगम्बर जैन मंदिर में योग कार्यक्रम

■ **NBT न्यूज, नोएडा :** सेक्टर-50 के 1008 पार्श्वनाथ दिगम्बर जैन मंदिर में योग कार्यक्रम हुआ। जैन मुनि प्रणम्य सागर ने योग संगम श्रृंखला का उद्घाटन किया। इस दौरान हरित योग के अंतर्गत सामूहिक योग सत्र के साथ पौधरोपण किया गया, जिसमें बड़ी संख्या में लोगों ने हिस्सा लिया। विश्व जैन संगठन के अध्यक्ष केके जैन ने बताया इस वर्ष अंतरराष्ट्रीय योग दिवस की 11वीं वर्षगांठ के उपलक्ष्य में योग महाकुंभ श्रृंखला का आयोजन 15 से 21 जून तक विभिन्न स्थानों पर किया जा रहा है। सेक्टर-54 के वेटलैंड पार्क में भी कार्यक्रम आयोजित किया जाएगा। साथ ही सेक्टर-22 के आरडब्ल्यूए अध्यक्ष केपी भट्ट ने बताया कि योग सत्र सुबह 6 से 7:30 बजे तक रहेगा।

Navbharat Times • 16 Jun • Ministry of Ayush

Yoga guru ne bataya swasthya jeevan ka mantra.

3 • PG | 346 • Sqcm | 32863 • AVE | 3.21M • Cir | Top Left

Noida

योग गुरु ने बताया स्वस्थ जीवन का मंत्र, सैकड़ों ने सीखा जीने का हुनर

कौशांबी के पंचमढ़ी टावर स्थित सेंट्रल पार्क में आयोजित NBT वेलनेस कार्यक्रम में योग गुरु डॉ. सुरक्षित गोस्वामी ने लोगों को योग की बारीकियां सिखाई

NBT WELLNESS

ila.srivastava
@timesofindia.com

■ गाजियाबाद/टीएचएन: शनिवार की सुबह जब लालिमा लिए सूरज पेड़ों के बीच से झांक रहा था तो कौशाम्बी का सेंट्रल पार्क एक नई ऊर्जा से सराबोर था। कोयल की मीठी कूक, शांत वातावरण और ओस से भीगी हरी घास पर बिछी सतरंगी कालीन... इस खुशनुमा माहौल ने हर किसी को व्यस्त दिनचर्या से कुछ पल निकाल स्वास्थ्य को समर्पित करने के लिए प्रेरित कर दिया। यह अवसर था NBT वेलनेस योग और स्वास्थ्य कार्यक्रम का। जिसका आयोजन NBT और कौशाम्बी अपार्टमेंट रेजिडेंट्स वेलफेयर असोसिएशन (KARWA) के संयुक्त तत्वावधान में किया गया।

कौशाम्बी के पंचमढ़ी टॉवर स्थित सेंट्रल पार्क में आयोजित योगशाला में सैकड़ों युवा, महिलाएं, वरिष्ठ नागरिक और पुरुष पहुंचे। इस दौरान योग गुरु डॉ. गोस्वामी ने कहा कि आज हमें हंसने के लिए भी मेहनत करनी पड़ती है। घर में हैं तो ऑफिस की चिंता, और ऑफिस में हैं तो घर की। इसका सबसे सरल उपाय है 'शुक्राना'। परमात्मा, प्रकृति और आपके जीवन में सहयोगी हर शख्स का धन्यवाद करें। ऐसा करते ही आप भीतर से हल्कापन महसूस करेंगे।

> घर पर परिवार के साथ सामूहिक योग करने से कलेक्टिव एनर्जी मिलती है
> - योग गुरु डॉ. सुरक्षित गोस्वामी

कौशांबी स्थित पंचमढ़ी टावर में NBT और कारवां के सहयोग से हुआ कार्यक्रम

लोगों ने देर तक श्वास को साधने की कला सीखी

कार्यक्रम की शुरुआत शरीर में सत्वगुण और प्राण-तत्व को बढ़ाने के लिए ओम के सामूहिक जाप से हुई, जिससे पूरा वातावरण आध्यात्मिक ऊर्जा से भर गया। इस दौरान लोगों ने अपनी श्वास को साधने की कला सीखी। डॉ. गोस्वामी ने समझाया कि यह शरीर अनमोल है और जो व्यक्ति इसकी कीमत समझ लेता है, वह इसका ध्यान अवश्य रखता है। योग साधना इसी शरीर के स्वास्थ्य को बढ़ाने की एक अनूठी प्रक्रिया है। यह केवल आसन नहीं, बल्कि शरीर का आंतरिक स्नान है, जो हमें भीतर से स्वच्छ और तरोताजा करता है। नियमित योग से हम विपरीत परिस्थितियों में भी शांत और स्थिर बने रहते हैं। उन्होंने कहा कि जब पूरा परिवार एक साथ योग करता है, तो इससे उत्पन्न होने वाली 'कलेक्टिव एनर्जी' सभी के स्वास्थ्य को बेहतर बनाती है।

कठिनाई के कारण कुछ ने कुर्सी पर बैठ किया योग

इस कार्यक्रम की सबसे बड़ी खासियत इसकी समावेशिता थी। जिन निवासियों को जमीन पर बैठने में कठिनाई थी, उनके लिए कुर्सी पर बैठकर योग करने की विशेष व्यवस्था की गई थी। उन्होंने भी अनुलोम-विलोम, कपालभाति और भ्रामरी जैसे महत्वपूर्ण प्राणायामों का अभ्यास पूरी लगन से किया। इस सफल आयोजन में कारवां के महासचिव व पचमढ़ी टावर रेजिडेंट वेलफेयर असोसिएशन के अध्यक्ष विनय मोहेश्वरी, वेदांता, परितोष, शिशिर, आलोक कुमार, पवन गुप्ता, पप्पू चौपाल से राकेश, सीमा शर्मा, निभा, हेम गर्ग, नीतू, कुनाल, विजय सिंह, शिल्पा, पूर्व पार्षद मनोज गोयल और गौरव वर्मा प्रमुख रूप से उपस्थित रहे।

Navbharat Times • 15 Jun • Ministry of Ayush

Yoga for health will be achieved only by practice

10 • PG | 409 • Sqcm | 466305 • AVE | 380K • Cir | Bottom Left

Mumbai

अभ्यास से ही बनेगा सेहत का योग

अगर हम योग को अपने रोजाना के रुटीन का हिस्सा बना लें तो शरीर और मन दोनों खुश रहेंगे। योग हमारी जिंदगी को पूरी तरह बदल सकता है। इसके लिए खुद को कैसे तैयार करें, बता रहे हैं जाने-माने योग गुरु सुरक्षित गोस्वामी

सुरक्षित गोस्वामी

प्रभु की कृपा से हमें यह जीवन मिला है। अब यह हमारे ऊपर निर्भर करता है कि हम अपने शरीर और मन को कैसे फिट रखें। वैसे तो हर शख्स भूख लगने पर खाना खा लेता है, थोड़ा चल-फिर लेता है, नींद ले लेता है लेकिन इतना ही काफी नहीं है। हमारे शरीर के अंदर क्या चल रहा है, कौन-से अंग कमजोर पड़ रहे हैं, कहां बीमारी अपना घर बना रही है, यह हमें ऊपर से देखने पर अमूमन पता नहीं चलता। एक दिन अचानक मालूम होता है कि शरीर में कोई बीमारी हो गई क्योंकि शरीर के अंदर जो कुछ भी घट रहा था वह दिखाई नहीं देता। शरीर बाहर से गंदा हो तो उसे हम साफ कर लेते हैं, लेकिन अंदर की गंदगी का हमें अंदाजा भी नहीं लगता। इसलिए हमारे ऋषियों ने एक अनूठा अभ्यास ईजाद किया जिसे 'योग' का नाम दिया गया।

सिर्फ आसन नहीं है योग

योग का अभ्यास जिसमें आसन, प्राणायाम और ध्यान की क्रिया शामिल है, यह हमारे शरीर में बीमारियों को पनपने ही नहीं देता। कोई बीमारी आ भी गई तो उसे भी दूर करने में मदद करता है। असल में हमारा शरीर ऊर्जा से बना हुआ है। पूरे शरीर में ऊर्जा व्याप्त है। जब शरीर के किसी हिस्से में या किसी अंग में सही तरह से ऊर्जा नहीं बहती तो वहां बीमारी पैदा होती है। योग के अभ्यास से अलग-अलग आसन करके हम अपने शरीर को आगे-पीछे झुकाते हैं, मोड़ लेते हैं और कुछ देर खड़े होकर अभ्यास कर लेते हैं, कुछ देर बैठकर, कमर व पेट के बल लेटकर यानी अलग-अलग आसन करके शरीर के हर हिस्से तक ऊर्जा को गति दे देते हैं। फिर प्राणायाम से शरीर के सभी प्राणों को बल देते हैं और ध्यान यानी मेडिटेशन करके अपने मन को पॉजिटिव बना लेते हैं। इस तरह से योग के हल्के-फुल्के अभ्यास से भी शरीर के भीतर की रोजाना सफाई होती रहती है क्योंकि गलत खानपान, गलत दिनचर्या से हर दिन शरीर में कुछ न कुछ विकृति भी आ रही होती है। अगर हर दिन योग का अभ्यास किया जाए तो इसे काबू में किया जा सकता है। जैसे भूख रोज लगती है तो हम खाना खाते हैं, दांत गंदे होते हैं तो रोज ब्रश करते हैं, पसीना आता है तो रोज नहाते हैं। इसी तरह हमारा शरीर अंदर से भी अच्छी तरह काम करता रहे इसके लिए योग का रोजाना अभ्यास करना जरूरी है।

इसे हर दिन के रुटीन का हिस्सा बना लेना चाहिए। जैसे हम अपने घर की सफाई करते रहते हैं तो घर हमेशा चमकता रहता है, चाहे घर कितना ही पुराना क्यों न हो। इसी तरह शरीर के अंदर भी रोज के योगाभ्यास से सफाई होती रहे तो आखिरी वक्त तक हम स्वस्थ बने रह सकते हैं।

Adobe Stock

जैसे भूख रोज लगती है तो हम खाना खाते हैं, दांत गंदे होते हैं तो रोज ब्रश करते हैं, पसीना आता है तो रोज नहाते हैं। इसी तरह हमारा शरीर अंदर से भी अच्छी तरह साफ रहे और काम करता रहे इसके लिए योग का रोजाना अभ्यास करना जरूरी है।

21 जून, शनिवार
योग दिवस
पर विशेष

क्रैश कोर्स न समझें इसे

यह बात जरूर समझनी चाहिए कि योग का अभ्यास कोई क्रैश कोर्स नहीं है, जिसे कुछ दिन करके या फिर दो-चार महीने करके ही छोड़ दिया जाए बल्कि इसे जीवनभर के लिए अपनाना चाहिए। इसके लिए कुछ वक्त तय करके इसे जरूरी नित्य कर्मों का हिस्सा बनाना होगा। ऐसा करने से हमें ही फायदा होगा। यह सच है कि जिस दिन से योग अभ्यास शुरू करेंगे उसी दिन से शरीर हल्का महसूस होगा, नींद बेहतर हो जाएगी, मन पॉजिटिव होने लगेगा। बस अभ्यास एक बार शुरू करने की देर है, उसके बाद उसे छोड़ना नहीं है, भुलाना नहीं है बल्कि अपने आसपास वालों को भी योग करने के लिए प्रेरित करना है। भले ही वे उम्र के किसी भी पड़ाव पर हों, किसी भी धर्म के हों। जहां तक शरीर को सेहतमंद बनाने की बात है तो योग दिवस पर हम मिलकर यही संकल्प लेते हैं कि रोजाना योग का अभ्यास करेंगे और जीवनभर करते रहेंगे। योग के प्रति लोगों को जागृत भी करते रहेंगे। अगर जीवनभर सेहतमंद रहना चाहते हैं तो आज से ही तन और मन पर ध्यान देना शुरू कर दें। साथ ही खानपान और सोने-जागने का वक्त तय कर लें। अगर योग का अभ्यास करना शुरू कर देंगे और योग को जीवन का हिस्सा बना लेंगे तो बाकी सब चीजें अपने आप व्यवस्थित हो जाएंगी। आमतौर पर हम सेहत के प्रति तब जागते हैं, जब शरीर में बीमारी आ जाती है। इसलिए बीमारी का इंतजार किए बिना ही योग को करना शुरू कर दें और जो लोग योग पहले से ही करते हैं तो वे योग के प्रति अपना भरोसा पक्का कर लें।

35 मिनट भी काफी हैं रोजाना

ज्यादातर लोग इसलिए योग नहीं करते क्योंकि उन्हें लगता है कि वे अपने बिजी रुटीन से हर दिन एक-दो घंटे का वक्त भी योग के लिए नहीं निकाल सकते। असल में हम ऐसा मान बैठे हैं कि कम से कम एक घंटा तो योग करना ही होगा तभी उसका फायदा मिलेगा। कुछ योग गुरु तो 2-2 घंटे तक योग करने के लिए कहते हैं, लेकिन ऐसा बिलकुल भी नहीं है। अगर आप चाहें तो कम वक्त में भी योग का ज्यादा से ज्यादा फायदा उठा सकते हैं। इसी बात को ध्यान में रख कर हमने अपने पिछले 35 बरसों के योग अनुभवों के आधार पर ज्यादातर योग अभ्यासों के सेट को 30 से 40 मिनट का ही बनाया है। किसी खास बीमारी की स्थिति में अपने शरीर की अवस्था के मुताबिक सही तरह से और खास फायदा देने वाले आसन-प्राणायाम व ध्यान का अभ्यास करना चाहिए। योग करने के लिए हमें उम्र बढ़ने का इंतजार भी नहीं करना चाहिए। वैसे तो कोई बच्चा जब होश संभाले तभी उसे हल्का-फुल्का योग का अभ्यास शुरू करवा देना चाहिए, जिससे योगाभ्यास उसके रोजाना के रुटीन में शामिल हो जाए। उदाहरण के तौर पर मैंने 7 साल की उम्र से ही योग का अभ्यास शुरू कर दिया था। तब से आज तक कोई दिन ऐसा नहीं गया, जब योग का अभ्यास न किया हो। ऐसा इसलिए क्योंकि बचपन से ही योग जीवन में शामिल हो गया था। एक सवाल उठता है कि कितनी देर योगासन करें और कितनी देर प्राणायाम और ध्यान? इसका जवाब यह है कि अगर कोई शख्स रोजाना सिर्फ 35 मिनट ही योग के लिए निकाल सकता है तो वह 20 मिनट तक योगासन करे, 10 मिनट तक प्राणायाम और 5 मिनट ध्यान यानी मेडिटेशन के लिए दे। किसी दिन अगर वक्त कम हो तो थोड़ा-सा ही योग कर लें लेकिन करें जरूर। न करने से अच्छा है कि 10-15 मिनट ही कर लिया जाए।

धर्म से परे है योग

योग साधना कोई धार्मिक अनुष्ठान भी नहीं है। अगर इसे किसी धर्म के साथ जोड़कर देखेंगे तो इसका मतलब है कि हमने योग को जाना ही नहीं है। योग के शास्त्रों में धर्म की बात नहीं की गई है। योग का ज्ञान संस्कृत में होने से यह हिंदूवादी नहीं हो जाता बल्कि यह तो सभी धर्मों को जोड़ने की प्रक्रिया है। योग नहीं कहता कि आप अपने धर्म को छोड़कर जब हिंदू धर्म अपनाओगे, तब आपको लाभ होगा। असल में यह मानव तन-मन और उसकी आत्मा से जुड़ी प्रक्रिया है। यह प्रक्रिया धर्म की तरह मान्यताओं पर नहीं टिकी है। यह तो आध्यात्मिक प्रक्रिया है जो हमारे तन को रोग मुक्त करके उसे सेहतमंद बनाती है। यह केवल शरीर को ही सेहतमंद नहीं करता बल्कि हमारे मन को तनाव मुक्त करके शांत करने की कला है। यह चिकित्सा शास्त्र की तरह धर्मों से परे है। साथ ही यह हमारी इंद्रियों से बहती बेकार की ऊर्जा को जमा करने की कला है। इससे हमारी बुद्धि का विकास होता है।

Navbharat Times • 13 Jun • Ministry of Ayush

Chatro va shikshako karaya yogaabhyas

2 • PG | 52 • Sqcm | 6440 • AVE | 3.21M • Cir | Middle Left

Gurugram

छात्रों व शिक्षकों को कराया योगाभ्यास

NBT न्यूज, रेवाड़ी : आयुष विभाग रेवाड़ी की ओर से गुरुवार को योग प्रोटोकॉल रिहर्सल के तहत पॉलिटेक्निक कॉलेज लिसाना, पॉलिटेक्निक कॉलेज धामलावास सहित अन्य औद्योगिक प्रशिक्षण संस्थानों में योगाभ्यास कराया गया। इस दौरान योग सहायकों ने सभी को योगासन कराए। जिला आयुर्वेद अधिकारी डॉ. बसंत कुमार ने बताया कि शिविरों में लगभग 2 हजार 350 लोगों ने हिस्सा लिया। इनमें छात्र, शिक्षक और कर्मचारी शामिल रहे।

Navbharat Times • 08 Jun • Ministry of Ayush

NCC cadets ko karwaya yogabhyas

6 • PG | 56 • Sqcm | 6950 • AVE | 3.21M • Cir | Top Right

Gurugram

NCC कैडेट्स को करवाया योगाभ्यास

■ **NBT** रिपोर्ट, गुड़गांव : अंतरराष्ट्रीय योग के लिए आयुष विभाग ने विशेष पोर्टल से रजिस्ट्रेशन शुरू कर दिए हैं। www.internationalyogadayhry.in या 9501131800 पर मिस कॉल कर रजिस्ट्रेशन कर सकते हैं। आयुष विभाग की ओर से बसेड़ा कलां के मैत्री स्कूल में 600 एनसीसी कैडेट्स को योग करवाया गया। डॉ. भूदेव के नेतृत्व में लगे शिविर में कर्नल एस कौशिक ने मुख्य अतिथि रहे। इस मौके पर योग सहायिका सोनिया, मंजू, गजेंद्र आदि मौजूद रहे।

Navbharat Times • 01 Jun • Ministry of Ayush

Bandicoot ne shiver mein kiya yogabhyas

3 • PG | 58 • Sqcm | 7274 • AVE | 3.21M • Cir | Top Left

Gurugram

बंदियों ने शिविर में किया योगाभ्यास

NBT रिपोर्ट, गुड़गांव : जिला जेल में शनिवार को योग शिविर लगाया गया। जिसमें बंदियों को सुबह एक घंटे योग करवाया गया। शिविर में 3045 बंदी शामिल हुए। आयुष विभाग से डॉ. ब्रह्मप्रकाश और उनकी टीम ने अभ्यास करवाया। अंतरराष्ट्रीय योग दिवस की तैयारियों को लेकर कारागार व आयुष विभाग की ओर से आयोजन हुआ। कारागार विभाग के महानिदेशक आई पीएस मो. अकील मुख्य अतिथि रहे। जेल अधीक्षक नरेश गोयल ने बताया कि बंदियों की क्रिकेट और फुटबॉल की दो-दो टीमें भी बनाई गई है।

Malai Malar • 21 Jun • Ministry of Ayush

Yoga gives peace of mind that ward off diseases

4 • PG | 631 • Sqcm | 107209 • AVE | 478.93K • Cir | Bottom Right,Top Right

Chennai

நோய்களை விரட்டும், மன அமைதி தரும் யோகா

யோகா பற்றிய சந்தேகங்களும், பதில்களும்

யோகா...

5 ஆயிரம் ஆண்டுகளுக்கு முன்பே இந்தியாவில் தோன்றிய ஒரு பழமையான கலைகளில் ஒன்றாகும். 2014-ம் ஆண்டில் இருந்து ஒவ்வொரு ஆண்டும் ஜூன் 21-ந் தேதி சர்வதேச யோகா தினமாக கொண்டாடப்பட்டு வருகிறது. நாளை 11-வது ஆண்டாக சர்வதேச யோகா தினம் கொண்டாடப்பட உள்ளது.

முன்பை விட மக்களிடம் யோகாவுக்கு வரவேற்பு உள்ளது. இருந்தபோதிலும் யோகாவை எவ்வாறு மேற்கொள்வது என்பதில் பலருக்கும் கேள்விகள் இருக்கிறது. அதற்கு எளிய முறையில் விளக்கங்களை தருகிறார் ஈஷா யோக மையத்தில் பயிற்சி பெற்று, யோகா ஆசிரியராக பணியாற்றி வரும் ஆகாஷ் ராம்.

கேள்வி: யோகாசனம் ஆன்மீகம் சம்பந்தப்பட்டதா? அல்லது ஆரோக்கியம் சம்பந்தப்பட்டதா?

பதில்: யோகாசனம் என்பது அடிப்படையில் ஒரு ஆன்மீக பயிற்சி தான். மக்கள் எல்லோரும் ஆன்மீகம் என்றதும்

போது கூடுதல் ஆசனங்கள் சொல்லி கொடுக்கப்படும்.

பாதஹஸ்தாசனம், புஜங்காசனம், கோணாசனம், திரிகோணாசனம், உத்தான்பாதாசனம், சலபாசனா, தனுராசனா, பச்சிமோத்தாசனம், ஜானுசீராசனா உள்பட 12 ஆசனங்கள் தான் முதல் அடிப்படை ஆசனங்கள்.

கேள்வி: சராசரி மனிதருக்கு எத்தனை ஆசனங்கள் போதுமானது?

பதில்: 12 ஆசனங்கள் போதுமானது. இந்த ஆசனங்களை செய்து முடிக்க 45 நிமிடங்கள் ஆகும்.

கேள்வி: பெண்கள், ஆண்கள் என்று தனித்தனி யோகாசனங்கள் உள்ளதா?

முழுமையாக செய்ய வேண்டும்.

அதனை தினமும் செய்தால் நமக்கு என்ன பிரச்சினை இருந்தாலும் அதில் இருந்து வெளிவர முடியும் என்பதை நாமே அறிந்து கொள்ள முடியும்.

கேள்வி: என்ன ஆசனம் செய்தால் குடும்பத்தில் அமைதியான, தெளிவான முடிவு எடுக்க முடியும்?

பதில்: ஒரு தனித்துவமான ஆசனம் என்ற ஒன்றை குறிப்பிட்டு கூற முடியாது. ஆனால் யோகா மற்றும் தியானப் பயிற்சிகள் செய்வதன் மூலம் உங்களுக்குள் ஒரு சமநிலை உருவாகும். அப்படி சமநிலை உருவாகும் போது உங்கள் உடல் ஆரோக்கியமாகவும், உள்ளம் ஆனந்தமாகவும் இருக்கும். இப்படிப்பட்ட சூழலில் உங்களை சுற்றி உள்ளவர்களிடமும் நீங்கள் அன்பாக நடந்து கொள்வீர்கள்.

சத்குரு யோகா குறித்து கூறுகையில், "யோகா என்பது உங்களுக்குள் ஆனந்தத்தின் ரசாயனத்தை உருவாக்குவதற்கான ஒரு

கோவிலுக்கு போவது. சாமி கும்பிடுவது என்று நினைக்கின்றனர். ஆன்மீகம் என்பது வாழ்க்கையின் எல்லா பிரச்சினைகளுக்கும் தீர்வு நமக்குள்ளேயே இருக்கிறது என்பதை புரிந்து கொள்வது தான். நமக்குள்ளேயே உள்நோக்கி பார்ப்பதற்கான கருவியாக தான் இந்த யோகா இருக்கிறது.

ஒரு மனிதன் வெளிப்படுத்தக்கூடிய சுவாசத்தை வைத்தே அவன் எப்படிப்பட்ட மனநிலையில் இருக்கிறான் என்பதை கண்டுபிடிக்க முடியும். எனவே நீங்கள் எந்த மாதிரியான மனநிலையில் இருக்கிறீர்களோ அதற்கு ஏற்ற மாதிரி உங்கள் உடல் மற்றும் மூச்சுத்தன்மை மாறும்.

ஆகாஷ் ராம்
யோகா ஆசிரியர்

நீங்கள் யோகாசனங்கள் செய்தால் உங்களது சக்தி உடல் புத்துணர்வு பெறும். நமக்கு எப்போது சக்தி உடல் புத்துணர்வு பெறுகிறதோ, அப்போது இயற்கையாகவே நமது உடலுக்கான ஆரோக்கியமும் மேம்படும்.

கேள்வி: எந்த வயதில் இருந்து யோகாசனம் செய்ய தொடங்கலாம்?

பதில்: யோகாசனம் செய்ய தொடங்குவதற்கு என்று மட்டுமே வயது வரம்பு உள்ளது. அதாவது 14 வயதுக்கு மேற்பட்டோர் யார் வேண்டுமானாலும் யோகாசனம் செய்யலாம். ஒரு மனிதனுக்கு எப்போது ஆர்வம் வருகிறதோ, நமது ஆரோக்கியத்தை நாம் தான் பார்த்து கொள்ள வேண்டும், நம் மனதை நாம் தான் காக்க வேண்டும் என எண்ண தோன்றுகிறதோ, அது எந்த வயதாக இருந்தாலும் சரி நாம் அப்போதே யோகா செய்யத் துவங்கலாம்.

கேள்வி: நூற்றுக்கணக்கில் யோகாசனம் இருக்கிறது. அதில் முக்கிய யோகாசனங்கள் எத்தனை உள்ளன?

பதில்: நம் கலாச்சாரத்தில் 84 அடிப்படையான யோகாசனங்கள் இருக்கின்றன. அதிலும் நமக்கு ஆரம்பத்தில் 12 ஆசனங்கள் தான் கற்றுக் கொடுப்பார்கள். ஆன்மீக வழியில் போக நினைக்கும் வந்து விட்டால் ஆண்கள், பெண்கள் என எல்லாவற்றையும் தாண்டி ஒரு உயிராக தான் பார்க்கப்படுகிறது. அதனால் தனித்தனி யோகா கலைகள் என்று எதுவும் கிடையாது. எல்லோருக்கும் ஒரே மாதிரியான பயிற்சி தான் உள்ளது.

கேள்வி: யோகாசனங்கள் என்னென்ன நோய்களை குணமாக்கும்?

பதில்: மக்கள் தங்கள் உடல் நல பிரச்சினைக்கு தீர்வு வெளியில் இருப்பதாக நினைக்கிறார்கள். ரொம்ப அதிகமாக இருக்கும் பட்சத்தில் டாக்டர் மற்றும் மருந்துகள் தேவைப்படலாம். நான் சொல்வது நமது வாழ்க்கை முறையினால் சில நோய்கள் ஏற்படுகிறது. குறிப்பாக நீரிழிவு நோய், ரத்த கொதிப்பு உள்ளிட்டவை வாழ்க்கை முறையால் வரக்கூடியவை. இவற்றை நாமே கையில் எடுத்து கொள்ள முடியும், நமது வாழ்க்கை முறையை மாற்றி, யோகா செய்து, அதனை கட்டுதோப்பாக வைக்க முடியும்.

மேலும் வாழ்க்கை முறை மாற்றம், உணவு கட்டுப்பாடு, நல்ல தூக்கம் ஆகிய மூன்றையும் உங்களது வாழ்க்கை முறையில் முறையாக கடைபிடித்து யோகாசனத்தை முறையாக மேற்கொள்ள வேண்டும். அப்படி செய்யும் போது நமக்கு என்னென்ன நோய்கள் வந்தாலும் அதனை குணப்படுத்திக் கொள்ள முடியும்.

கேள்வி: மனதை ஒருநிலைப்படுத்தி அமைதியாக்க என்ன ஆசனங்கள் உள்ளன?

பதில்: இன்ஸ்டாகிராம் உள்ளிட்ட சமூக வலைதளங்களை மக்கள் பார்க்கும் போது அதில் நீங்கள் இந்த ஆசனங்கள் செய்தால் உங்களுக்கு இது சரியாகிவிடும். அது சரியாகி விடும் என்று சொல்கின்றனர். ஆனால் உண்மையிலேயே அப்படி ஒவ்வொன்றுக்கும் தனித்தனி ஆசனங்கள் என்று எதுவும் இல்லை. யோகாசனத்தில் உள்ள அடிப்படை ஆசனங்களை சேர்த்து நீங்கள் ஆனந்தமாகி விட்டால், வெளிசூழ்நிலைகளை உங்களால் முயற்சியின்றி கையாள முடியும்" என்று கூறியுள்ளார்.

கேள்வி: பெண்கள் கர்ப்ப காலத்தில் இருக்கும்போது யோகாசனங்கள் செய்யலாமா?

பதில்:. பெண்கள் கர்ப்ப காலத்தில் எளிமையான உபயோகா, தியானம் உள்ளிட்டவற்றை மேற்கொள்ளலாம். குறிப்பாக உடலை வருத்திக் கொள்ளக்கூடிய அளவுக்கான யோகா பயிற்சிகளை இந்த நேரத்தில் மேற்கொள்ள வேண்டாம்.

கேள்வி: யோகாசனங்கள் செய்ய பொதுவான விதிகள் என்னென்ன?

பதில்: யோகாசனத்திற்கு என்று பொதுவான விதிகள் எதுவும் இல்லை. உணவு கட்டுப்பாடு, நல்ல தூக்கம் உள்ளிட்டவற்றை முறையாக கடைபிடித்தால் யோகா பயிற்சிகளை செய்வது எளிதாக இருக்கும். நீண்ட காலமாக இதனை நம்மால் கடைபிடிக்க முடியும். அதற்காக இவற்றை கடைபிடித்தால் தான் யோகா செய்ய முடியும் என்றும் நான் சொல்லவில்லை. கடைபிடித்தால் யோகா பயிற்சி மேற்கொள்வது எளிது என்று தான் சொல்கிறேன்.

ஒவ்வொரு நாடும் உலகத்திற்கு ஏதாவது ஒரு வகையில் உதவி கொண்டு இருக்கிறது.

அந்த வகையில் உலகத்திற்கு இந்தியா செய்த மிகப்பெரிய உதவியாக யோகா பார்க்கப்படுகிறது. இப்போது யோகா தெரியாத நாடே கிடையாது. அந்தளவுக்கு எல்லா நாடுகளிலும் யோகா உள்ளது. மக்கள் அனைவரும் யோகாவை முறையாக கடைபிடிக்கிறார்கள். நாம் அறிவியல், டெக்னாலஜியில் என்ன தான் வளர்ந்தாலும், மனிதன் நன்றாக இருந்தால் தான் இது எல்லாம் நடக்கும். யோகா என்பதற்கு ஒன்றிணைவது என்பது தான் பொருள்.

நாம் கைகூப்பி வணக்கம் தெரிவிப்பது ஒரு மிகப்பெரிய யோகா தான். அடிப்படையாக எல்லோருக்குள்ளும் இருக்கும் ஒரு உயிர் தான் யோகா.

Malai Malar • 21 Jun • Ministry of Ayush

International Yoga Day

4 • PG | 117 • Sqcm | 19835 • AVE | 478.93K • Cir | Bottom Center

Chennai

சர்வதேச யோகா தினத்தை முன்னிட்டு ராயப்பேட்டை புதுக்கல்லூரி மாணவர்கள், அரும்பாக்கம் அரசு இயற்கை மற்றும் யோகா மருத்துவமனை கல்லூரியுடன் இணைந்து யோகா பயிற்சி ஈடுபட்டனர்.

Malai Malar • 20 Jun • Ministry of Ayush

International Yoga Day

1,2 • PG | 2331 • Sqcm | 396251 • AVE | 478.93K • Cir | Top Center,Top Left

Chennai

தெய்வீக கலை யோகாசனம்!

ஒவ்வொரு மனிதனும் உடல் ஆரோக்கியமாகவும், உள்ளம் அமைதியாகவும் வாழ வேண்டும் என்றுதான் விரும்புகின்றனர். ஆனால் இன்று உலகில் நிறைய மனிதர்களுக்கு உடல் ரீதியாக பல விதமான நோய்களோடும், மனோ ரீதியாக மன அழுத்தத்துடனும் வாழ்கின்றனர். என்ன காரணம்? நமது உடலையும், மனதையும் எப்படி ஆரோக்கியமாக வைத்துக் கொள்ள வேண்டும் என்ற சரியான வழிமுறையை உணரவில்லை.

உடல், மனம், ஆரோக்கியமாக இயங்கவும் மனிதன் 120 வருடம் வரை ஆரோக்கியமாக வாழவும் யோகத்தந்தை மஹரிஷி பதஞ்சலி அருளிய அஷ்டாங்க யோகத்தை கடைபிடித்தால் ஆரோக்கியமாக வாழலாம். அஷ்டாங்க யோகம் என்றால் எட்டுபடிகள் கொண்டது.

1. இயமம், 2. நியமம், 3.ஆசனம், 4. பிராணாயாமம், 5. பிரத்தியாகாரம், 6. தாரணை, 7.தியானம், 8. சமாதி.

இதில் மூன்றாவது படிதான் யோகாசனம். ஆசனம் என்றால் நிலையான இருக்கை. யோகம் என்றால் இணைதல். ஆசனம் செய்வதன் மூலம் உடல், மனம், தனக்குள் உள்ள ஆன்மாவுடன் இணைதல். அதன் மூலம் உடல் ஆரோக்கியம், உள் அமைதி கிடைக்கும்.

யோகாசனத்தின் நன்மைகள்

- உடல் உள் உறுப்புகள் திடப்படும்.
- உடலில் கழிவுகள் சரியாக வெளியேறும்
- நாளமில்லா சுரப்பிகள் நன்றாக இயங்கும்
- சுகர், ரத்த அழுத்தம், மூட்டு வலி, கழுத்து வலி போன்ற நோய் வராமல் தடுக்கும்.
- எலும்பு மண்டலம் திடப்படும்.
- இராஜ உறுப்பான இதயம், நுரையீரல், மண்ணீரல், கல்லீரல், சிறுநீரகம், சிறுகுடல், பெருங்குடல் சிறப்பாக இயங்கும்.
- பெண்களுக்கு வரும் மாதவிடாய் பிரச்சினை தீர்வு கிடைக்கும்.

"யோகக் கலைமாமணி"
பி.கிருஷ்ணன் பாலாஜி M.A., Yoga
செல்: 63699 40440

- மன அமைதி கிடைக்கும்.
- அதிக உடல் எடை குறையும்.
- மலச்சிக்கல், மூலம் வியாதி வராது.
- நுரையீரல் நன்கு இயங்கும். கொரோனா போன்ற நோய் வராமல் பாதுகாக்கப்படுகின்றது.
- மாணவர்களுக்கு ஞாபக சக்தி வளரும். நேர்முகமான எண்ணங்கள் வளரும்.
- சிந்தனை தெளிவு, புத்தி கூர்மை கிடைக்கும்.
- 120 வயது வரை ஆரோக்கியமாக, இளமையாக சுறுசுறுப்பாக வாழலாம்.

யோகாசன விதிமுறைகள்

- யோகாசனங்களை காலை 4 மணி முதல் 7 மணிக்குள்ளும் மாலை 5 மணி முதல் 7 மணிக்குள் செய்யலாம். காலையில் பயில்வது மிக நல்லது.
- உடலில் அறுவை சிகிச்சை செய்தவர்கள், இதய பாதிப்பு, ரத்த அழுத்தம் உள்ளவர்கள் தக்க யோக வல்லுநரின் நேரடிப் பார்வையில் செய்யவும்.
- வெறும் வயிற்றில் பயிற்சி செய்ய வேண்டும். சாப்பிட்டிருந்தால் நான்கு மணி நேர இடைவெளி வேண்டும்.
- ஆண்கள் பேண்ட், டி.சர்ட், பெண்கள் சுடிதார், பேண்ட் டி.சர்ட் அணிந்து செய்யவும்.
- பெண்கள் மாதவிடாய் காலத்தில் நான்கு நாட்கள் பயிற்சி செய்ய வேண்டாம்.
- கருவுற்ற பெண்கள் இரண்டாம் மாதம் முதல் ஆசனம் செய்ய வேண்டாம். தியானம் நாடிசுத்தி தக்க ஆசானின் நேரடிப் பார்வையில் செய்யவும்.
- யோகாசனங்கள் செய்து கடைசியில் சாந்தி ஆசனம் செய்யவும். பின் பத்து நிமிடங்கள் கழித்து

குளிக்கலாம். காலையில் குளித்துவிட்டு 10 நிமிடம் கழித்து யோகாசனம் செய்யலாம். இதில் ஏதாவது ஒன்றை தேர்ந்தெடுக்கவும்.

• எண்ணை தேய்த்து குளித்த அன்று யோகாசனங்கள் செய்யக்கூடாது.

• கணவர்– மனைவி சேர்ந்தால் எட்டு மணி நேரம் கழித்து யோகாசனங்கள் செய்யலாம்.

யோகாசன வரிசைகளும் மனித வாழ்வும்

• குழந்தை பிறந்தவுடன் நேராகப்படுக்கும்
• பின் குப்புறப்படுக்கும்
• பின் அமர்ந்து உட்காரும்
• பின் எழுந்து நிற்கும்.

யோகாசனங்களை மேற்கண்டவாறு தான் செயன்கின்றோம். நேராகப் படுத்த நிலையில் செய்யவும் யோகாசனங்கள். குப்புறப்படுத்த நிலையில் செய்யும் யோகாசனங்கள், அமர்ந்த நிலையில் செய்யும் யோகாசனங்கள், நின்ற நிலையில் செய்யும் யோகாசனங்கள் என வரிசைப்படுத்தியுள்ளனர் நமது சித்தர்கள்.

முக்கிய குறிப்பு

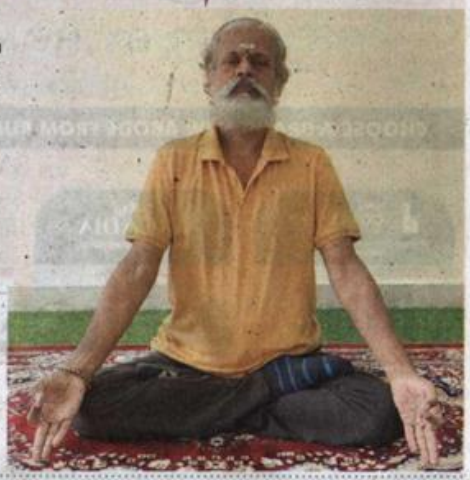
இதில் உள்ள யோகாசனங்களை உடல் ஆரோக்கியமாக உள்ள மாணவர்கள், இளைஞர்கள் நிதானமாக பயிலுங்கள். உடலில் ஏதாவது பிரச்சினை உள்ளவர்கள், அறுவை சிகிச்சை செய்தவர்கள் தகுந்த யோகாசன வல்லுநரின் நேரடி பார்வையில் செய்யுங்கள்.

இதயத்துக்கு இதமான 'பத்மாசனம்'

செய்முறை:

விரிப்பில் நேராக அமரவும். இரு கால்களையும் நீட்டவும். வலது காலை மடித்து பாதத்தை இடது தொடை மீது வயிற்றை ஒட்டியவாறு வைக்கவும். இடது காலை மடித்து பாதத்தை வலது தொடை மீது வயிற்றை ஒட்டியவாறு வைக்கவும்.

முதுகுத் தண்டை நிமிர்த்தி அமரவும். கைகளை சின்முத்திரை படத்தில் உள்ளது போல் வைக்கவும். கண்களை மூடி மூச்சில் கவனம் செலுத்தவும். ஒரு நிமிடம் இருக்கவும்.



பலன்கள்:

இதயம் நல்ல முறையில் இயங்கும். ரத்த அழுத்தம் நீங்கும். மன அழுத்தம், கவலை நீங்கும். தன்னம்பிக்கை கிடைக்கும். கால்கள் மரத்து போதல், குதிகால்வலி, கால் வலி நீங்கும். தலைவலி, தலை பாரம் குறையும். இளம்பிள்ளை வாதம் வராமல் தடுக்கும். கோபம் குறையும். தொடை, கெண்டைக்கால் தசைகளின் கொழுப்பை குறைக்கின்றது.

சிறுநீரகம் சீராக "அர்த்த ஹாலாசனம்"

செய்முறை

• விரிப்பின் மீது மல்லாந்து படுக்கவும். கால்களை ஒன்று சேர்த்தும் கைகள் உடலை ஒட்டியவாறும் படுக்கவும்.

• உள்ளங்கைகளை அழுத்தி வலது கால் மடிக்காமல் பூமியிலிருந்து ஒரு அடி உயர்த்தி நிறுத்தவும். 10 விநாடிகள் இருக்கவும். பின் மெதுவாக கீழே தரையில் வைக்கவும்.

• இதே போல் இடதுகாலை ஒரு அடி உயர்த்தி பத்து விநாடிகள் இருந்து மெதுவாக காலை கீழே வைக்கவும்

பலன்கள்

• கல்லீரல், மண்ணீரல், கிட்னி நன்கு இயங்கும்
• வாயு கோளாறு சரியாகும்.
• ஆரம்ப நிலை மூல வியாதி சரியாகும்.
• தொப்பை குறையும்.
• மாதாவிடாய் காலத்தில் பெண்களுக்கு ஏற்படும் வயிற்று வலியை குறையச் செய்கிறது.

அர்த்தஹாலாசனம்–1

அர்த்தஹாலாசனம்–2

தொப்பை குறைக்கும் 'பவன முக்தாசன இறுதி நிலை'

செய்முறை

விரிப்பில் நேராக படுக்கவும். இரண்டு கால்களையும் ஒன்று சேர்த்து உயர்த்தி மடித்து வயற்றின் மீது கொண்டு வரவும்.

கை விரல்களை ஒன்று சேர்த்து கால் முட்டிகளை பிடித்து வயிற்றில் அழுத்தம் கொடுத்து தலையை உயர்த்தி முகவாய் கட்டையை இரண்டு முட்டிகளுக்கு இடையில் கொண்டு வந்து வைக்கவும்.

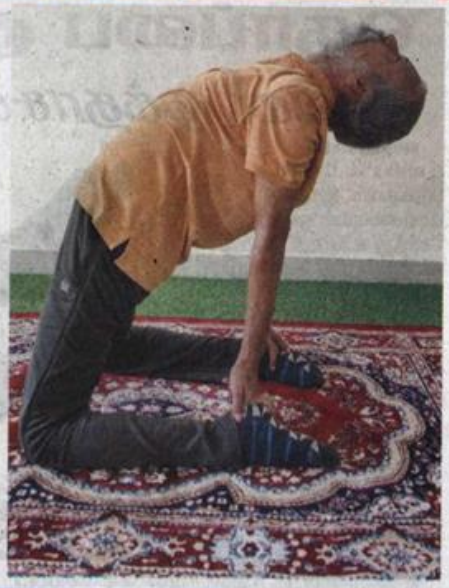
சாதாரண மூச்சில் பத்து விநாடிகள் இருக்கவும். பின் கால்களையும் தலை யையும் பிரித்து மல்லாந்து படுத்து 5 விநாடிகள் ஓய்வெடுக்கவும். மூன்று முறைகள் செய்யவும்.

பலன்கள்

தொப்பை குறையும். சுறுசுறுப்பு, உற்சாகம், இளமை கிடைக்கும். கழுத்து வலி, முதுகு வலி வராமல் தடுக்கும். பெண்களுக்குரிய மாதவிடாய் சரியாகும்.

மாலை மலர்
ஆரோக்கிய வாழ்வு தரும் யோகா
8

நீரிழிவுக்கு 'உசட்டாசனம்'



செய்முறை:

விரிப்பில் மண்டியிட்டு நிற்கவும். பாத விரல்கள் வெளி நோக்கியிருக்கட்டும். முட்டி பாதங்களை சிறிது இடைவெளி விட்டு அகட்டி வைக்கவும். இடுப்பில் கையை வைத்து பின் நோக்கி வளையவும். கையை பிரித்து இது கணுக்காலை கையினால் பற்றி பிடிக்கவும். தலையை பின் நோக்கி வைக்கவும். பத்து எண்ணிக்கை இருக்கவும். பின் குதிகால் மீது அமர்ந்து ஓய்வெடுக்கவும். 3 முறைகள் செய்யவும்.

பலன்கள்

உடலில் ஊளை சதை குறையும். நீரிழிவு சரியாகும். நுரையீரல் பலப்படும்.ஆஸ்துமா வராமல் வாழலாம். 21 வயதிற்குள் செய்தால் உடல் உயரமாகும். உடல் பலவீனத்தை போக்கும். ரத்தம் சுத்தமாகும். கண் பார்வை நன்கு தெரியும். தோள்பட்டை வலி நீங்கும். கழுத்து வலி நீங்கும். தொண்டை வலி நீங்கும். நரம்பு தளர்ச்சி சரியாகும். இதயம் பலப்படும். பெண்களுக்கு மாதவிடாய் பிரச்சினை சரியாகும்.

கல்லீரலை காக்கும் 'ஜானு சீராசனம்'

செய்முறை:

விரிப்பின் மீது கால்களை நீட்டி அமரவும். வலது காலை மடித்து இடது தொடையை உள்ளங்கால் தொடும்படி வைத்து குதிகாலை உள்ளே இழுத்து தொடை இணைப்பை தொடும்படி வைக்கவும். கைகளை உயர்த்தி முன்னால் குனிந்து நெற்றி கால் முட்டியை தொடும் படி செய்து இடது கால் கட்டை விரலை கைகளால் பிடிக்கவும். சாதாரண மூச்சில் பத்து வினாடிகள் இழுக்கவும். பின் சாதாரண நிலைக்கு வரவும். இதேபோல் கால் மாற்றி செய்யவும்.

பலன்கள்

கல்லீரலை காக்கும்.சிறுநீரக கற்கள் உருவாகாமல் தடுக்கும். நரம்பு மண்டலம் நன்கு இயங்கும். இரவில் ஏற்படும் சொப்பன வீரிய இழப்பை போக்கும். நீரிழிவு சரியாகும். வயிறு உப்பிசம், இருமல், சளி குணமாகும். உடல் எடை, தொந்தி குறையும். ஆண்களுக்கு விரை வீக்கம் வராமல் சரி செய்யும். குடல் இறக்கம் சரியாகும். இரவு படுக்கையில் சிறுநீர் கழிக்கும் குழந்தைகளுக்கு இந்த ஆசனம் செய்தால் சரியாகும்.

நுரையீரலை பலபடுத்தும் 'புஜங்காசனம்'

செய்முறை:

• விரிப்பில் குப்புறப் படுக்கவும். இரு கால்களையும் ஒன்று சேர்த்து வைக்கவும்.

• முகவாய் கட்டையை தரை மீது வைத்து 2 உள்ளங் கைகளையும், மார்பின் அருகில் வைக்கவும். உள்ளங் கைகளால் பூமியில் அழுத்தி தொப்புள் வரை தலை, உடம்பை உயர்த்தவும். கண மேலே பார்க்கவும். 10 வினாடிகள் சாதாரண மூச்சில் இருக்கவும்.

• பின் மெதுவாக தரையை நோக்கி இறங்கி முகத்தை விரிப்பின் மீது வைக்கவும். 3 முறைகள் செய்யவும்.

பலன்கள்:

நுரையை பலப்படுத்தும், ஆஸ்துமா சைனஸ் பிரச்சினைகள் தீரும். முதுகுத் தண்டு திடப்படும். கிட்னி பலப்படும். மலச்சிக்கல் நீங்கும். இதயம் பலப்படும். நோய் எதிர்ப்பு சக்தி கிடைக்கும்.

பெண்களுக்கு அதிக வெள்ளைப் படுதல், மாதவிடாய் தள்ளிப் போதல், கருப்பை பிரச்சினைகள் தீரும். கண் பார்வை நன்றாக இருக்கும். முகச் சுருக்கம் நீங்கும்.

நரம்பு மண்டலம் நன்கு இயங்க "அர்த்த ஹாலாசனம் இரண்டாம்நிலை"

செய்முறை

விரிப்பில் நேராக படுக்கவும். இரண்டு கால்களையும் படத்தில் உள்ளது போல் இடுப்பு வரை உயர்த்தவும். கைகளை பக்கவாட்டில் வைக்கவும். பத்து விநாடிகள் முதல் 15 விநாடிகள் சாதாரண மூச்சில் இருக்கவும். பின் மெதுவாக கால்களை தரையில் வைக்கவும்

பலன்கள்

இடுப்பு எலும்பு திடப்படும். கால் நரம்புகள் திடப்படும். மலச்சிக்கல் சரியாகும். அடிவயிற்று அதிக தசைகள் குறையும். வாதம் சமப்படும். குதிங்கால் பாத வலி சரியாகும்.

தலைவலி போக்கும் 'வஜ்ராசனம்'

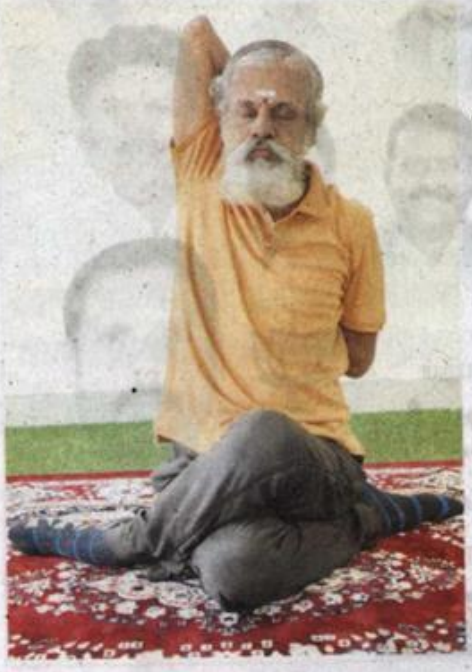
செய்முறை:

விரிப்பின் மீது கால்கை நீட்டி அமரவும். வலது காலை மடக்கி குதிகாலை வலது புட்டத்தில் அடியில் வைத்துக் கொள்ளவும். பின் இடது காலை புட்டத்திற்கு அடியில் வைத்து, கால் முட்டிகளை ஒன்று சேர்க்கவும். கால் கட்டை விரல்களை ஒன்று சேர்த்து குதிகாலை நன்கு விரித்து அதன் இடையில் புட்டத்தை வைத்து அமரவும். முதுகுத் தண்டு நிமிர்ந்து இருக்கவும். உள்ளங்கையை முட்டி மீது வைத்து மூச்சை கவனிக்கவும். ஒரு நிமிடம் இருக்கவும். பின் சாதாரண நிலைக்கு வரவும்.

பலன்கள்

இதயம் பலபடும். நரம்பு வலி நீங்கும். அஜீரண கோளாறு நீங்கும். மூட்டுக்கள் பலப்படும். மூட்டு வலி வராது. இடுப்பு எலும்புகள் திடப்படும். வாத நோய்கள் வராது. தலைவலி வராது. கிட்னி பலவீனம் நீங்கும். கிட்னி நன்கு இயங்கும். சோம்பல், கோபம், கவலை பய உணர்வுகள் நீங்கும். மன ஒரு நிலைப்பாடு ஏற்படும். மன அமைதி கிடைக்கும். ரத்த அழுத்தம் நீங்கும். தியானம் கைக்கூடும்.

மூட்டு வாதம் போக்கும் 'கோமுகாசனம்'



செய்முறை

விரிப்பில் அமரவும். வலது காலை மடித்து வலது பாதத்தை இடது தொடையில் கீழ் வைக்கவும். இடது காலை மடித்து வலது தொடை மீது வைத்து வலது பாதத்தை இடது தொடையின் பக்கத்தில் படத்தில் உள்ளது போல் வைக்கவும். பின் இடது கையை தலைக்கு மேல் உயர்த்தி மடித்து கையை முதுகிற்கு பின்புறம் கொண்டு வந்து முதுகை தொடவும். வலது கையை சாதாரணமாக பின்புறம் கொண்டு வந்து இடது கை விரல்களை பிடிக்கவும். பத்து விநாடிகள் இருக்கவும். பின் சாதாரண நிலைக்கு வரவும்.

பலன்கள்

மூட்டு வாதம் குணமாகும். புலன் அடக்கம் உண்டாகும். மலச்சிக்கல் பசியின்மை, அஜீரணம், முதுகுவலி, கை கால்களில் ஏற்படும் வலி நீங்கும். நுரையீரல், இதயம், மார்பு பலம் பெறும். குடலிறக்கம் மூலம் வராமல் வாழலாம். கூன் முதுகு சரியாகும்.

மேனி ஜொலிக்க 'வத்தனச்'

செய்முறை:

விரிப்பில் நேராக நிற்கவும். கால்களை நன்கு முடிந்த அளவு அகற்றவும்.இரு கால் பாதங்களும் பக்கவாட்டில் வைக்கவும். இரு கைகளையும் தலைக்கு மேல் உயர்த்தி கும்பிடவும். நன்கு மூச்சை உள் இழுத்து வெளி விடவும். ஐந்து முறை, 30 விநாடிகள் இருக்கவும். பின் மெதுவாக கைகளை கீழே இறக்கவும். கால்களை ஒன்று சேர்க்கவும். மூன்று முறைகள் செய்யவும்.

பலன்கள்

நரம்பு மண்டலம் நன்கு இயங்கும். உடல் எடை சரியாக இருக்கும். கணுக்கால் வலி நீங்கும். உடல் பொலிவு, முகப் பொலிவு உண்டாகும். மன அழுத்தம் நீங்கும். மன அமைதி கிடைக்கும். டிப்-டாப் உடையுடன், டிப்-டாப் உடலும் கிடைக்கும். ஞாபக சக்தி வளரும்.

மன அமைதி தரும் "சாந்தி ஆசனம்"

செய்முறை:

எல்லா யோகாசனங்களும் செய்த பின் கடைசியாக சாந்தி ஆசனம் செய்ய வேண்டும். விரிப்பில் நேராக படுக்கவும். கால்கள் இரு அடி அகற்றவும். கை விரல்கள் வானத்தைப் பார்த்து வைக்கவும். உடலை தளர்வாக வைக்கவும். தலை முதல் கால் வரை உடல் வெளி தசைகளை மனதால் தளர்த்தவும். பின் உடல் உள் உறுப்புகள் மூளை, பிட்யூட்டரி, பீனியல் தைராய்டு, தைமஸ், சிறுகுடல், பெருங்குடல், சிறுநீரகம், கால் உள்பகுதி வரை மனதால் தளர்த்தவும். பின் மெதுவாக மூச்சை இழுத்து மெதுவாக பத்து முறை மூச்சை வெளியிடவும். பின் ஒரு நிமிடம் மூச்சை மட்டும் கவனிக்கவும். பின் மெதுவாக கை, கால்களை சேர்த்து எழவும்.

பலன்கள்

இதயம் பலப்படும். கோபம் நீங்கும். நரம்பு தளர்ச்சி நீங்கும். மன அழுத்தம் நீங்கும். சிந்தனை தெளிவாகும். முகமலர்ச்சி உண்டாகும்.

Malai Malar • 27 May • Ministry of Ayush

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இந்தியில் வைக்கப்பட்டிருந்த சர்வதேச யோகா விழா பேனரை கருப்பு மை பூசி அழித்த காட்சி.

இந்தி, ஆங்கிலத்தில் வைத்துள்ளனர்

சர்வதேச யோகா திருவிழா பேனர்களில் தமிழ் புறக்கணிப்பு

கருப்பு மை பூசி அழித்து போராட்டம்

புதுச்சேரி, மே.26–

மத்திய அரசின் ஆயுஷ் நிறுவனம் சார்பில் நாளை (செவ்வாய்கிழமை) சர்வதேச யோகா மஹோற்சவ விழா நடக்கிறது.

சர்வதேச யோகா விழா

புதுவை கடற்கரை சாலையில் நடைபெறும் திருவிழாவில் கவர்னர், முதல்–அமைச்சர், அமைச்சர்கள் மற்றும் எம்.எல்.ஏ.க்கள் அரசு உயர் அதிகாரிகள் என பலரும் பங்கேற்க உள்ளனர். இதற்கான விளம்பர பேனர்கள் புதுச்சேரி முழுவதும் வைக்கப்பட்டுள்ளன.

தமிழ் புறக்கணிப்பு

சாலைகளின் முக்கிய சந்திப்புகளான அஜந்தா சிக்னல், ராஜா சந்திப்பு, அண்ணா சிலை, காமராஜர் சிலை, இந்திராகாந்தி சிலை, ராஜீவ் சிலை சதுக்கங்கள் மற்றும் கிராம பகுதிகளில் இந்த விளம்பர பேனர்கள் வைக்கப்பட்டுள்ளன.

இவை அனைத்தும் ஆங்கிலம் மற்றும் இந்தியில் மட்டுமே உள்ளன. தமிழில் எங்கும் விளம்பர பேனர் இல்லை.

புதுவையில் சமீபத்தில் நடந்த சட்டமன்ற கூட்டத் தொடரில் முதல்–அமைச்சர் ரங்கசாமி பேசும்போது வர்த்தக நிறுவனங்களின் பெயர் பலகை தமிழில் கட்டாயம் இடம் பெற வேண்டும் என உத்தரவிட்டிருந்தார். இந்த உத்தரவை ஆயுஷ் பின்பற்றவில்லை. ஆனால் யோகா விளம்பரத்தில் தமிழ் புறக்கணிக்கப்பட்டுள்ளது தமிழ் ஆர்வலர்களிடையே கொந்தளிப்பை ஏற்படுத்தி உள்ளது.

கருப்பு மை பூசி அழித்தனர்

இந்த நிலையில் யோகா நாள் விழாவிற்காக சிவாஜி சிலை அருகே அரசு சார்பில் வைக்கப்பட்டுள்ள இந்தி விளம்பர பலகைகளில் இந்தி மொழியை புதுவை மாநில தமிழக வாழ்வுரிமை கட்சியின் மாநில தலைவர் ஸ்ரீதர் தலைமையில் நிர்வாகிகள் கருப்பு மை பூசி அழித்தனர். மேலும் மத்திய, மாநில அரசுகள் தமிழை புறக்கணிப்பு செய்வதை கண்டித்து கோஷம் எழுப்பினர்.

Malai Murasu • 21 Jun • Ministry of Ayush

World Yoga Day

5 • PG	63 • Sqcm	2837 • AVE	N/A • Cir	Bottom Center

Chennai

உலக யோகா தினத்தை முன்னிட்டு சென்னை தண்டலத்தில் உள்ள சவீதா மருத்துவமனை மற்றும் மருத்துவ கல்லூரியில் டாக்டர் பொன்னம்பலம் நமச்சிவாயம், RMO டாக்டர் கலாநிதி, HOD டாக்டர் நிதேஸ் குழுவுடன் இணைந்து யோகாவில் ஈடுபட்டனர். IPCA Laboratories இந்த நிகழ்ச்சியை வழங்கினார்கள்.

Malai Murasu • 21 Jun • Ministry of Ayush

International Yoga Day

5 • PG	94 • Sqcm	4229 • AVE	N/A • Cir	Top Right

Chennai

சென்னை குரோம்பேட்டையில் உள்ள ஸ்ரீ பாலாஜி மருத்துவமனை மற்றும் மருத்துவக் கல்லூரியில் டாக்டர் விஜய நரசிம்மன் குழு மற்றும் IPCA LABORATORIES இணைந்து நடத்திய நிகழ்ச்சியில் மருத்துவர்கள் யோகா பயிற்சி செய்த போது எடுத்த படம்.★

Malai Murasu • 27 May • Ministry of Ayush

International Yoga Festival Baners Tamil 'Boycott

5 • PG	99 • Sqcm	4452 • AVE	N/A • Cir	Bottom Center

Chennai

மத்திய அரசின் ஆயுஷ் நிறுவனம் சார்பில்

நாளை சர்வதேச யோகா மஹோத்சவ திருவிழா!

விளம்பரத்தில் தமிழ் புறக்கணிப்பு!!

புதுச்சேரி, மே. 26

மத்திய அரசின் ஆயுஷ் நிறுவனம் சார்பில் நாளை (செவ்வாய்க்கிழமை) சர்வதேசயோகாமஹோத்சவ்திருவிழா நடக்கிறது.

புதுச்சேரி கடற்கரை சாலையில்நடைபெறும்திருவிழாவில் கவர்னர், முதலமைச்சர், அமைச்சர்கள் மற்றும் எம்.எல்.ஏ.க்கள், அரசு உயர்அதிகாரிகள்எனபலரும் பங்கேற்க உள்ளனர். இதற்கான விளம்பர பேனர்கள் புதுச்சேரி முழுவதும் வைக்கப்பட்டுள்ளன.

சாலைகளின் முக்கிய சந்திப்புகளுக்கான அழுந்தாகிக்னல், ராஜாசந்திப்பு, அண்ணாசிலை, காமராஜர்சிலை, இந்திரா காந்தி சிலை, ராஜீவ் சிலை சதுக்கங்கள் மற்றும் கிராம பகுதிகளில் இந்த விளம்பர பேனர்கள் வைக்கப்பட்டுள்ளன.

இவை அனைத்தும் ஆங்கிலம் மற்றும் இந்தியில் மட்டுமே உள்ளன. தமிழில் எங்கும் விளம்பர பேனர் இல்லை.

புதுச்சேரியில் சமீபத்தில் நடந்த சட்டமன்ற கூட்டத் தொடரில் முதலமைச்சர் ரங்கசாமி பேசும்போது வர்த்தக நிறுவனங்களின் பெயர் பலகை தமிழில் கட்டாயம் இடம் பெற வேண்டும் என உத்தரவிட்டிருந்தார்

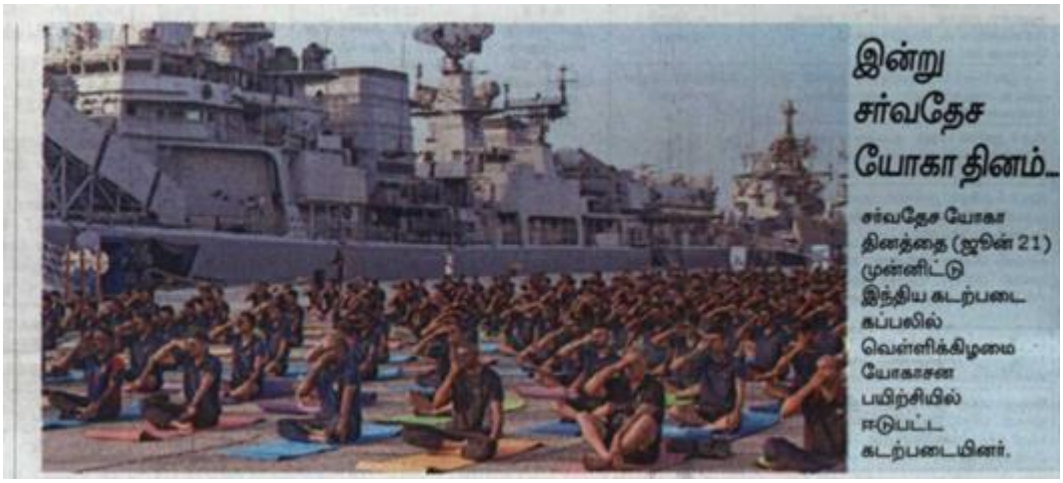
இந்த உத்தரவை ஆயுஷ் பின்பற்றவில்லை. ஆனால் யோகாவிளம்பரத்தில்தமிழ் புறக்கணிக்கப்பட்டுள்ளது தமிழ் ஆர்வலர்களிடையே கொந்தளிப்பை ஏற்படுத்தி உள்ளது.

Dina Mani • 21 Jun • Ministry of Ayush

International Yoga Day

1 • PG	88 • Sqcm	37208 • AVE	167.26K • Cir	Bottom Right

Chennai



Dina Mani • 21 Jun • Ministry of Ayush

74 students suddenly vomit and faint after eating lunch during yoga practice

5 • PG | 153 • Sqcm | 64820 • AVE | 167.26K • Cir | Top Right

Chennai

யோகா தின ஒத்திகை நிகழ்வில் காலை உணவு சாப்பிட்ட 74 மாணவர்கள் சுகவீனம்

நெய்வேலி, ஜூன் 20: கடலூர் மாவட்டம், நெய்வேலியில் வெள்ளிக்கிழமை நடைபெற்ற யோகா தின ஒத்திகைக்குப் பிறகு, காலை உணவு சாப்பிட்ட 74 மாணவர்களுக்கு வாந்தி, மயக்கம் ஏற்பட்டது. இதையடுத்து, அனைவரும் என்எல்சி பொது மருத்துவமனையில் சேர்க்கப்பட்டனர்.

ஆண்டுதோறும் சர்வதேச யோகா தினத்தை 5,000-க்கும் மேற்பட்ட மாணவர்களைக் கொண்டு என்எல்சி இந்தியா நிறுவனம் விமரிசையாக நடத்தும்.

அந்த வகையில், நிகழாண்டு யோகா தினத்தை (ஜூன் 21) கொண்டாடும் வகையில், நெய்வேலி பகுதியில் உள்ள பள்ளிகளைச் சேர்ந்த மாணவர்களுக்கு கடந்த 3 நாள்களாக நெய்வேலி வட்டம்-10 பகுதியில் உள்ள பாரதி விளையாட்டு அரங்கில் பயிற்சி அளிக்கப்பட்டது.

வெள்ளிக்கிழமை நடைபெற்ற பயிற்சியில் சுமார் 5,800 மாணவர்கள் கலந்து கொண்டனர். காலை 7 முதல் 8 மணி வரை பயிற்சியளிக்கப்பட்டதாகத் தெரிகிறது. இதைத் தொடர்ந்து, பயிற்சியில் பங்கேற்ற மாணவர்களுக்கு என்எல்சி இந்தியா நிறுவனம் மூலம் காலை சிற்றுண்டி வழங்கப்பட்டது. அதை சாப்பிட்டவர்களில் 74 மாணவர்களுக்கு வாந்தி, மயக்கம் ஏற்பட்டது. அவர்களை ஆசிரியர்கள் உடனடியாக என்எல்சி பொது மருத்துவமனையில் அனுமதித்தனர்.

தகவலறிந்த மாணவர்களின் பெற்றோர் மருத்துவமனை முன் குவிந்தனர். மாணவர்களுக்கு வழங்கப்பட்ட உணவின் தரம் குறித்து சம்பந்தப்பட்ட துறை அதிகாரிகள் ஆய்வு செய்து வருகின்றனர்.

இதனிடையே, மாநில தொழிலாளர் நலன், திறன் மேம்பாட்டுத் துறை அமைச்சர் சி.வெ.கணேசன், கடலூர் எம்.பி. எம்.கே.விஷ்ணு பிரசாத், நெய்வேலி எம்எல்ஏ சபா.ராஜேந்திரன், மாவட்ட ஆட்சியர் சிபி ஆதித்யா செந்தில்குமார் ஆகியோர் என்எல்சி பொது மருத்துவமனைக்குச் சென்று பாதிக்கப்பட்ட மாணவர்களை சந்தித்து நலம் விசாரித்து, ஆறுதல் கூறினர்.

மாணவர்களுக்கு அளிக்கப்படும் சிகிச்சைகள் குறித்து மருத்துவர்களிடம் கேட்டறிந்தனர்.

Dina Mani • 20 Jun • Ministry of Ayush

International Yoga Day

4 • PG | 60 • Sqcm | 25687 • AVE | 167.26K • Cir | Bottom Right

Chennai

இயற்கையான சூழலில் யோகா பயிற்சி

சென்னை, ஜூன் 19: மத்திய அரசின் ஆயுஷ் அமைச்சகத்தின் கீழ் செயல் படும் மத்திய சித்த மருத்துவ ஆராய்ச்சிக் குழுமம் (சிசிஆர்எஸ்) இயற்கை யான சூழல்களில் யோகா பயிற்சியை மக்களுக்கு தாம்பரம் சானடோ ரியம் பச்சமலைக்குன்றில் 'சித்த ஹரித் யோகா மலையேற்ற நிகழ்வை வியாழக்கிழமை நடத்தியது.

சர்வதேச யோகா தினக் கொண்டாட்டம் 2025-இன் ஒரு பகுதியாக இந்தப் பயிற்சி நடைபெற்றது. தாம்பரம் அகத்தி அறக்கட்டளையுடன் இணைந்து நடத்தப்பட்ட நிகழ்வில் சித்த மருத்துவக் கல்லூரி ஆசிரியர் கள், மாணவர்கள், சுற்றுச்சூழல் ஆர்வலர்கள் கலந்துகொண்டனர்.

இவர்கள் பருவநிலை மாற்றம், சவால்களை புரிந்துகொண்டு, நெகி ழிக் கழிவுகளை சேகரித்து அகற்றியதோடு, விதைப் பந்து வீசுதல், யோகா பயிற்சி போன்றவற்றை மேற்கொண்டனர்.

முன்னதாக, சிசிஆர்எஸ் இயக்குநர் ஜெனரல் பேராசிரியர் என்.ஜே. முத்துக்குமார் மலையேற்றத்தை கொடியசைத்து தொடங்கிவைத்தார்.

Dina Mani • 18 Jun • Ministry of Ayush

Governor's Mansion information: You can register online to participate in the International Yoga Day...

3 • PG | 126 • Sqcm | 53386 • AVE | 167.26K • Cir | Bottom Center

Chennai

சர்வதேச யோகா நாள்: ஆளுநர் ஆர்.என்.ரவி அழைப்பு

சென்னை, ஜூன் 17: உடல், மனம், ஆன்மாவை ஒன்றிணைக்கும் காலத்தால் அழியாத யோகாவை அனைவரும் ஏற்றுக்கொண்டு பயிற்சி செய்யுமாறு சர்வதேச யோகா தினத்தை முன்னிட்டு ஆளுநர் ஆர்.என்.ரவி அழைப்பு விடுத்துள்ளார்.

இதுகுறித்து ஆளுநர் மாளிகை வெளியிட்டுள்ள செய்திக் குறிப்பு:

அனைவரும் தங்கள் அன்றாட வாழ்வில் யோகாவை ஏற்றுக்கொண்டு, தனிப்பட்ட ஆரோக்கியத்தை வளர்க்கவும், இணக்கமான சமூகத்தை உருவாக்கவும் வேண்டும். மக்கள் அனைவரும் இந்நாளில் யோகா நடவடிக்கைகளில் முழு மனதுடன் பங்கேற்று, முழுமையான ஆரோக்கியம், சமூக ஒற்றுமைக்கான நமது பகிரப்பட்ட பொறுப்பை வலுப்படுத்த வேண்டும்.

மேலும், ஆளுநர் மாளிகை, சென்னை அண்ணா பல்கலைக்கழகத்துடன் இணைந்து, ஜூன் 21-ஆம் தேதி சர்வதேச யோகா தின நிகழ்வுக்காக நிறுவனங்கள், மையங்கள், அமைப்புகள், நிர்வாகத் துறைகள், கிராமங்கள், வேளாண் அறிவியல் மையங்கள், விவசாயிகள், மீனவர்கள், கைவினைஞர்கள் தவிர பிற பிரிவுகள் உள்பட பல்வேறு துறைகளிலும் பரவலான பங்கேற்பை செயல்படுத்த, ஒரு பிரத்யேக இணையவழி சேவையை தொடங்கியுள்ளது.

குறிப்பாக யோகா பயிற்சிக்கான மையங்கள் அமைக்க விரும்புபவர்கள், அதில் பணியாற்ற விரும்புபவர்கள் தங்கள் விவரங்களை, இணையவழி வாயிலாக (https://events.annauniv.edu/) பதிவு செய்துகொள்ளலாம்.

தனிப்பட்ட யோகா ஆர்வலர்களும் இணையவழி வாயிலாக பதிவு செய்து, நிகழாண்டு சர்வதேச யோகா தின கொண்டாட்டங்களில் பங்கேற்கலாம். யோகா பயிற்சி செய்பவர்களுக்கு இணையவழி சான்றிதழும் வழங்கப்படும் எனத் தெரிவிக்கப்பட்டுள்ளது.

Dina Mani • 11 Jun • Ministry of Ayush

Yoga medicine solution for pancreatitis

3 • PG | 167 • Sqcm | 70971 • AVE | 167.26K • Cir | Top Right

Chennai

யோகா சிகிச்சையால் குறையும் கணைய அழற்சி

ஆய்வில் தகவல்

சென்னை, ஜூன் 10: யோகா மற்றும் இயற்கை மருத்துவம் சார்ந்த சிகிச்சை முறையை பின் பற்றிய நோயாளிக்கு கணைய அழற்சி மற்றும் கட்டி பாதிப்பு வெகுவாக குறைந்தது ஆய்வில் தெரியவந்துள்ளது.

அரசு யோகா இயற்கை மருத் துவபேராசிரியர் ஒய்.தீபா தலை மையிலான மருத்துவக் குழுவி னர் வெளியிட்ட ஆராய்ச்சிக் கட்டுரையில் இத்தகவல் தெரி விக்கப்பட்டுள்ளது.

இந்திய மருத்துவ முறை ஆய் வாளர்கள் ஏ.விஜய், கே.பத்மா வதி, ஆர்.நித்யஸ்ரீ, மூவேந்தன் ஆகியோர் இணைந்து அந்த ஆய்வை முன்னெடுத்துள்ளனர். அதுகுறித்து கட்டுரையில் தெரி விக்கப்பட்டிருப்பதாவது:

கணைய அழற்சி என்பது உட லில் உள்ள கணையத்தில் சேதம் அல்லது வீக்கம் ஏற்படும் நிலை யாகும்.

அந்த பாதிப்பு தொடர்ந்து இருக்கும்பட்சத்தில் கணையத் தால் மேற்கொள்ளப்படும் அகச் சுரப்பி மற்றும் புறச்சுரப்பி பணி களில் சிக்கல் ஏற்படும்.

அதேபோன்று அழற்சி உள் ளவர்களுக்கு கணையத்தின் வெளிப்பகுதியில் சூடோசிஸ்ட் எனப்படும் நீர்க்கட்டி உருவா கும்.

உலக அளவில் லட்சத்தில் 163 பேர் வரை கணைய அழற்சி பாதிப்புக்கு உள்ளாகின்றனர். அதில் நாள்பட்ட கணைய அழற்சிக்கு உள்ளாகும் 40 சத வீதம் பேருக்கும், குறுகிய கால அழற்சிக்கு உள்ளாகும் 26 சத வீதம் பேருக்கும் சூடோசிஸ்ட் கட்டிகள் உருவாகின்றன.

அத்தகைய பாதிப்புடன் 23 வயது பெண் கடந்த சில மாதங்க ளுக்கு இயற்கை நல மருத்துவம னையில் அனுமதிக்கப்பட்டார். அவருக்கு தீவிர வயிற்றுவலி, மலம் கழித்தலில் பாதிப்பு, கால் களில் எரிச்சல், எடை இழப்பு ஆகிய பாதிப்புகள் இருந்தன. பரிசோதனையில் அவருக்கு தீவிர கணைய அழற்சி மற்றும் பெரிய அளவிலான கட்டி பாதிப்பு இருந்தது கண்டறியப் பட்டது.

இதைத்தொடர்ந்து,பவனமுக் தாசனா, வக்ராசனா உள்ளிட்ட 7 வகையான ஆசனங்கள், பிரா ணயாம பயிற்சிகள், அதனுடன் இயற்கை மருத்துவ சிகிச்சைகள் வழங்கப்பட்டன. மொத்தம் 20 நாள்கள் அந்த சிகிச்சை அவ ருக்கு அளிக்கப்பட்டது.

அதன் பயனாக அவரது கணைய கட்டி பாதிப்பும், அழற் சியும் குறைந்தது அல்ட்ரா சவுண்ட் ஸ்கேன் பரிசோதனை யில் உறுதி செய்யப்பட்டது. இது ஒரு நோயாளியின் உடல் நிலையை பொருத்து மேற் கொள்ளப்பட்ட ஆய்வு முடிவு. இதனை மேலும் நுட்பமாக அறிய கூடுதல் ஆய்வு தேவை என்று அந்த கட்டுரையில் தெரி விக்கப்பட்டுள்ளது.

Dina Mani • 27 May • Ministry of Ayush

International Yoga Festival Baners Tamil 'Boycott

4 • PG | 106 • Sqcm | 44895 • AVE | 167.26K • Cir | Bottom Center

Chennai

சித்தா தொலைத்தொடர்பு தகவல் மையம்: மத்திய அமைச்சர் தொடங்கி வைத்தார்

சென்னை, மே 26: தாம்பரம் தேசிய சித்தா ஆராய்ச்சி மைய மருத்துவமனையில் புதிதாக அமைக்கப்பட்டுள்ள சிறப்பு நாடி பரிசோதனை மையம், தொலைத்தொடர்பு மையத்தை மத்திய ஆயுஷ் அமைச்சர் பிரதாப்ராவ் ஜாதவ் திங்கள்கிழமை தொடங்கி வைத்தார்.

அலுவல் பயணமாக சென்னை வந்துள்ள அவர், இங்கு பல்வேறு நிகழ்ச்சிகளில் கலந்துகொண்டார். ஆயுஷ் மருத்துவ சுற்றுலாவை மேம்படுத்துவதற்கான தேசிய மாநாட்டையும் அவர் தொடங்கி வைத்தார்.

அதைத் தொடர்ந்து தாம்பரம், சித்த மருத்துவ ஆராய்ச்சி மையத்துக்கு சென்ற அமைச்சர் பிரதாப்ராவ் ஜாவத், அங்கு சித்தர் யோகம் எனும் யோகா பயிற்சி வகுப்பை அறிமுகப்படுத்தினார்.

பின்னர், புதிதாக அமைக்கப்பட்டிருந்த பாரம்பரிய சித்தா ஆய்வகம், சித்த நாடி பரிசோதனை மையம், 24 மணி நேர சித்த மருத்துவ தொலைத்தொடர்பு தகவல் மையம் ஆகியவற்றையும் பொதுமக்கள் பயன்பாட்டுக்கு கொண்டு வந்தார்.

மருத்துவமனை வளாகத்தில் மகிழம், இலுப்பை போன்ற மருத்துவ குணம் கொண்ட மரக்கன்றுகளை அவர் நட்டார்.

அதன் பிறகு, அங்கு சிகிச்சை பெற்று வரும் நோயாளிகளை நேரில் சந்தித்து நலம் விசாரித்த அமைச்சர் ஜாதவ், சித்தா மருத்துவமனையின் சிகிச்சை சேவைகளை கேட்டறிந்தார்.

தேசிய சித்த நிறுவனத்தின் இயக்குநர் பேராசிரியர் செந்தில்வேல், மருத்துவர்கள் உள்ளிட்டோர் பலர் அப்போது உடனிருந்தனர்.

Dina Malar • 21 Jun • Ministry of Ayush

WORLD YOGA DAY

9 • PG	181 • Sqcm	155844 • AVE	882.2K • Cir	Bottom Center

Chennai

■ இன்று உலக யோகா தினம். இதை முன்னிட்டு, உத்தர பிரதேசத்தின் ஆக்ராவில் உள்ள தாஜ் மஹால் முன் பெண்கள் நேற்று யோகா பயிற்சி செய்தனர்.

Dina Malar • 21 Jun • Ministry of Ayush

74 students suddenly vomit and faint after eating lunch during yoga practice

3 • PG	71 • Sqcm	61211 • AVE	882.2K • Cir	Bottom Center

Chennai

காலை உணவு சாப்பிட்ட 74 மாணவர்கள் 'அட்மிட்'

நெய்வேலி, ஜூன் 21- சர்வதேச யோகா தினத்தையொட்டி, கடலூர் மாவட்டம், நெய்வேலியில், 10க்கும் மேற்பட்ட பள்ளிகளை சேர்ந்த, 6,000க்கும் மேற்பட்ட மாணவ – மாணவியர், வட்டம் 10ல் உள்ள பாரதி விளையாட்டரங்கில் பயிற்சி செய்து வந்தனர்.

நேற்று பயிற்சி முடிந்ததும் மாணவ – மாணவியருக்கு காலை உணவு வழங்கப்பட்டது. அப்போது, உணவு சாப்பிட்ட, 74 மாணவ – மாணவியருக்கு அடுத்தடுத்து வாந்தி, மயக்கம் ஏற்பட்டது. அருகில் இருந்த ஆசிரியர்கள், அவர்களை மீட்டு என்.எல்.சி., மருத்துவமனையில் சேர்த்தனர்.

உணவு மாதிரி சோதனைக்காக அனுப்பி வைக்கப்பட்டது. அமைச்சர் கணேசன், கலெக்டர் சிபி ஆதித்யா செந்தில்குமார் மாணவர்களிடம் நலம் விசாரித்து, சிகிச்சை விபரங்கள் குறித்து டாக்டர்களிடம் கேட்டறிந்தனர்.

Dina Malar • 11 Jun • Ministry of Ayush

Yoga Degree Programs

14 • PG | 299 • Sqcm | 257167 • AVE | 882.2K • Cir | Bottom Right

Chennai

போட்டிக்கு தயாரா?

யோகா பட்டப் படிப்புகள்

தமிழ்நாடு உடற்கல்வி மற்றும் விளையாட்டு பல்கலைக் கழகத்தின் இணைப்புடன் சென்னையில் செயல்படும், வேதாத்திரி மகரிஷி யோகா கல்லூரியில் மாணவர் சேர்க்கை நடைபெறுகிறது.

அறிமுகம்

தனிப்பட்ட அமைதி வாயிலாக உலக அமைதியை ஏற்படுத்துவதை நோக்கமாக கொண்டு, கடந்த 1958ம் ஆண்டு உலக சமுதாய சேவா சங்கத்தை வேதாத்திரி மகரிஷி நிறுவினார்.

இந்த இலக்கை அடைய எளிமைப்படுத்தப்பட்ட 'குண்டலினி யோகா'வை உருவாக்கி, 'மனவளக்கலை யோகா' என்ற பெயரில் மனிதகுல மேம்பாட்டிற்கான நடைமுறைகளுடன் கூடிய கல்வியாக வழங்கினார்!

உடல், மனம், உணர்ச்சி, சமூக பொருளாதார மற்றும் ஆன்மிக நல்வாழ்வு இணைந்த ஆரோக்கியத்தை அனைவரும் பெறும் வகையில், தமிழகத்தின் முதல் யோகா கல்லூரி உலக சமுதாய சேவா சங்கத்தால் கடந்த 2017ம் ஆண்டு துவக்கப்பட்டது.

வழங்கப்படும் படிப்புகள்

- பி.எஸ்சி., – மனித மேன்மைக்கான யோகா – மூன்று ஆண்டுகள்
- எம்.எஸ்சி., – மனித மேன்மைக்கான யோகா – இரண்டு ஆண்டுகள்
- பிஎச்.டி., – மனித மேன்மைக்கான யோகா – மூன்று முதல் ஐந்து ஆண்டுகள் வரை

கல்வித் தகுதி

பி.எஸ்சி., படிப்பிற்கு பிளஸ் 2வும், எம்.எஸ்சி., படிப்பிற்கு ஏதேனும் ஒரு இளநிலை பட்டப் படிப்பும், பிஎச்.டி., படிப்பிற்கு யோகாவில் முதுநிலை பட்டப் படிப்பும் கல்வித் தகுதிகளாக நிர்ணயம் செய்யப்பட்டுள்ளன!

பாடத்திட்டங்கள்

மனித உடற்கூறியல் மற்றும் உடலியக்கங்கள், பதஞ்சலி யோகா சூத்திரங்கள், யோகாவின் அடிப்படைகள், உடல் மற்றும் மனவள யோகா, பாரம்பரிய யோகப் பயிற்சிகள், நவீன கால யோகா, யோகா உணவு முறைகள், குணநலப் பேறும் சமுதாய நலனும்...

இயற்கை சிகிச்சை முறைகள், யோக சிகிச்சை முறைகள், பாரம்பரிய இந்திய மருத்துவ முறைகள், உலக சமுதாய வாழ்க்கை நெறி உள்ளிட்ட பல்வேறு பாடத்திட்டங்கள் இளநிலை மற்றும் முதுநிலை பட்டப் படிப்புகளில் இடம்பெற்று உள்ளன.

விண்ணப்பிக்க கடைசி நாள்: ஜூன் 30

விபரங்களுக்கு: https://vethathiriyogacollege.edu.in/

Dina Malar • 11 Jun • Ministry of Ayush

Yoga medicine solution for pancreatitis

3 • PG | 185 • Sqcm | 158960 • AVE | 882.2K • Cir | Top Right

Chennai

கணைய அழற்சி பாதிப்புக்கு யோகா மருத்துவத்தில் தீர்வு

சென்னை, ஜூன் 11- யோகா மற்றும் இயற்கை மருத்துவம் சார்ந்த சிகிச்சை முறையை பின்பற்றிய நோயாளிக்கு, கணைய அழற்சி மற்றும் கட்டி பாதிப்பு, படிப்படியாக குறைந்தது ஆய்வில் தெரியவந்துள்ளது.

சென்னை அரும்பாக்கம், அரசு யோகா மற்றும் இயற்கை மருத்துவத்தின் கைநுட்பத் துறை தலைவர் ஒய். தீபா தலைமையில், இந்திய மருத்துவ முறை ஆய்வாளர்கள் ஏ.விஜய், கே.பத்மாவதி, ஆர்.நித்யஸ்ரீ, மூவேந்தன் ஆகியோர் இணைந்து வெளியிட்டுள்ள ஆய்வு கட்டுரை:

கணைய அழற்சி என்பது, உடலில் உள்ள கணையத்தில் சேதம் அல்லது வீக்கம் ஏற்படும் நிலை. அந்த பாதிப்பு தொடர்ந்து இருக்கும்பட்சத்தில், கணையத்தால் மேற்கொள்ளப்படும் அகச் சுரப்பி மற்றும் புறச் சுரப்பி பணிகளில் சிக்கல் ஏற்படும்.

அதேபோல், அழற்சி உள்ளவர்களுக்கு கணையத்தின் வெளிப் பகுதியில், 'சூடோ சிஸ்ட்' எனப்படும் நீர்க்கட்டி உருவாகும். உலக அளவில் லட்சத்தில், 163 பேர் வரை கணைய அழற்சி பாதிப்புக்கு உள்ளாகின்றனர்.

அதில் நாள்பட்ட கணைய அழற்சிக்கு உள்ளாகும், 40 சதவீதம் பேருக்கும், குறுகிய கால அழற்சிக்கு உள்ளாகும், 26 சதவீதம் பேருக்கும், 'சூடோ சிஸ்ட்' கட்டிகள் உருவாகின்றன.

அத்தகைய பாதிப்புடன், 23 வயது பெண், சில மாதங்களுக்கு முன், இயற்கை நல மருத்துவமனையில் அனுமதிக்கப்பட்டார்.

அவருக்கு தீவிர வயிற்று வலி, மலம் கழித்தலில் பாதிப்பு, கால்களில் எரிச்சல், எடை இழப்பு ஆகிய பாதிப்புகள் இருந்தன. பரிசோதனையில் அவருக்கு தீவிர கணைய அழற்சி மற்றும் பெரிய அளவிலான கட்டி பாதிப்பு இருந்தது கண்டறியப்பட்டது.

இதைத் தொடர்ந்து, 'பவனமுக்தாசனா, வக்ராசனா' உள்ளிட்ட ஏழு வகையான ஆசனங்கள், பிராணாயாம பயிற்சிகள், அதனுடன் இயற்கை மருத்துவ சிகிச்சைகள் வழங்கப்பட்டன. தொடர்ந்து, 20 நாட்கள் சிகிச்சை அளிக்கப்பட்டது.

அதன் பயனாக, அவரது கணைய கட்டி பாதிப்பும், அழற்சியும் குறைந்தது, 'அல்ட்ரா சவுண்ட் ஸ்கேன்' பரிசோதனையில் உறுதி செய்யப்பட்டது. இது, நோயாளியின் உடல் நிலையை பொறுத்து மேற்கொள்ளப்பட்ட ஆய்வு முடிவு. மேலும் நுட்பமாக அறிய கூடுதல் ஆய்வு தேவை.

இவ்வாறு அதில் கூறப்பட்டுள்ளது.

Dina Malar • 19 May • Ministry of Ayush

Mumbai people are interested in yoga on a moving train

4 • PG	212 • Sqcm	182317 • AVE	882.2K • Cir	Bottom Center

Chennai

ஓடும் ரயிலில் யோகா: மும்பை மக்கள் ஆர்வம்

மும்பை, மே 19-

ஓடும் ரயிலில் உட்கார்ந்திருக்கும் போதும், யோகா செய்யும் பயிற்சியை மும்பையைச் சேர்ந்த ஒரு அமைப்பு அளித்து வருகிறது. இதற்கு மக்களிடையே பெரும் வரவேற்பு கிடைத்துள்ளது.

மஹாராஷ்டிர மாநிலம் மும்பையில் புறநகர் ரயில்கள் மிகவும் பிரபலம். அலுவலக நேரங்களில் கூட்ட நெரிசலால் ரயில்கள் திணறும். தொங்கியபடியே பயணம் செய்வது என்பது அங்கு சர்வ சாதாரணம்.

தன்னார்வ அமைப்பு

வேலைக்கு, படிப்பதற்கு என, சில மணி நேரம் கூட பயணம் செய்ய வேண்டிய நிலை இருக்கும். தற்போது மும்பை புறநகர் ரயில்களில் பயணத்தின்போது உட்கார்ந்த நிலையிலேயே பயணியர் பலரும் யோகா செய்வதை பரவலாக பார்க்க முடிகிறது.

■ 'ஹீல் ஸ்டேஷன்' என்ற தன்னார்வ அமைப்பு சார்பில், புறநகர் ரயிலில் பயணியருக்கு யோகா பயிற்சி வழங்கப்பட்டது. இடம்: மும்பை.

'ஹீல் ஸ்டேஷன்' என்ற தன்னார்வ அமைப்பு இந்த முயற்சியில் ஈடுபட்டுள்ளது. தினமும் ஆயிரத்துக்கும் மேற்பட்டோர், ரயில் பயணத்தின்போது யோகா செய்வதை வழக்கமாக வைத்துள்ளனர். பயிற்சி அளிப்பதற்கு, 100க்கும் மேற்பட்ட தன்னார்வலர்கள் உள்ளனர்.

''யோகா செய்வதற்காக யோகா மேட் தேவையில்லை. தீவிரமான பயிற்சிகளும் தேவை இல்லை. உட்கார்ந்திருக்கும் நேரத்தில் மனதை ஒருமுகப்படுத்துவது, மூச்சு பயற்சி போன்ற சுலபமான யோகா பயிற்சி செய்யலாம்,'' என, ஹீல் ஸ்டேஷன் அமைப்பின் நிறுவனர் ருசிதா ஷா கூறுகிறார்.

பெரும் வரவேற்பு

சர்வதேச யோகா தினம், ஜூன் 21ல் கொண்டாடப்படுகிறது. இதையொட்டி, சிறப்பு 100 நாள் பயண யோகா பயிற்சியை இந்த அமைப்பு, மார்ச் 13ல் துவக்கியது.

இதன்படி, யோகா பயிற்சியாளர்கள் அதிக கூட்டம் இல்லாத நேரங்களில் ரயில்களில் பயணம் செய்து சுலபமான யோகா பயிற்சிகளை அளிக்கின்றனர்.

இது மக்களிடையே பெரும் வரவேற்பை பெற்றுள்ளது. ஆர்வத்துடன் பலரும் இந்த பயிற்சியில் ஈடுபட்டு வருகின்றனர்.

Daily Thanti • 21 Jun • Ministry of Ayush

World Yoga Day

12 • PG | 198 • Sqcm | 138136 • AVE | 2M • Cir | Top Right

Chennai

சர்வதேச யோகா தின சிறப்பு நிகழ்ச்சிகள்

ஹலோ எப்.எம்.மில் இன்று ஒலிபரப்பாகிறது

சென்னை, ஜூன்.21-

சர்வதேச யோகா தினம் இன்று (சனிக்கிழமை) கொண்டாடப்படுவதையொட்டி ஹலோ எப்.எம்.மில் நாள் முழுவதும் சிறப்பு நிகழ்ச்சி நடைபெற இருக்கிறது. காலை 5 மணிக்கு கலைமாமணி யோகா கிருஷ்ணமூர்த்தி, 7 மணிக்கு மருத்துவம் மற்றும் மக்கள் நல்வாழ்வுத் துறை அமைச்சர் மா.சுப்பிரமணியன், 10 மணிக்கு நடிகர் ரியாஸ்கான், பிற்பகல் 12 மணிக்கு வானதி சீனிவாசன் எம்.எல்.ஏ., 2 மணிக்கு நடிகர் தலைவாசல் விஜய், மாலை 4 மணிக்கு நடிகை ரம்யா பாண்டியன், 6 மணிக்கு முன்னாள் கவர்னர் டாக்டர் தமிழிசை சவுந்தரராஜன் ஆகியோர் நிகழ்ச்சிகளில் பங்கேற்று பேசுகின்றனர்.

இதுதவிர சர்வதேச புலம்பெயர் தினம் பற்றிய 'சிறப்பு ஹலோ தமிழா' நிகழ்ச்சி காலை 7 மணிக்கு ஒலிபரப்பாகிறது. இதில், மூத்த பத்திரிகையாளர் ராதாகிருஷ்ணன், திரைப்பட இயக்குனர் செல்வம், புலம்பெயர் சமையல் கலைஞர் சாந்தி ஆகியோர் கலந்து கொண்டு பேசுகிறார்கள்.

மாலை 6 மணிக்கு ஒலிபரப்பாகும் 'சிறப்பு தாறுமாறு தர்பார்' நிகழ்ச்சியில் மக்கள் தொகை கணக்கெடுப்பு பற்றியும், அதன் முக்கியத்துவம் என்ன? என்பது பற்றியும் பத்திரிகையாளர் அய்யநாதன், பொருளாதார பேராசிரியர்கள் முத்துராஜா மற்றும் அழகிரிசாமி ஆகியோர் கலந்து கொண்டு பேசுகின்றனர்.

இதனைதொடர்ந்து இடம்பெறும் கதையாடல் நிகழ்ச்சியில் தமிழின் மூத்த எழுத்தாளர் எஸ்.ராமகிருஷ்ணன் எழுதிய 'இந்த நகரிலும் பறவைகள் இருக்கின்றன' என்ற சிறுகதை இடம்பெறுகிறது.

இந்த கதை குறித்து எழுத்தாளர் கார்த்திகை பாண்டியனின் கருத்துகளையும், கதையின் சிறுபகுதி நாடகமாகவும் ஒலிபரப்பாகும்.

நாளை (ஞாயிற்றுக்கிழமை) பிற்பகல் 12 மணிக்கு சன்டே ஜிராமபோன் நிகழ்ச்சியில் நடிகர் தம்பி ராமையா கலந்து கொண்டு தன்னுடைய அனுபவங்களை பகிர்விருக்கிறார்.

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உலகம் வியக்கும் யோகா

நலம்தானா நலம்தானா... உடலும் உள்ளமும் நலம்தானா... இந்த இரண்டையும் நலமாக வைத்திருப்பது எத்தனை பேர்?.

தினறும் உலக சமுதாயம்

உலக மனித சமுதாயம் இன்று மன அழுத்தத்தில் சிக்கி தவிக்கிறது. படுத்தால் தூக்கம் வருவதில்லை. சிறு சிறு பிரச்சினைகளுக்கும் பெருங்கோபம் பொங்குகிறது. பேராசை விடாமல் துரத்துகிறது. உணர்ச்சிகள் பல விலங்கிடுகின்றன. குழந்தைகள் முதல் முதியவர்கள் வரை அனைவரையும் ஸ்மார்ட் போன் அடிமைப்படுத்தி விட்டது. இவற்றில் இருந்து விடுபட வழி தெரியாமல் மனித சமூகம் விழிபிதுங்கி நிற்கிறது.

இதற்கு மத்தியில் பூங்கா போன்ற பொது இடங்களுக்கு பலர் தரைவிரிப்புகளுடன் (மேட்) வருகிறார்கள். ஆரவாரமின்றி அமைதியாக அமர்ந்த இடத்தில் இருந்து உடலை வளைக்கிறார்கள். ஆசனங்களை செய்து வித்தை காட்டுகிறார்கள். மூச்சு பயிற்சி, தியானம் என அவர்களின் பயிற்சி நீள்கிறது. இந்த பயிற்சியை செய்ய தொடங்கியவர்கள் அதை விடாமல் உடும்பு பிடியாக பிடித்து பலனை அறுவடை செய்கிறார்கள்.

உடல், மனப்பயிற்சி

உடற்பயிற்சிக்கு எத்தனையோ கலைகள் உள்ளன. ஜிம்முக்கு சென்றால் உடலை முறுக்கி கொள்ளலாம். நடை பயிற்சி செய்தால் நன்மைகள் பல கிடைக்கிறது. ஆரோக்கியம் காக்க விதவிதமான பயிற்சிகள், விளையாட்டுகள் உள்ளன. பின்னர் ஏன் யோகா பயிற்சி செய்ய வேண்டும்?. அப்படி என்னதான் அதற்குள் புதைத்து இருக்கிறது?.

உடல் வலுப்பெற உடல் பயிற்சிகள் மற்றும் விளையாட்டுகள் சிறந்தது என்பதில் மாற்றுக் கருத்து இல்லை. ஆனால் யோகா என்பது உடல், மூச்சு, மனம் ஆகிய மூன்றிற்கும் ஆன கலையாகும். எனவே தான் யோகாவை உடல் மற்றும் மனப்பயிற்சி கலை என்று அழைக்கிறோம். யோகா ஆசனங்களை செய்ய தொடங்கியவர்கள், சில வாரங்களிலேயே உடலிலும், உள்ளத்திலும் மாற்றங்களை உணர தொடங்குகிறார்கள்.

உடல் பயிற்சி மூலம் உள்ளுறுப்புகள் 20 சதவீதம் தான் பயன்படுத்துகிறது என்றால், அது யோகா பயிற்சியில் 80 சதவீதமாக இருக்கிறது என்று யோகா நிபுணர்கள் கூறுகிறார்கள். இதனால் நோயற்ற வாழ்வை யோகா உறுதி செய்கிறது.

வயிறு சுருங்கி மார்பு விரிவதுதான் மனிதருக்கு அழகு. சூரிய நமஸ்காரம் மற்றும் சில ஆசனங்களை தொடர்ந்து செய்து வந்தாலே இது சாத்தியம். யோகா பயிற்சியை மேற்கொள்ள எந்த உபகரணமும் தேவையில்லை என்பது அதன் தனிச்சிறப்பு. உடலும், மனதும் தான் அதன் உபகரணங்கள்.

பதஞ்சலி முனிவர்

பண்டைய காலத்தில் யோகாவை பெரும்பாலான இந்திய மக்கள் செய்ததாக நம்பப்படுகிறது. பின்னர் அது ரிஷிகள், முனிவர்கள், சித்தர்கள் போன்றோருடன் அடக்கம் ஆகி விட்டது. எதிர்பாராத விதமாக இந்த கலை இந்தியாவை விட வெளிநாடுகளில் பிரபலமாக தொடங்கியது. அதன் பிறகுதான் பாரதம் விழித்துக் கொண்டது. கடந்த 100 ஆண்டுகளாக நம் யோகாவுக்கு முக்கியத்துவம் கொடுக்க தொடங்கி இருக்கிறோம்.

இன்று உலகம் போற்றும் கலையாக திகழும் யோகா, இந்தியாவில் சுமார் 5 ஆயிரம் ஆண்டுகளுக்கு முன் தோன்றியதாக கருதப்படுகிறது. யோகா கலையின் கடவுளாக சிவபெருமான் அறியப்படுகிறார். சுமார் 2 ஆயிரத்து 500 ஆண்டுகளுக்கு முன் வாழ்ந்த பதஞ்சலி முனிவர் தான் யோகாவை எளிமைப்படுத்தி முறையாக வகுத்து கொடுத்தார். எனவே அவர் யோகாவின் தந்தை என கருதப்படுகிறார்.

சர்வதேச தினம்

யோகாவை உலகெங்கும் பரப்ப எடுத்த பெரும் முயற்சி பிரதமர் நரேந்திர மோடியை சாரும். 2014-ம் ஆண்டு செப்டம்பரில் ஐ.நா. சபையில் உரையாற்றிய பிரதமர் மோடி, யோகாவின் பெருமைகளை எடுத்துக்கூறி, அதனை சர்வதேச தினமாக கடைப்பிடிக்க வேண்டும் என்ற பரிந்துரையை முன்வைத்தார். அதற்கு 177 உறுப்பு நாடுகள் பேராதரவு அளித்ததன் பலனாக 2015-ம் ஆண்டு முதல் ஜூன் 21-ந்தேதியை சர்வதேச யோகா தினமாக ஐ.நா.சபை அறிவித்தது. முதல் சர்வதேச யோகா தினம் கொண்டாட்டத்திலேயே ஏராளமான நாடுகள் பங்கு பெற்றன.

தற்போது யோகாவில் தலைசிறந்த 20 நாடுகளாக இந்தியா, கனடா, பிரேசில், வியட்நாம், சிங்கப்பூர், சுவிட்சர்லாந்து, அயர்லாந்து, ஆஸ்திரேலியா, நெதர்லாந்து, ஆஸ்திரியா, சுவீடன், நியூசிலாந்து, அமெரிக்கா, நார்வே, ஜெர்மனி, ஐக்கிய அரபு அமீரகம், டென்மார்க், இங்கிலாந்து, ஸ்பெயின், இத்தாலி ஆகியவை விளங்குகின்றன. சுமார் 200 நாடுகளில் யோகா பயிற்சியை மக்கள் மேற்கொண்டு வருகிறார்கள்.

உலகை ஆளும் கலை

இந்தியாவில் 15 கோடி மக்களும், அமெரிக்காவில் 3% கோடி பேர், கனடாவில் 7.6 லட்சம் பேர், ஆஸ்திரேலியாவில் 15 லட்சம் பேர் யோகா பயிற்சியை செய்து வருவதாக புள்ளி விவரங்கள் கூறுகின்றன. உலகம் முழுவதும் சுமார் 30 கோடி மக்கள் இந்த பயிற்சியை தங்கள் வாழ்வின் அங்கமாக்கி கொண்டதாகவும் அந்த புள்ளி விவரம் தெரிவிக்கிறது. மதத்தை கடந்து உலக மக்களின் மனதை வென்று விட்டதை இது உணர்த்துகிறது.

11-வது சர்வதேச யோகா தினத்தை நாளை (சனிக்கிழமை) கொண்டாட இருக்கிறோம். இதற்காக உலக நாடுகள் ஆயத்தமாகி விட்டன. பாரதம் கடந்து வெவ்வேறு நாடுகளுக்கு பரவிய யோகா தற்போது உலக மக்களின் வாழ்க்கை கலையாகவும், உலகை ஆளும் கலையாகவும் மாறி இருக்கிறது. ராணுவ பயிற்சியை அதிகரிப்பதில் கவனம் செலுத்துவதை விட, யோகா பயிற்சியில் இன்னும் தீவிர ஆர்வம் காட்டினால் உலகெங்கும் அமைதி ஒங்கும்.

டெல்லி ராஜ்பாத் வளாகத்தில் முன்னாள் பிரதமர் தேவேகவுடாவின் அசத்தலான யோகாசன பயிற்சி.

YOGA

பயிற்சி செய்ய உகந்த நேரம்

யோகா பயிற்சி செய்யும்போது உடலில் வெப்பம் ஏற்படுவது உண்டு. எனவே வெளிவெப்பம் அதிகமாக இருக்கும்போது இந்த பயிற்சியை செய்யக்கூடாது. அதிகாலை, காலை, மாலை நேரங்களில் செய்யலாம். அதாவது காலை 8.30 மணிக்குள்ளும், மாலை 4.30 மணிக்கு பிறகும் யோகா செய்வது உகந்ததாக கருதப்படுகிறது. குறிப்பிட்டு சொல்ல வேண்டுமென்றால் பொழுது விடியும் நேரத்திலும், பொழுது சாயும் நேரத்திலும் யோகா பயிற்சி செய்தால் அதிக பலனை அறுவடை செய்யலாம். சுற்றோட்டமான இடத்தில் யோகா செய்யவேண்டும். ஆசனங்கள் செய்யும்போது கண்டிப்பாக வாயை மூடி வைத்து இருக்கவேண்டும். சுற்றுப்புறத்தை சுத்தமாக வைத்திருக்கவேண்டும். காற்றை மூக்கு வழியாகவே உள்ளே இழுக்கவும், வெளியே விடவும் வேண்டும்.

நன்மைகள் தாராளம்

யோகாசன பயிற்சிகள் உடலின் உள்ளுறுப்புகளை பாதுகாக்கும் கருவியாக திகழ்கிறது. உடலின் ராஜ உறுப்புகளான கல்லீரல், மண்ணீரல், நுரையீரல், இதயம், சிறுநீரகம் மற்றும் அனைத்து உறுப்புகளையும் சீராக இயக்குகிறது. நரம்புகளை பலப்படுத்தி ரத்த ஓட்டத்தை சீரமைக்குகிறது. எலும்புகள் வலுப்பெறுகிறது. கழுத்து வலி, முதுகு வலி, மூட்டு வலி போன்றவற்றுக்கு தீர்வு கிடைக்கிறது. மூச்சை உள்வாங்கி, வெளிவிட்டு பயிற்சி செய்வதால், நுரையீரல் நன்றாக சுருங்கி விரிந்து சுவாச சக்தியை சீராக்குகிறது. சர்க்கரை நோயை கட்டுப்படுத்துகிறது. தூக்க பாதிப்புகளை பயன்படுத்தை தொடங்கியவர்கள், அதனை தூக்கி எறிந்துவிட்டு ஆழ்ந்து தூங்கலாம். மது, புகைப்பழக்கத்தை கட்டுப்படுத்தவும் உதவுகிறது.

உடலுடன், மனதும் வலிமை பெறும் பயிற்சியாக யோகா திகழ்வதால் சகிப்புத்தன்மை அதிகரிக்கிறது. மனோவு, கவனசிதறல், பதற்றம் போன்றவை குறைகிறது. படிப்பு, வேலை, தொழில் ஆகியவற்றில் மாணவர்கள் படிப்பில் சிறப்பான கவனம் செலுத்த முடிகிறது. அலுவலக வேலை செய்பவர்களின் பணித்திறன், நிர்வாகிகளின் ஆளுமை திறன் அதிகரிக்கிறது. நன்மைகள் ஆயிரம். ஆயிரமாக கொட்டி கிடப்பதால் யோகாவின் மகத்துவத்தை உலக நாடுகள் உணர தொடங்கி உள்ளன.

உற்பயிற்சிகள், விளையாட்டுகளில் ஏற்படுவது போல யோகா பயிற்சியிலும் காயங்கள் உண்டு என்பதையும் மறுக்க முடியாது. ஆனால் மற்ற உடற்பயிற்சிகளை விட இதில் ஏற்படும் காயத்தின் தன்மை மிகக்குறைவு தான். முறையற்ற பயிற்சிகள் மூலம் தசைப்பிடிப்பு, முழங்கால், மணிக்கட்டு, தோள்பட்டை, இடுப்பு காயங்கள் ஏற்படுகிறது. எனவே முறையான பயிற்சியாளர்களின் ஆலோசனையின் பேரில் யோகாவை செய்ய வேண்டியது அவசியம்.

அதிக சிரமம் எடுத்து ஆசனங்களை செய்யக்கூடாது. சிறுவயது முதல் தொடர்ந்து பயிற்சியில் ஈடுபடுபவர்களின் உடல் முதுமையிலும் வில்லாக வளையும். சிறுவயதை தாண்டி யோகாவை தொடங்குபவர்கள், முடிந்த அளவுக்குதான் உடலை வளைக்க வேண்டும். எந்த ஆசனங்களையும் முடிந்த அளவுக்குதான் செய்யவேண்டும். பொறுமையாக செய்வது மிக முக்கியம். இதன் மூலம் காயங்களை முற்றிலும் தவிர்க்கலாம்.

Daily Thanti • 18 Jun • Ministry of Ayush

Governor's Mansion information: You can register online to participate in the International Yoga Day...

4 • PG | 63 • Sqcm | 43914 • AVE | 2M • Cir | Top Center

Chennai

சர்வதேச யோகா தின விழாவில் பங்கேற்க இணையதளத்தில் பதிவு செய்யலாம்

கவர்னர் மாளிகை தகவல்

சென்னை, ஜூன்.18-

வருகிற 21-ந்தேதியன்று கொண்டாடப் படும் 11-வது சர்வதேச யோகா தினத்தை முன்னிட்டு, அனைவரும் யோகா பயிற்சி செய்ய வேண்டும் என்று கவர்னர் கேட்டு கொண்டு இருக்கிறார். 10 ஆண்டுகளை நிறைவு செய்ததை குறிக்கும் வகையில், இந்த ஆண்டுக்கான கருப்பொருள் ஒரே பூமி, ஒரே ஆரோக்கியத்திற்கான யோகா.

தமிழ்நாடு கவர்னர் மாளிகை, சென்னை அண்ணா பல்கலைக்கழகத்துடன் இணைந்து, 2025 சர்வதேச யோகா தின நிகழ்விற்காக நிறுவனங்கள், மையங்கள், அமைப்புகள், நிர்வாக துறைகள், கிராமங்கள், வேளாண் அறிவியல் மையங்கள், விவசாயிகள், மீனவர்கள், கைவினைஞர்கள் தவிர பிற பிரிவுகள் உள்பட பல்வேறு துறைகளிலும் பரவலான பங்கேற்பை செயல்படுத்த, ஒரு பிரத்யேக https://events.annauniv.edu/ என்ற இணையவழி சேவையை தொடங்கி உள்ளது. யோகா பயிற்சியில் பங்கேற்க விரும்பும் பொதுமக்கள் தங்கள் விவரங்களை, இணையவழி வாயிலாக பதிவு செய்து கொள்ளலாம்.

இந்த தகவலை கவர்னர் மாளிகை தெரிவித்துள்ளது.

Daily Thanti • 27 May • Ministry of Ayush

International Yoga Festival Baners Tamil 'Boycott

4 • PG | 304 • Sqcm | 211483 • AVE | 2M • Cir | Bottom Center

Chennai

புதுவையில் சர்வதேச யோகா விழா:

இந்தியில் அரசு விளம்பர பதாகைகள்

கருப்பு மை பூசி தமிழ் ஆர்வலர்கள் அழித்தனர்

புதுச்சேரி, மே.27- சர்வதேச யோகா விழாவுக்கு வைக்கப்பட்ட புதுவை அரசு விளம்பர பதாகைகளில் தமிழை புறக்கணித்து இடம்பெற்றிருந்த இந்தி எழுத்துகளை தமிழ் ஆர்வலர்கள் கருப்பு மை பூசி அழித்தனர்.

சர்வதேச யோகா தினம்

ஜூன் 21-ந்தேதி சர்வதேச யோகா தினம் ஆகும். இதையொட்டி புதுச்சேரி கடற்கரை காந்தி திடலில் மத்திய ஆயுஷ் அமைச்சக மெராா்ஜி தேசாய் தேசிய யோகா இன்ஸ்டிடியூட் சார்பில் இன்று (செவ்வாய்க்கிழமை) காலை 6.30 மணி முதல் 8 மணி வரை யோகா நிகழ்ச்சி நடைபெறுகிறது. இதில் மத்திய கனகாதாரம் மற்றும் குடும்ப நலத்துறை இணை மந்திரி பிரதாப்ராவ் ஜாதவ் கலந்து கொண்டு யோகாவை தொடங்கி வைக்கிறார். நிகழ்ச்சியில் கவர்னர் கைலாஷ்நாதன், முதல்-அமைச்சர் ரங்கசாமி மற்றும் சபாநாயகர், அமைச்சர்கள் மற்றும் பலர் கலந்துகொள்கிறார்கள்.

தமிழ் புறக்கணிப்பு

இதற்காக புதுச்சேரி நகரின் முக்கிய சந்திப்புகள் உள்பட நகரில் பல இடங்களில் விளம்பர பதாகைகள் வைக்கப்பட்டிருந்தன. அதில் யோகா குறித்து இந்தி, ஆங்கிலத்தில் மட்டுமே வாசகங்கள் இடம் பெற்று இருந்தன. எந்த இடத்திலும் இல்லாத வகையில் முழுவதுமாக தமிழ் புறக்கணிக்கப்பட்டிருந்தது. இதைப் பார்த்து புதுச்சேரி மக்கள், சமூக ஆர்வலர்கள் கடும் அதிருப்தி அடைந்தனர்.

அரசு சார்பில் வைக்கப்பட்டுள்ள விளம்பர பதாகைகளில் தமிழ் புறக்கணிக்கப்பட்டு இந்தி வாசகங்கள் இடம்பெற்று இருப்பதற்கு தமிழ் ஆர்வலர்கள் இடையே கொந்தளிப்பை ஏற்படுத்தியது.

கருப்பு மை பூசி அழிப்பு

இந்த நிலையில் தமிழக வாழ்வுரிமை கட்சியின் நிர்வாகிகள் ராஜீவ்காந்தி சதுக்கம், இந்திராகாந்தி சதுக்கம் ஆகிய முக்கிய சந்திப்புகளில் வைக்கப்பட்டிருந்த பேனர்களில் இருந்த இந்தி எழுத்துகளை கருப்பு மை பூசி அழித்து கோஷம் எழுப்பினர்.

இதேபோல் கடற்கரை சாலை உள்ளிட்ட பல்வேறு இடங்களில் வைக்கப்பட்டிருந்த பேனர்களில் உள்ள இந்தி எழுத்துகளை தந்தை பெரியார் திராவிடர் கழகத்தினர் மற்றும் தமிழ் அமைப்புகளை சேர்ந்தவர்கள் சேதப்படுத்தி, கருப்பு மை பூசி அழித்து போராட்டம் நடத்தினர். இதனால் அந்த இடங்களில் பரபரப்பு காணப்பட்டது.

அரசு விளம்பர பதாகையில் இருந்த இந்தி எழுத்துகளை தமிழக வாழ்வுரிமை கட்சியினர் கருப்பு மை பூசி அழித்தபோது எடுத்த படம்.

Dina Karan • 21 Jun • Ministry of Ayush

65 students suddenly vomit and faint after eating lunch during yoga practice

8 • PG | 51 • Sqcm | 65125 • AVE | 1.45M • Cir | Top Right

Chennai

யோகா பயிற்சியில் மதிய உணவு சாப்பிட்ட 65 மாணவர்களுக்கு திடீர் வாந்தி மயக்கம்

நெய்வேலி, ஜூன் 21: சர்வ தேச யோகா தினத்தை யொட்டி நெய்வேலி ஜவகர் பள்ளி மாணவர்களுக்கு கடந்த 3 தினங்களாக, பாரதி விளையாட்டு அரங் கில் யோகா பயிற்சி அளிக் கப்படுகிறது. நேற்று மதியம் பயிற்சி முடிந்ததும் மாண வர்களுக்கு உணவு வழங்கப் பட்டது. அதை சாப்பிட்ட 65 மாணவர்களுக்கு திடீரென வாந்தி, மயக்கம் ஏற்பட்டுள் ளது. உடனடியாக அவர் களை என்எல்சி பொது மருத்துவமனையில் சேர்த் துள்ளனர். அங்கு சிகிச்சை அளிக்கப்பட்டது. தகவல றிந்து அமைச்சர் கணேசன், ஆட்சியர் சிபி ஆதித்யா செந்தில்குமார், விஷ்ணு பிரசாத் எம்பி, எம்எல்ஏ சபா ராஜேந்திரன் உள்ளிட் டோரும் மருத்துவமனைக்கு சென்று மாணவர்களை சந் தித்து நலம் விசாரித்தனர்.

Dina Karan • 21 Jun • Ministry of Ayush

International Yoga Day

4 • PG | 163 • Sqcm | 207543 • AVE | 1.45M • Cir | Bottom Center

Chennai

முகப்பேர் வேலம்மாள் பள்ளியில்

சர்வதேச யோகா தினம்

முகப்பேர் வேலம்மாள் முதன்மை பள்ளியில் 11வது சர்வதேச யோகா தினத்தை முன்னிட்டு 1,500 மாணவர்கள் கலந்துகொண்ட யோகாசான நிகழ்ச்சி நடைபெற்றது.

சென்னை, ஜூன் 21: முகப்பேர் மேற்கில் அமைந்துள்ள வேலம்மாள் முதன்மை பள்ளியில் 11வது சர்வதேச யோகா தினம் பள்ளி மைதானத்தில் மிகுந்த உற்சாகத்துடன் கொண்டாடப்பட்டது. இந்த நிகழ்ச்சியில் யோகா பயிற்சியாளர் விக்ரம் சீனிவாசன் தலைமை விருந்தினராகக் கலந்துகொண்டார். அவர் தனது உரையில், சரியான யோகா நுட்பங்கள் குறித்த மதிப்புமிக்க நுண்ணறிவுகளையும், வழக்கமான யோகக்கலையின் முக்கியத்துவத்தையும் வலியுறுத்தினார்.

அப்போது சுமார் 1,500 மாணவர்கள் கலந்துகொண்ட ஒரு பெரிய அளவிலான யோகாசன செயல்விளக்கம் நடைபெற்றது. மாணவர்கள் பல்வேறு யோகாசனங்களை சிறப்பாக செய்து காட்டினர்.

Dina Karan • 20 Jun • Ministry of Ayush

International Yoga Day

8 • PG | 115 • Sqcm | 147049 • AVE | 1.45M • Cir | Top Right

Chennai

தீயணைப்பு வீரர்களுக்கு யோகா பயிற்சி

உலக யோகா தினத்தை முன்னிட்டு, ராணிப்பேட்டை மாவட்டம், வாலாஜாவில் உள்ள தீயணைப்பு பயிற்சி மையத்தில் பயிற்சி வீரர்களுக்கு இயற்கை மற்றும் யோகா அரசு மருத்துவர் சசிரேகா தலைமையில் யோகா பயிற்சி அளிக்கப்பட்டது.

Dina Karan • 17 Jun • Ministry of Ayush

Yoga that unites mind and body

4 • PG | 109 • Sqcm | 138767 • AVE | 1.45M • Cir | Bottom Center

Chennai

The Hindu Tamil • 21 Jun • Ministry of Ayush

International Yoga Day

2 • PG | 152 • Sqcm | 447272 • AVE | 416.52K • Cir | Bottom Center

Chennai

• சர்வதேச யோகா தினம் இன்று கொண்டாடப்பட உள்ளது. இதையொட்டி தெலங்கானா தலைநகர் ஹைதராபாத்தில் இன்று பிரம்மாண்ட யோகாசன நிகழ்ச்சி நடைபெறுகிறது. இதற்காக ஹைதராபாத் மால் பகதூர் மைதானத்தில் நேற்று ஒத்திகை நடைபெற்றது.

The Hindu Tamil • 20 Jun • Ministry of Ayush

International Yoga Day

3 • PG | 171 • Sqcm | 504806 • AVE | 416.52K • Cir | Bottom Center

Chennai

• 11-வது சர்வதேச யோகா தினத்தை முன்னிட்டு, சென்னை வேப்பேரியில் உள்ள மகாராஷ்டிரா பவனில் யோகா தினம் நேற்று கடைபிடிக்கப்பட்டது. இதில் ஏராளமானோர் கலந்து கொண்டு யோகாசனம் செய்தனர். படம்: ம.பிரபு

• சர்வதேச யோகா தினத்தை முன்னிட்டு, புதுக்கல்லூரி மாணவர்கள் அரும்பாக்கம் அரசு இயற்கை மற்றும் யோகா மருத்துவமனை கல்லூரியுடன் இணைந்து யோகா பயிற்சியில் ஈடுபட்டனர். படம்: எல்.சத்தியசீலன்

The Hindu Tamil • 19 Jun • Ministry of Ayush

International Yoga Day June 21

12 • PG | 57 • Sqcm | 168569 • AVE | 416.52K • Cir | Top Center

Chennai

The Hindu Tamil • 18 Jun • Ministry of Ayush

Arogya Siddha Hospital to hold Yoga Siddha Medicine Seminar for Health on June 21st in Mylapore

3 • PG | 197 • Sqcm | 580719 • AVE | 416.52K • Cir | Bottom Center

Chennai

ஆரோக்கியா சித்த மருத்துவமனை சார்பில் ஜூன் 21-ம் தேதி

மயிலாப்பூரில் உடல் நலத்துக்கான யோகா - சித்த மருத்துவக் கருத்தரங்கம்

சென்னை

உலக யோகா தினத்தை முன்னிட்டு சென்னை மயிலாப்பூரில் உள்ள சித்த மருத்துவர் கு.சிவராமனின் ஆரோக்கியா சித்த மருத்துவமனை சார்பில் வரும் 21-ம் தேதி (சனிக்கிழமை) உடல் நலத்துக்கான யோகா மற்றும் சித்த மருத்துவக் கருத்தரங்கம் நடைபெற உள்ளது.

சென்னை மயிலாப்பூர் பாரதிய வித்யா பவன் வளாகத்தில் 'யோகாவும் - உடல் நலமும்' என்ற தலைப்பில் நடைபெறும் இந்த மருத்துவ கருத்தரங்கில், தொற்றா வாழ்வியல் நோய்களான சர்க்கரை நோய் மற்றும் புற்றுநோய் உள்ளிட்டவற்றை தடுக்கும் யோகாசனங்களை செய்வது, உணவுப் பழக்கங்களில் செய்ய வேண்டிய மாறுதல்கள், வாழ்வியல் முறைகள் குறித்து விளக்கப்படுகிறது.

சேலம் விஸ்டா யோகா நிலையத்தைச் சேர்ந்த, உலகப் புகழ் பெற்ற உடல் நலத்துக்கான யோகா பயிற்சி நிபுணர் மருத்துவர் வெற்றிவேந்தன் சிறப்பு விருந்தினராகப் பங்கேற்று, சர்க்கரை நோயாளிகள் மற்றும் புற்றுநோய்க்கான சிகிச்சை பெறுவோர் உள்ளிட்டோர் மேற்கொள்ள வேண்டிய யோகா பயிற்சி, மூச்சுப் பயிற்சி (பிராணயாமம்) உள்ளிட்டவற்றை செயல் விளக்கத்துடன் கற்றுத் தருகிறார்.

ஆரோக்கியா சித்த மருத்துவ மனையைச் சேர்ந்த சித்த மருத்துவர் பிரியதர்ஷினி, யோகா மற்றும் சித்த மருத்துவம் மூலம் உடல் நலனைப் பாதுகாப்பது குறித்து விளக்குகிறார். அதேபோல, சர்வதேச அளவில் பிரசித்தி பெற்ற சித்த மருத்துவர் கு.சிவராமன் நல்வாழ்வுக்கான உணவு முறைகள், சர்க்கரை நோய் மற்றும் புற்றுநோயால் பாதிக்கப்பட்டவர்கள் மேற்கொள்ள வேண்டிய உணவு முறைகள், சித்த மருத்துவ சிகிச்சை முறைகள் குறித்து உரையாற்றுகிறார். வரும் 21-ம் தேதி காலை 8 முதல் பகல் 12 மணிவரை நடைபெறும் இந்தக் கருத்தரங்கில் பங்கேற்போர் அனைவருக்கும் நாடி பரிசோதனை, ரத்தத்தில் சர்க்கரை அளவு பரிசோதனை மேற்கொள்ளப்படும். மேலும், அனைவருக்கும் இயற்கை உணவு மற்றும் மூலிகை தேநீர் வழங்கப்படுகின்றன. கருத்தரங்கின் நிறைவில் பங்கேற்பாளர்களின் கேள்விகளுக்கும், சந்தேகங்களுக்கும் சித்த மருத்துவர்கள் விளக்கம் அளிக்கின்றனர்.

இதில் 300 பேர் மட்டுமே பங்கேற்க அனுமதி என்பதால், 9677117175, 9840461005 என்ற எண்கள் மூலமாக செல்போனில் தொடர்புகொண்டோ, அல்லது வாட்ஸ்-அப் மூலமாகவோ முன்பதிவு செய்துகொள்ளலாம். இதில் பங்கேற்க கட்டணம் எதுவுமில்லை என்று ஆரோக்கியா சித்த மருத்துவமனை தெரிவித்துள்ளது.

Morning News • 21 Jun • Ministry of Ayush

International Yoga Day will be celebrated in the state today

1,6 • PG | 242 • Sqcm | 29025 • AVE | 188.32K • Cir | Bottom Center,Middle Right

Jaipur

योग दिवस पर भाजपा और सरकार ने मंत्रियों की अलग-अलग ड्यूटी लगाई

प्रदेश में आज मनाया जाएगा अंतरराष्ट्रीय योग दिवस

सचिवालय का आदेश-प्रभार वाले जिलों मे जाएं, पार्टी ने कहा-विधानसभा क्षेत्र में जाएं

मॉर्निंग न्यूज @ जयपुर

21 जून को योग दिवस पर प्रदेशभर में होने वाले कार्यक्रम के लिए सरकार और भाजपा ने मंत्रियों की अलग-अलग ड्यूटी लगा दी है।मंत्रिमंडल सचिवालय ने 17 जून को आदेश जारी करके कहा कि सभी मंत्री अपने-अपने प्रभार वाले जिलों में जाकर कार्यक्रम के सफल आयोजन को सुनिश्चित करेंगे, लेकिन इसके दो दिन बाद 19 जुलाई को प्रदेश बीजेपी की ओर से एक लिस्ट जारी कर दी गई। इसमें सभी मंत्रियों की ड्यूटी उनके प्रभार वाले जिलों से अलग लगा दी गई। अब कई मंत्री इस चिंता में हैं कि एक ही दिन में दो अलग-अलग जगह कैसे जाएं? दोनों आदेशों से असमंजस की स्थिति पैदा हो गई है। जानकारों का कहना है कि मंत्री पार्टी

के हिसाब से लगाई गई जगह पर ही जाना पंसद कर रहे हैं, क्योंकि पार्टी ने लगभग सभी मंत्रियों को उनके विधानसभा क्षेत्र में होने वाले कार्यक्रम में शामिल होने के निर्देश दिए हैं। ऐसे में मंत्री प्रभार वाले जिलों की जगह पार्टी द्वारा तय स्थान पर अपने लोगों के बीच योग करना ज्यादा पंसद कर रहे » शेष पृष्ठ 6 पर

सीएम शर्मा ने एक्सपर्ट के साथ किया योगाभ्यास

योग दिवस से पूर्व मुख्यमंत्री भजनलाल शर्मा ने योगा एक्सपर्ट के साथ सीएम आवास में योगाभ्यास किया। इस दौरान देश के फेमस योगा एक्सपर्ट ने मुख्यमंत्री के साथ योगा किया। उन्होंने सरकार की ओर से योगा के लिए किए जा रहे प्रयासों की सराहना की। इस दौरान योगा एक्सपर्ट ने मुख्यमंत्री आवास में योगा किए जाने के भी रोचक अनुभव बताए। योगा करने पहुंची फिटनेस एक्सपर्ट शिवांगी शर्मा ने बताया कि योगा लोगों को जोड़ ता है। हम योग घर-घर में फैलाना चाहते हैं। » शेष पृष्ठ 6 पर

प्रदेश में...

दिया कुमारी, बैरवा और राठौड़ जयपुर में करेंगे योग : भारतीय जनता पार्टी की ओर से जारी आदेश के अनुसार उपमुख्यमंत्री दीया कुमारी सिटी पैलेस, उपमुख्यमंत्री प्रेमचंद बैरवा और मंत्री कर्नल राज्यवर्धन सिंह राठौड़ एसएमएस स्टेडियम में आयोजित होने वाले योग दिवस के कार्यक्रम में शामिल होंगे। मंत्रिमंडल सचिवालय के आदेश के अनुसार इन्हें अपने-अपने प्रभार वाले जिलों में होना चाहिए था। दीया कुमारी के पास अजमेर और ब्यावर, प्रेमचंद बैरवा के पास भीलवाड़ा और राजसमंद, राज्यवर्धन सिंह राठौड़ के पास दौसा जिले का प्रभार है।

सीएम शर्मा...

एक्सपर्ट निशि सिंह ने कहा कि योगा इज अ वे ऑफ लाइफ। मुझे बेहद खुशी है कि हम लोग योगा को इतना प्रमोट कर रहे हैं। योगा धीरे धीरे ग्लोबली फेमस होता जा रहा है। योगा इंडिया की सॉफ्ट पॉवर की तरह प्रमोट किया जा रहा है।

Morning News • 21 Jun • Ministry of Ayush

Yoga gives the message of living a healthy life, Yoga has been our culture for thousands of years: G...

3 • PG | 523 • Sqcm | 62777 • AVE | 188.32K • Cir | Top Left

Jaipur

अंतरराष्ट्रीय योग दिवस की पूर्व संध्या पर सरस योग संगम आयोजित

स्वस्थ जीवन जीने का संदेश देता है योग, योग हजारों सालों से चली आ रही हमारी संस्कृति : राज्यपाल

राज्यपाल ने प्रशस्ति पत्र और अपनी ओर से नकद पुरस्कार प्रदान कर योग प्रतिभाओं का किया सम्मान

मॉर्निंग न्यूज @ जयपुर। राज्यपाल हरिभाऊ बागड़े ने शुक्रवार को सेंट्रल पार्क में स्वयं योग करके आमजन को योग क्रियाएं करवाई। उन्होंने युवाओं और 50 वर्ष के ऊपर के लोगों के लिए योग और गति से जुड़ी विभिन्न शारीरिक मुद्राओं का प्रदर्शन कर प्रतिदिन इन्हें कर स्वस्थ जीवन जीने का संदेश दिया। उन्होंने कहा कि योग हजारों साल से चली आ रही हमारी संस्कृति है। उन्होंने कहा कि अंतरराष्ट्रीय योग दिवस के लिए शनिवार को इसलिए चुना गया कि वर्ष के 365 दिन में यह सबसे बड़ा दिन होता है। उन्होंने कहा कि मूलत: योग भारत का हैं। महर्षि पतंजलि ने इसकी शुरुआत की, जो योग नियमित करता है, वह जीवन पर्यंत स्वस्थ रहता है और उसकी आयु बढ़ती है।

राज्यपाल ने शुक्रवार को सेंट्रल पार्क में राजस्थान कॉपरेटिव फेडरेशन, सरस डेयरी द्वारा आयोजित सामूहिक योग एवं स्वास्थ्य शिविर कार्यक्रम में भाग लेने के साथ ही योग शिक्षकों, कलाकारों और योग शिक्षण से जुड़े प्रतिभावान बच्चों को प्रशस्ति पत्र और अपनी ओर से नकद पुरस्कार प्रदान कर सम्मानित भी किया।

इस अवसर पर उद्योग, खेल एवं युवा मामले विभाग मंत्री राज्यवर्धन सिंह राठौड़ ने कहा कि योग मन, बुद्धि और शरीर की एकता स्थापित करता है। उन्होंने कहा कि प्रधानमंत्री नरेंद्र मोदी लगातार काम करते हैं और इसकी प्रेरणा योग को बताते हैं। उन्होंने कहा कि भागमभाग की इस जिंदगी में योग से ही स्वस्थ रहा जा सकता है।

विधायक गोपाल शर्मा ने योग की भारतीय परंपरा और योगेश्वर कृष्ण की चर्चा करते हुए प्रधानमंत्री के नेतृत्व में सीमा पर आतंकवाद के ठिकाने नष्ट करने को महती बताते हुए कहा कि यह भी योग से संभव हुआ।

आरंभ में प्रबंधक निदेशक श्रुति भारद्वाज ने स्वागत उद्बोधन में सरस की गतिविधियों और योग संस्कृति के लिए किए जा रहे कार्यों के बारे में अवगत कराया। सरस डेयरी के अध्यक्ष ओमप्रकाश पुनिया भी उपस्थित रहे। इससे पहले तन्मय सिंह राव और अंकुश ने दुर्लभ योग मुद्राओं का प्रदर्शन किया। डॉ. महेंद्र सिंह राव के नेतृत्व में लोगों ने सामूहिक योग, व्यायाम भी किया।

पुलिस कमिश्नरेट में पुलिसकर्मियों ने किया योगाभ्यास

जयपुर। अंतरराष्ट्रीय योग सप्ताह में शुक्रवार को पुलिस कमिश्नरेट में पुलिस अधिकारियों एवं पुलिसकर्मियों ने योगाभ्यास किया। पुलिस कमिश्नरेट में ब्रह्मकुमारीज संस्थान के योग प्रशिक्षकों ने योगाभ्यास करवाया। योगाभ्यास को बढावा देने के लिए पुलिसकर्मियों को योगाभ्यास करवाकर मानसिक तनाव दूर करने का प्रयास किया गया। योग भारतीय परम्परा एवं संस्कृति की विश्व को अनुपम देन है। प्राचीन भारतीय पद्धतियां शारीरिक, मानसिक, नैतिक एवं आध्यात्मिक स्वास्थ्य को लेकर हमारी सभी की आवश्यकताओं का सम्पूर्ण जवाब है। पुलिसकर्मियों में विषम परिस्थितियों में कार्य करने को लेकर शारीरिक एवं मानसिक तनाव को दूर करने में योगाभ्यास की महत्वपूर्ण भूमिका है। इस अवसर पर पुलिस उपायुक्त (मुख्यालय) देवेन्द्र कुमार विश्नोई, अतिरिक्त पुलिस उपायुक्त (मुख्यालय) शिल्पा चौधरी सहित पुलिस अधिकारी व पुलिसकर्मी उपस्थित थे।

ग्रेटर निगम एक हजार से अधिक योगाचार्यों के साथ 30 घंटे अखंड योग का बनाएगा विश्व कीर्तिमान

जयपुर। योग महोत्सव-2025 के कार्यक्रमों की श्रृखंला के तहत् नगर निगम ग्रेटर महापौर एवं योग ब्रांड एम्बेसेडर डॉ. सौम्या गुर्जर की पहल पर शनिवार को एक बार फिर नगर निगम ग्रेटर सैकडों योग संस्थाओं के साथ मिलकर अखंड योग विश्वकीर्तिमान का इतिहास रचा जाएगा। नगर निगम ग्रेटर हजारों योगाचार्यों के साथ मिलकर 30 घंटे अर्थात 1800 मिनट का अखंड योग विश्वकीर्तिमान बनाएगा। गतवर्ष 1611 मिनट अखंड योग का विश्वकीर्तिमान बनाया गया था, इस वर्ष 100 से अधिक संस्थाओं के हजारों योगाचार्यों द्वारा एक ही छत के नीचे बिना रूके, बिना थके अखंड योग कर विश्वकीर्तिमान बनाया जाएगा।

स वर्ष योग महोत्सव-2025 की खास बात यह है कि योग के साथ 11 घंटे अनवरत गौमय यज्ञ भी किया जाएगा, साथ ही पौधरोपण भी किया जाएगा अर्थात् 'योग-यज्ञ-वृक्षारोपण' का संगम होगा। यह कार्यक्रम शनिवार को दोपहर 12 बजे इंदिरा गांधी पंचायती राज संस्थान में आयोजित किया जाएगा, जो अगले दिन 22 जून को सायं 6 बजे तक अनवरत रूप से आयोजित किया जाएगा। इस योग महोत्सव में भागीदार बनने वाले आमजन को एक पौधा लगाने का संकल्प दिलाते हुए पौध वितरित किए जाएंगे। योग ब्रांड एम्बेसेडर एवं महापौर डॉ. सौम्या गुर्जर ने आमजन से अपील की है कि वे अखंड योग विश्वकीर्तिमान के साक्षी बने और योग दिवस के अवसर पर अपने निकटतम स्थल पर जाकर योग करें।

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Do yoga for yourself and society, yoga is necessary for one earth and one health

4 • PG | 599 • Sqcm | 71892 • AVE | 188.32K • Cir | Top Center

Jaipur

अंतरराष्ट्रीय योग दिवस पर विशेष-'योगा फॉर ह्यूमैनिटी'

स्वयं व समाज के लिए करें योग, एक पृथ्वी-एक स्वास्थ्य के लिए योग जरूरी

देश इस बार 11वां अंतरराष्ट्रीय योग दिवस मना रहा है। पहला योग दिवस 21 जून 2015 को मनाया गया। तब से हर साल 21 जून को अंतरराष्ट्रीय योग दिवस मनाया जाता है। हर साल दुनियाभर के तमाम देशों के बीच अंतरराष्ट्रीय योग दिवस का प्रतिनिधित्व भारत करता है। बीते 10 साल से पीएम नरेंद्र मोदी लगातार योग दिवस के कार्यक्रम में हिस्सा ले रहे हैं। इस साल 2025 में प्रधानमंत्री मोदी विशाखापट्नम में 11वां योग दिवस मनाएंगे।

● प्रकाश चंद्र शर्मा

चिरंतन भारतीय संस्कृति ने समूचे विश्व को कई सारी सौगातें दी हैं, उनमें से एक सौगात है योग। शरीर और मन की शांति के लिए योग बहुत जरूरी है। योग के महत्व के बारे में लोगों को जागरुक करने और पूरी दुनिया में योग को पहुंचाने के लिए हर साल 21 जून को अंतरराष्ट्रीय योग दिवस के रूप में मनाया जाता है। इस साल 21 जून शनिवार को 11वां अंतरराष्ट्रीय योग दिवस मनाया जाएगा। योग दिवस के दिन दुनियाभर के लोग इकट्ठा होकर जगह-जगह योग दिवस मनाते हैं। योग शरीर को बहुत फायदे पहुंचाता है। शरीर को निरोगी रखने के लिए योग करना जरूरी है। ऐसा योग शास्त्र कहते हैं। देश इस बार 11वां अंतरराष्ट्रीय योग दिवस मना रहा है। पहला योग दिवस 21 जून 2015 को मनाया गया। तब से हर साल 21 जून को अंतरराष्ट्रीय योग दिवस मनाया जाता है। हर साल दुनियाभर के तमाम देशों के बीच अंतरराष्ट्रीय योग दिवस का प्रतिनिधित्व भारत करता है। बीते 10 साल से पीएम नरेंद्र मोदी लगातार योग दिवस के कार्यक्रम में हिस्सा ले रहे हैं। इस साल 2025 में प्रधानमंत्री मोदी विशाखापट्नम में 11वां योग दिवस मनाएंगे। अंतरराष्ट्रीय योग दिवस के दिन लोगों में योग के प्रति जागरूकता फैलाने का मकसद है।

अंतरराष्ट्रीय योग दिवस 2025 की थीम: इस साल यानी 2025 में अंतरराष्ट्रीय योग दिवस की थीम है- 'योग फॉर वन अर्थ, वन हेल्थ' यानी 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' इस साल की थीम ये जाहिर करती है कि हमारी सेहत और धरती की सेहत एक-दूसरे से जुड़ी हुई है। अंतरराष्ट्रीय योगा दिवस हर वर्ष 21 जून को मनाया जाता है। इस वर्ष दुनिया 11वां अंतरराष्ट्रीय योगा दिवस मनाने जा रही है। अंतरराष्ट्रीय योगा दिवस के दिन हर वर्ष सभी लोग मिलकर स्कूलों, कॉलेज और सांप्रदायिक स्थान, पार्कों आदि जगहों पर इकट्ठा होकर योग करते हैं और इस दिन को मनाते हैं। इसके साथ ही योगा के लाभों को लेकर लोगों में जागरूकता फैलाने का काम करते हैं। आइए जाने योग के फायदे और इतिहास के बारे में।

योगा करने के फायदे: हर दिन योगा करने से आपका जीवन सकारात्मक और मन शांत रहता है। योग मन और शरीर की शांती को प्राप्त करने के लिए आपको शारिरीक और मानसिक तौर पर अनुशासित करता है। तनाव और चिंता को रोकने में मदद करता है और आपको शांत रखता है। लोग अक्सर शरीर दर्द, कमर दर्द, जोड़ों का दर्द और घुटनों का दर्द आदि परेशानियों से जूझ रहे होते हैं और वर्तमान समय में तो ये आम बात हो गई है। प्रतिदिन योगा करने से आप इन परेशानियों से राहत पा सकते हैं। योगा आपके शरिर को लचीला भी बनाता है।

योगा खून के बहाव में भी सुधार करता है। ट्विस्टिंग पोज़ और योगा आसन शरीर में रक्त का बहाव अच्छा करते हैं, साथ ही साथ रक्त का बहाव भी बढ़ाते हैं। योगा एड्रिनल ग्रंथियों को विनियमित करने में भी सहायक होती है। योग से कोर्टिसोल का स्तर कम होता है और प्रतिरक्षा तंत्र को और मजबूत बनाता है। योगा बीमारियों से प्रभावी तौर पर लड़ने के लिए ताकत या उर्जा देता है। योगा ब्लड शुगर कम करने का सबसे प्रभावकारी उपाय है। ये प्रमाणित उपाय है। यह दिमाग को शांत करता है और विशेष चीज़ पर ध्यान केंद्रित करने में मदद करता है। योगा से शरीर के अंगों का तनाव दूर होता है। यह शरीर का संतुलन बनाए रखता है और अच्छी नींद देता है।

योग शब्द को संस्कृत व्याकरण के 'युज' धातु से उत्पन्न हुआ मानते हैं

संस्कृत व्याकरण के पाणिनी के गण पाठ में युज धातु तीन प्रकार से प्रयोग में लायी गई है जो इस प्रकार है- 'युज समाधौ'- (दिवादिगणीय) 'युजिर योगे'- (अधदिगणीय) 'युज संयमने'-(चुरादिगणीय) इनमें प्रथम धातु का अर्थ समाधि है, द्वितीय धातु का अर्थ मिलन या संयोग तथा तृतीय धातु का अर्थ संयम है।

अधिकतर विद्वानों ने आध्यात्मिक क्षेत्र में योग शब्द का अर्थ प्रथम 'धातु' युज समाधौ से ही निष्पन्न हुआ माना है। महर्षि व्यास भी योग शब्द का अर्थ करते हुए कहा है कि समाधि को ही योग कहते है। 'योग' शब्द की उत्पत्ति संस्कृत भाषा के युजि धातु से हुई है, जिसका अर्थ है- 'सम्मिलित होना' या 'एक होना'। इस एकीकरण का अर्थ जीवात्मा तथा परमात्मा का एकीकरण अथवा मनुष्य के व्यक्तित्व के शारीरिक, मानसिक, बौद्धिक तथा आध्यात्मिक पक्षों के एकीकरण से लिया जा सकता है। 'योग' शब्द 'युज' धातु से बना है। संस्कृत व्याकरण में दो युज धातुओं का उल्लेख है, जिनमें एक का अर्थ जोड़ना तथा दूसरे का मन: समाधि, अर्थात् मन की स्थिरता है। अर्थात् सामान्य रीति से योग का अर्थ सम्बन्ध करना तथा मानसिक स्थिरता करना है। इस प्रकार लक्ष्य तथा साधन के रूप में दोनों ही योग हैं। शब्द का उपयोग भारतीय योग दर्शन में दोनों अर्थों में हुआ है।

अंतरराष्ट्रीय योगा दिवस का इतिहास: अंतरराष्ट्रीय योगा दिवस का प्रस्ताव सबसे पहले भारत के प्रधानमंत्री नरेंद्र मोदी ने संयुक्त राष्ट्र महासभा में रखा था। यह प्रस्ताव 17 सितंबर 2014 में रखा गया था। इस प्रस्ताव पर गौर करने के बाद संयुक्त राष्ट्र महासभा ने 11 दिसंबर 2014 में 21 जून को अंतरराष्ट्रीय योगा दिवस या विश्व योगा दिवस के तौर पर घोषित किया। 2015 में पहला अंतरराष्ट्रीय योगा दिवस मनाया गया और तब से आज तक ये दिवस दुनिया भर में मनाया जाता है। इस साल 2025 में 11वां अंतरराष्ट्रीय योगा दिवस मनाया जाएगा। 'योग' शब्द संस्कृत से लिया गया है एवं इसका अर्थ-शरीर तथा चेतना के मिलन का प्रतीकत्व, जुड़ना या एकीकृत होना है। इस बार अंतरराष्ट्रीय योग दिवस का का नेतृत्व पीएम मोदी करेंगे।

(लेखक वरिष्ठ पत्रकार हैं)

Morning News • 21 Jun • Ministry of Ayush

Organization of two day yoga camp

6 • PG | 183 • Sqcm | 22012 • AVE | 188.32K • Cir | Middle Center

Jaipur

दो दिवसीय योग शिविर का आयोजन

मॉर्निंग न्यूज @ टोंक

विश्व योग दिवस के अवसर प्रेरणा ग्रुप ऑफ टोंक व सीडीसी डांस एंड जुम्बा स्टूडियो के संयुक्त तत्वाधान में महिलाओं एवं बच्चों के लिए दो दिवसीय योगा एंड जुम्बा शिविर का आयोजन अग्रवाल धर्मशाला टोंक में शुक्रवार को आरंभ किया गया। शिविर संयोजिका रेखा जाजू ने बताया कि शुक्रवार को शिविर के प्रथम दिन महिलाओं एवं बालिकाओं ने शिविर का लाभ उठाया। उन्होंने कहा कि आज की व्यस्त जीवन शैली में महिला अपने आपको समय नहीं दे पा रही है। उनका पूरा समय परिवार एवं सामाजिक जिम्मेदारियों में पूरा हो जाता है। इसके चलते वे अपने स्वास्थ्य पर विशेष ध्यान नहीं दे पाती, इसलिए उनके स्वास्थ्य को ध्यान में रखते इस योग शिविर का आयोजन किया जा रहा है। मुझे सीडीसी डांस एंड जुम्बा क्लासेज से व्यक्तिगत रूप से जुड़े हुए चार वर्ष होने वाले हे। शिविर के निर्देशक एवं प्रशिक्षक चीनू पारीक ने बताया कि रोजाना एक्सरसाइज जुंबा एवं मैडिटेशन को हम हमारे दैनिक जीवन में उतारें तो हमारे शरीर में हो रहे असमय बदलाव को रोका जा सकता है। व्यायाम से शरीर एवं मन दोनों स्वस्थ रहते है। प्रेरणा ग्रुप की सदस्य सुधा लोड़ा ने कहा कि योगा के साथ जुम्बा योग करने से एक अलग ही एनर्जी महसूस होती है तथा मैडिटेशन से मानसिक शांति मिलती है। शिविर में साक्षी जैन, मिताली, शालिनी, वेदांशी, मीनाक्षी , मनीषा , ज्योति, पम्मी, योगिता , प्रियांशी, मोंटी, नेहा एवं नीतू साहित कई महिलाए मौजूद रही। जाजू ने बताया कि शिविर का समापन शनिवार को प्रात: काल किया जाएगा।

Morning News • 21 Jun • Ministry of Ayush

Yoga ambassadors will be appointed in every school of Rajasthan

8 • PG | 71 • Sqcm | 8521 • AVE | 188.32K • Cir | Middle Left

Jaipur

राजस्थान के हर स्कूल में बनाए जाएंगे योग एंबेसडर

मॉर्निंग न्यूज @ जयपुर

राजस्थान में हर गली और मोहल्ले तक योग को पहुंचाने के लिए शिक्षा विभाग प्रदेशभर में 65 हजार स्टूडेंट्स को योग एंबेसडर बनाएगा। यह योग एंबेसडर अपने स्कूल में स्टूडेंट्स और टीचर्स को योग अभ्यास करवाएंगे। आसपास के इलाकों में रहने वाले लोगों के साथ ग्रामीणों को भी योग की ट्रेनिंग देंगे।

माध्यमिक शिक्षा विभाग के निदेशक आशीष मोदी ने बताया कि 21 जून को दुनियाभर में अंतरराष्ट्रीय योग दिवस मनाया जाएगा। प्रदेश के सभी स्कूलों में पढ़ने वाले स्टूडेंट्स के साथ ही उन्हें पढ़ाने वाले टीचर्स और अन्य स्टाफ योग दिवस पर योग अभ्यास करेंगे। फिलहाल छुट्टियां चल रही हैं, जिसकी वजह से काफी लोग अपने घर पर मौजूद नहीं है। ऐसे में वह लोग जहां भी हैं, उस स्थान पर स्टूडेंट्स और टीचर्स अपने नजदीकी स्कूल में पहुंच वह योग अभ्यास करेंगे।

आशीष मोदी ने बताया कि योग को लेकर जो बच्चा सबसे ज्यादा जागरूक होगा, उस स्टूडेंट को स्कूल स्तर पर ही विशेष ट्रेनिंग दी जाएगी।

Morning News • 21 Jun • Ministry of Ayush

Yoga Day will be organized on the theme 'Yoga for one earth, one health

8 • PG | 97 • Sqcm | 11696 • AVE | 188.32K • Cir | Bottom Right

Jaipur

'एक पृथ्वी, एक स्वास्थ्य के लिए योग' थीम पर आयोजित होगा योग दिवस

मुख्य सचिव ने विभागीय सहभागिता सुनिश्चित करने के दिए निर्देश

मॉर्निंग न्यूज @ जयपुर

अंतर्राष्ट्रीय योग दिवस 21 जून के अवसर पर शनिवार को आयुष विभाग द्वारा प्रदेशभर में भव्य योग दिवस समारोह आयोजित किए जाएंगे। इस वर्ष योग दिवस की थीम 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' निर्धारित की गई है।

मुख्य सचिव सुधांश पंत ने समारोह की व्यापक सफलता के लिए सभी विभागीय अधिकारियों, कर्मचारियों को सक्रिय सहभागिता और भागीदारी सुनिश्चित करने के निर्देश दिए हैं। मुख्य सचिव ने आमजन, स्वयंसेवी संस्थाओं और जनप्रतिनिधियों से अपील की है कि वे इस अवसर पर बढ़-चढ़कर भाग लें और योग को अपने जीवन का अभिन्न हिस्सा बनाएं।

समारोह के अंतर्गत प्रदेश के समस्त जिला मुख्यालयों, पंचायत समितियों, ग्राम पंचायत स्तर, आयुष चिकित्सा एवं पर्यटन स्थलों, विद्यालयों, महाविद्यालयों, विश्वविद्यालयों, तथा सरकारी व गैर-सरकारी संस्थानों में सामूहिक योग अभ्यास सत्र आयोजित किए जाएंगे। योग दिवस समारोह का आयोजन प्रात: 6 से 8 बजे तक किया जाएगा।

इसका शुभारंभ प्रात: 6.30 बजे प्रधानमंत्री नरेंद्र मोदी के लाइव उद्बोधन से होगा। इसके बाद केंद्र सरकार द्वारा निर्धारित सामान्य योग प्रोटोकॉल के अनुसार सामूहिक योग अभ्यास किया जाएगा।

Morning News • 20 Jun • Ministry of Ayush

Free Saras Yoga Sangam in Central Park today

2 • PG | 127 • Sqcm | 15279 • AVE | 188.32K • Cir | Bottom Right

Jaipur

सेंट्रल पार्क में निःशुल्क सरस योग संगम आज

मॉर्निंग न्यूज @ जयपुर। अन्तरराष्ट्रीय योग दिवस की पूर्व संध्या पर राजस्थान को-ऑपरेटिव डेयरी फैडरेशन की ओर से आज शाम 5.30 बजे सेंट्रल पार्क में सरस योग संगम का आयोजन होगा।

योग साधकों और आमजन को नि:शुल्क योगाभ्यास कराया जायेगा। साथ ही नि:पुल्क स्वास्थ्य जांच शिविर भी लगाया जायेगा जिसमें आमजन अपने स्वास्थ्य की जांच के साथ-साथ बी0पी0, शुगर जैसी जांच भी नि:शुल्क करा सकेंगे।,

कार्यक्रम के मुख्य अतिथि हरिभाऊ बागड़े, माननीय राज्यपाल होंगे।

खेल एवं युवा मामलात विभाग के मंत्री श्री राज्यवर्धन सिंह राठौड़ और संसदीय कार्य मंत्री जोगाराम पटेल के अलावा सिविल लाईन्स विधायक गोपाल शर्मा भी कार्यक्रम में मौजूद रहेंगे।

राजस्थान को-ऑपरेटिव डेयरी फैडरेषन की प्रशासक एवं प्रबन्ध संचालक श्रुति भारद्वाज ने बताया कि आमजन को स्वास्थ्य के प्रति जागरुक करने और व्यवहारिक जीवन में योग की उपयोगिता को रेखांकित करने के उद्देश्य से सामुहिक योगाभ्यास कार्यक्रम आयोजित किया जा रहा है। सरस योग संगम के अन्तर्गत डॉ. महेन्द्र सिंह राव के नेतृत्व में सामुहिक योग का आयोजन किया जावेगा।

उन्होंने बताया कि इस अवसर पर आकर्षण का मुख्य केन्द्र योग, ध्यान, कथक और जल का फ्यूजन होगा।

बाल योगाचार्य तन्मय सिंह राव और नेषनल योग प्लेयर अंकुष जांगिड़ भी योग की विभिन्न मुद्राओं की आकर्षक प्रस्तुतियां देंगे।

श्रुति भारद्वाज ने बताया कि इस अवसर पर योग साधकों और आमजन के लिये नि:शुल्क स्वास्थ्य परीक्षण शिविर भी लगाया जायेगा जिसमें ऐलोपैथी, होम्योपैथी और आयुर्वेद के प्रतिष्ठित चिकित्सक स्वास्थ्य जांच सेवाऐं देंगे।

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Geetamay Yoga Camp concluded at Govind Devji Temple

5 • PG | 277 • Sqcm | 33300 • AVE | 188.32K • Cir | Top Left

Jaipur

गोविंद देवजी मंदिर में गीतामय योग शिविर का समापन

भक्ति व कर्म योग के आधार पर मनाएं अंतरराष्ट्रीय योग दिवस : योगी मनीष

मॉर्निंग न्यूज @ जयपुर

नगर निगम जयपुर हेरीटेज की ओर से मन्दिर श्री गोविंद देव जी मंदिर में गुरुवार को अंतरराष्ट्रीय योग दिवस के परिपेक्ष्य अंतर्राष्ट्रीय संत गीता मनीषी महामंडलेश्वर ज्ञानानंद महाराज कुरुक्षेत्र की प्रेरणा से जीओ गीता परिवार राजस्थान के सहयोग से गीता प्रचारक योगाचार्य योगी मनीष के सानिध्य में गीतामय योग शिविर संपन्न हुआ। इस अवसर परहेरिटेज निगम महापौर कुसुम यादव ने बताया कि योग क्रिया का भगवान श्री कृष्ण से सीधा संबंध है। श्रीमद्भगवद्गीता को समस्त योगों की जननी कहा जाता है क्योंकि यह योग के विभिन्न मार्गों (ज्ञान, कर्म, और भक्ति) का विस्तृत वर्णन करती है और इन मार्गों के माध्यम से मोक्ष (मुक्ति) प्राप्त करने

का मार्गदर्शन करती है। गीता में, योग को केवल एक शारीरिक व्यायाम के रूप में नहीं, बल्कि जीवन जीने की एक कला और आध्यात्मिक विकास के मार्ग के रूप में प्रस्तुत किया गया है। ज्ञान योग, कर्म योग और भक्ति योग। गीता इन तीनों योगों के माध्यम से मनुष्य को जीवन के दुखों से मुक्ति पाने और आध्यात्मिक विकास प्राप्त करने का मार्ग दिखाती है। इसलिए, इसे समस्त योगों की जननी कहा जाता है, क्योंकि यह सभी योगों का सार और मार्गदर्शन प्रदान करती है। विश्व भर में 21 जून को योग दिवस मनाया जाएगा। नगर निगम हेरिटेज की ओर से भी योग दिवस पर विभिन्न स्थानों पर योग के कार्यक्रम आयोजित कराए जा रहे है। 21 जून को हेरिटेज निगम ऐतिहासिक स्थलों पर शहरवासियों के साथ योग करेगा। घर घर योग घर-घर गीता के इस लोक कल्याणकारी सेवा कार्य को मिलकर और आगे बढ़ाएंगे।

गीता ज्ञान, योगाभ्यास के नृत्य में भाव विभोर हुए साधक

ज्ञान योग, भक्ति योग एवं कर्म योग के त्रिवेणी संगम स्वरूप इस शिविर ने ज्ञान योग स्वरूप गीता पाठ के तहत शिविर में आसन, प्राणायाम एवं ध्यान से संबंधित गीता के संस्कृत श्लोको की शुद्ध उच्चारण सहित व्याख्या योगी मनीष द्वारा की गई एवं कर्म योग स्वरूप योगाभ्यास व प्राणायाम का प्रशिक्षण योग विभूति पूर्वी विजयवर्गीय द्वारा करवाया गया तत्पश्चात भक्ति योग के तहत गीता मनीषी ज्ञानानंद महाराज द्वारा गाय गीत श्री कृष्ण कृपा कर दो ऐसी गीतामय जीवन हो जाए.... पर सैकड़ो योग प्रेमी भक्तजन नित्य करते हुए भाव विभोर झूम योगी मनीष द्वारा ध्यान योग के तहत हृदय चक्र पर विशेष राधा कृष्ण ध्यान मेडिटेशन करवाया गया। योगाचार्य नीरज सिंह ने भी योग क्रिया कराई। इस अवसर पर आयुक्त अरुण हसीजा, अतिरिक्त आयुक्त सुरेंद्र सिंह यादव, उपायुक्त सतर्कता पुष्पेंद्र सिंह राठौड़, चेयरमैन हेमेंद्र शर्मा, रजत विश्नोई, पवन शर्मा नटराज, ज्योति चौहान, अंशु शर्मा, धीरज शर्मा, रवि प्रकाश सैनी आदि मौजूद रहे।

Morning News • 20 Jun • Ministry of Ayush

Run for Yoga organized under 'Yoga Sangam 2025

4 • PG | 232 • Sqcm | 27892 • AVE | 188.32K • Cir | Middle Center

Jaipur

'योग संगम 2025' के तहत रन फॉर योगा का आयोजन

मॉर्निंग न्यूज @ जयपुर

आयुष मंत्रालय, भारत सरकार एवं राष्ट्रीय आयुर्वेद संस्थान मानद विश्वविद्यालय, जयपुर के संयुक्त तत्वावधान में 11वें अंतरराष्ट्रीय योग दिवस के अवसर पर 'योग संगम' का भव्य आयोजन 21 जून को जयपुर के ऐतिहासिक स्थल जंतर-मंतर पर किया जाएगा। इस विशेष आयोजन में राष्ट्रय आयुर्वेद संस्थान में अध्ययनरत देश के सभी राज्यों से आए विद्यार्थियों के साथ अन्य देशों के विद्यार्थी भी सक्रिय रूप से भाग लेंगे। यह आयोजन भारत की प्राचीन योग परंपरा को वैश्विक मंच पर स्थापित करने और आयुर्वेद व योग के समन्वित स्वरूप को प्रस्तुत करने का एक सशक्त माध्यम बनेगा। अंतरराष्ट्रीय योग दिवस के अवसर पर योग से स्वस्थ रहने ओर योग संगम से अधिक से अधिक आमजन को जोडने

के उद्देश्य से राष्ट्रीय आयुर्वेद संस्थान द्वारा गुरुवार को रन फॉर योगा का आयोजन किया गया। रन फॉर योगा राष्ट्रीय आयुर्वेद संस्थान जोरावर सिंह गेट से प्रारंभ होकर बडी चौपड होते हुए पुन: संस्थान परिसर में समापन हुआ। संस्थान परिसर में सामूहिक योगाभ्यास एवं जुम्बा डांस भी किया गया। कार्यक्रम में राष्ट्रीय आयुर्वेद संस्थान के चिकित्सक, शिक्षक, अधिकारी कर्मचारी और विद्यार्थियों ने बड़ी संख्या में भाग लिया।

इस अवसर पर राष्ट्रीय आयुर्वेद संस्थान के कुलपति प्रो. संजीव शर्मा ने कहा योग केवल शारीरिक अभ्यास नहीं, यह जीवन का दर्शन है। यह समग्र स्वास्थ्य, मानसिक संतुलन और आत्मिक उन्नयन का मार्ग है। हमारे माननीय प्रधानमंत्री नरेन्द्र मोदी ओर आयुष मंत्रालय की पहल पर देश के साथ पूरे विश्व में हमारे स्वस्थ एवं निरोगी जीवन के लिए सभी लोग योग के इस महासंगम में भाग लेगें। हमें गर्व है कि संस्थान में अध्ययनरत देश के साथ अन्य देशों के विद्यार्थी इस परंपरा को वैश्विक स्तर तक पहुंचा रहे हैं। इस अवसर पर योग बंधन कार्यक्रम के अंतर्गत महामंत्री आयुष मंत्रालय द्वारा विशेष रूप से आमंत्रित विदेशी पर्यवेक्षक श्रीलंका, ब्राज़ील और दक्षिण अफ्रीका से आएंगे। विशाखापट्टनम में अंतर्राष्ट्रीय योग दिवस के अवसर पर आयोजित हो रहे राष्ट्रीय कार्यक्रम में राष्ट्रीय आयुर्वेद संस्थान जयपुर के 12 देशों के विदेशी छात्र-छात्राएं प्रधानमंत्री नरेंद्र मोदी के साथ योग अभ्यास करेंगे। कार्यक्रम को संबोधित करते हुए योग विभाग की विभागाध्यक्ष प्रो. दुर्गावती देवी ने कहा योग जीवन जीने की एक शैली है, जो अनुशासन, संतुलन और आत्मचिंतन सिखाती है। इस आयोजन में योग विशेषज्ञ, देश-विदेश से आए गणमान्य अतिथि, मीडिया प्रतिनिधि, आमजन के साथ राष्ट्रीय आयुर्वेद संस्थान के चिकित्सक, शिक्षक, अधिकारी, कर्मचारी और विद्यार्थी बड़ी संख्या में उपस्थित रहेंगे।

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Women's Front practiced yoga on the occasion of Yoga Day

2 • PG | 92 • Sqcm | 11057 • AVE | 188.32K • Cir | Middle Center

Jaipur

योग दिवस को लेकर महिला मोर्चा ने किया योगाभ्यास

मॉर्निंग न्यूज @ चित्तौड़गढ़। अंतर्राष्ट्रीय योग दिवस 21 जून के उपलक्ष्य में भाजपा महिला मोर्चा नगर मंडल एवं शहर की अनेक मातृशक्तियों ने सामूहिक योगाभ्यास कर स्वस्थ जीवन का संदेश दिया। यह योगाभ्यास रामरखी होटल परिसर में संपन्न हुआ, जिसमें बड़ी संख्या में महिलाओं ने उत्साहपूर्वक भाग लिया। इस अवसर पर योगा ट्रेनर पूर्णिमा अजमेरा ने विभिन्न योगासनों का अभ्यास करवाते हुए उनकी उपयोगिता पर विस्तार से जानकारी दी। कार्यक्रम में महिला मोर्चा जिला अध्यक्षा वीणा दशोरा, संजू लड्ढा, इंदिरा सुखवाल, प्रेम लोट, रमा शर्मा, मंजू पितलिया, जया कंवर, राखी राव, देवकी साहू, रानी मूंदड़ा, अलका मूंदड़ा, सीमा भंडारी, अंकिता मूंदड़ा, स्नेहा भराड़िया, सुमित्रा तोषनीवाल, आकांक्षा ईनाणी, दीप्ति ईनाणी, मिथिलेश अग्रवाल, प्रभा शर्मा, रिद्धि झंवर, सीमा मंडोवरा, अंतिमा जायसवाल, अंजू कलंत्री, चंदा समदानी, निर्मला समदानी, नीलू गुप्ता एवं अंशु भंडारी सहित अनेक महिलाएं उपस्थित रहीं। इस मौके पर योग अभियान के संभाग प्रभारी श्रवण सिंह राव ने योग को जीवनशैली का हिस्सा बनाने की आवश्यकता पर बल देते हुए कहा कि नियमित योगाभ्यास से न केवल शारीरिक बल्कि मानसिक स्वास्थ्य भी सुदृढ़ होता है। कार्यक्रम में गोवर्धन जाट, नंदकिशोर लोहार, लोकेश त्रिपाठी, धीरज सुखवाल सहित शहर की महिलाओं ने बढ़-चढ़कर भाग लेकर योग के प्रति अपनी जागरूकता और प्रतिबद्धता को दर्शाया। कार्यक्रम का समापन योग करें, निरोग रहें के संकल्प के साथ हुआ।

Morning News • 17 Jun • Ministry of Ayush

Preparations begin for Yoga Day

6 • PG | 79 • Sqcm | 9451 • AVE | 188.32K • Cir | Middle Right

Jaipur

योग दिवस को लेकर तैयारियां शुरू

मॉर्निंग न्यूज @ चाकसू। अंतरराष्ट्रीय योग दिवस का शुभारंभ संयुक्त राष्ट्र संघ में भारत के प्रस्ताव पर 11 दिसंबर 2014 को हर वर्ष 21 जून को मनाए जाने की घोषणा हुई थी। प्रथम योग दिवस 21 जून 2015 को सम्पूर्ण विश्व के अधिकांश देशों में उत्साह मनाया गया। इस बार 11 वां योग दिवस 21 जून 2025 को मनाया जा रहा है। शिक्षा विभाग ने योग दिवस को 'योग उत्सव' के रुप में मनाएं जाने का निर्णय लिया है। विभाग ने योग दिवस पर हर शिक्षक की भागीदारी अनिवार्य कर दी है। ग्रीष्मकालीन अवकाश होने के कारण दूसरे जिलों में चले गए अध्यापकों को अपने नजदीकी स्कूल के कार्यक्रम में जाना होगा। शिक्षा विभाग के साथ साथ अन्य विभागों को भी योग दिवस में भागीदारी के लिए निर्देश दिए गए हैं। नोडल अधिकारी को इसकी सूचना उच्च स्तर पर प्रेषित करनी होगी। साथ ही आयुष मंत्रालय के पोर्टल पर पंजीकृत कर अपडेट करना होगा। प्राप्त निर्देशों के अनुसार पंचायत, ब्लॉक एवं जिलास्तर तक योग के कार्यक्रम होंगे। सुबह 7 से 8 बजे तक विभिन्न योग क्रियाओं के साथ अन्य गतिविधियां भी सम्पन्न करवानी होगी। प्रदेश के सभी सरकारी एवं निजी विद्यालयों में योग दिवस मनाया जाएगा। अतिरिक्त ब्लाक शिक्षा अधिकारी प्रकाश मीणा एवं नोडल अधिकारी चाकसू रामलाल मीणा के अनुसार योग दिवस कार्यक्रमों की फोटो एवं वीडियो जिला शिक्षा अधिकारी को भेजने होंगे। कार्यक्रम की पूरी जानकारी भेजनी होगी।

Sanmarg • 21 Jun • Ministry of Ayush

International Yoga Day of 2025

9 • PG | 53 • Sqcm | 30212 • AVE | 589.66K • Cir | Bottom Right

Kolkata

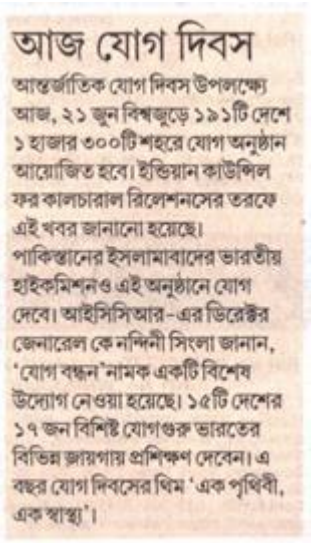
अंतरराष्ट्रीय योग दिवस की पूर्व संध्या पर शुक्रवार को अगरतला के अल्बर्ट एक्का युद्ध स्मारक पर एनसीसी कैडेट योगाभ्यास करते हुए

Bartaman • 21 Jun • Ministry of Ayush

Yoga day

11 • PG	30 • Sqcm	42051 • AVE	1.3M • Cir	Bottom Center

Kolkata



আজ যোগ দিবস

আন্তর্জাতিক যোগ দিবস উপলক্ষ্যে আজ, ২১ জুন বিশ্বজুড়ে ১৯১টি দেশে ১ হাজার ৩০০টি শহরে যোগ অনুষ্ঠান আয়োজিত হবে। ইন্ডিয়ান কাউন্সিল ফর কালচারাল রিলেশনসের তরফে এই খবর জানানো হয়েছে। পাকিস্তানের ইসলামাবাদের ভারতীয় হাইকমিশনও এই অনুষ্ঠানে যোগ দেবে। আইসিসিআর-এর ডিরেক্টর জেনারেল কে নন্দিনী সিংলা জানান, 'যোগ বন্ধন' নামক একটি বিশেষ উদ্যোগ নেওয়া হয়েছে। ১৫টি দেশের ১৭ জন বিশিষ্ট যোগগুরু ভারতের বিভিন্ন জায়গায় প্রশিক্ষণ দেবেন। এ বছর যোগ দিবসের থিম 'এক পৃথিবী, এক স্বাস্থ্য'।

Bartaman • 16 Jun • Ministry of Ayush

Yoga day celebration

3 • PG | 147 • Sqcm | 205917 • AVE | 1.3M • Cir | Middle Left

Kolkata

খরচ দেবে না, সব রাজ্যকে যোগ দিবস পালনের পরামর্শ কেন্দ্রের

নিজস্ব প্রতিনিধি, নয়াদিল্লি: আসন, ক্রিয়া, প্রাণায়াম ও ধ্যান। বিধি মেনে আগামী ২১ জুন অন্ধ্রপ্রদেশের বিশাখাপত্তনমের আর কে বিচ রোডে ৪৫ মিনিট যোগাভ্যাস করবেন প্রধানমন্ত্রী নরেন্দ্র মোদি। সঙ্গে থাকবেন কেন্দ্রীয় আয়ুষমন্ত্রী প্রতাপরাও যাদব।জানা গিয়েছে, প্রথমে সকাল সাড়ে ছ'টা থেকে আধঘণ্টা আন্তর্জাতিক যোগ দিবস সম্পর্কে ভাষণ দেবেন প্রধানমন্ত্রী। সকাল সাতটা থেকে ৪৫ মিনিট যোগ ব্যায়াম করবেন তিনি। এই অনুষ্ঠানে পাঁচ লক্ষ লোক জমায়েত করার লক্ষ্যমাত্রা নেওয়া হয়েছে বলে খবর। গত ১০ বছরের মধ্যে ২০১৮ সালে দেরাদুনে সবচেয়ে বেশি লোক যোগ দিবসের কেন্দ্রীয় অনুষ্ঠানে অংশ নিয়েছিলেন। ৬০ হাজারের সেই রেকর্ড এবার ভাঙতে চায় সরকার।

আয়ুষমন্ত্রী প্রতাপরাও যাদব জানান, আন্তর্জাতিক যোগ দিবস এবার ১১ বছরে পা দিচ্ছে। তাই রেকর্ড বানাতে চাই। কমপক্ষে এক লক্ষ রেজিস্ট্রেশন আমাদের টার্গেট। আশা করি, আগামী ১০ দিনে তা হয়ে যাবে। লালকেল্লা, কর্তব্যপথ, লোধি গার্ডেনের মতো দিল্লিতে ১১১ টি জায়গায় যোগ দিবসের অনুষ্ঠান পালন হবে। অনুষ্ঠান সফল করতে সব মন্ত্রককেই মাঠে নামানো হচ্ছে।

যোগ দিবসের অনুষ্ঠান 'লাইভ' সম্প্রচারের জন্য রাজ্যগুলিকে অনুরোধ করেছে কেন্দ্র। জয়েন্ট স্ক্রিনে তা প্রদর্শনের পাশাপাশি আন্তর্জাতিক যোগ দিবস সফল করার জন্য প্রতিটি রাজ্যের মুখ্যমন্ত্রীকেও আবেদন জানানো হয়েছে। যদিও এই অনুষ্ঠানের কোনও খরচ কেন্দ্র দেবে না বলে জানিয়েছেন কেন্দ্রীয় আয়ুষ সচিব রাজেশ কোটেচা। রাজ্যগুলির যোগ দিবস পালনকে আলাদা নামও দেওয়া হয়েছে—'যোগ সঙ্গম'। যোগ দিবস পালনের জন্য বেসরকারি সংস্থাকেও উৎসাহ দেওয়া হচ্ছে। কোন রাজ্যে কীভাবে কর্মসূচি পালন হল, একটি বিশেষ পোর্টালের মাধ্যমে নথিভুক্তও করবে কেন্দ্র। সেই

মোরাদাবাদে চলছে যোগাভ্যাস। -পিটিআই

মতো রেজিস্ট্রেশন করতে বলা হয়েছে। সূত্রের খবর, এখনও পর্যন্ত বিজেপিশাসিত অধিকাংশ রাজ্যই এ ব্যাপারে বিশেষ আগ্রহ দেখায়নি। মোদির রাজ্য গুজরাতেই এখনও পর্যন্ত 'যোগ সঙ্গমে'র জন্য রেজিস্ট্রেশন করিয়েছে ২ হাজার ২০৭টি সংস্থা। উত্তরপ্রদেশে ৪ হাজার ৫০৭টি। এখনও পর্যন্ত সবচেয়ে বেশি রেজিস্ট্রেশন হয়েছে রাজস্থানে। ১৪ হাজার ৩৫১টি।

Swadhikar • 21 Jun • Ministry of Ayush

Culture Ministry to host Yoga Day celebrations

6 • PG | 167 • Sqcm | 3012 • AVE | 222.75K • Cir | Bottom Left

Bhubaneshwar

ଯୋଗ ପାଇଁ ସଂସ୍କୃତି ମନ୍ତ୍ରଣାଳୟର ବଡ଼ ପ୍ରସ୍ତୁତି

୧୦୦ ପ୍ରତୀକାତ୍ମକ ପର୍ଯ୍ୟଟନ ସ୍ଥଳ ଏବଂ ୫୦ଟି ସାଂସ୍କୃତିକ ସ୍ଥଳରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳନ କରିବ

ନୂଆଦିଲ୍ଲୀ, ୨୦।୬(ପିଆଇବି): ସଂସ୍କୃତି ମନ୍ତ୍ରଣାଳୟ ସାରା ଦେଶରେ ୧୦୦ଟି ପର୍ଯ୍ୟଟନ ଭିତ୍ତିକ ପ୍ରତୀକାତ୍ମକ ସ୍ଥାନ ଏବଂ ୫୦ଟି ସାଂସ୍କୃତିକ ସ୍ଥାନରେ ଯୋଗ ଅଧିବେଶନ ଆୟୋଜନ କରି ୧୧ତମ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳନ କରିବ । ଜୁନ୍ ମାସ ୨୧ ତାରିଖରେ ହେବାକୁ ଥିବା ଏହି କାର୍ଯ୍ୟକ୍ରମଗୁଡ଼ିକ ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ ଦ୍ୱାରା ବିଶାଖାପାଟଣାରେ ଆୟୋଜିତ ମୁଖ୍ୟ ଉତ୍ସବର ପରିପୂରକ ହେବ, ଯେଉଁଥିରେ ପ୍ରଧାନମନ୍ତ୍ରୀ ଶ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦୀ, ଆନ୍ଧ୍ର ପ୍ରଦେଶର ମୁଖ୍ୟମନ୍ତ୍ରୀନାରା ଚନ୍ଦ୍ରବାବୁ ନାଇଡୁ ଏବଂ ଉପମୁଖ୍ୟମନ୍ତ୍ରୀ ପବନ କଲ୍ୟାଣ ପ୍ରମୁଖ ଯୋଗ ଦେବେ । ସଂସ୍କୃତି ଏବଂ ପର୍ଯ୍ୟଟନ ମନ୍ତ୍ରୀ ଶ୍ରୀ ଗଜେନ୍ଦ୍ର ସିଂହ ଶେଖାୱତ ରାଜସ୍ଥାନ ସ୍ଥିତ ଯୋଧପୁରର ଐତିହାସିକ ମେହରାନଗଡ଼ ଦୁର୍ଗରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ କାର୍ଯ୍ୟକ୍ରମରେ ଯୋଗ ଦେବେ ।

ଯୋଗ ଦିବସ ଉତ୍ସବ ଆୟୋଜନ କରୁଥିବା କେତେକ ପ୍ରମୁଖ ସ୍ଥାନଗୁଡ଼ିକ ହେଲା :ୟୁନେସ୍କୋ ବିଶ୍ୱ ଐତିହ୍ୟ ସ୍ଥଳ ଯେପରିକି ଚାରାଇଡୋ ମଇଦାମ୍ (ଆସାମ), ରାନୀ କି ଭାଭ୍ ଏବଂ ଧୋଲାଭିରା (ଗୁଜୁରାଟ), ହାମ୍ପି ଏବଂ ପଟ୍ଟାଡାକାଲ୍ (କର୍ଣ୍ଣାଟକ), ଖଜୁରାହୋ ଗ୍ରୁପ୍ ଅଫ୍ ସ୍ମାରକୀ ଏବଂ ସାଞ୍ଚି ସ୍ତୂପ (ମଧ୍ୟପ୍ରଦେଶ), କୋଣାର୍କ (ଓଡିଶା), ହାତୀପ୍ରଦେଶ ଗୁମ୍ଫା (ତାମିଲନାଡୁ) ଆଦି ଅନ୍ତର୍ଭୁକ୍ତ ।

ଗୋଲକୁଣ୍ଡା ଦୁର୍ଗ ଏବଂ ସାଲାରଜଙ୍ଗ ସଂଗ୍ରହାଳୟ (ହାଇଦ୍ରାବାଦ), ହୁମାୟୁନଙ୍କ ସମାଧି, ପୁରୁଣା ଜିଲା ଏବଂ ସଫଦରଜଙ୍ଗ ସମାଧି (ଦିଲ୍ଲୀ), ଜାଲିଆନୱାଲା ବାଗ (ଅମୃତସର), ଚିତ୍ତୋରଗଡ଼ ଏବଂ କୁମ୍ଭଲଗଡ଼ ଦୁର୍ଗ (ରାଜସ୍ଥାନ), ଲେହ ପ୍ୟାଲେସ (ଲଦାଖ), ପରି ମହଲ (ଶ୍ରୀନଗର), ବେକାଲ ଫୋର୍ଟ (କେରଳ), ଏବଂ ହଜାରଦୁଆର ଓ କୁଚବିହାର ପ୍ୟାଲେସ (ପଶ୍ଚିମବଙ୍ଗ) ପରି ଅନ୍ୟ କିଛି ପ୍ରମୁଖ ସାଂସ୍କୃତିକ ଏବଂ ଐତିହାସିକ ସ୍ଥଳ ମଧ୍ୟ ଅନ୍ତର୍ଭୁକ୍ତ । ସଂସ୍କୃତି ମନ୍ତ୍ରଣାଳୟ ଅଧୀନରେ ସଂଲଗ୍ନ କାର୍ଯ୍ୟାଳୟ, ଅଧୀନସ୍ଥ ସଂସ୍ଥା ଏବଂ ସ୍ୱାୟତ୍ତ ପ୍ରତିଷ୍ଠାନଗୁଡ଼ିକ ଏହି ସର୍ବଭାରତୀୟ ପଦକ୍ଷେପ କାର୍ଯ୍ୟକାରୀ କରିବାରେ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଭୂମିକା ଗ୍ରହଣ କରୁଛନ୍ତି, ଯାହା ଭାରତର ସାଂସ୍କୃତିକ ଐତିହ୍ୟକୁ ଯୋଗର ପ୍ରସ୍ତୁତା ପରମ୍ପରା ସହିତ ଯୋଡ଼ିବା ପାଇଁ ମନ୍ତ୍ରଣାଳୟର ପ୍ରତିବଦ୍ଧତାକୁ ପ୍ରତିଫଳିତ କରୁଛି ।

Swadhikar • 21 Jun • Ministry of Ayush

Visakhapatnam targets world record in mass yoga event today

6 • PG | 214 • Sqcm | 3853 • AVE | 222.75K • Cir | Top Right

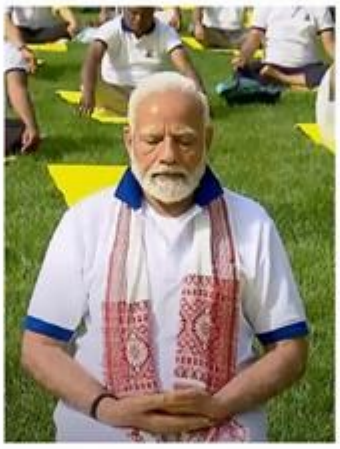
Bhubaneshwar

ବିଶାଖାପାଟନାରେ ଯୋଗରେ ଏକ ନୂଆ ରେକର୍ଡ କରିବାକୁ ପ୍ରସ୍ତୁତି ଶେଷ

ବିଶାଖାପାଟଣା, ୨୦।୬(ଏଜେନି): ୧୧ତମ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସରେ ବିଶାଖପଟ୍ଟନମର ସମୁଦ୍ରତଟରେ ହେବାକୁ ଥିବା ଯୋଗ କାର୍ଯ୍ୟକ୍ରମ ପାଇଁ ଆନ୍ଧ୍ର ପ୍ରଦେଶ ସରକାର ସମସ୍ତ ପ୍ରସ୍ତୁତି କରିସାରିଲେଣି । ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ପ୍ରଧାନମନ୍ତ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦିଙ୍କ ଯୋଗଦାନକୁ ଧ୍ୟାନରେ ରଖି ବିମାନବନ୍ଦରରୁ କାର୍ଯ୍ୟକ୍ରମ ସ୍ଥଳ ପର୍ଯ୍ୟନ୍ତ ସୁରକ୍ଷା ବ୍ୟବସ୍ଥା କଡାକଡି କରାଯାଇଛି। ଆନ୍ଧ୍ର ପ୍ରଦେଶ ସରକାର ପାଞ୍ଚ ଲକ୍ଷ ଲୋକଙ୍କ ସହିତ ଯୋଗ କରିବା ଏବଂ ୨୬,୩୯୫ ଆଦିବାସୀ ଛାତ୍ରଛାତ୍ରୀଙ୍କ ସହ ସୂର୍ଯ୍ୟ ନମସ୍କାର କରିବାର ରେକର୍ଡ କରିବାକୁ ଯାଉଛନ୍ତି।

ସୂଚନା ଅନୁଯାୟୀ, ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ଅଂଶଗ୍ରହଣ କରିବା ।ଇଁ ପ୍ରଧାନମନ୍ତ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦିଙ୍କ ସହ ଆନ୍ଧ୍ର ପ୍ରଦେଶର ମୁଖ୍ୟମନ୍ତ୍ରୀ ନାରା ଚନ୍ଦ୍ରବାବୁ ନାଇଡୁ ଓ ଉପମୁଖ୍ୟମନ୍ତ୍ରୀ ପବନ୍ କଲ୍ୟାଣ ଆଜି ସନ୍ଧ୍ୟାରେ ବିଶାଖପଟ୍ଟନମ୍ ପହଁଚିବେ।

ନିର୍ଦ୍ଧାରିତ କାର୍ଯ୍ୟକ୍ରମ ଅନୁଯାୟୀ,ପ୍ରଧାନମନ୍ତ୍ରୀ ମୋଦି ଶୁକ୍ରବାର ସନ୍ଧ୍ୟା ୭:୪୫ ମିନିଟରେ ନୌ ସେନାର ଆଇଏନଏସ



ଡେଗାରେ ପହଁଚିଛନ୍ତି। ଏହା ପୂର୍ବରୁ ଉପମୁଖ୍ୟମନ୍ତ୍ରୀ ପବନ୍ କଲ୍ୟାଣ ଦ୍ୱିପ୍ରହରରେ ବିଶାଖପଟ୍ଟନମ୍ ବିମାନବନ୍ଦର ପହଁଚିଥିଲେ।ତାପରେ ମୁଖ୍ୟମନ୍ତ୍ରୀ ନାଇଡୁ ସନ୍ଧ୍ୟା ୬ଟାରେ ପହଁଚିଥିଲେ। ଆନ୍ଧ୍ର ପ୍ରଦେଶର ମୁଖ୍ୟମନ୍ତ୍ରୀ ଚନ୍ଦ୍ରବାବୁ ନାଇଡୁ ଓ ଉପମୁଖ୍ୟମନ୍ତ୍ରୀ ପବନ୍ କଲ୍ୟାଣ ଆଇଏନଏସ ଡେଗାରେ ପ୍ରଧାନମନ୍ତ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦିଙ୍କୁ ସ୍ୱାଗତ କରିଛନ୍ତି।

ବିଶାଖପଟ୍ଟନମ୍ ବିମାନବନ୍ଦରରେ ଭିଭିଆଇପି, ଭିଆଇପି ଓ ପ୍ରତିଷ୍ଠିତ ବ୍ୟକ୍ତିମାନଙ୍କର ଆଗମନ ପାଇଁ ବିଶେଷ ସୁରକ୍ଷା ବ୍ୟବସ୍ଥା କରାଯାଇଛି। ଡଗ୍ ସ୍କ୍ୱାଡ୍ ସହିତ ସମସ୍ତ ବିମାନବନ୍ଦର ପରିସରର ଯାଂଚ କରାଯାଇଛି ।କେନ୍ଦ୍ରୀୟ ଭାରୀ ଶିଳ୍ପ ଓ ଇସ୍ପାତ ମନ୍ତ୍ରୀ ଭୂପତି ରାଜୁ ଶ୍ରୀନିବାସ ବର୍ମା ପୂର୍ବରୁ ବିଶାଖପଟ୍ଟନମ୍ ବିମାନବନ୍ଦର ପହଁଚି ସାରିଛନ୍ତି ।ଅନ୍ୟପଟେ ବିଶାଖପଟ୍ଟନମ୍‌ରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ୨୦୨୫ ର କାର୍ଯ୍ୟକ୍ରମ ପାଇଁ ରାଜ୍ୟ ସରକାର ଗିନିଜ ବୁକ୍ ରେକର୍ଡ ସୃଷ୍ଟି କରିବାର ଦିଗରେ କାମ କରୁଛନ୍ତି ।ନଗରରେ ୨୬,୩୯୫ ଆଦିବାସୀ ଛାତ୍ରଛାତ୍ରୀଙ୍କ ସହ ସୂର୍ଯ୍ୟ ନମସ୍କାର କରିବାକୁ ଏକ କାର୍ଯ୍ୟକ୍ରମ ମଧ୍ୟ ଆୟୋଜିତ ହେବାକୁ ଯାଉଛି। ସୂର୍ଯ୍ୟ ନମସ୍କାର କାର୍ଯ୍ୟକ୍ରମ ଏସ୍ ଇଞ୍ଜିନିୟରିଂ କଲେଜର ମୈଦାନରେ ଆୟୋଜିତ ହେବ। ଯଦି ପାଣିପାଗ ପରିସ୍ଥିତି ଅନୁକୂଳ ନହୁଏ ଓ ଶନିବାର ବର୍ଷା ହୁଏ, ତେବେ ଆରକେ ବିଚ୍ ରୋଡ୍‌ରେ ହେବାକୁ ଥିବା କାର୍ଯ୍ୟକ୍ରମ ବାତିଲ୍ ହେବା ସହ ଏହି ସ୍ଥଳରେ ପୂର୍ଣ୍ଣ କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜିତ ହେବ।

Swadhikar • 14 Jun • Ministry of Ayush

'Yoga Connect 2025' summit begins today in New Delhi

3 • PG	159 • Sqcm	2857 • AVE	222.75K • Cir	Middle Left

Bhubaneshwar

ଆଜି ନୂଆଦିଲ୍ଲୀରେ ଯୋଗ କନେକ୍ଟ ୨୦୨୫

ନୂଆଦିଲ୍ଲୀ, ୧୩।୬(ପିଆଇବି): ୧୧ତମ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପୂର୍ବରୁ କେନ୍ଦ୍ର ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ ୧୪ ଜୁନ୍ ୨୦୨୫ରେ ନୂଆଦିଲ୍ଲୀର ବିଜ୍ଞାନ ଭବନରେ ଯୋଗ କନେକ୍ଟ ନାମକ ଏକ ବିଶ୍ୱସ୍ତରୀୟ ଉର୍ଟୁଆଲ୍ ସମ୍ମିଳନୀ ଆୟୋଜନ କରିବାକୁ ଯାଉଛି। ଏହି ସମ୍ମିଳନୀରେ ଭାରତ ଏବଂ ବିଦେଶର ଜଣାଶୁଣା ଯୋଗ ଗୁରୁ, ନୀତି ନିର୍ଦ୍ଧାରକ, ସ୍ୱାସ୍ଥ୍ୟ ବିଶେଷଜ୍ଞ, ବ୍ୟବସାୟ ଜଗତର ବ୍ୟକ୍ତିତ୍ୱ, ଗବେଷକ ଏବଂ ଉଭୟ ଭାରତ ଓ ଅନ୍ତର୍ଜାତୀୟ ଇନଫ୍ଲୁଏନ୍ସର ଯୋଗଦେବେ।

ଏହି କାର୍ଯ୍ୟକ୍ରମ ଦେଶରେ ଯୋଗର ସର୍ବୋଚ୍ଚ ଗବେଷଣା ସଂସ୍ଥା, କେନ୍ଦ୍ରୀୟ ଯୋଗ ଏବଂ ପ୍ରାକୃତିକ ଚିକିତ୍ସା ଗବେଷଣା ପରିଷଦ (ସିସିଆରୱାଇଏନ)ର ସଂଯୋଜନାରେ ଆୟୋଜନ ହେଉଛି। ଯୋଗ କନେକ୍ଟ ସମ୍ମିଳନୀ ଏକ ହାଇବ୍ରିଡ୍ ଫର୍ମାଟରେ ଅନୁଷ୍ଠିତ ହେବ। ଯେଉଁଥିରେ ପ୍ରମୁଖ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ପ୍ରତିଷ୍ଠାନ ଏବଂ ସୁସ୍ଥତା ସମୁଦାୟର ସଦସ୍ୟମାନେ ଉର୍ଟୁଆଲ୍ ମୋଡରେ ଯୋଗ ଦେବେ ଏବଂ ଏକ ହଜାରରୁ ଅଧିକ ଅଂଶଗ୍ରହଣକାରୀ ବ୍ୟକ୍ତିଗତ ଭାବରେ ଯୋଗ ଦେବେ ବାହାରିନ୍, ଆମେରିକା, ୟୁକେ ଏବଂ ଦକ୍ଷିଣ କୋରିଆ। ସମେତ ଗ୍ଲୋବଟିରୁ ଅଧିକ ଦେଶରୁ ଯୋଗ, ସ୍ୱାସ୍ଥ୍ୟସେବା, ଗବେଷଣା ଏବଂ ସୁସ୍ଥତା କ୍ଷେତ୍ରରେ ପ୍ରସିଦ୍ଧ ବିଶେଷଜ୍ଞମାନେ ଏହି ସମ୍ମିଳନୀରେ ଅଂଶଗ୍ରହଣ କରିବେ। ସେମାନଙ୍କ ଅଂଶଗ୍ରହଣ ଭାରତର ଯୋଗ ଆନ୍ଦୋଳନର ବିଶ୍ୱସ୍ତରୀୟ ଗୁରୁତ୍ୱକୁ ରେଖାଙ୍କିତ କରେ।

ସମ୍ମିଳନୀରେ କେନ୍ଦ୍ରୀୟ ଯୋଗ ଏବଂ ପ୍ରାକୃତିକ ଚିକିତ୍ସା ଗବେଷଣା ପରିଷଦ ଦ୍ୱାରା ଗତ ଦଶନ୍ଧିରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସର ପ୍ରଭାବ ଉପରେ ଏକ ଦେଶବ୍ୟାପୀ ଅଧ୍ୟୟନ, 'ଯୋଗ ପ୍ରଭାବ' ରିପୋର୍ଟ ମଧ୍ୟ ଉନ୍ମୋଚନ ହେବ ସାରା ଦେଶରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପଦକ୍ଷେପର ପହଞ୍ଚ, ପ୍ରଭାବଶାଳୀ ଏବଂ ପରିବର୍ତ୍ତନକାରୀ ପ୍ରଭାବ ବିଷୟରେ ମୂଲ୍ୟବାନ ଅନ୍ତର୍ଦୃଷ୍ଟି ପ୍ରଦାନ କରୁଥିବା ଏହି ରିପୋର୍ଟ ଶିକ୍ଷାବିତ୍, ଗବେଷକ ଏବଂ ଜନସ୍ୱାସ୍ଥ୍ୟ ପେସାଦାରମାନଙ୍କ ପାଇଁ ବେଶ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ସାବ୍ୟସ୍ତ ହେବ।

ଯୋଗ କନେକ୍ଟ ଯୋଗର ଭବିଷ୍ୟତ ଗଠନ କରୁଥିବା ଲୋକଙ୍କୁ ଏକାଠି କରିବା ପାଇଁ ଏକ ଅନନ୍ୟ ସୁଯୋଗ ହେବ ଏହା ଭାରତର ବିଶ୍ୱବ୍ୟାପୀ ଯୋଗ ଆନ୍ଦୋଳନର ଦଶ ବର୍ଷ ପୂରଣକୁ ଚିହ୍ନିତ କରେ ଯାହା ୨୦୧୪ ମସିହାରେ ମିଳିତ ଜାତିସଂଘ ୨୧ ଜୁନକୁ ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ଭାବରେ ଘୋଷଣା କରିବା ସହିତ ଆରମ୍ଭ ହୋଇଥିଲା ୟୁନେସ୍କୋ ମଧ୍ୟ ଯୋଗକୁ ବିଶ୍ୱକୁ ଭାରତର ଉପହାର ଭାବରେ ସ୍ୱୀକୃତି ଦେଇଛି ଏପରି କାର୍ଯ୍ୟକ୍ରମ ମାଧ୍ୟମରେ, ଭାରତ ବିଶ୍ୱ ସହିତ ସ୍ୱାସ୍ଥ୍ୟ, ସନ୍ତୁଳନ ଏବଂ ଏକତାର ବାର୍ତ୍ତା ପ୍ରଚାର କରିବାରେ ଲାଗିଛି ।

Samaya • 21 Jun • Ministry of Ayush

PM Modi to Lead Record-Breaking Yoga Day Event in Visakhapatnam

11 • PG	86 • Sqcm	38647 • AVE	907.56K • Cir	Middle Right

Bhubaneshwar

ଏକାଦଶ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ

ବିଶାଖାପାଟଣାରୁ ନେତୃତ୍ୱ ନେବେ ମୋଦି

ନୂଆଦିଲ୍ଲୀ: ଏକାଦଶ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ (ଆଇଡିୱାଇ) ପାଇଁ ମଞ୍ଚ ପ୍ରସ୍ତୁତ ହୋଇଛିଇ ପ୍ରଧାନମନ୍ତ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦୀ ଆନ୍ଧ୍ରପ୍ରଦେଶର ବିଶାଖାପାଟଣାରୁ ଜାତୀୟ କାର୍ଯ୍ୟକ୍ରମର ନେତୃତ୍ୱ ନେଇ ମୁଖ୍ୟ ସ୍ଥାନରେ ୩ ଲକ୍ଷରୁ ଅଧିକ ଅଂଶଗ୍ରହଣକାରୀଙ୍କ ସହିତ ସାଧାରଣ ଯୋଗ ପ୍ରୋଟୋକଲ (ସିଓ୍ୱାଇପି) ପ୍ରଦର୍ଶନ କରିବେଇ ତାଙ୍କ ସହିତ ଭାରତର ବିଶ୍ୱ ସୁସ୍ଥତା ଦୃଷ୍ଟିକୋଣର ଏହି ବିଶାଳ ପ୍ରଦର୍ଶନରେ କେନ୍ଦ୍ର ରାଷ୍ଟ୍ରମନ୍ତ୍ରୀ (ଆୟୁଷ) ପ୍ରତାପରାଓ ଜାଧବ ଏବଂ ଆନ୍ଧ୍ରପ୍ରଦେଶ ମୁଖ୍ୟମନ୍ତ୍ରୀ ଏନ. ଚନ୍ଦ୍ରବାବୁ ନାଇଡୁ ଯୋଗଦେବେ ।

ପ୍ରଧାନମନ୍ତ୍ରୀ ବିଶାଖାପାଟଣାର ନିର୍ଦ୍ଧାରିତ ସ୍ଥାନରେ ୩ ଲକ୍ଷରୁ ଅଧିକ ଅଂଶଗ୍ରହଣକାରୀଙ୍କ ସହିତ ସାଧାରଣ ଯୋଗ ପ୍ରୋଟୋକଲ (ସିଓ୍ୱାଇପି) ପ୍ରଦର୍ଶନ କରିବେ, ଯାହା 'ଯୋଗ ସଙ୍ଗମ' ପଦକ୍ଷେପ ଅଧୀନରେ ଦେଶର ୧୦ ଲକ୍ଷରୁ ଅଧିକ ସ୍ଥାନ ସହିତ ସମନ୍ୱୟ ରକ୍ଷା କରିବ । ଏହି ସାମୂହିକ ପ୍ରଦର୍ଶନ ସକାଳ ୬ ଟା ୩୦ ମିନିଟରୁ ସକାଳ ୭ ଟା ୪୫ ମିନିଟ୍ ପର୍ଯ୍ୟନ୍ତ ଅନୁଷ୍ଠିତ ହେବ ଏବଂ ଏଥିରେ ଦେଶର ସମସ୍ତ କୋଣ-ଅନୁକୋଣରୁ ଅଭୂତପୂର୍ବ ସମାବେଶର ଆଶା କରାଯାଉଛି । ଏକ ଅଭୂତପୂର୍ବ ସମାବେଶରେ, ରାଜ୍ୟର ୧ ଲକ୍ଷରୁ ଅଧିକ ସ୍ଥାନରେ ୨ କୋଟିରୁ ଅଧିକ ଲୋକ ଯୋଗ ଅଧିବେଶନରେ ଅଂଶଗ୍ରହଣ କରିବାର ଆଶା କରାଯାଉଛି । ଆନ୍ଧ୍ରପ୍ରଦେଶ ସରକାର ଏହି ଉପଲବ୍ଧକୁ ପାଳନ କରିବା ପାଇଁ ଏକ ଗିନିଜ୍ ୱାର୍ଲ୍ଡ ରେକର୍ଡ ପାଇଁ ପ୍ରୟାସ ମଧ୍ୟ କରୁଛନ୍ତି । ଏହା ସହିତ ଆନ୍ଧ୍ରପ୍ରଦେଶ ସରକାର ପଞ୍ଜୀକୃତ ଅଂଶଗ୍ରହଣକାରୀଙ୍କୁ ୫୦ ଲକ୍ଷରୁ ଅଧିକ ଯୋଗ ପ୍ରମାଣପତ୍ର ପ୍ରଦାନ କରିବେ, ଯାହା ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସର ଏହି ଦଶନ୍ଧି ସଂସ୍କରଣକୁ ଭାରତର ସ୍ୱାସ୍ଥ୍ୟ ଏବଂ ସୁସ୍ଥତା ଯାତ୍ରାରେ ଏକ ପ୍ରକୃତ ଐତିହାସିକ ମୁହୂର୍ତ୍ତ ଭାବରେ ପରିଗଣିତ କରିବ ।

Samaya • 19 Jun • Ministry of Ayush

Yoga Maha Kumbh : Grand Yoga Festival Lights Up Delhi Ahead of International Yoga Day

11 • PG | 355 • Sqcm | 159768 • AVE | 907.56K • Cir | Bottom Center

Bhubaneshwar

ଯୋଗ ମହାକୁମ୍ଭ : ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଇଁ ବିଶାଳ ଆୟୋଜନ

ନୂଆଦିଲ୍ଲୀ: ଦେଶ ୨୧ ଜୁନ୍ ୨୦୨୫ ରେ ୧୧ଶ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ (ଆଇଡିୱାଇ) ପାଇଁ ଚୂଡ଼ାନ୍ତ କାଉଣ୍ଟଡାଉନରେ ପ୍ରବେଶ କରୁଥିବା ସମୟରେ, ଯୋଗ ମହାକୁମ୍ଭ ମାଧ୍ୟମରେ ସମଗ୍ର ଭାରତରେ ଯୋଗ ଉତ୍ସବର ଏକ ଲହରୀ ଖେଳିଯାଇଛି । ଏହି ଜାତୀୟ ଆନ୍ଦୋଳନର ନେତୃତ୍ୱ ନେଇ, ଆଜି ନୂଆଦିଲ୍ଲୀରେ ହାର୍ଟଫୁଲନେସ୍ ଧ୍ୟାନ କେନ୍ଦ୍ର, ଆରକେ ପୁରମରେ ଏକ ତିନି ଦିନିଆ ଯୋଗ ମହାକୁମ୍ଭ ଆରମ୍ଭ ହୋଇଛି । ହାର୍ଟଫୁଲନେସ୍ ଇନଷ୍ଟିଚ୍ୟୁଟ୍ ସହଯୋଗରେ କଣ୍ଟେନର୍ କର୍ପୋରେସନ୍ ଅଫ୍ ଇଣ୍ଡିଆ (କନକର) ଏବଂ ମୋରାରଜୀ ଦେଶାଇ ନ୍ୟାସନାଲ୍ ଇନଷ୍ଟିଚ୍ୟୁଟ୍ ଅଫ୍ ଯୋଗ (ଏମଡିଏନଆଇୱା) ଦ୍ୱାରା ଏହାର ଆୟୋଜନ କରାଯାଉଛି । ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ଯୋଗ ପ୍ରଦର୍ଶନ, ସୁସ୍ଥତା ଅଧିବେଶନ ଏବଂ ମନନଶୀଳତା ଏବଂ ସାମୁଦାୟିକ କଲ୍ୟାଣ ଉପରେ ଧ୍ୟାନ କେନ୍ଦ୍ରିତ ସାଂସ୍କୃତିକ ପ୍ରଦର୍ଶନ ରହିଛି ।

ଏକ ନୂତନ ନାଟକ ପ୍ରଦର୍ଶନ ଏହି ପ୍ରୟାସକୁ ଆହୁରି ଆଗକୁ ନେଇଛି, ଯେଉଁଥିରେ ଯୋଗ ଉତ୍ସାହୀମାନେ ଦୈନନ୍ଦିନ ଜୀବନରେ ଯୋଗର ଗୁରୁତ୍ୱ ଉପରେ ଆଲୋକପାତ କରିଥିଲେ, ଶାରୀରିକ ନମନୀୟତା ଠାରୁ ମାନସିକ ଶାନ୍ତି ପର୍ଯ୍ୟନ୍ତ ଏହାର ଲାଭ ବିଷୟରେ ଉଲ୍ଲେଖ କରିଥିଲେ । ଏକ ସନ୍ତୁଳିତ ଜୀବନଶୈଳୀ ପାଇଁ ଯୋଗ ଗ୍ରହଣ କରିବାକୁ ଦର୍ଶକମାନଙ୍କୁ ପ୍ରେରଣା ଦେଇଥିଲେ ।

ଜୁନ୍ ୧୫ ତାରିଖରେ ଲଦାଖର ଉଚ୍ଚ ଭୂଖଣ୍ଡରେ ଆଉ ଏକ ଐତିହାସିକ ଯୋଗ ମହାକୁମ୍ଭ କାର୍ଯ୍ୟକ୍ରମ ଆରମ୍ଭ ହୋଇଥିଲା । ଲଦାଖରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଏବଂ ଧ୍ୟାନ ମହୋତ୍ସବ (ଆଇଏଫଓ୍ୱାଇଏମ) ୨୦୨୫ ପୂର୍ବରୁ ପାଙ୍ଗୋଙ୍ଗ ହ୍ରଦ (୧୩,୦୦୦ ଫୁଟ), ନୁବ୍ରା ଉପତ୍ୟକା, ସିନ୍ଧୁ ଘାଟ ଏବଂ ଏମଆଇଏମସି ଦେବଚନ କ୍ୟାମ୍ପସ ଭଳି ଆଶ୍ଚର୍ଯ୍ୟଜନକ ସ୍ଥାନରେ ଯୋଗକୁ ଆଣି ବିଶ୍ୱ ଏବଂ ଜାତୀୟ ଦୃଷ୍ଟି ଆକର୍ଷଣ କରିସାରିଛି । ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ, ମହାବୋଧି ଅନ୍ତର୍ଜାତୀୟ ଧ୍ୟାନ କେନ୍ଦ୍ର (ଏମଆଇଏମସି), ଲଦାଖର କେନ୍ଦ୍ରଶାସିତ ଅଞ୍ଚଳ ପ୍ରଶାସନ, ଏଇଏଏଚଡିସି ଲେହ ଏବଂ ସହଯୋଗୀ ପ୍ରତିଷ୍ଠାନଗୁଡ଼ିକ ଦ୍ୱାରା ମିଳିତ ଭାବରେ ଆୟୋଜିତ ଏହି ମହୋତ୍ସବ ଚଳିତ ବର୍ଷର ଥିମ୍ – ଏକ ପୃଥିବୀ, ଏକ ସ୍ୱାସ୍ଥ୍ୟ ପାଇଁ ଯୋଗର ଏକ ଶକ୍ତିଶାଳୀ ପରିପ୍ରକାଶ ।

ଦ୍ୱିତୀୟ ଯୋଗ ମହାକୁମ୍ଭ କାର୍ଯ୍ୟକ୍ରମ ମଧ୍ୟ ଜୁନ୍ ୧୫ ତାରିଖରେ ଉତ୍ତର ପ୍ରଦେଶର ନୋଏଡାରେ ଆରମ୍ଭ ହୋଇଥିଲା ଅରହମ୍ ଧ୍ୟାନ ଯୋଗ ସେକ୍ଟର ୫୦, ନୋଏଡାରେ ଏହାର ଯୋଗ ମହାକୁମ୍ଭ ଆରମ୍ଭ କରିଛନ୍ତ । ସେକ୍ଟର ୭୮, ବେଦ ବନ ପାର୍କରେ ଏହି କାର୍ଯ୍ୟକ୍ରମ ଯୁବପିଢ଼ି ଏବଂ ପରିବାରକୁ ହବି ଯୋଗ ଅଧିବେଶନ, ପ୍ରବନ୍ଧ ଏବଂ ବିତର୍କ ପ୍ରତିଯୋଗିତା ତଥା ପାରସ୍ପରିକ ଆଲୋଚନା ପାଇଁ ଏକତ୍ରିତ କରିଥିଲା । ୨୧ ଜୁନ୍ ରେ ସେକ୍ଟର ୩୩ଏ ସ୍ଥିତ ଶିବାଲିକ୍ ପାର୍କରେ ସେମାନଙ୍କର ଆଗାମୀ କାର୍ଯ୍ୟକ୍ରମ ଦେଶବ୍ୟାପୀ ଯୋଗ ସଙ୍ଗମ ଉତ୍ସବ ସହିତ ସମନ୍ୱିତ ହେବ । ଅରହମ୍ ଧ୍ୟାନ ଯୋଗ ବିଶ୍ୱବ୍ୟାପୀ ସମାନ୍ତରାଳ ଅଧିବେଶନ ମଧ୍ୟ ପରିଚାଳନା କରୁଛି, ଯାହା ଆଇଡିୱାଇ ୨୦୨୫ ଆନ୍ଦୋଳନକୁ ଆହୁରି ବୃଦ୍ଧି କରୁଛି । ଲଦାଖର ଉଚ୍ଚ ଶିଖରରୁ ଦିଲ୍ଲୀର ସାଂସ୍କୃତିକ କେନ୍ଦ୍ର ଏବଂ ନୋଏଡାର ସ୍ପନ୍ଦନଶୀଳ ସ୍ଥାନୀୟ ପାର୍କ ପର୍ଯ୍ୟନ୍ତ, ଯୋଗ ମହାକୁମ୍ଭ ୨୦୨୫ ଭାରତର ଯୋଗିକ ଐତିହ୍ୟର ଏକ ଶକ୍ତିଶାଳୀ ଉତ୍ସବ ଭାବରେ ଆୟୋଜିତ ହେଉଛି ସମଗ୍ର ଭୌଗୋଳିକ କ୍ଷେତ୍ରର ଅଧିବାସୀ ମାନଙ୍କ ପାଇଁ ଯୋଗ ଏକ ସନ୍ତୁଳିତ ଜୀବନ ଯାପନ ନିମନ୍ତେ ପ୍ରେରଣା ଦିଏ । ସମସ୍ତ କାର୍ଯ୍ୟକ୍ରମ ଜନସାଧାରଣଙ୍କ ପାଇଁ ଖୋଲା ରହିଛି ନାଗରିକମାନଙ୍କୁ ଯୋଗକୁ ଜୀବନର ଏକ ଅବିଚ୍ଛେଦ୍ୟ ଅଙ୍ଗ ଭାବରେ ଗ୍ରହଣ କରିବାକୁ ଉତ୍ସାହିତ କରାଯାଉଛି ।

Odisha Bhaskar • 21 Jun • Ministry of Ayush

PM Modi to Lead Record-Breaking Yoga Day Event in Visakhapatnam

6 • PG | 241 • Sqcm | 64963 • AVE | 475K • Cir | Top Right

Bhubaneshwar

ବିଶାଖାପାଟଣାର ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସର ନେତୃତ୍ୱ ନେବେ ପ୍ରଧାନମନ୍ତ୍ରୀ

ନୂଆଦିଲ୍ଲୀ: ୨୧ ଜୁନ୍ ୨୦୨୫ ରେ ମହାସମାରୋହରେ ପାଳନ ହେବାକୁ ଥିବା ଏକାଦଶ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ (ଆଇଡିୱାଇ) ପାଇଁ ମଞ୍ଚ ପ୍ରସ୍ତୁତ ହୋଇଛି । ପ୍ରଧାନମନ୍ତ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦୀ ଆନ୍ଧ୍ରପ୍ରଦେଶର ବିଶାଖାପାଟଣାରୁ ଜାତୀୟ କାର୍ଯ୍ୟକ୍ରମର ନେତୃତ୍ୱ ନେଇ ମୁଖ୍ୟ ସ୍ଥାନରେ ୩ ଲକ୍ଷରୁ ଅଧିକ ଅଂଶଗ୍ରହଣକାରୀଙ୍କ ସହିତ ସାଧାରଣ ଯୋଗ ପ୍ରୋଟୋକଲ (ସିଓ୍ୱାଇପି) ପ୍ରଦର୍ଶନ କରିବେ। ତାଙ୍କ ସହିତ ଭାରତର ବିଶ୍ୱ ସୁସ୍ଥତା ଦୃଷ୍ଟିକୋଣର ଏହି ବିଶାଳ ପ୍ରଦର୍ଶନରେ କେନ୍ଦ୍ର ରାଷ୍ଟ୍ରମନ୍ତ୍ରୀ (ଆୟୁଷ) ପ୍ରତାପରାଓ ଜାଧବ ଏବଂ ଆନ୍ଧ୍ରପ୍ରଦେଶ ମୁଖ୍ୟମନ୍ତ୍ରୀ ଏନ. ଚନ୍ଦ୍ରବାବୁ ନାଇଡୁ ଯୋଗଦେବେ ।ପ୍ରଧାନମନ୍ତ୍ରୀ ବିଶାଖାପାଟଣାର ନିର୍ଦ୍ଧାରିତ ସ୍ଥାନରେ ୩ ଲକ୍ଷରୁ ଅଧିକ ଅଂଶଗ୍ରହଣକାରୀଙ୍କ ସହିତ ସାଧାରଣ ଯୋଗ ପ୍ରୋଟୋକଲ (ସିଓ୍ୱାଇପି) ପ୍ରଦର୍ଶନ କରିବେ, ଯାହା 'ଯୋଗ ସଙ୍ଗମ' ପଦକ୍ଷେପ ଅଧୀନରେ ଦେଶର ୧୦ ଲକ୍ଷରୁ ଅଧିକ ସ୍ଥାନ ସହିତ ସମନ୍ୱୟ ରକ୍ଷା କରିବ । ଏହି ସାମୂହିକ ପ୍ରଦର୍ଶନ ସକାଳ ୬ ଟା ୩୦ ମିନିଟ୍ରୁ ସକାଳ ୭ ଟା ୪୫ ମିନିଟ୍ ପର୍ଯ୍ୟନ୍ତ ଅନୁଷ୍ଠିତ ହେବ ଏବଂ ଏଥିରେ ଦେଶର ସମସ୍ତ କୋଣ-ଅନୁକୋଣରୁ ଅଭୂତପୂର୍ବ ସମାବେଶର ଆଶା କରାଯାଉଛି । ଏକ ଅଭୂତପୂର୍ବ

ସମାବେଶରେ, ରାଜ୍ୟର ୧ ଲକ୍ଷରୁ ଅଧିକ ସ୍ଥାନରେ ୨ କୋଟିରୁ ଅଧିକ ଲୋକ ଯୋଗ ଅଧିବେଶନରେ ଅଂଶଗ୍ରହଣ କରିବାର ଆଶା କରାଯାଉଛି । ଆନ୍ଧ୍ରପ୍ରଦେଶ ସରକାର ଏହି ଉତ୍ସବକୁ ପାଳନ କରିବା ପାଇଁ ଏକ ଗିନିଜ୍ ୱାର୍ଲ୍ଡ ରେକର୍ଡ ପାଇଁ ପ୍ରୟାସ ମଧ୍ୟ କରୁଛନ୍ତି । ଏହା ସହିତ, ଆନ୍ଧ୍ରପ୍ରଦେଶ ସରକାର ପଞ୍ଜୀକୃତ ଅଂଶଗ୍ରହଣକାରୀଙ୍କୁ ୫୦ ଲକ୍ଷରୁ ଅଧିକ ଯୋଗ ପ୍ରମାଣପତ୍ର ପ୍ରଦାନ କରିବେ, ଯାହା ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସର ଏହି ଦଶନ୍ଧି ସଂସ୍କରଣକୁ ଭାରତର ସ୍ୱାସ୍ଥ୍ୟ ଏବଂ ସୁସ୍ଥତା ଯାତ୍ରାରେ ଏକ ପ୍ରକୃତ ଐତିହାସିକ ମୁହୂର୍ତ୍ତ ଭାବରେ ପରିଗଣିତ କରିବ। ବିଶାଖାପାଟଣାରେ ପାଳନର ଅଂଶ ସ୍ୱରୂପ, ଆଜି ଆନ୍ଧ୍ର ବିଶ୍ୱବିଦ୍ୟାଳୟରେ ଏକ ଉଲ୍ଲେଖନୀୟ ସୂର୍ଯ୍ୟ ନମସ୍କାର କାର୍ଯ୍ୟକ୍ରମର ଆୟୋଜନ ଜରାଯାଇଥିଲା, ଯେଉଁଠାରେ ପ୍ରାୟ ୨୫,୦୦୦ ଆଦିବାସୀ ପିଲା ୧୦୮ ମିନିଟରେ ୧୦୮ ଟି ସୂର୍ଯ୍ୟ ନମସ୍କାର ପ୍ରଦର୍ଶନ କରିଥିଲେ। ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ୨୦୨୫ ପାଇଁ ସାଧାରଣ ଅଂଶଗ୍ରହଣ ହାସଲ କରିବା ପାଇଁ ୧୦ ଟି ଦସ୍ତଖତ କାର୍ଯ୍ୟକ୍ରମ ଆରମ୍ଭ ହେବା ଫଳରେ ଦେଶ ଏବଂ ବିଦେଶରୁ ଅଭୂତପୂର୍ବ ପ୍ରତିକ୍ରିୟା ମିଳିଛି । ଦେଶରେ ଜୁନ୍ ମାସ ୨୧ ତାରିଖରେ ହେବାକୁ ଥିବା କାର୍ଯ୍ୟକ୍ରମ ପାଇଁ ୧ ଲକ୍ଷ ପଞ୍ଜୀକରଣ ଲକ୍ଷ୍ୟ ସତ୍ତ୍ୱେ, ୧୧ ଲକ୍ଷରୁ ଅଧିକ ସଂଗଠନ ଏବଂ ଗୋଷ୍ଠୀ ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟର ଯୋଗ ପୋର୍ଟାଲ୍ ମାଧ୍ୟମରେ ନିଜ ନିଜ ସ୍ଥାନରେ ଯୋଗ ସଙ୍ଗମ କାର୍ଯ୍ୟକ୍ରମ ପାଇଁ ପଞ୍ଜୀକରଣ କରିଛନ୍ତି । ରାଜସ୍ଥାନ ୨.୨୫ ଲକ୍ଷରୁ ଅଧିକ ପଞ୍ଜୀକରଣ କରି ତାଲିକାର ଶୀର୍ଷରେ ରହିଛି ଏବଂ ତା'ପରେ ଆଉ ତିନୋଟି ରାଜ୍ୟ ୧ ଲକ୍ଷ ପଞ୍ଜୀକରଣ ଲକ୍ଷ୍ୟ ଅତିକ୍ରମ କରିପାରିଛନ୍ତି।

Odisha Bhaskar • 16 Jun • Ministry of Ayush

Visakhapatnam gears up for International Yoga Day

6 • PG | 79 • Sqcm | 21428 • AVE | 475K • Cir | Top Center

Bhubaneshwar

ନୂଆଦିଲ୍ଲୀ : ଭାରତ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସର ଦଶନ୍ଧି ପାଳନ କରିବାକୁ ପ୍ରସ୍ତୁତ ହେଉଥିବା ବେଳେ, ୧୧ତମ ସଂସ୍କରଣ ପାଇଁ ଜାତୀୟ ଆୟୋଜନ ରାବରେ ମନୋନୀତ ବିଶାଖାପାଟଣା ସହରରେ ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ ଏବଂ ଆନ୍ଧ୍ର ପ୍ରଦେଶ ସରକାରଙ୍କ ବରିଷ୍ଠ ଅଧିକାରୀଙ୍କ ଦ୍ୱାରା ଏକ ବ୍ୟାପକ କ୍ଷେତ୍ର ପରିଦର୍ଶନ ଏବଂ ଉଚ୍ଚସ୍ତରୀୟ ସମୀକ୍ଷା ବୈଠକ ଅନୁଷ୍ଠିତ ହୋଇଯାଇଛି । ଏହି ସମୀକ୍ଷା ଏପରି ଏକ ସମୟରେ ଆସିଛି ଯେତେବେଳେ ପ୍ରଧାନମନ୍ତ୍ରୀଙ୍କ ତୃଣମୂଳ ସ୍ତରରେ ଶେଷ ବ୍ୟକ୍ତି ପର୍ଯ୍ୟନ୍ତ ଯୋଗକୁ ପହଞ୍ଚାଇବା ପାଇଁ କରାଯାଇଥିବା ପଦକ୍ଷେପ ଯୋଗୁଁ ଦେଶବ୍ୟାପୀ ପ୍ରସ୍ତୁତି ଦ୍ରୁତ ଗତିରେ ଚାଲିଛି। ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟର ସଚିବ ବୈଦ୍ୟ ରାଜେଶ କୋଟେଚା ଏବଂ ଆନ୍ଧ୍ର ପ୍ରଦେଶ ସରକାରଙ୍କ ସ୍ୱତନ୍ତ୍ର ମୁଖ୍ୟ ସଚିବ କେ. ବିଜୟାନନ୍ଦଙ୍କ ନେତୃତ୍ୱରେ ତୃଣମୂଳ ସ୍ତରରେ ହୋଇଥିବା ଯାଞ୍ଚରେ ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟର ଯୁଗ୍ମ ସଚିବ ସୁଶ୍ରୀ ମୋନାଲିସା ଦାଶ, ଜିଲ୍ଲା କଲେକ୍ଟର ଏମ୍.ଏନ୍. ହରେନ୍ଦ୍ରର ପ୍ରସାଦଙ୍କ ଭଳି ବରିଷ୍ଠ ଅଧିକାରୀ ଏବଂ ସ୍ୱାସ୍ଥ୍ୟ, ନଗର ଯୋଜନା, ଆୟୁଷ ଏବଂ ଜିଏମ୍ଆରଡିଏ ସମେତ ପ୍ରମୁଖ ବିଭାଗର ମୁଖ୍ୟମାନେ ସାମିଲ ଥିଲେ ।

Odisha Bhaskar • 13 Jun • Ministry of Ayush

International Day of Yoga 2025 Is Not Just a Milestone, It is a Global Wellness Movement : Ayush Min...

6 • PG | 97 • Sqcm | 26311 • AVE | 475K • Cir | Top Center

Bhubaneshwar

୨୦୨୫ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ଏକ ବୈଶ୍ୱିକ ଆନ୍ଦୋଳନ: ଆୟୁଷ ମନ୍ତ୍ରୀ

ନୂଆଦିଲ୍ଲୀ: ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ ପକ୍ଷରୁ ନୂଆଦିଲ୍ଲୀର ଜାତୀୟ ଗଣମାଧ୍ୟମ କେନ୍ଦ୍ରରେ ୧୧ତମ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଇଁ ଶୁଭ ଉଦଘାଟନର ଆୟୋଜନ କରାଯାଇଥିଲା । ଏହି କାର୍ଯ୍ୟକ୍ରମ ୨୦୨୫ ମସିହାର ମହାନ ସମାରୋହର ଆନୁଷ୍ଠାନିକ ଆରମ୍ଭ। ୨୧ ଜୁନରେ ଆନ୍ଧ୍ରପ୍ରଦେଶର ବିଶାଖାପାଟଣାରେ ପ୍ରଧାନମନ୍ତ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦୀଙ୍କ ନେତୃତ୍ୱରେ ଜାତୀୟ କାର୍ଯ୍ୟକ୍ରମ ଅନୁଷ୍ଠିତ ହେବ। କେନ୍ଦ୍ର ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟର ରାଷ୍ଟ୍ରମନ୍ତ୍ରୀ (ସ୍ୱାଧୀନ ଦାୟିତ୍ୱ) ଏବଂ କେନ୍ଦ୍ର ସ୍ୱାସ୍ଥ୍ୟ ଓ ପରିବାର କଲ୍ୟାଣ ରାଷ୍ଟ୍ରମନ୍ତ୍ରୀ ପ୍ରତାପରାଓ ଯାଧବ ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟର ସଚିବ ବୈଦ୍ୟ ରାଜେଶ କୋଟେଚାଙ୍କ ସହିତ ଗଣମାଧ୍ୟମ ପ୍ରତିନିଧିମାନଙ୍କୁ ସମ୍ବୋଧିତ କରିଥିଲେ। ଏହି ଅବସରରେ ମନ୍ତ୍ରଣାଳୟର ବରିଷ୍ଠ ଅଧିକାରୀମାନେ ମଧ୍ୟ ଉପସ୍ଥିତ ଥିଲେ। ସାମ୍ବାଦିକ ସମ୍ମିଳନୀରେ ଆୟୁଷ ମନ୍ତ୍ରୀ ପ୍ରତାପରାଓ ଯାଧବ ଗତ ଦଶନ୍ଧି ଧରି ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସର ଉଲ୍ଲେଖନୀୟ ଯାତ୍ରା ଉପରେ ଆଲୋକପାତ କରିଥିଲେ। ଏହି ବର୍ଷର ମାଇଲଖୁଣ୍ଟର ବିଶେଷତ୍ୱ ଉପରେ ଆଲୋକପାତ କରି ମନ୍ତ୍ରୀ କହିଛନ୍ତି, ଆମେ ୧୧ତମ ବର୍ଷରେ ପ୍ରବେଶ କରୁଥିବାରୁ, ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ୨୦୨୫ କେବଳ ଏକ ସ୍ମରକୀ ନୁହେଁ - ଏହା ଆମର ପ୍ରୟାସକୁ ବୃଦ୍ଧି କରିବା ଏବଂ ସମାଜର ସମସ୍ତ ବର୍ଗଙ୍କ ନିକଟରେ ଯୋଗକୁ ଉପଲବ୍ଧ କରାଇବା ଦିଗରେ ଏକ ସାମୂହିକ ଆହ୍ୱାନ। ମନ୍ତ୍ରୀ ଆନ୍ଧ୍ରପ୍ରଦେଶ ସରକାର ଏବଂ ଏହାର ମୁଖ୍ୟମନ୍ତ୍ରୀ ଏନ. ଚନ୍ଦ୍ରବାବୁ ନାଇଡୁଙ୍କ 'ଯୋଗଆନ୍ଧ୍ର' ଅଭିଯାନ ଆରମ୍ଭ କରିବା ପାଇଁ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଅବଦାନକୁ ମଧ୍ୟ ସ୍ୱୀକାର କରିଛନ୍ତି - ଯାହା ରାଜ୍ୟ ସାରା ୧୦ ଲକ୍ଷ ନିୟମିତ ଯୋଗ ଅଭ୍ୟାସକାରୀଙ୍କ ସଂଖ୍ୟାକୁ ବୃଦ୍ଧି କରିବା ପାଇଁ ଏକ ମହତ୍ୱାକାଂକ୍ଷୀ ପଦକ୍ଷେପ। ସାମ୍ବାଦିକ ସମ୍ମିଳନୀରେ, ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟର ସ୍ୱତନ୍ତ୍ର ଦାୟିତ୍ୱ ଅଧିକାରୀ ପି.ଏନ. ରଞ୍ଜିତ କୁମାର ୨୦୨୫ ମସିହା ପାଇଁ ଥିମ୍, ଦୃଷ୍ଟିକୋଣ ଏବଂ ରଣନୀତି ବିଷୟରେ ଏକ ବିସ୍ତୃତ ଉପସ୍ଥାପନା ପ୍ରଦାନ କରିଥିଲେ।

Orissa Express • 21 Jun • Ministry of Ayush

PM Modi to Lead Record-Breaking Yoga Day Event in Visakhapatnam

1,8 • PG | 223 • Sqcm | 82184 • AVE | 97.72K • Cir | Bottom Center,Bottom Right

Bhubaneshwar

ଏକାଦଶ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ

ବିଶାଖାପାଟଣାରୁ ନେତୃତ୍ୱ ନେବେ ମୋଦୀ

ନୂଆଦିଲ୍ଲୀ, ୨୦।୬
ଏକ୍ସପ୍ରେସ୍ ନ୍ୟୁଜ୍

ଏକାଦଶ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ (ଆଇଡିୱାଇ) ପାଇଁ ମଞ୍ଚ ପ୍ରସ୍ତୁତ ହୋଇଛି। ପ୍ରଧାନମନ୍ତ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦୀ ଆନ୍ଧ୍ରପ୍ରଦେଶର ବିଶାଖାପାଟଣାରୁ ଜାତୀୟ କାର୍ଯ୍ୟକ୍ରମର ନେତୃତ୍ୱ ନେଇ ମୁଖ୍ୟ ସ୍ଥାନରେ ୩ ଲକ୍ଷରୁ ଅଧିକ ଅଂଶଗ୍ରହଣକାରୀଙ୍କ ସହିତ ସାଧାରଣ ଯୋଗ ପ୍ରୋଟୋକଲ (ସିଓ୍ୱାଇପି) ପ୍ରଦର୍ଶନ କରିବେ। ତାଙ୍କ ସହିତ ଭାରତର ବିଶ୍ୱ ସୁସ୍ଥତା ଦୃଷ୍ଟିକୋଣର ଏହି ବିଶାଳ ପ୍ରଦର୍ଶନରେ କେନ୍ଦ୍ର ରାଷ୍ଟ୍ରମନ୍ତ୍ରୀ (ଆୟୁଷ) ପ୍ରତାପରାଓ ଯାଧବ ଏବଂ ଆନ୍ଧ୍ରପ୍ରଦେଶ ମୁଖ୍ୟମନ୍ତ୍ରୀ ଏନ. ଚନ୍ଦ୍ରବାବୁ ନାଇଡୁ ଯୋଗଦେବେ।

ପ୍ରଧାନମନ୍ତ୍ରୀ ବିଶାଖାପାଟଣାର ନିର୍ଦ୍ଧାରିତ ସ୍ଥାନରେ ୩ ଲକ୍ଷରୁ ଅଧିକ ଅଂଶଗ୍ରହଣକାରୀଙ୍କ ସହିତ ସାଧାରଣ ଯୋଗ ପ୍ରୋଟୋକଲ (ସିଓ୍ୱାଇପି) ପ୍ରଦର୍ଶନ କରିବେ, ଯାହା 'ଯୋଗ ସଙ୍ଗମ' ପଦକ୍ଷେପ ଅଧୀନରେ ଦେଶର ୧୦ ଲକ୍ଷରୁ ଅଧିକ ସ୍ଥାନ ସହିତ ସମନ୍ୱୟ ରକ୍ଷା କରିବ । ଏହି ସାମୂହିକ ପ୍ରଦର୍ଶନ ସକାଳ ୬ ଟା ୩୦ ମିନିଟରୁ ସକାଳ ୭ ଟା ୪୫ ମିନିଟ୍ ପର୍ଯ୍ୟନ୍ତ ଅନୁଷ୍ଠିତ ହେବ ଏବଂ ଏଥିରେ ଦେଶର ସମସ୍ତ କୋଣ-ଅନୁକୋଣରୁ ଅଭୂତପୂର୍ବ ସମାବେଶର ଆଶା କରାଯାଉଛି।

ଏକ ଅଭୂତପୂର୍ବ ସମାବେଶରେ, ରାଜ୍ୟର ୧ ଲକ୍ଷରୁ ଅଧିକ ସ୍ଥାନରେ ୨ କୋଟିରୁ ଅଧିକ ଲୋକ ଯୋଗ ଅଧିବେଶନରେ ଅଂଶଗ୍ରହଣ କରିବାର ଆଶା କରାଯାଉଛି। ଆନ୍ଧ୍ରପ୍ରଦେଶ ସରକାର ଏହି ଉତ୍ସବକୁ ପାଳନ କରିବା ପାଇଁ ଏକ ଗିନିଜ୍ ୱାର୍ଲ୍ଡ ରେକର୍ଡ ପାଇଁ ପ୍ରୟାସ ମଧ୍ୟ କରୁଛନ୍ତି। ଏହା ସହିତ, ଆନ୍ଧ୍ରପ୍ରଦେଶ ସରକାର ପଞ୍ଜୀକୃତ ଅଂଶଗ୍ରହଣକାରୀଙ୍କୁ ୫୦ ଲକ୍ଷରୁ ଅଧିକ ଯୋଗ ପ୍ରମାଣପତ୍ର ପ୍ରଦାନ କରିବେ, ଯାହା ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସର ଏହି ଦଶନ୍ଧି ସଂସ୍କରଣକୁ ଭାରତର ସ୍ୱାସ୍ଥ୍ୟ ଏବଂ ସୁସ୍ଥତା ଯାତ୍ରାରେ ଏକ ପ୍ରକୃତ ଐତିହାସିକ ମୁହୂର୍ତ୍ତ ଭାବରେ ପରିଗଣିତ କରିବ।

ବିଶାଖାପାଟଣାରେ ପାଳନର ଅଂଶ ସ୍ୱରୂପ, ଆଜି ଆନ୍ଧ୍ର ବିଶ୍ୱବିଦ୍ୟାଳୟରେ ଏକ ଉଲ୍ଲେଖନୀୟ ସୂର୍ଯ୍ୟ ନମସ୍କାର କାର୍ଯ୍ୟକ୍ରମର ଆୟୋଜନ କରାଯାଇଥିଲା, ଯେଉଁଠାରେ ପ୍ରାୟ ୨୫,୦୦୦ ଆଦିବାସୀ ପିଲା ୧୦୮ ମିନିଟରେ ୧୦୮ଟି ସୂର୍ଯ୍ୟ ନମସ୍କାର ପ୍ରଦର୍ଶନ କରିଥିଲେ। ଏହି ଅନନ୍ୟ ପଦକ୍ଷେପ ଆଦିବାସୀ ସମ୍ପ୍ରଦାୟର ଉତ୍ସାହୀ ଅଂଶଗ୍ରହଣକୁ ଉଜାଗିତ କରିଥିଲା ଏବଂ ତୃଣମୂଳ ସ୍ତରରେ ଯୋଗର ଗଭୀର ବ୍ୟାପକତାକୁ ପ୍ରତିଫଳିତ କରିଥିଲା।

ଦିଲ୍ଲୀ ମଧ୍ୟ ଏହି ଜାତୀୟ ଉତ୍ସବରେ ସକ୍ରିୟ ଭାବରେ ଅଂଶଗ୍ରହଣ କରିବାକୁ ପ୍ରସ୍ତୁତ। ଜୁନ୍ ମାସ ୨୧ ତାରିଖରେ, ରାଜଧାନୀର ୧୦୯ଟି ସ୍ଥାନରେ ଯୋଗ କାର୍ଯ୍ୟକ୍ରମ ଅନୁଷ୍ଠିତ ହେବ, ଯେଉଁଥିରେ ଐତିହାସିକ ଲାଲକିଲ୍ଲାରେ ଏକ ଭବ୍ୟ କାର୍ଯ୍ୟକ୍ରମ ଅନ୍ତର୍ଗୁଭ୍ତ। ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟର ସହଯୋଗରେ ବ୍ରହ୍ମକୁମାରୀମାନଙ୍କ ଦ୍ୱାରା ଆୟୋଜିତ ଏବଂ ମୋରାରଜୀ ଦେଶାଇ ଜାତୀୟ ଯୋଗ ପ୍ରତିଷ୍ଠାନ ଓ ଭାରତୀୟ ପ୍ରତ୍ନତତ୍ତ୍ୱ ସର୍ବେକ୍ଷଣ ସଂସ୍ଥା ଦ୍ୱାରା ଗୃହୀତ, ଲାଲକିଲ୍ଲା *(ଶେଷ ପୃଷ୍ଠା ଦେଖନ୍ତୁ)*

ବିଶାଖାପାଟଣାରୁ ନେତୃତ୍ୱ...

କାର୍ଯ୍ୟକ୍ରମ 'ଏକ ପୃଥିବୀ, ଏକ ସ୍ୱାସ୍ଥ୍ୟ ପାଇଁ ଯୋଗ' ବିଷୟବସ୍ତୁକୁ ଉଜ୍ଜୀବିତ କରିବ।

ଏହି ବର୍ଷର ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ୨୦୨୫, 'ଏକ ପୃଥିବୀ, ଏକ ସ୍ୱାସ୍ଥ୍ୟ ପାଇଁ ଯୋଗ,' ବିକାଶର ସମନ୍ୱିତ ଦୃଷ୍ଟିକୋଣକୁ ପ୍ରତିଫଳିତ କରେ। ଏହା 'ସର୍ବେ ସନ୍ତୁ ନିରାମୟ' (ସମସ୍ତେ ରୋଗ ମୁକ୍ତ ହୁଅନ୍ତୁ)ର ଭାରତୀୟ ନୀତିରୁ ଆହରଣ କରି ମାନବ ଏବଂ ବୈଶ୍ୱିକ ସ୍ୱାସ୍ଥ୍ୟର ଆନ୍ତଃସଂଯୁକ୍ତତା ଉପରେ ଗୁରୁତ୍ୱାରୋପ କରେ। ଯୋଗର ଉପକାରିତାର ସାମଗ୍ରିକ ବ୍ୟାପକତା ସୁନିଶ୍ଚିତ କରିବା ପାଇଁ, ପ୍ରଧାନମନ୍ତ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦୀ ସମସ୍ତ ଗ୍ରାମ ସରପଞ୍ଚଙ୍କୁ ଏକ ଚିଠି ଲେଖି ଉଲ୍ଲେଖ କରିଛନ୍ତି, 'ଏହା ଗର୍ବର ବିଷୟ ଯେ ଯୋଗ କେବଳ ଭାରତରେ ନୁହେଁ ବରଂ ସାରା ବିଶ୍ୱରେ ଜୀବନକୁ ସକାରାତ୍ମକ ଭାବରେ ପରିବର୍ତ୍ତନ କରିଛି। ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସର ପୂର୍ବ ସଂସ୍କରଣ ପରି, ପ୍ରଧାନମନ୍ତ୍ରୀଙ୍କ ବାର୍ତ୍ତା ଗ୍ରାମ ପଞ୍ଚାୟତଗୁଡ଼ିକରେ ନୂତନ ଉତ୍ସାହର ସଞ୍ଚାର କରିଛି, ଯାହା ଫଳରେ ତୃଣମୂଳ ସ୍ତରରେ, ବିଶେଷକରି ପଞ୍ଚାୟତ, ଅଙ୍ଗନୱାଡି ଏବଂ ସମ୍ପ୍ରଦାୟ ସ୍ୱାସ୍ଥ୍ୟ କେନ୍ଦ୍ରଗୁଡ଼ିକରେ ଯୋଗ ସମ୍ବନ୍ଧୀୟ କାର୍ଯ୍ୟକ୍ରମରେ ଉଲ୍ଲେଖନୀୟ ବୃଦ୍ଧି ଘଟିଛି।

Matrubhasa • 21 Jun • Ministry of Ayush

PM Modi to Lead Record-Breaking Yoga Day Event in Visakhapatnam

7 • PG | 145 • Sqcm | 14471 • AVE | 180K • Cir | Middle Right

Bhubaneshwar

ବିଶାଖାପାଟଣାରୁ ଏକାଦଶ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ସମାରୋହର ନେତୃତ୍ୱ ନେବେ ପ୍ରଧାନମନ୍ତ୍ରୀ

ନୂଆଦିଲ୍ଲୀ(ପିଆଇବି): ୨୧ ଜୁନ୍ ୨୦୨୫ ରେ ମହାସମାରୋହରେ ପାଳନ ହେବାକୁ ଥିବା ଏକାଦଶ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ (ଆଇଡିୱାର) ପାଇଁ ମଞ୍ଚ ପ୍ରସ୍ତୁତ ହୋଇଛି । ପ୍ରଧାନମନ୍ତ୍ରୀ ଶ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦୀ ଆନ୍ଧ୍ରପ୍ରଦେଶର ବିଶାଖାପାଟଣାରୁ ଜାତୀୟ କାର୍ଯ୍ୟକ୍ରମର ନେତୃତ୍ୱ ନେଇ ମୁଖ୍ୟ ସ୍ଥାନରେ ୩ ଲକ୍ଷରୁ ଅଧିକ ଅଂଶଗ୍ରହଣକାରୀଙ୍କ ସହିତ ସାଧାରଣ ଯୋଗ ପ୍ରୋଟୋକଲ (ସିଓ୍ୱାଇପି) ପ୍ରଦର୍ଶନ କରିବେ। ତାଙ୍କ ସହିତ ଭାରତର ବିଶ୍ୱ ସୁସ୍ଥତା ଦୃଷ୍ଟିକୋଣର ଏହି ବିଶାଳ ପ୍ରଦର୍ଶନରେ କେନ୍ଦ୍ର ରାଷ୍ଟ୍ରମନ୍ତ୍ରୀ (ଆୟୁଷ) ଶ୍ରୀ ପ୍ରତାପରାଓ ଜାଧବ ଏବଂ ଆନ୍ଧ୍ରପ୍ରଦେଶ ମୁଖ୍ୟମନ୍ତ୍ରୀ ଶ୍ରୀ ଏନ. ଚନ୍ଦ୍ରବାବୁ ନାଇଡୁ ଯୋଗଦେବେ।

ପ୍ରଧାନମନ୍ତ୍ରୀ ବିଶାଖାପାଟଣାର ନିର୍ଦ୍ଧାରିତ ସ୍ଥାନରେ ୩ ଲକ୍ଷରୁ ଅଧିକ ଅଂଶଗ୍ରହଣକାରୀଙ୍କ ସହିତ ସାଧାରଣ ଯୋଗ ପ୍ରୋଟୋକଲ (ସିଓ୍ୱାଇପି) ପ୍ରଦର୍ଶନ କରିବେ, ଯାହା 'ଯୋଗ ସଙ୍ଗମ' ପଦକ୍ଷେପ ଅଧୀନରେ ଦେଶର ୧୦ ଲକ୍ଷରୁ ଅଧିକ ସ୍ଥାନ ସହିତ ସମନ୍ୱୟ ରକ୍ଷା କରିବ। ଏହି ସାମୂହିକ ପ୍ରଦର୍ଶନ ସକାଳ ୬ ଟା ୩୦ ମିନିଟ୍‌ରୁ ସକାଳ ୭ ଟା ୪୫ ମିନିଟ୍ ପର୍ଯ୍ୟନ୍ତ ଅନୁଷ୍ଠିତ ହେବ ଏବଂ ଏଥିରେ ଦେଶର ସମସ୍ତ କୋଣ-ଅନୁକୋଣରୁ ଅଭୂତପୂର୍ବ ସମାବେଶର ଆଶା କରାଯାଉଛି।

ଏକ ଅଭୂତପୂର୍ବ ସମାବେଶରେ, ରାଜ୍ୟର ୧ ଲକ୍ଷରୁ ଅଧିକ ସ୍ଥାନରେ ୨ କୋଟିରୁ ଅଧିକ ଲୋକ ଯୋଗ ଅଧିବେଶନରେ ଅଂଶଗ୍ରହଣ କରିବାର ଆଶା କରାଯାଉଛି । ଆନ୍ଧ୍ରପ୍ରଦେଶ ସରକାର ଏହି ଉତ୍ସବକୁ ପାଳନ କରିବା ପାଇଁ ଏକ ଗିନିଜ୍ ୱାର୍ଲ୍ଡ ରେକର୍ଡ ପାଇଁ ପ୍ରୟାସ ମଧ୍ୟ କରୁଛନ୍ତି। ଏହା ସହିତ, ଆନ୍ଧ୍ରପ୍ରଦେଶ ସରକାର ପଞ୍ଜୀକୃତ ଅଂଶଗ୍ରହଣକାରୀଙ୍କୁ ୫୦ ଲକ୍ଷରୁ ଅଧିକ ଯୋଗ ପ୍ରମାଣପତ୍ର ପ୍ରଦାନ କରିବେ, ଯାହା ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସର ଏହି ଦଶନ୍ଧି ସଂସ୍କରଣକୁ ଭାରତର ସାସ୍ଥ୍ୟ ଏବଂ ସୁସ୍ଥତା ଯାତ୍ରାରେ ଏକ ପ୍ରକୃତ ଐତିହାସିକ ମୁହୂର୍ତ୍ତ ଭାବରେ ପରିଗଣିତ କରିବ।

ବିଶାଖାପାଟଣାରେ ପାଳନର ଅଂଶ ସ୍ୱରୂପ, ଆଜି ଆନ୍ଧ୍ର ବିଶ୍ୱବିଦ୍ୟାଳୟରେ ଏକ ଉଲ୍ଲେଖନୀୟ ସୂର୍ଯ୍ୟ ନମସ୍କାର କାର୍ଯ୍ୟକ୍ରମର ଆୟୋଜନ କରାଯାଇଥିଲା, ଯେଉଁଠାରେ ପ୍ରାୟ ୨୫,୦୦୦ ଆଦିବାସୀ ପିଲା ୧୦୮ ମିନିଟରେ ୧୦୮ଟି ସୂର୍ଯ୍ୟ ନମସ୍କାର ପ୍ରଦର୍ଶନ କରିଥିଲେ। ଏହି ଅନନ୍ୟ ପଦକ୍ଷେପ ଆଦିବାସୀ ସମ୍ପ୍ରଦାୟର ଉତ୍ସାହୀ ଅଂଶଗ୍ରହଣକୁ ଉଜ୍ଜୀବିତ କରିଥିଲା ଏବଂ ତୃଣମୂଳ ସ୍ତରରେ ଯୋଗର ଗଭୀର ବ୍ୟାପକତାକୁ ପ୍ରତିଫଳିତ କରିଥିଲା।

ଦିଲ୍ଲୀ ମଧ୍ୟ ଏହି ଜାତୀୟ ଉତ୍ସବରେ ସକ୍ରିୟ ଭାବରେ ଅଂଶଗ୍ରହଣ କରିବାକୁ ପ୍ରସ୍ତୁତ। ଜୁନ୍ ମାସ ୨୧ ତାରିଖରେ, ରାଜଧାନୀର ୧୦୯ଟି ସ୍ଥାନରେ ଯୋଗ କାର୍ଯ୍ୟକ୍ରମ ଅନୁଷ୍ଠିତ ହେବ, ଯେଉଁଥିରେ ଐତିହାସିକ ଲାଲକିଲ୍ଲାରେ ଏକ ଭବ୍ୟ କାର୍ଯ୍ୟକ୍ରମ ଅନ୍ତର୍ଭୁକ୍ତ। ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟର ସହଯୋଗରେ ଡ୍ରୁକୁମାରୀମାନଙ୍କ ଦ୍ୱାରା ଆୟୋଜିତ ଏବଂ ମୋରାରଜୀ ଦେଶାଇ ଜାତୀୟ ଯୋଗ ପ୍ରତିଷ୍ଠାନ ଓ ଭାରତୀୟ ପ୍ରତ୍ନତତ୍ତ୍ୱ ସର୍ବେକ୍ଷଣ ସଂସ୍ଥା ଦ୍ୱାରା ଗୃହୀତ, ଲାଲକିଲ୍ଲା କାର୍ଯ୍ୟକ୍ରମ 'ଏକ ପୃଥିବୀ, ଏକ ସାସ୍ଥ୍ୟ ପାଇଁ ଯୋଗ' ବିଷୟବସ୍ତୁକୁ ଉଜ୍ଜୀବିତ କରିବ।

Matrubhasa • 20 Jun • Ministry of Ayush

Ministry of Culture to Celebrate International Day of Yoga at 100 Iconic Tourist Destinations and 50...

6 • PG | 171 • Sqcm | 17125 • AVE | 180K • Cir | Middle Left

Bhubaneshwar

ସାରା ଭାରତରେ ୧୦୦ଟି ପ୍ରତୀକାତ୍ମକ ପର୍ଯ୍ୟଟନ ସ୍ଥଳ ଏବଂ ୫୦ଟି ସାଂସ୍କୃତିକ ସ୍ଥଳରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳନ କରିବ ସଂସ୍କୃତି ମନ୍ତ୍ରଣାଳୟ

ନୂଆଦିଲ୍ଲୀ (ପିଆରବି) : ସଂସ୍କୃତି ମନ୍ତ୍ରଣାଳୟ ସାରା ଦେଶରେ ୧୦୦ଟି ପର୍ଯ୍ୟଟନ ଭିତ୍ତିକ ପ୍ରତୀକାତ୍ମକ ସ୍ଥାନ ଏବଂ ୫୦ଟି ସାଂସ୍କୃତିକ ସ୍ଥାନରେ ଯୋଗ ଅଧିବେଶନ ଆୟୋଜନ କରି ୧୧ତମ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ (ଓୱଣ) ପାଳନ କରିବ। ଜୁନ୍ ମାସ ୨୧ ତାରିଖରେ ହେବାକୁ ଥିବା ଏହି କାର୍ଯ୍ୟକ୍ରମଗୁଡ଼ିକ ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ ଦ୍ୱାରା ବିଶାଖାପାଟଣାରେ ଆୟୋଜିତ ମୁଖ୍ୟ ଉତ୍ସବର ପରିପୂରକ ହେବ, ଯେଉଁଥିରେ ପ୍ରଧାନମନ୍ତ୍ରୀ ଶ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦୀ, ଆନ୍ଧ୍ର ପ୍ରଦେଶର ମୁଖ୍ୟମନ୍ତ୍ରୀ ଶ୍ରୀ ନାରା ଚନ୍ଦ୍ରବାବୁ ନାଇଡୁ ଏବଂ ଉପମୁଖ୍ୟମନ୍ତ୍ରୀ ଶ୍ରୀ ପବନ କଲ୍ୟାଣ ପ୍ରମୁଖ ଯୋଗ ଦେବେ। ସଂସ୍କୃତି ଏବଂ ପର୍ଯ୍ୟଟନ ମନ୍ତ୍ରୀ ଶ୍ରୀ ଗଜେନ୍ଦ୍ର ସିଂହ ଶେଖାୱତ ରାଜସ୍ଥାନ ସ୍ଥିତ ଯୋଧପୁରର ଐତିହାସିକ ମେହରାନଗଡ଼ ଦୁର୍ଗରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ କାର୍ଯ୍ୟକ୍ରମରେ ଯୋଗ ଦେବେ।

ଯୋଗ ଦିବସ ଉତ୍ସବ ଆୟୋଜନ କରୁଥିବା କେତେକ ପ୍ରମୁଖ ସ୍ଥାନଗୁଡ଼ିକ ହେଲା :

ୟୁନେସ୍କୋ ବିଶ୍ୱ ଐତିହ୍ୟ ସ୍ଥଳ ଯେପରିକି ଚାରାଇଡୋ ମାଇଦାମ୍ (ଆସାମ), ରାନୀ କି ୱାଭ୍ ଏବଂ ଧୋଲାଭିରା (ଗୁଜୁରାଟ), ହାମ୍ପି ଏବଂ ପଟ୍ଟାଡାକାଲ୍ (କର୍ଣ୍ଣାଟକ), ଖଜୁରାହୋ ଗ୍ରୁପ୍ ଅଫ୍ ସ୍ମାରକୀ ଏବଂ ସାଞ୍ଚି ସ୍ତୂପ (ମଧ୍ୟପ୍ରଦେଶ), କୋଣାର୍କ (ଓଡିଶା), ହାତୀପ୍ରଦେଶ ଗୁମ୍ଫା (ତାମିଲନାଡୁ) ଆଦି ଅର୍ନ୍ତଭୁକ୍ତ। ଗୋଲକୁଣ୍ଡା ଦୁର୍ଗ ଏବଂ ସାଲାରଜଙ୍ଗ ସଂଗ୍ରହାଳୟ (ହାଇଦ୍ରାବାଦ), ହୁମାୟୁନଙ୍କ ସମାଧି, ପୁରୁଣା କିଲା ଏବଂ ସଫଦରଜଙ୍ଗ ସମାଧି (ଦିଲ୍ଲୀ), ଜାଲିଆନୱାଲା ବାଗ (ଅମୃତସର), ଚିତ୍ତୋରଗଡ଼ ଏବଂ କୁମ୍ଭଲଗଡ଼ ଦୁର୍ଗ (ରାଜସ୍ଥାନ), ଲେହ ପ୍ୟାଲେସ (ଲଦାଖ), ପରି ମହଲ (ଶ୍ରୀନଗର), ବେକାଲ ଫୋର୍ଟ (କେରଳ), ଏବଂ ହଜାରଦୁଆର ଓ କୁଚବିହାର ପ୍ୟାଲେସ (ପଶ୍ଚିମବଙ୍ଗ) ପରି ଅନ୍ୟ କିଛି ପ୍ରମୁଖ ସାଂସ୍କୃତିକ ଏବଂ ଐତିହାସିକ ସ୍ଥଳ ମଧ୍ୟ ଅର୍ନ୍ତଭୁକ୍ତ। ସଂସ୍କୃତି ମନ୍ତ୍ରଣାଳୟ ଅଧୀନରେ ସଂଲଗ୍ନ କାର୍ଯ୍ୟାଳୟ, ଅଧୀନସ୍ଥ ସଂସ୍ଥା ଏବଂ ସ୍ୱାୟତ୍ତ ପ୍ରତିଷ୍ଠାନଗୁଡ଼ିକ ଏହି ସର୍ବଭାରତୀୟ ପଦକ୍ଷେପ କାର୍ଯ୍ୟକାରୀ କରିବାରେ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଭୂମିକା ଗ୍ରହଣ କରୁଛନ୍ତି, ଯାହା ଭାରତର ସାଂସ୍କୃତିକ ଐତିହ୍ୟକୁ ଯୋଗର ସୁସ୍ଥତା ପରମ୍ପରା ସହିତ ଯୋଡ଼ିବା ପାଇଁ ମନ୍ତ୍ରଣାଳୟର ପ୍ରତିବଦ୍ଧତାକୁ ସୁଦୃଢ଼ କରୁଛି।

Matrubhasa • 19 Jun • Ministry of Ayush

History Already Created: Yoga Sangam Event Registrations Surpass 4 Lakh mark

2 • PG | 135 • Sqcm | 13510 • AVE | 180K • Cir | Middle Center

Bhubaneshwar

ଇତିହାସ ସୃଷ୍ଟି ହୋଇସାରିଛି : ଯୋଗ ସଂଗମ କାର୍ଯ୍ୟକ୍ରମ ପଂଜୀକରଣ ୪ ଲକ୍ଷ ଟପିଲା

ନୂଆଦିଲ୍ଲୀ (ପିଆଇବି) : ସ୍ୱାସ୍ଥ୍ୟ ପାଇଁ ଏକତାର ଏକ ଚମତ୍କାର ପ୍ରଦର୍ଶନ ସ୍ୱରୂପ, ୧୧ତମ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ (ଆଇଡିୱାଇ) ୨୦୨୫ର ମୁଖ୍ୟ କାର୍ଯ୍ୟକ୍ରମ, ଯୋଗ ସଙ୍ଗମ ପାଇଁ ପଞ୍ଜୀକରଣ ସଂଖ୍ୟା ଐତିହାସିକ ୪ ଲକ୍ଷ ଅତିକ୍ରମ କରିଛି । ଏହା ପାରମ୍ପରିକ ଅଭ୍ୟାସ ମାଧ୍ୟମରେ ସାମଗ୍ରିକ ସ୍ୱାସ୍ଥ୍ୟ ହାସଲ କ୍ଷେତ୍ରରେ ବିଶ୍ୱର ଆଲୋକବର୍ତ୍ତିକାଭାବେ ଭାରତର ଭୂମିକାକୁ ପୁଣି ପ୍ରମାଣିତ କରିଛି । ଉଲ୍ଲେଖଯୋଗ୍ୟ ଯେ ଏପର୍ଯ୍ୟନ୍ତ ଦେଶରେ କୌଣସି କାର୍ଯ୍ୟକ୍ରମ ଏତେ ବିଶାଳ ଅଂଶଗ୍ରହଣ ହାସଲ କରିନାହିଁ। ୨୧ ଜୁନରେ ଏହି ଐତିହାସିକ ଯୋଗାଭ୍ୟାସ ପ୍ରଦର୍ଶନ ଦେଶର ଲକ୍ଷ ଲକ୍ଷ ସ୍ଥାନରେ ଏକକାଳୀନ ହେବ, ଯାହା ଭାରତର ସୁସ୍ଥତା ଯାତ୍ରାରେ ଏକ ମାଇଲଖୁଣ୍ଟ ସାବ୍ୟସ୍ତ ହେବ। ଏହି ଦେଶବ୍ୟାପୀ ଆୟୋଜନର ସବୁଠାରୁ ଚମତ୍କାର ପ୍ରଦର୍ଶନ ବିଶାଖାପାଟଣାରେ ହେବ ଯେଉଁଠାରେ ପ୍ରଧାନମନ୍ତ୍ରୀ ଶ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦୀ, ଆନ୍ଧ୍ର ପ୍ରଦେଶର ମୁଖ୍ୟମନ୍ତ୍ରୀ ଶ୍ରୀ ଚନ୍ଦ୍ରବାବୁ ନାଇଡୁ ଏବଂ କେନ୍ଦ୍ର ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟର ରାଷ୍ଟ୍ରମନ୍ତ୍ରୀ (ସ୍ୱାଧୀନ ଦାୟିତ୍ୱ) ଏବଂ ସ୍ୱାସ୍ଥ୍ୟ ଏବଂ ପରିବାର କଲ୍ୟାଣ ରାଷ୍ଟ୍ରମନ୍ତ୍ରୀ ଶ୍ରୀ ପ୍ରତାପରାଓ ଜାଧବ ୫ ଲକ୍ଷରୁ ଅଧିକ ଯୋଗ ଉତ୍ସାହୀଙ୍କ ସହିତ ଯୋଗାଭ୍ୟାସ ପ୍ରଦର୍ଶନ କରିବେ। ଯୋଗ ସଙ୍ଗମ, ଜୁନ୍ ୨୧,୨୦୨୫ ରେ ସକାଳ ୬.୩୦ ରୁ ୭.୪୫ପର୍ଯ୍ୟନ୍ତ ଅନୁଷ୍ଠିତ ହେବାକୁ ଯାଉଛି । ଏହା ଏପର୍ଯ୍ୟନ୍ତର ସବୁଠାରୁ ବଡ ସାମୁହିକ ଯୋଗ କାର୍ଯ୍ୟକ୍ରମ ହେବାକୁ ଯାଉଛି, ଯେଉଁଥିରେ ଲକ୍ଷ ଲକ୍ଷ ଅନୁଷ୍ଠାନ, ସଂଗଠନ ଏବଂ ସମ୍ପ୍ରଦାୟ ଏକତ୍ର ଅଂଶଗ୍ରହଣ କରିବେ। ରାଜସ୍ଥାନ ଏହି ଅଭିଯାନରେ ଆଗୁଆ ରହିଛି, ଯେଉଁଠାରେ ୧,୩୮,୦୩୩ଟି ସଂଗଠନ ପଂଜୀକରଣ କରିଛନ୍ତି । ଏହା ପରେ ଦ୍ୱିତୀୟ ସ୍ଥାନରେ ଅନ୍ଧ୍ର ପ୍ରଦେଶ (୧,୩୮,୦୩୩ଟି ପଂଜୀକରଣ), ଉତ୍ତର ପ୍ରଦେଶ (୧,୦୧,୭୬୭ଟି ପଂଜୀକରଣ), ମଧ୍ୟପ୍ରଦେଶ (୨୬,୧୫୯ଟି ପଂଜୀକରଣ), ଗୁଜୁରାଟ (୧୯,୯୫୧ଟି ପଂଜୀକରଣ) ଓ ହିମାଚଳ ପ୍ରଦେଶ (୧୨,୦୦୦ଟି ପଂଜୀକରଣ)। ଏହି ଉତ୍ସାହଜନକ ଅଂଶଗ୍ରହଣ ଚଳିତ ବର୍ଷର ବିଷୟବସ୍ତୁ - 'ଏକ ପୃଥିବୀ ଏକ ସ୍ୱାସ୍ଥ୍ୟ ପାଇଁ ଯୋଗ' ନିମନ୍ତେ ବ୍ୟାପକ ଉତ୍ସାହକୁ ପ୍ରତିଫଳିତ କରେ । ଏହା ଏକ ବାର୍ତ୍ତା ଯାହା ଯୋଗକୁ ବିଶ୍ୱ ଏବଂ ବ୍ୟକ୍ତିଗତ ସୁସ୍ଥତା ସହିତ ଯୋଡ଼େ। ଆଇଆଇଟି ଏବଂ ଆଇଆଇଏମ ଠାରୁ ଆରମ୍ଭ କରି ତୃଣମୂଳ ସ୍ତରର ଏନଜିଓ ଏବଂ ଅଗ୍ରଣୀ କର୍ପୋରେଟ ପର୍ଯ୍ୟନ୍ତ, ବିଭିନ୍ନ କ୍ଷେତ୍ରର ପ୍ରତିଷ୍ଠାନ ଏହି ଆହ୍ୱାନକୁ ଗ୍ରହଣ କରୁଛନ୍ତି।

Matrubhasa • 16 Jun • Ministry of Ayush

Visakhapatnam gears up for International Yoga Day

2 • PG | 337 • Sqcm | 33681 • AVE | 180K • Cir | Bottom Right

Bhubaneshwar

ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ୨୦୨୫ ମସିହା ପାଇଁ ପ୍ରସ୍ତୁତି

ବିଶାଖାପାଟଣା ବରିଷ୍ଠ ଅଧିକାରୀମାନଙ୍କ ଦ୍ୱାରା ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ସମୀକ୍ଷା ବୈଠକ

ନୂଆଦିଲ୍ଲୀ (ପିଆଇବି) : ଭାରତ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ (ଓଉଣ)ର ଦଶନ୍ଧି ପାଳନ କରିବାକୁ ପ୍ରସ୍ତୁତ ହେଉଥିବା ବେଳେ, ୧୧ତମ ସଂସ୍କରଣ ପାଇଁ ଜାତୀୟ ଆୟୋଜକ ଭାବରେ ମନୋନୀତ ବିଶାଖାପାଟଣା ସହରରେ ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ ଏବଂ ଆନ୍ଧ୍ର ପ୍ରଦେଶ ସରକାରଙ୍କ ବରିଷ୍ଠ ଅଧିକାରୀଙ୍କ ଦ୍ୱାରା ଏକ ବ୍ୟାପକ କ୍ଷେତ୍ର ପରିଦର୍ଶନ ଏବଂ ଉଚ୍ଚସ୍ତରୀୟ ସମୀକ୍ଷା ବୈଠକ ଅନୁଷ୍ଠିତ ହୋଇଯାଇଛି। ଏହି ସମୀକ୍ଷା ଏପରି ଏକ ସମୟରେ ଆସିଛି ଯେତେବେଳେ ପ୍ରଧାନମନ୍ତ୍ରୀଙ୍କ ତୃଣମୂଳ ସ୍ତରରେ ଶେଷ ବ୍ୟକ୍ତି ପର୍ଯ୍ୟନ୍ତ ଯୋଗକୁ ପହଞ୍ଚାଇବା ପାଇଁ କରାଯାଇଥିବା ପଦକ୍ଷେପ ଯୋଗୁଁ ଦେଶବ୍ୟାପୀ ପ୍ରସ୍ତୁତି ଦ୍ରୁତ ଗତିରେ ଚାଲିଛି। ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟର ସଚିବ ବୈଦ୍ୟ ରାଜେଶ କୋଟେଚା ଏବଂ ଆନ୍ଧ୍ର ପ୍ରଦେଶ ସରକାରଙ୍କ ସ୍ୱତନ୍ତ୍ର ମୁଖ୍ୟ ସଚିବ ଶ୍ରୀ କେ. ବିଜୟାନନ୍ଦଙ୍କ ନେତୃତ୍ୱରେ ତୃଣମୂଳ ସ୍ତରରେ ହୋଇଥିବା ଯାଞ୍ଚରେ ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟର ଯୁଗ୍ମ ସଚିବ ସୁଶ୍ରୀ ମୋନାଲିସା ଦାଶ, ଜିଲ୍ଲା କଲେକ୍ଟର ଏମ୍.ଏନ୍. ହରେନ୍ଧିର ପ୍ରସାଦଙ୍କ ଭଳି ବରିଷ୍ଠ ଅଧିକାରୀ ଏବଂ ସ୍ୱାସ୍ଥ୍ୟ, ନଗର ଯୋଜନା, ଆୟୁଷ ଏବଂ ଜିଏମ୍ଆରଡିଏ ସମେତ ପ୍ରମୁଖ ବିଭାଗର ମୁଖ୍ୟମାନେ ସାମିଲ ଥିଲେ। ମୁଖ୍ୟ ସ୍ଥାନଗୁଡ଼ିକ - ଆରକେ ବିଚ୍, ରଷିକଣ୍ଡା ବିଚ୍, ଆନ୍ଧ୍ର ବିଶ୍ୱବିଦ୍ୟାଳୟ ଏବଂ ଜିଆଇଟିଏମ୍ ବିଶ୍ୱବିଦ୍ୟାଳୟ - ସେମାନଙ୍କର ସାମୂହିକ ପରିଦର୍ଶନ ଏହି କାର୍ଯ୍ୟକ୍ରମର ପରିକଳ୍ପନା ଏବଂ ଗମ୍ଭୀରତାକୁ ସ୍ପଷ୍ଟ କରିଥିଲା। ଏହି ସ୍ଥାନଗୁଡ଼ିକ କେବଳ ମୁଖ୍ୟ ଯୋଗ ପ୍ରଦର୍ଶନର ଆୟୋଜନ କରିବ ନାହିଁ ବରଂ ଏହା ସାଂସ୍କୃତିକ, ଶିକ୍ଷାଗତ ଏବଂ ସ୍ୱାସ୍ଥ୍ୟଗତ ପ୍ରସ୍ତୁତା

ାର୍ଯ୍ୟକଳାପର କେନ୍ଦ୍ର ଭାବରେ ମଧ୍ୟ କାର୍ଯ୍ୟ କରିବ, ଯାହା ପ୍ରଧାନମନ୍ତ୍ରୀଙ୍କ ଯୋଗକୁ ଏକ ଲୋକ-କେନ୍ଦ୍ରିକ ଆନ୍ଦୋଳନ ଭାବରେ ପରିଗଣିତ ହେବା ସହିତ ପ୍ରତିଧ୍ୱନିତ ହେବ। ସମୀକ୍ଷା ସମୟରେ, ଆନ୍ତଃବିଭାଗୀୟ ସମନ୍ୱୟ, ଗତିଶୀଳତା ରଣନୀତି, ସୁରକ୍ଷା ପ୍ରୋଟୋକଲ୍ ଏବଂ ସାଂସ୍କୃତିକ ସମନ୍ୱୟ ଉପରେ ବିସ୍ତୃତ ଆଲୋଚନା କରାଯାଇଥିଲା। ଯୋଗକୁ ଏକ ଗଣ ଆନ୍ଦୋଳନରେ ପରିଣତ କରିବାର ଜାତୀୟ ମହତ୍ତ୍ୱାକାଂକ୍ଷା ସହିତ ପଦକ୍ଷେପଗୁଡ଼ିକ ସମନ୍ୱିତ ହେବା ନିଶ୍ଚିତ କରିବା ପାଇଁ ଭିତ୍ତିଭୂମି ପ୍ରସ୍ତୁତି ଏବଂ ଜନସାଧାରଣଙ୍କ ଭାଗୀଦାରୀ ଉପରେ ବିଶେଷ ଗୁରୁତ୍ୱ ଦିଆଯାଇଥିଲା।

ଅଧିକାରୀମାନେ ସମୀକ୍ଷା କରିଥିଲେ ଯେ ବିଭିନ୍ନ ବିଭାଗ କିପରି ସହଯୋଗର ଭାବନାରେ ଏକାଠି ହେଉଛନ୍ତି, ଯାହା ପ୍ରଧାନମନ୍ତ୍ରୀଙ୍କ ଦୃଷ୍ଟିକୋଣକୁ ପ୍ରତିଫଳିତ କରେ ଯେ ଯୋଗ ସାମୂହିକ କଲ୍ୟାଣ ପାଇଁ ଅନୁଷ୍ଠାନ ଏବଂ ସମ୍ପ୍ରଦାୟକୁ ଏକତ୍ର କରିବା ଉଚିତ। ଆନ୍ଧ୍ରପ୍ରଦେଶର ପ୍ରୟାସର କେନ୍ଦ୍ରବିନ୍ଦୁ ହେଉଛି ଅଗ୍ରଣୀ ଢଭଙ୍କକ୍ଟ୍ସ;ଯୋଗାଧ୍ରଢଭଙ୍କକ୍ଟ୍ସ; ପଦକ୍ଷେପ, ଯାହାର ଲକ୍ଷ୍ୟ ରାଜ୍ୟ ସାରା ଦୁଇ କୋଟିରୁ ଅଧିକ ନାଗରିକଙ୍କ ପାଇଁ ଯୋଗକୁ ଏକ ଦୈନନ୍ଦିନ ଅଭ୍ୟାସରେ ପରିଣତ କରିବା। ସମାଜକୁ ବ୍ୟାପକ ପରିମାଣରେ ସଂଗଠିତ କରିବା ପାଇଁ ଡିଜାଇନ୍ କରାଯାଇଥିବା ଯୋଗାନ୍ଧ୍ରରେ ଗଣ ସଚେତନତା ଅଭିଯାନ, ସ୍କୁଲ ଏବଂ ବିଶ୍ୱବିଦ୍ୟାଳୟରେ ଯୋଗ ଶିବିର ଏବଂ ୨୦ ଲକ୍ଷ ଯୋଗ ଅଭ୍ୟାସକାରୀଙ୍କ ଏକ ପ୍ରମାଣିତ ପୁଲ ସୃଷ୍ଟି କରିବା ପାଇଁ ଏକ ଲକ୍ଷ୍ୟବଦ୍ଧ ଯୋଜନା ଅନ୍ତର୍ଭୁକ୍ତ। ରାଜ୍ୟ ସାରା ଏକ ଲକ୍ଷ ସ୍ଥାନରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳନର ଯୋଜନା ଏବଂ କେବଳ ବିଶାଖାପାଟଣାରେ ପାଞ୍ଚ ଲକ୍ଷ ଅଂଶଗ୍ରହଣକାରୀଙ୍କ ଆଶା ସହିତ, ଏହି ପଦକ୍ଷେପ ଯୋଗକୁ ପ୍ରକୃତରେ ଅନ୍ତର୍ଭୁକ୍ତ, ସୁଗମ ଏବଂ ପରିବର୍ତ୍ତନକାରୀ କରିବା ପାଇଁ ପ୍ରଧାନମନ୍ତ୍ରୀଙ୍କ ଆହ୍ୱାନର ଏକ ଶକ୍ତିଶାଳୀ ପ୍ରତିଫଳନ। ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ ଆନ୍ଧ୍ର ପ୍ରଦେଶ ସରକାରଙ୍କ ସକ୍ରିୟ ନେତୃତ୍ୱକୁ ପ୍ରଶଂସା କରି କହିଛି ଯେ ରାଜ୍ୟର ମହତ୍ୱାକାଂକ୍ଷୀ ସ୍କେଲ ଏବଂ ତୃଣମୂଳ ସ୍ତରରେ ସମ୍ପୃକ୍ତି ମଡେଲ ଭାରତୀୟ ପରମ୍ପରାରେ ମୂଳ ଏକ ବିଶ୍ୱ ସୁସ୍ଥତା ଅଭିଯାନ ଭାବରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସର ବିକଶିତ ଭାବନାକୁ ପ୍ରତିଫଳିତ କରୁଛି। ଜୁନ୍ ମାସ ୨୧ ତାରିଖ ପାଖେଇ ଆସିବା ସହିତ, ବିଶାଖାପାଟଣା ଯୋଗ କିପରି ସମ୍ପ୍ରଦାୟଗୁଡ଼ିକୁ ଯୋଡିପାରିବ, ବିକାଶ ବୃଦ୍ଧି କରିପାରିବ ଏବଂ ଢଭଙ୍କକ୍ଟ୍ସ;ଏକ ପୃଥିବୀ, ଏକ ସ୍ୱାସ୍ଥ୍ୟ ପାଇଁ ଯୋଗଢଭଙ୍କକ୍ଟ୍ସ; ପ୍ରତି ଭାରତର ପ୍ରତିବଦ୍ଧତାକୁ ପ୍ରତିଫଳିତ କରିପାରିବ ତାହା ପ୍ରଦର୍ଶନ କରିବାକୁ ପ୍ରସ୍ତୁତ ରହିଛି।

Goan Varta • 21 Jun • Ministry of Ayush

15,000 yoga programs in the state today, 4 lakh people will perform yoga

3 • PG | 231 • Sqcm | 17346 • AVE | 225K • Cir | Bottom Left

Goa

राज्यात आज १५,००० योग कार्यक्रम, ४ लाख लोक करणार योगसाधना

प्रतिनिधी । गोवन वार्ता

पणजी : जागतिक योग दिनानिमित्त शनिवारी राज्यात १५,००० कार्यक्रमांचे आयोजन केले असून अंदाजे ४ लाख लोक योगसाधना करतील. शैक्षणिक संस्थांसह सरकारी कार्यालयांकडून ही माहिती मिळाली. शैक्षणिक संस्था, सरकारी कार्यालये, खासगी संस्था आणि पंचायत पातळीवर योगासन कार्यक्रम आयोजित केले जात आहेत.

पहिली ते बारावीपर्यंतचे २,६०,००० विद्यार्थी योगासन कार्यक्रमात सहभागी होतील, असे शिक्षण संचालक शैलेश झिंगडे यांनी सांगितले. सरकारी कार्यालये, नगरपालिका, पंचायती आणि महामंडळांमध्ये लाखो लोक योगसाधना करतील. याशिवाय पतंजली, दिशा फाऊंडेशन, ब्रह्मकुमारी आणि दत्त पद्मनाभ पीठ यासारख्या विविध संस्थांकडून योगासन कार्यक्रम आयोजित केले जातील.

मुख्य सरकारी कार्यक्रम श्यामाप्रसाद मुखर्जी स्टेडियममध्ये सकाळी होईल. याशिवाय पेडे स्पोर्ट्स कॉम्प्लेक्स, नावेली-मडगाव इनडोअर स्टेडियम येथे उपक्रम आयोजित केले जातील.

मधुमेह आणि उच्च रक्तदाब यांसारख्या आजारांवर नियंत्रण ठेवण्यास योग मदत करतो. गोवा निरोगी आणि बलवान बनवण्यासाठी सर्वांनी योगासने करावी, असे आवाहन मुख्यमंत्री सावंत यांनी केले आहे.

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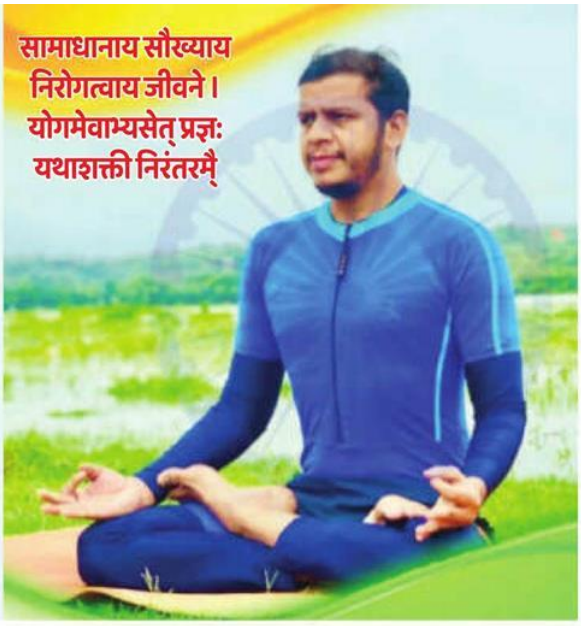
Yoga is important for health

3 • PG | 691 • Sqcm | 51824 • AVE | 225K • Cir | Middle Left

Goa

या वर्षीच्या योग दिनाची थीम अत्यंत विचारप्रवर्तक आहे. एक पृथ्वी, एक आरोग्यासाठी योग होय. ही संकल्पना केवळ आरोग्याच्या सीमित व्याखेत न अडकता, मानव, निसर्ग, आणि पर्यावरण यांच्यातील जैविक संबंध अधोरेखित करते.

आरोग्यासाठी योग महत्त्वपूर्ण



प्रत्येक वर्षी २१ जून रोजी आपण योग दिवस साजरा करतो. २०१४ मध्ये भारताच्या पुढाकाराने संयुक्त राष्ट्र संघाने या दिवशी अधिकृत मान्यता दिली आणि तेव्हापासून हा भारताच्या प्राचीन ज्ञानसंपदेचा मानसिक व शिरीरिक आरोग्याचा जागतिक उत्सव ठरला. श्री दत्त पद्मनाभ पीठ पीठाधीश्वर ब्रह्मेशानंद स्वामींच्या मार्गदर्शनाखाली सदगुरु योग गुरुकुल, तपोभूमी तथा भारत सरकारच्या आयुष मंत्रालय व गोवा सरकारच्या संयुक्त विद्यामाने २१ जून रोजी देशभरात भव्य प्रमाणावर योग दिनाचे आयोजन करण्यात आले आहे. शाळा, महाविद्यालय, आरोग्य संस्था, सर्व सरकारी कर्मचारी संघटनांचा सहभाग आहे.

या वर्षीच्या योग दिनाची थीम अत्यंत विचारप्रवर्तक आहे. एक पृथ्वी, एक आरोग्यासाठी योग होय. ही संकल्पना केवळ आरोग्याच्या सीमित व्याखेत न अडकता, मानव, निसर्ग, आणि पर्यावरण यांच्यातील जैविक संबंध अधोरेखित करते. आपले आरोग्य हे पृथ्वीच्या पर्यावरणाशी, नैसर्गिक, मानसिक, समतोलनाशी जोडलेले आहे. योग म्हणजे केवळ शरीराच्या हालचाली नाहीत तर तो एक समग्र जीवनमार्ग आहे. असा मार्ग जो आपल्या शारीरिक, मानसिक, भावनिक आणि अध्यात्मिक कल्याणाकडे मानवाला नेतो. आज योग हा भारताच्या सीमा ओलांडून जगभर पोहोचला आहे. अमेरिका, युरोप, आशिया, आफ्रिका अशा सर्वच खंडामध्ये योगाभ्यास करणाऱ्यांची संख्या वाढत आहे. लाखो लोक आपल्या रोजच्या जीवनशैलीत योगाचा समावेश करत आहेत. योगामुळे तणाव कमी होतो. मन शांत होते. विचारशक्ती वाढते आणि एकाग्रता निर्माण होतो. हेच त्याच्या लोकप्रियतेचे खरे कारण आहे. चला, या योगदिनी आपण सर्वजण एकत्र येऊ, योगाभ्यास करू आणि आरोग्यपूर्ण, संतुलित जीवन शैलीचा स्वीकार करू.

- योगाचार्य कुशल सूर्या करमळकर

Goan Varta • 20 Jun • Ministry of Ayush

Chief Minister appeals to create a 'healthy and strong Goa' through yoga practices

3 • PG | 426 • Sqcm | 31927 • AVE | 225K • Cir | Middle Right

Goa

योग साधनेतून 'स्वस्थ आणि सशक्त गोवा' घडविण्याचे मुख्यमंत्र्यांचे आवाहन

रविवार, २१ जून रोजी गोव्यात १५ हजार ठिकाणी योग दिन

प्रतिनिधी । गोवन वार्ता

पणजी : मधुमेह, उच्च रक्तदाब या व्याधींसह मानसिक आरोग्य राखण्यासाठी योगासने उपयोगी ठरतात. आंतरराष्ट्रीय योग दिनाचे औचित्य साधून प्रत्येकाने स्वत:च्या आरोग्यासाठी योगासने करावीत. योगासनाच्या आधारे स्वस्थ गोवा, सशक्त गोवा करण्यास प्रत्येकाने हातभार लावावा, असे आवाहन मुख्यमंत्री डॉ. प्रमोद सावंत यानी केले आहे. आंतरराष्ट्रीय योग दिनानिमित्त २१ जून रोजी गोव्यात १० ते १५ हजार ठिकाणी योगासनाचे कार्यक्रम होणार असल्याचेही मुख्यमंत्र्यांनी सांगितले.

देशाच्या इतर भागांसह संपूर्ण गोव्यात २१ जून रोजी आंतरराष्ट्रीय योग दिन साजरा केला जाणार आहे. शाळा, विद्यालये, सरकारी कार्यालये, पोलीस स्थानके, पंचायती मिळून प्रत्येक गावात योग दिनाचे कार्यक्रम होणार आहेत. मुख्य कार्यक्रम सकाळी ६ ते ८.३० पर्यंत ताळगाव येथील डॉ. श्यामा-प्रसाद मुखर्जी स्टेडियमात होणार आहे. भारत स्वाभिमान ट्रस्ट, दिशा चॅरिटेबल ट्रस्ट, आयुर्वेदिक महाविद्यालय तसेच अन्य संस्थांच्या आधारे गोव्यात ठिकठिकाणी योग कार्यक्रम होणार आहेत. या आयोजित कार्यक्रमाची नोंदणी 'योगसंगम' या वेबसाईटवर आयोजकांनी करावी, अशी माहिती मुख्यमंत्री डॉ. प्रमोद सावंत यांनी दिली.

काही सरकारी कार्यालयांत योग शिक्षकांची व्यवस्था

आंतरराष्ट्रीय योग दिनाच्या तयारीचा आढावा घेण्यासाठी मुख्यमंत्र्यांच्या अध्यक्षतेखाली गुरुवारी बैठक झाली. सरकारी कार्यालये तसेच शिक्षण संस्थांसह आयुर्वेदिक महाविद्यालय, शिरोडा, ब्रह्मकुमारी, दिशा फाऊंडेशन, आर्ट ऑफ लिव्हिंग, ओमनिती वेदाश्रम, दत्त पद्मनाभ पीठ या संस्थांनी योग कार्यक्रमांचे आयोजन केले आहे. काही संस्था योग कार्यक्रमासाठी सरकारी कार्यालयांत शिक्षकांची व्यवस्था करणार आहेत.

Goan Varta • 20 Jun • Ministry of Ayush

Please provide information about Yoga Day Events on the portal of the Ministry of AYUSH!

3 • PG | 297 • Sqcm | 22252 • AVE | 225K • Cir | Middle Center

Goa

योग दिनाच्या कार्यक्रमांची माहिती आयुष मंत्रालयाच्या पोर्टलवर द्या!

राज्यातील शाळांना शिक्षण खात्याकडून निर्देश

प्रतिनिधी। गोवन वार्ता

पणजी : 'एक पृथ्वी, एक आरोग्यासाठी योग' ही अकराव्या आंतरराष्ट्रीय योग दिनाची थिम आहे. यासाठी या दिवशी राज्यातील सरकारी आणि अनुदानित शाळा तसेच उच्च माध्यमिक विद्यालयांनी यात सहभागी होऊन आपले योग दिनाचे कार्यक्रम आयुष मंत्रालयाच्या पार्टलवर अपलोड करावेत. तसेच प्रत्येक शाळेने पंतप्रधान नरेंद्र मोदी यांच्या भाषणाचे थेट प्रक्षेपण दाखवावे, असे निर्देश शिक्षण संचालनालयाने परिपत्रकाद्वारे दिले आहेत.

जागतिक आरोग्य आणि एकता या भारताच्या वचनबद्धतेला बळकटी देण्यासाठी योग संगम उपक्रमाखाली आयुष मंत्रालयाने देशभरातील शैक्षणिक संस्थांच्या सहकार्याने १ लाख योग कार्यक्रम आयोजित करण्याचे निश्चित केले आहे.

यावियी शिक्षण संचालनालयाने परिपत्रक काढून या कार्यक्रमांविषयीची सविस्तर माहिती सर्व सरकारी, अनुदानित, बिगर अनुदानित प्राथमिक, माध्यमिक, उच्च माध्यमिक आणि विशेष मुलांच्या शाळांना दिली आहे. २१ जून रोजीचे योग कार्यक्रम शैक्षणिक संस्थांनी आयुष मंत्रालयाच्या पोर्टलवर नोंद करावेत. तसेच सकाळी ६.३० ते ७.४५ दरम्यान विद्यार्थी, शिक्षक आणि कर्मचारी योग कार्यक्रमात मोठ्या प्रमाणात सहभागी होतील, हे निश्चित करावे. योग कार्यक्रमानंतर त्याचे फोटो योग संगम पोर्टलवर अपलोड करावेत, असे निर्देश देण्यात आले आहेत.

पंतप्रधानांच्या भाषणाचे प्रक्षेपण करा!

२१ रोजी सकाळी ६.३० वाजता पंतप्रधान नरेंद्र मोदी देशाला संबोधित करतील आणि त्यांच्या भाषणाचे थेट प्रक्षेपण केले जाणार आहे. राज्यातील सर्व शाळांनी पंतप्रधानांच्या भाषणाचे थेट प्रक्षेपण विद्यार्थ्यांना दाखविण्याची सोय करावी, असे निर्देश शिक्षण संचालक शैलेश झिंगडे यांनी परिपत्रकाद्वारे दिले आहेत.

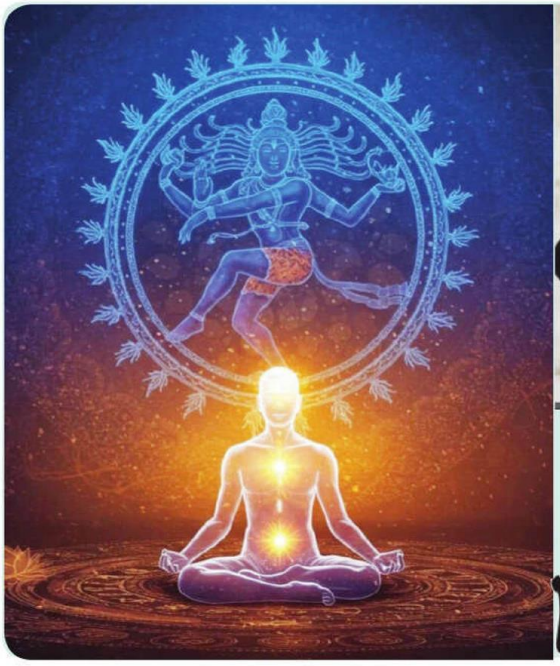
Goan Varta • 18 Jun • Ministry of Ayush

Yoga is skill in actions

20 • PG | 1880 • Sqcm | 141001 • AVE | 225K • Cir | Top Left

Goa

वैद्य कृपा नारायण नाईक



योग हे भारताचे एक अमूल्य आणि प्राचीन शास्त्र आहे. 'योग' हा शब्द 'युज्' या संस्कृत धातूपासून बनलेला असून त्याचा अर्थ आहे 'एकत्र करणे', 'जोडणे': आत्मा आणि परमात्म्याचे मिलन हे योगाचे अंतिम उद्दिष्ट मानले गेले आहे.

योग: कर्मसु कौशलम्

श्री मद्भगवद्गीतेत भगवान श्रीकृष्ण अर्जुनाला सांगतात,

''तपस्विभ्योऽधिको योगी ज्ञानिभ्योऽपि मतोऽधिकः। कर्मिभ्यश्चाधिको योगी तस्माद्योगी भवार्जुन॥''

या श्लोकाचा अर्थ असा आहे की योगी हा तपस्वी, ज्ञानी आणि कर्मकांडी यांच्यापेक्षा श्रेष्ठ आहे. म्हणून, हे अर्जुना, तू योगी हो.

योगी फक्त शरीरसामर्थ्य किंवा ज्ञानार्जनात कुशल नसतो, तर तो आपल्या चित्तावर प्रभुत्व मिळवून अंतर्मुख होतो आणि परमेश्वराशी नाते जोडतो. तो कर्म करतो, पण फळाची अपेक्षा ठेवत नाही.

योग हे भारताचे एक अमूल्य आणि प्राचीन शास्त्र आहे. 'योग' हा शब्द 'युज्' या संस्कृत धातूपासून बनलेला असून त्याचा अर्थ आहे 'एकत्र करणे', 'जोडणे'. आत्मा आणि परमात्म्याचे मिलन हे योगाचे अंतिम उद्दिष्ट मानले गेले आहे.

योगशास्त्रातील अष्टांग योग म्हणजे पतंजली योगसूत्रांनी सांगितलेला आठ अंगे असलेला मार्ग. आज अनेक ठिकाणी योगशास्त्राला फक्त 'फिटनेस' किंवा 'वजन कमी करण्याचे साधन' म्हणून पाहिले जाते, पण प्रत्यक्षात योग हा एक आध्यात्मिक आणि नैतिक ज्ञान देणारे शस्त्र आहे.

महर्षी पतंजलींनी योगशास्त्राचे तत्त्वज्ञान सूत्ररूपात मांडले. आज तीच सूत्रे पतंजली योगसूत्रे म्हणून विश्वभर प्रसिद्ध आहेत.

महर्षी पतंजली यांनी अष्टांग योगाचा उपदेश दिला ती आठ अंगे म्हणजे - यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान आणि समाधी. केवळ शारीरिक नव्हे, तर मानसिक व आध्यात्मिक उन्नती हाच या मार्गाचा उद्देश आहे.

२०१४ साली नरेंद्र मोदी यांनी संयुक्त राष्ट्रसंघात केलेल्या योगशास्त्राविषयीच्या प्रभावी भाषणानंतर, २१ जून हा 'आंतरराष्ट्रीय योग दिन' म्हणून घोषित करण्यात आला. त्यानंतर भारतातच नव्हे तर संपूर्ण जगात योगप्रशिक्षण, शिबिरे, योगदिन, सोशल मीडिया चळवळी सुरू झाल्या. योग फक्त भारतापुरते मर्यादित न राहता अमेरिका, युरोप, ऑस्ट्रेलिया, आफ्रिका या देशांमध्येही लोकप्रिय झाले.

''योग: कर्मसु कौशलम्'' असे भगवान श्रीकृष्ण अर्जुनाला उद्देशून म्हणाले. आपले कर्म कुशलतापूर्वक करणे म्हणजे योग होय.

जेव्हा मन स्थिर असते, तेव्हा विचार स्पष्ट असतात. जेव्हा विचार स्पष्ट असतात, तेव्हा कृती योग्य होते. जेव्हा कृती योग्य असते, तेव्हा जीवनात संतुलन, प्रगती आणि समाधान मिळते.

योगशास्त्राच्या माध्यमातून मनावर नियंत्रण मिळवले की, आपण आपल्या कर्मात कौशल्य प्राप्त करू शकतो, म्हणजेच प्रत्येक कृतीत दक्षता, मन:पूर्वक उपस्थित राहणे, तणावविरहित निर्णय घेणे आणि परिणामाशी न अडकता समर्पणभावाने काम करणे.

● योग म्हणजे आत्मअनुशासन

योग शिस्त शिकवतो. अनुशासन म्हणजे बाहेरून लादलेली सक्ती नव्हे, तर स्वत:च्या आतून निर्माण होणारी शिस्त.

शरीरावर नियंत्रण : आसनांमुळे शारीरिक संतुलन आणि संयम मिळतो.

मनावर नियंत्रण : ध्यानामुळे मन भटकत नाही, तर केंद्रित राहते.

श्वासावर नियंत्रण : प्राणायामामुळे आतून स्थिरता येते.

आत्मपरीक्षण आणि आत्मानुशासन : प्रत्याहार, धारणा, ध्यान यातून आत्मनियंत्रण प्राप्त होते.

आपल्या जीवनात अनुशासन असेल तर आपल्या कर्मांना यश प्राप्त होते.

अनुशासनासाठी पतंजली योगसूत्रातील अष्टांग योगातील पहिले दोन टप्पे म्हणजेच यम आणि नियम यांचे पालन होणे गरजेचे आहे.

यम : यम म्हणजे समाजात कसे वागावे, इतरांशी कसे वागावे याचे ज्ञान. हे आपल्याला वागणुकीतील अनुशासन शिकवतात.

● नियमांचे पाच प्रकार:

१. अहिंसा : कोणत्याही प्राण्याला शरीराने, मनाने किंवा वाणीने त्रास न देणे. शांती आणि संयम जोपासणे.

२. सत्य : खरे बोलणे आणि खरे आचरण करणे.

३. अस्तेय : चोरी न करणे, जे आपले नाही ते न घेणे. यामुळे इमानदारी आणि आत्मनिर्भरता विकसित होते.

४. ब्रह्मचर्य : इंद्रिय संयम. यामुळे ऊर्जा आणि लक्ष केंद्रित राहते.

५. अपरिग्रह : गरजेपेक्षा जास्त संकलन न करणे. याने मनावर ताबा आणि त्यागभाव निर्माण होतो.

या ५ गोष्टींचे नियमित पालन करण्याचा प्रयत्न करणे म्हणजेच योग साधण्याची पहिली पायरी चढणे होय.

त्यानंतर ५ नियम सांगितले आहेत. नियम म्हणजे आंतरिक शुद्धीचे मार्ग. नियमांचे पाच प्रकार :

शौच : बाह्य आणि आंतरिक स्वच्छता. शारीरिक आणि मानसिक स्वच्छतेमुळे विचार शुद्ध होतात.

संतोष : जे मिळाले आहे त्यात समाधान मानणे. त्यामुळे असंतोष आणि चिंता कमी होते.

तप : साधना, मेहनत, आत्मनियंत्रण. याने कार्यक्षमता आणि मनोबलात वाढ होते.

स्वाध्याय : धर्मग्रंथांचे वाचन व आत्मपरीक्षण.

ईश्वरप्रणिधान : आपले कर्म ईश्वराला अर्पण करणे. याने अहंकार कमी होतो, समर्पणभाव येतो.

यम : नियम आत्मसात केले असता आपल्या जीवनाला एक आध्यात्मिक, नैतिक आणि सुसंयमित दिशा प्राप्त होते. यापुढची पायरी ही आसन होय.

शारीरिक आणि मानसिक स्थिरता प्राप्त होण्यासाठी योगासनांचा अभ्यास आवश्यक आहे. आसन, प्राणायाम याचे फायदे तर सर्वांनाच माहीत आहेत. आसन, प्राणायाम या बरोबरच अष्टांग योगातील इतर पायऱ्याही आपण आत्मसात कराव्या.

२१ जून : आंतरराष्ट्रीय योग दिन हा सनातन वैदिक हिंदू धर्माची विश्वाला दिलेली अमूल्य भेट आहे. योग ही केवळ एक शारीरिक कसरत नाही, तर एक संपूर्ण जीवनपद्धती आहे. जी आजच्या जगात शांती, आरोग्य आणि मानसिक स्थैर्य टिकवण्यासाठी अत्यंत आवश्यक आहे.यंदा आपण ११वा आंतरराष्ट्रीय योग दिन साजरा करत आहोत. यावर्षीचे ब्रीद आहे 'एक पृथ्वी एक आरोग्यासाठी योग'. योगशास्त्राचे ज्ञान आत्मसात करूया, स्वस्थ राहूया आणि आनंदी-समाधानी जीवन जगूया.

Manthan • 21 Jun • Ministry of Ayush

Culture Ministry to host Yoga Day celebrations

8 • PG | 167 • Sqcm | 25096 • AVE | 218.78K • Cir | Top Right

Bhubaneshwar

ଯୋଗ ପାଇଁ ସଂସ୍କୃତି ମନ୍ତ୍ରଣାଳୟର ବଡ଼ ପ୍ରସ୍ତୁତି

୧୦୦ ପ୍ରତୀକାତ୍ମକ ପର୍ଯ୍ୟଟନ ସ୍ଥଳ ଏବଂ ୫୦ଟି ସାଂସ୍କୃତିକ ସ୍ଥଳରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳନ କରିବ

ନୂଆଦିଲ୍ଲୀ, ୨୦।୬(ପିଆଇବି): ସଂସ୍କୃତି ମନ୍ତ୍ରଣାଳୟ ସାରା ଦେଶରେ ୧୦୦ଟି ପର୍ଯ୍ୟଟନ ଭିତ୍ତିକ ପ୍ରତୀକାତ୍ମକ ସ୍ଥାନ ଏବଂ ୫୦ଟି ସାଂସ୍କୃତିକ ସ୍ଥାନରେ ଯୋଗ ଅଧିବେଶନ ଆୟୋଜନ କରି ୧୧ତମ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳନ କରିବ । ଜୁନ୍ ମାସ ୨୧ ତାରିଖରେ ହେବାକୁ ଥିବା ଏହି କାର୍ଯ୍ୟକ୍ରମଗୁଡ଼ିକ ଆୟୁଷ ମନ୍ତ୍ରଣାଳୟ ଦ୍ୱାରା ବିଶାଖାପାଟଣାରେ ଆୟୋଜିତ ମୁଖ୍ୟ ଉତ୍ସବର ପରିପୂରକ ହେବ, ଯେଉଁଥିରେ ପ୍ରଧାନମନ୍ତ୍ରୀ ଶ୍ରୀ ନରେନ୍ଦ୍ର ମୋଦୀ, ଆନ୍ଧ୍ର ପ୍ରଦେଶର ମୁଖ୍ୟମନ୍ତ୍ରୀନାରା ଚନ୍ଦ୍ରବାବୁ ନାଇଡୁ ଏବଂ ଉପମୁଖ୍ୟମନ୍ତ୍ରୀ ପବନ କଲ୍ୟାଣ ପ୍ରମୁଖ ଯୋଗ ଦେବେ । ସଂସ୍କୃତି ଏବଂ ପର୍ଯ୍ୟଟନ ମନ୍ତ୍ରୀ ଶ୍ରୀ ଗଜେନ୍ଦ୍ର ସିଂହ ଶେଖାଓତ ରାଜସ୍ଥାନ ସ୍ଥିତ ଯୋଧପୁରର ଐତିହାସିକ ମେହରାନଗଡ଼ ଦୁର୍ଗରେ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ କାର୍ଯ୍ୟକ୍ରମରେ ଯୋଗ ଦେବେ ।

ଯୋଗ ଦିବସ ଉତ୍ସବ ଆୟୋଜନ କରୁଥିବା କେତେକ ପ୍ରମୁଖ ସ୍ଥାନଗୁଡ଼ିକ ହେଲା :ୟୁନେସ୍କୋ ବିଶ୍ୱ ଐତିହ୍ୟ ସ୍ଥଳ ଯେପରିକି ଚ୍ରାଇଡୋ ମଇଦାମ୍ (ଆସାମ), ରାନୀ କି ବାଉ୍ ଏବଂ ଧୋଲାଭିରା (ଗୁଜୁରାଟ), ହାମ୍ପି ଏବଂ ପଟ୍ଟାଡାକାଲ୍ (କର୍ଣ୍ଣାଟକ), ଖଜୁରାହୋ ଗ୍ରୁପ୍ ଅଫ୍ ସ୍ମାରକୀ ଏବଂ ସାଞ୍ଚି ସ୍ତୂପ (ମଧ୍ୟପ୍ରଦେଶ), କୋଣାର୍କ (ଓଡିଶା), ହାତୀପ୍ରଦେଶ ଗୁମ୍ଫା (ତାମିଲନାଡୁ) ଆଦି ଅନ୍ତର୍ଭୁକ୍ତ ।

ଗୋଲକୁଣ୍ଡା ଦୁର୍ଗ ଏବଂ ସାଲାରଜଙ୍ଗ ସଂଗ୍ରହାଳୟ (ହାଇଦ୍ରାବାଦ), ହୁମାୟୁନଙ୍କ ସମାଧି, ପୁରୁଣା କିଲା ଏବଂ ସଫଦରଜଙ୍ଗ ସମାଧି (ଦିଲ୍ଲୀ), ଜାଲିଆନୱାଲା ବାଗ (ଅମୃତସର), ଚିତ୍ତୋରଗଡ଼ ଏବଂ କୁମ୍ଭଲଗଡ଼ ଦୁର୍ଗ (ରାଜସ୍ଥାନ), ଲେହ ପ୍ୟାଲେସ (ଲଦାଖ), ପରି ମହଲ (ଶ୍ରୀନଗର), ବେକାଲ ଫୋର୍ଟ (କେରଳ), ଏବଂ ହଜାରଦୁଆର ଓ କୁଚବିହାର ପ୍ୟାଲେସ (ପଶ୍ଚିମବଙ୍ଗ) ପରି ଅନ୍ୟ କିଛି ପ୍ରମୁଖ ସାଂସ୍କୃତିକ ଏବଂ ଐତିହାସିକ ସ୍ଥଳ ମଧ୍ୟ ଅନ୍ତର୍ଭୁକ୍ତ । ସଂସ୍କୃତି ମନ୍ତ୍ରଣାଳୟ ଅଧୀନରେ ସଂଲଗ୍ନ କାର୍ଯ୍ୟାଳୟ, ଅଧୀନସ୍ଥ ସଂସ୍ଥା ଏବଂ ସ୍ୱାୟତ୍ତ ପ୍ରତିଷ୍ଠାନଗୁଡ଼ିକ ଏହି ସର୍ବଭାରତୀୟ ପଦକ୍ଷେପ କାର୍ଯ୍ୟକାରୀ କରିବାରେ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ଭୂମିକା ଗ୍ରହଣ କରୁଛନ୍ତି, ଯାହା ଭାରତର ସାଂସ୍କୃତିକ ଐତିହ୍ୟକୁ ଯୋଗର ସ୍ଥାୟୀ ପରମ୍ପରା ସହିତ ଯୋଡ଼ିବା ପାଇଁ ମନ୍ତ୍ରଣାଳୟର ପ୍ରତିବଦ୍ଧତାକୁ ପ୍ରତିଫଳିତ କରୁଛି ।

Samaj • 21 Jun • Ministry of Ayush

Nalco pre preparation International Yoga Day

17 • PG	115 • Sqcm	60834 • AVE	1.11M • Cir	Middle Center

Bhubaneshwar

ନାଲକୋ ପକ୍ଷରୁ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପ୍ରାକ୍ ପ୍ରସ୍ତୁତି

ଭୁବନେଶ୍ୱର,୨୦।୬: ନାଲକୋ ପକ୍ଷରୁ ଚଳିତ ବର୍ଷର ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳନ ତଥା ଯୋଗର ପ୍ରଚାର ପ୍ରସାର ନିମନ୍ତେ ସଚେତନତା ସ୍ୱମନ୍ଧୀୟ ବିଭିନ୍ନ କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜନ କରାଯାଉଛି । ଆଜି କମ୍ପାନୀ ପକ୍ଷରୁ ବିଭିନ୍ନ ୟୁନିଟରେ ବୃହତ୍ ଯୋଗ ଶିବିର ଆୟୋଜନ କରାଯାଉଛି । ଏଥିସହ ଗତ ଏକ ମାସ ଧରି ପ୍ରାକ-ପ୍ରସ୍ତୁତି ରୂପେ କମ୍ପାନୀର ସମସ୍ତ ପରିଚାଳନା ୟୁନିଟରେ 'ଯୋଗ ବ୍ରେଟ-କ୍ୟାମ୍ପ', 'ୱାଇ-ବ୍ରେକ ଆଟ ୱାର୍କପ୍ଲେସ' ଓ 'ଯୋଗାଭ୍ୟାସ' ଅଧିବେଶନ ଆୟୋଜନ କରାଯାଉଛି । ଏଥିରେ

ପରିବାର ସହିତ କର୍ମଚାରୀମାନେ ଅଂଶଗ୍ରହଣ କରିଛନ୍ତି । 'ଜନ ଭାଗୀଦାରୀ'କୁ ପ୍ରୋତ୍ସାହିତ କରିବା ନିମନ୍ତେ କୋରାପୁଟଠାରେ ନାଲକୋ ଖଣି ଓ ପରିଶୋଧନ ପ୍ରକଳ୍ପ ତଥା ଅନୁଗୋଳର ସ୍ମେଲଟର ଓ ପାୱାର କମ୍ପ୍ଲେକ୍ସ ନିକଟବର୍ତ୍ତୀ ଗ୍ରାମଗୁଡ଼ିକରେ ମଧ୍ୟ ଯୋଗାଭ୍ୟାସ କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜନ କରାଯାଉଛି । କମ୍ପାନୀରେ କାର୍ଯ୍ୟରତ ମହିଳା ତଥା ସ୍କୁଲ ଛାତ୍ରୀଙ୍କ ନିମନ୍ତେ ସ୍ୱାସ୍ଥ୍ୟ ସଚେତନତା ଅଧିବେଶନ ଆୟୋଜନ କରାଯାଉଥିବା କମ୍ପାନୀର କର୍ପୋରେଟ ଯୋଗାଯୋଗ ବିଭାଗ ଦ୍ୱାରା ପ୍ରକାଶ କରାଯାଇଛି ।

Ee Sanje • 21 Jun • Ministry of Ayush

Tomorrow international yoga day

6 • PG | 1213 • Sqcm | 46086 • AVE | 225K • Cir | Bottom Center

Bengaluru

ನಾಳೆ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನ : ಯೋಗ-ಧ್ಯಾನ ಮಾಡುತ್ತಾ ಆಧ್ಯಾತ್ಮಿಕ ಸಂಪರ್ಕ ಸಾಧಿಸಿ

ಪ್ರತಿ ವರ್ಷ ಜೂನ್ 21ರಂದು, ಇಡೀ ಜಗತ್ತು ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನವನ್ನು ಆಚರಿಸುತ್ತದೆ. ಈ ದಿನವು ಯೋಗ ಮಾಡಲಷ್ಟೇ ಅಲ್ಲ ಆಂತರ್ಯದಿಂದ ನಮ್ಮನ್ನು ನಾವು ತಿಳಿದುಕೊಳ್ಳಲು, ಶಾಂತಿ ಅನುಭವಿಸಲು ಮತ್ತು ಉತ್ತಮ ಪ್ರಪಂಚದತ್ತ ಸಾಗಲು ಒಂದು ಅತ್ಯದ್ಭುತ ಮಾರ್ಗವಾಗಿದೆ.

ಈ ಯೋಗ ನಾವು ಒಬ್ಬಂಟಿಯಾಗಿಲ್ಲ, ಆದರೆ ಪರಸ್ಪರ ಮತ್ತು ಇಡೀ ವಿಶ್ವದೊಂದಿಗೆ ಸಂಪರ್ಕ ಹೊಂದಿದ್ದೇವೆ ಎಂಬುದನ್ನು ನೆನಪಿಸುತ್ತದೆ.

ಈ ವಿಶೇಷ ದಿನವನ್ನು ನಮ್ಮ ನಮ್ಮ ಮನೆಗಳಲ್ಲೂ ಸಹ ಬಹಳ ಯೋಗದ ಚಟುವಟಿಕೆಗಳೊಂದಿಗೆ ಸಂಭ್ರಮಿಸುವ ಮನೋಭಾವದೊಂದಿಗೆ ಆಚರಿಸಬಹುದು

ಯೋಗ ದಿನ ಆಚರಿಸುವ ಬಗೆ ಹೇಗೆ?:

ಯೋಗವನ್ನು ವ್ಯಾಯಾಮ, ಧ್ಯಾನ, ಯೋಗಾಸನಗಳನ್ನು ಮಾಡುವ ಮೂಲಕ ಯೋಗಾ ದಿನದವನ್ನು ಆಚರಿಸುತ್ತಾರೆ. ಆದರೆ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನವನ್ನು ಆಚರಿಸಲು ವಿಭಿನ್ನ ಮಾರ್ಗಗಳಿವೆ.

ಯೋಗ ಸೂತ್ರ ಓದುವುದು: ಪತಂಜಲಿಯ ಯೋಗ ಸೂತ್ರವು ಯೋಗದ ಅತ್ಯಂತ ಹಳೆಯ ಪಠ್ಯವಾಗಿದೆ. ಜೀವನದ ಆಳವಾದ ವಿಷಯಗಳನ್ನು ಇದರಲ್ಲಿ ಹೇಳಲಾಗಿದೆ. ನಿಮ್ಮ ಮನಸ್ಸು ಕೊಂದರೆಗೊಳಗಾಗಿದ್ದರೆ ಅಥವಾ ಗೊಂದಲಕ್ಕೊಳಗಾಗಿದ್ದರೆ, ಯೋಗಕ್ಕೆ ಸಂಬಂಧಿಸಿದಂತಹ ಸೂತ್ರಗಳನ್ನು ಓದಬಹುದು. ಇದು ಹೊಸ ದೃಷ್ಟಿಕೋನವನ್ನು ನೀಡುತ್ತದೆ. ಅವುಗಳ ಸರಳ ಅನುವಾದ ಅಂತರ್ಜಾಲದಲ್ಲಿಯೂ ಲಭ್ಯವಿದೆ.

ಒಳ್ಳೆಯ ಉದ್ದೇಶದೊಂದಿಗೆ ದಿನ ಪ್ರಾರಂಭಿಸಿ: ಪ್ರತಿಯೊಂದು ಯೋಗ ಆಸನಕ್ಕೂ ಒಂದು ಉದ್ದೇಶವಿದೆ. ಅದೇ ರೀತಿ, ನಮ್ಮ ಜೀವನದಲ್ಲೂ ಒಂದು ಉದ್ದೇಶ ಇರಬೇಕು. ನೀವು ಯಾವ ರೀತಿಯ ವ್ಯಕ್ತಿಯಾಗಲು ಬಯಸುತ್ತೀರಿ ಎಂಬುದರ ಕುರಿತು ಯೋಚಿಸಿ ಮತ್ತು ಆ ದಿಕ್ಕಿನಲ್ಲಿ ನಿಮ್ಮನ್ನು ಮುನ್ನಡೆಸುವ ಮೂರು ಸಣ್ಣ ಹೆಜ್ಜೆಗಳನ್ನು ಬರೆಯಿರಿ. ಅವುಗಳನ್ನು ಎಚ್ಚರಿಕೆಯಿಂದ ಅನುಸರಿಸಿ.

ಅಹಿಂಸೆ ಹಾಲಿಸುವ ಪ್ರತಿಜ್ಞೆ ಮಾಡಿ: ನಿಮ್ಮನ್ನು ಮತ್ತು ಇತರರನ್ನು ಪ್ರೀತಿಸಿ. ನೀವು ತಪ್ಪು ಮಾಡಿದರೆ, ನಿಮ್ಮನ್ನು ಕ್ಷಮಿಸಲು ಕಲಿಯಿರಿ. ಇತರರನ್ನು ಸಹ ಅರ್ಥ ಮಾಡಿಕೊಳ್ಳಿ. ಅವರ ಆಲೋಚನೆ ನಿಮ್ಮದಕ್ಕಿಂತ ಭಿನ್ನವಾಗಿದ್ದರೂ ಸಹ. ಇದು ಅಹಿಂಸೆಯ ನಿಜವಾದ ರೂಪ - ಯಾರಿಗೂ ನೋವುಂಟು ಮಾಡದೆ ಬದುಕುವುದು. ಅದನ್ನು ಅಭ್ಯಾಸ ಮಾಡಿ.

ತಂತ್ರಜ್ಞಾನದಿಂದ ದೂರವಿರಿ: ಒಂದು ಗಂಟೆ ಫೋನ್, ಟಿವಿ ಮತ್ತು ಇಂಟರ್ನೆಟ್ ಅನ್ನು ಸ್ಥಗಿತಗೊಳಿಸಿ, ಆ ಸಮಯದಲ್ಲಿ ತಮ್ಮ ಹೃದಯದ ಧ್ವನಿಯನ್ನು ಕೇಳಲು ಯತ್ನಿಸಿ. ಚಿತ್ರಪಡಿಸುವುದು, ಬರೆಯುವುದು ಅಥವಾ ಹೊರಗೆ ಕುಳಿತು ಪ್ರಕೃತಿಯ ನೋಟಗಳನ್ನು ನೋಡಬಹುದು.

ಮನೆಯನ್ನು ಸ್ವಚ್ಛಗೊಳಿಸಿ: ಯೋಗವು ನಿಮ್ಮ ದೇಹವನ್ನು ಮಾತ್ರವಲ್ಲದೆ ನಿಮ್ಮ ಸುತ್ತಲಿನ ಜಾಗವನ್ನು ಸಹ ಸ್ವಚ್ಛಗೊಳಿಸಲು ಕಲಿಸುತ್ತದೆ. ನಿಮಗೆ ಇನ್ನು ಮುಂದೆ ಅಗತ್ಯವಿಲ್ಲದ ವಸ್ತುಗಳನ್ನು ತೆಗೆದುಹಾಕಿ. ನಿಮ್ಮ ಜೀವನ ಸರಳವಾಗಿದ್ದರೆ, ಹೆಚ್ಚು ಶಾಂತಿಯನ್ನು ಅನುಭವಿಸಬಹುದು.

ಶುದ್ಧೀಕರಣ ಸ್ನಾನ: ಹತ್ತಿರದಲ್ಲಿ ನದಿ, ಕೊಳ ಅಥವಾ ಸರೋವರವಿದ್ದರೆ ಅದರಲ್ಲಿ ಮಿಂದೇಳಿ. ಇಲ್ಲದಿದ್ದರೆ, ಮನೆಯಲ್ಲಿ ಸ್ನಾನ ಮಾಡುವಾಗ, ನೀರು ನಿಮ್ಮ ಒತ್ತಡ ಮತ್ತು ನಕಾರಾತ್ಮಕತೆಯನ್ನು ದೂರ ಮಾಡುತ್ತಿದೆ ಎಂದು ಭಾವಿಸಿಕೊಳ್ಳಿ.

ಧನ್ಯವಾದದೊಂದಿಗೆ ದಿನ ಆರಂಭಿಸಿ: ನೀವು ಕೃತಜ್ಞರಾಗಿರುವ ವಿಷಯಗಳನ್ನು ಕಾಗದದ ಮೇಲೆ ಬರೆದಿಟ್ಟುಕೊಳ್ಳಿ ಇಲ್ಲವೇ ಮನದಲ್ಲೇ ಸ್ಮರಿಸಿಕೊಳ್ಳಿ. ಧನ್ಯವಾದ ಹೇಳುವ ಭಾವನೆಯು ಜೀವನದಲ್ಲಿ ಸಕಾರಾತ್ಮಕತೆಯನ್ನು ತರುತ್ತದೆ.

ನಿತ್ಯ ಯೋಗ ಮಾಡಲು ಸಂಕಲ್ಪ ಮಾಡಿ: ಪ್ರತಿ ದಿನ ಒಂದು ಗಂಟೆ ಯೋಗ ಮಾಡುವುದು ಅನಿವಾರ್ಯವಲ್ಲ, 5 ನಿಮಿಷಗಳ ಕಾಲ ಚಾಪೆಯ ಮೇಲೆ ಕುಳಿತುಕೊಳ್ಳಿ, ಕ್ರಮೇಣ, ಈ ಅಭ್ಯಾಸವು ನಿಮ್ಮ ಜೀವನದ ಭಾಗವಾಗುತ್ತದೆ.

ಯೋಗ ಆಸನಗಳನ್ನು ಮಾಡಿ: ಚಿಕ್ಕವರಿರಲಿ, ದೊಡ್ಡವರೇ ಇರಲಿ, ಮಹಿಳೆಯರು, ಪುರುಷರು, ಯುವಕ-ಯುವತಿಯರು ಯಾರೇ ಆಗಿರಲಿ ಯೋಗಾಭ್ಯಾಸ ಮುಖ್ಯ. ನಿಮ್ಮ ದೇಹವನ್ನು ಹಿಗ್ಗಿಸಿ, ನಿಮ್ಮ ಉಸಿರಾಟದ ಮೇಲೆ ಕೇಂದ್ರೀಕರಿಸಿ ಮತ್ತು ನಿಮ್ಮೊಂದಿಗೆ ಸ್ವಲ್ಪ ಸಮಯ ಕಳೆಯಿರಿ.

ನೆನಪಿಡಿ - ಯೋಗವು ಸಿದ್ಧಿ ಅಲ್ಲ, ಅದು ಒಂದು ಸಾಧನೆ. ಅಭ್ಯಾಸದ ಮೂಲಕ ಸಾಧಿಸುತ್ತಾ ಸಾಗಿ. ಧ್ಯಾನ ಮಾಡುತ್ತಾ ಆಲೋಚನೆಗಳ ಮೇಲೆ ಕೇಂದ್ರೀಕರಿಸಿ

ಪ್ರಶಾಂತವಾದ ಇಲ್ಲವೇ ಪಾಶ್ವ ಅನ್ನಿಸುವ ಜಾಗದಲ್ಲಿ ಕುಳಿತುಕೊಂಡು ಕಣ್ಣುಗಳನ್ನು ಮುಚ್ಚಿ ಮತ್ತು ಆಳವಾಗಿ ಉಸಿರಾಡಿ. ನಮ್ಮ ಆಲೋಚನೆಗಳು ಬಂದು ಹೋದಂತೆಲ್ಲ. ಅದನ್ನು ನಿಯಂತ್ರಿಸುವ, ಸಾಧಿಸುವ ಮಾರ್ಗೋಪಾಯಗಳು ಗೋಚರಿಸುತ್ತಾ ಸಾಗುತ್ತದೆ. ಈ ಅಭ್ಯಾಸವು ನಮ್ಮನ್ನು ಒಳಗಿನಿಂದ ಶಾಂತಿಯುತಗೊಳಿಸುವುದಷ್ಟೇ ಅಲ್ಲದೆ ನಮಗೆ ಎದುರಾಗುವ ಸಮಸ್ಯೆಗಳ ಬಗ್ಗೆ, ಅನುಸರಿಸುವ ಕ್ರಮಗಳ ಬಗ್ಗೆ ತಾಳ್ಮೆಯಿಂದ ವರ್ತಿಸುವ ಪ್ರವೃತ್ತಿಯನ್ನು ಬೆಳೆಸುತ್ತದೆ.

Hindustan • 21 Jun • Ministry of Ayush

3 lakh people will practice yoga with the Prime Minister

8 • PG | 56 • Sqcm | 47308 • AVE | 1.53M • Cir | Middle Center

Chandigarh

तीन लाख लोग प्रधानमंत्री संग योग अभ्यास करेंगे

विशाखापत्तनम, विशेष संवाददाता। प्रधानमंत्री नरेंद्र मोदी के नेतृत्व में शनिवार को 11वें अंतरराष्ट्रीय योग दिवस का मुख्य कार्यक्रम समुद्र किनारे रामकृष्ण बीच (आरके बीच) मैदान में आयोजित किया जाएगा। इस मौके पर करीब तीन लाख लोग प्रधानमंत्री के साथ योग अभ्यास करेंगे।

यहां योग दिवस के भव्य आयोजन के लिए सभी तैयारियां पूरी कर ली गई हैं केंद्रीय आयुष मंत्री प्रतापराव जाधव ने शुक्रवार को आरके बीच मैदान पर पहुंचकर तैयारियों का जायजा लिया। इस मौके पर उन्होंने संवाददाताओं से बातचीत में कहा कि करीब 35 किलोमीटर लंबे आरके बीच रोड पर करीब तीन लाख लोगों के योग कार्यक्रम में शामिल होने की उम्मीद है।

समुद्र तट पर स्थित इस सड़क को योग करने वालों के लिए चटाइयां बिछाकर सजाया गया है। बीच-बीच में बड़ी स्क्रीन भी लगाई गई हैं जिनमें लोग प्रधानमंत्री को योग करते देख सकेंगे और खुद भी उसका अनुसरण करेंगे।

Hindustan • 21 Jun • Ministry of Ayush
International Yoga Day 2025

10 • PG | 216 • Sqcm | 269419 • AVE | 1.29M • Cir | Middle Center

Delhi

तन और मन की लड़ाई में हमें विजयी बनाएगा योग

बी के एस अयंगर | विख्यात योगगुरु

आमतौर पर पचास या साठ की उम्र तक आपको कोई समस्या नहीं आती है। उसके बाद असली समस्या तब होती है, जब शरीर के ऊतक भार सहन नहीं कर पाते। मैं जो अभ्यास अब करता हूं, वह उससे कहीं ज्यादा कठिन है, जो मैं युवा होने पर करता था या सीखने के लिए संघर्ष करता था। हालांकि, आज मैं उन अभ्यासों को बहुत कठिन नहीं मानता। हालांकि, मैं तब प्रतिदिन दस घंटे अभ्यास करता था। आज यह शरीर और मन के बीच एक बड़ी लड़ाई है। शरीर कहता है, मैं यह नहीं कर सकता। मन कहता है, मुझ पर दबाव मत डालो।

मेरा विश्वास करें, एक निश्चित उम्र के बाद आसन और प्राणायाम का अभ्यास बहुत कठिन हो जाता है। हड्डियां भंगुर हो जाती हैं। रक्त वाहिकाएं सख्त हो जाती हैं। ये सभी ज्ञात तथ्य हैं। मैं इनका शिकार नहीं बनना चाहता। अगर मैं शरीर की इच्छा के आगे समर्पण कर दूं, तो मैं योगाभ्यासी नहीं रह जाता। जब मैं अभ्यास करता हूं, तो मैं देखता हूं कि इस क्षय प्रक्रिया को कैसे रोका जाए। यही इच्छाशक्ति का प्रभाव है। फिर आप कहते हैं, अयंगर को किसी चीज की जरूरत नहीं है, क्योंकि उन्होंने पहले अभ्यास किया है, लेकिन यह सोचने का सही तरीका नहीं है। वास्तव में, मैं देखता हूं कि इस उम्र में मुझे कैसे अभ्यास करने की जरूरत है। मुझे संकुचन से बचना है। मैं प्रत्येक आसन में शरीर की पूर्ण ताजगी, दृढ़ता, बुद्धि की सजगता, स्थिरता और आत्मा की मधुर उदारता देखता हूं।

यदि मैं शरीर की इच्छा के आगे समर्पण कर दूं, तो योगाभ्यासी नहीं रह जाता। मैं अभ्यास में देखता हूं कि क्षय प्रक्रिया को कैसे रोका जाए।

अक्सर लोग सोचते हैं कि बुढ़ापे में उन्हें आसन और प्राणायाम के बजाय ध्यान या जप करना चाहिए। मैं बुढ़ापे की आड़ में शरण लेने वाला साधक नहीं हूं। मैं बुढ़ापे के डर से अपने अभ्यास से भाग नहीं सकता। मैं प्रत्येक आसन में ध्यान करता हूं, क्योंकि प्रत्येक आसन में मैं ईश्वर को देखता हूं, जो अनंत है और माप से परे है। उम्र बढ़ने के कारण मैंने अपने अभ्यास में समय बढ़ा दिया है। मन और शरीर आराम करना चाहते हैं। मैं प्रतिदिन अपने शरीर और मन को इच्छा शक्ति के साथ खड़ा होने के लिए प्रेरित करता हूं, ताकि मैं अपने शरीर और मन की कमजोरी के आगे न झुक जाऊं।

दर्शनशास्त्र की अच्छी जानकारी होने के कारण, योग का अभ्यास करते हुए, मैं अब किसी पर निर्भर हुए बिना जीवन जी रहा हूं। मुझे शरीर के दर्शन पर ही टिके रहना है, क्योंकि मैं पहले से ही आध्यात्मिक ज्ञान में डूबा हुआ हूं।

अब और शुरुआती दिनों में एकमात्र अंतर यह है कि शुरुआती दिनों में मैं सभी अन्य युवाओं की तरह था। मुझे एक के बाद एक आसन करने का लालच था। आज मैं काफी लंबे समय तक द्वि-पाद विपरीत दंडासन या कपोतासन में रहता हूं। अब मैं प्रत्येक आसन में शरीर की पूर्ण ताजगी और दृढ़ता, बुद्धि की सतर्कता, स्थिरता और आत्मा की मधुर, परोपकारिता देखता हूं।

कभी-कभी मैं दस मिनट पार्श्व शीर्षासन करता हूं, दोनों तरफ से। ये कठिन आसन हैं। जब मांसपेशियां और तंत्रिकाएं कांप रही हों और ढीले जोड़ हिल रहे हों, दिल की धड़कनें तेज हो रही हों, तब आसन करना और उसमें बने रहना आसान बात नहीं है। मैं ऐसा व्यक्ति नहीं हूं, जो पद्मासन में बैठकर कहे, मैं सहज हूं। अगर आप योग कर रहे हैं, तो उम्र बढ़ने के साथ आपको इसकी कठिनाइयों का एहसास होता है। इसलिए आप सभी को मेरी सलाह है कि जैसे योग व्यक्ति को कर्मों के कष्टों से मुक्त करता है, वैसे ही बुढ़ापे में कष्ट बंधनों में बंध जाते हैं। इसलिए जो आपने सीखा है, उसे बनाए रखें और उसे बनाए रखने के लिए कुछ करें।

योग के लिए केवल इच्छाशक्ति की ही जरूरत नहीं है, बल्कि साहस और विश्वास की भी जरूरत है। इच्छाशक्ति और साहस के साथ विवेक के उचित रसायन से यौगिक अभ्यास तंत्रिका कोशिकाओं में ऊर्जा उत्पन्न करते हैं, जब आप उन कठिन आसनों में लंबे समय तक आराम से रहते हैं। इस उम्र में मैं बहुत सी चीजें सीखता हूं। यह ज्ञान इसी उम्र में आता है। मैंने बुद्धिमत्ता की यह ताजगी नहीं खोई है।

मैं कोशिकाओं को बताता हूं कि उन्हें वहीं रहना है, जहां मैं उन्हें चाहता हूं। प्राणायाम, धारणा और ध्यान में मेरा दृष्टिकोण एक जैसा है। ईमानदारी से कहूं, तो यही नैतिकता है।

(योग गुरु के पुराने और प्रसिद्ध व्याख्यान के अंश)

Hindustan • 20 Jun • Ministry of Ayush

Aise karenge Yoga to hoga kayaalp

13 • PG | 135 • Sqcm | 168580 • AVE | 1.29M • Cir | Top Right

Delhi

ऐसे करेंगे योग तो होगा कायाकल्प

योग को जीवनशैली का हिस्सा बनाया जाए, तो स्वस्थ-सुखी जीवन जिया जा सकता है। योगाभ्यास से पूर्व किन बातों का ध्यान रखना चाहिए, बता रही हैं सौदामिनी सिंह

पहले प्रशिक्षक से सीखें : विशेषज्ञ की निगरानी में योग करने से चोट का अंदेशा नहीं रहता। सेहत के अनुसार आसन चुनने में मदद मिलती है।

नियमित हो दिनचर्या : रात में समय से सोना, नींद पूरी करना व सुबह की नित्य क्रियाएं- जैसे मल त्याग व मुंह साफ करने के बाद योग करें। इससे योग के लिए अनुकूलता बढ़ती है और शरीर की जैविक घड़ी में सकारात्मक बदलाव आते हैं।

पहले स्नान करें : अगर संभव है तो योग करने से पहले स्नान करें। योग करने के तुरंत बाद न नहाएं।

शांत हो वातावरण : योग एकांत, समतल और खुली जगह पर करें।

धीरे-धीरे क्षमता बढ़ाएं : योग में सरल और कठिन हर तरह के आसन हैं। निरंतर अभ्यास के बाद ही शरीर कठिन आसनों के लिए तैयार होता है। सरल आसनों से मांसपेशियां खुलती हैं और उनका लचीलापन बढ़ता है। इसके बाद मध्यम और उन्नत स्तर के आसन करें। शुरुआत में प्रत्येक आसन में 30 सेकेंड तक रुकें। धीरे-धीरे अपनी क्षमता बढ़ाएं।

निरंतरता जरूरी : एक निश्चिय समय पर और एक निश्चित अवधि पर योग करें तो शरीर पर इसका अच्छा प्रभाव होता है। आसन में जल्दबाजी न करें। प्रत्येक आसन दाएं और बाएं दोनों तरफ से करें।

यहां से सीखें

आयुष मंत्रालय से जुड़े मोरारजी देसाई राष्ट्रीय योग संस्थान के सोशल मीडिया मंचों पर मौजूद मुफ्त संसाधनों के जरिये आप सरलता से योग सीख सकते हैं। यहां आप कॉमन योग प्रोटोकॉल का अभ्यास कर सकते हैं। यह 45 मिनट के आसन और प्राणायाम की एक सीरीज है, जिसके द्वारा संपूर्ण शरीर को लाभ होता है।

क्षमता का ध्यान रखें : योग पूरी तरह से अनुभूति पर आधारित है। इसलिए सहजता का ध्यान रखें। बीच में विश्राम जरूरी है। ऐसे में कम से कम 2 मिनट शवासन करें।

मैट पर करें योगाभ्यास : योगासन कभी भी जमीन पर नहीं करें। इससे ऊर्जा का ह्रास होता है।

प्राणायाम और ध्यान अंत में : योग हमेशा सही क्रम में करें। पहले योगासन, उसके बाद प्राणायाम और आखिर में ध्यान करें।

ऐसे में योग न करें

- अगर बीमार हैं, हाल में सर्जरी हुई है या चोट लगी है
- माहवारी और गर्भावस्था में खाना खाने के तुरंत बाद योग न करें। 3-4 घंटे का अंतराल रखें।

(लेखिका सर्टिफाइड योग ट्रेनर हैं)

Hindustan • 20 Jun • Ministry of Ayush

Gambhir rogon mein yoga ka prabahv parkhnege

19 • PG | 120 • Sqcm | 150322 • AVE | 1.29M • Cir | Middle Left

Delhi

गंभीर रोगों में योग का प्रभाव परखेंगे

नई दिल्ली, विशेष संवाददाता। दुनिया भर में जहां लोग स्वस्थ रहने के लिए योग को अपने दैनिक जीवन का हिस्सा बना रहे हैं, वहीं वैज्ञानिक इसके चिकित्सकीय प्रभावों को लेकर ठोस आंकड़े जुटाने में जुटे हैं। वैज्ञानिक पता लगा रहे हैं कि किस मर्ज में कौन सा योग और ध्यान लाभकारी हो सकता है। इसके लिए कैंसर समेत विभिन्न बीमारियों में योग के प्रभाव को परखने के लिए हजारों क्लीनिकल ट्रायल चल रहे हैं।

आयुष मंत्रालय की एक रिपोर्ट 'रिसर्च इंपैक्ट ऑफ इंटरनेशनल योग डे' के अनुसार, दिसंबर 2024 तक डब्ल्यूएचओ की क्लीनिकल ट्रायल रजिस्ट्री में योग से जुड़े 5,124 ट्रायल दर्ज हुए हैं। इनमें 3,274 ट्रायल योग को लेकर हैं जबकि 1,850 ध्यान (मेडिटेशन) को लेकर हैं। ज्यादातर ट्रायल भारत के अलावा अमेरिका, आस्ट्रेलिया, न्यूजीलैंड, जापान, ब्रिटेन तथा ईरान में दर्ज हैं।

रिपोर्ट में कहा गया है कि अब तक प्रकाशित 5,302 अध्ययनों में कैंसर के चलते होने वाली थकान और कैंसर मरीजों में एंग्जाइटी और अवसाद के मामलों में योग के प्रभावी नतीजे निकले हैं। इसके मद्देनजर अब अलग से योग प्रोटोकाल विकसित करने की दिशा में काम किया जा रहा है। रिपोर्ट में कहा गया है कि इन अध्ययनों के आंकड़ों को आगे परखने के लिए बड़े पैमाने पर नये अध्ययनों की जरूरत है। पबमेड के डाटाबेस में दिसंबर 2024 तक योग पर 9,009 तथा ध्यान पर 10,797 अध्ययन मौजूद थे।

भारत में ढाई हजार से अधिक अध्ययन

भारत में योग से जुड़े अध्ययनों की संख्या 2,573 है, जो कुल अध्ययनों का 25.83 फीसदी है। जबकि ध्यान से जुड़े अध्ययन भारत में महज 748 हुए हैं जो कुल अध्ययनों का महज 6.93 फीसदी है। अध्ययनों के आधार पर आने वाले समय में बीमारियों में योग के सटीक प्रभावकारिता के आंकड़े सामने आएंगे और हर बीमारी के हिसाब से योग प्रोटोकाल तय करने का रास्ता भी खुल जाएगा।

किस देश में योग-ध्यान पर कितने परीक्षण हुए

Hindustan • 20 Jun • Ministry of Ayush

International Yoga Day

5 • PG | 22 • Sqcm | 27765 • AVE | 1.29M • Cir | Middle Right

Delhi

योग दिवस पर सुबह चार बजे से चलेगी मेट्रो

नई दिल्ली। अंतरराष्ट्रीय योग दिवस के अवसर पर शनिवार को दिल्ली मेट्रो का परिचालन सुबह चार बजे से शुरू होगा। दिल्ली मेट्रो की सभी लाइन पर प्रत्येक 30 मिनट में यात्रियों को मेट्रो सेवा उपलब्ध होगी। डीएमआरसी के अनुसार शनिवार सुबह राजधानी में आयोजित होने वाले योगा कार्यक्रमों के लिए लोगों को पहुंचाने में सहयोग करेगी।

Hindustan • 20 Jun • Ministry of Ayush

Metro to begin service at 4 am on Yoga Day

5 • PG	22 • Sqcm	18880 • AVE	1.53M • Cir	Middle Right

Chandigarh

योग दिवस पर सुबह चार बजे से चलेगी मेट्रो

नई दिल्ली। अंतरराष्ट्रीय योग दिवस के अवसर पर शनिवार को दिल्ली मेट्रो का परिचालन सुबह चार बजे से शुरू होगा। दिल्ली मेट्रो की सभी लाइन पर प्रत्येक 30 मिनट में यात्रियों को मेट्रो सेवा उपलब्ध होगी। डीएमआरसी के अनुसार शनिवार सुबह राजधानी में आयोजित होने वाले योगा कार्यक्रमों के लिए लोगों को पहुंचाने में सहयोग करेगी।

Hindustan • 20 Jun • Ministry of Ayush

Will test the effect of yoga in serious diseases

19 • PG | 120 • Sqcm | 102219 • AVE | 1.53M • Cir | Middle Left

Chandigarh

गंभीर रोगों में योग का प्रभाव परखेंगे

नई दिल्ली, विशेष संवाददाता। दुनिया भर में जहां लोग स्वस्थ रहने के लिए योग को अपने दैनिक जीवन का हिस्सा बना रहे हैं, वहीं वैज्ञानिक इसके चिकित्सकीय प्रभावों को लेकर ठोस आंकड़े जुटाने में जुटे हैं। वैज्ञानिक पता लगा रहे हैं कि किस मर्ज में कौन सा योग और ध्यान लाभकारी हो सकता है। इसके लिए कैंसर समेत विभिन्न बीमारियों में योग के प्रभाव को परखने के लिए हजारों क्लीनिकल ट्रायल चल रहे हैं।

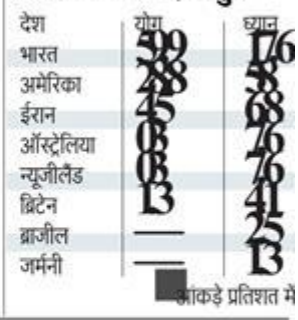
आयुष मंत्रालय की एक रिपोर्ट 'रिसर्च इंपैक्ट ऑफ इंटरनेशनल योग डे' के अनुसार, दिसंबर 2024 तक डब्ल्यूएचओ की क्लीनिकल ट्रायल रजिस्ट्री में योग से जुड़े 5,124 ट्रायल दर्ज हुए हैं। इनमें 3,274 ट्रायल योग को लेकर हैं जबकि 1,850 ध्यान (मेडिटेशन) को लेकर हैं। ज्यादातर ट्रायल भारत के अलावा अमेरिका, आस्ट्रेलिया, न्यूजीलैंड, जापान, ब्रिटेन तथा ईरान में दर्ज हैं।

रिपोर्ट में कहा गया है कि अब तक प्रकाशित 5,302 अध्ययनों में कैंसर के चलते होने वाली थकान और कैंसर मरीजों में एंग्जाइटी और अवसाद के मामलों में योग के प्रभावी नतीजे निकले हैं। इसके मद्देनजर अब अलग से योग प्रोटोकाल विकसित करने की दिशा में काम किया जा रहा है। रिपोर्ट में कहा गया है कि इन अध्ययनों के आंकड़ों को आगे परखने के लिए बड़े पैमाने पर नये अध्ययनों की जरूरत है। पबमेड के डाटाबेस में दिसंबर 2024 तक योग पर 9,009 तथा ध्यान पर 10,797 अध्ययन मौजूद थे।

भारत में ढाई हजार से अधिक अध्ययन

भारत में योग से जुड़े अध्ययनों की संख्या 2,573 है, जो कुल अध्ययनों का 25.83 फीसदी है। जबकि ध्यान से जुड़े अध्ययन भारत में महज 748 हुए हैं जो कुल अध्ययनों का महज 6.93 फीसदी है। अध्ययनों के आधार पर आने वाले समय में बीमारियों में योग के सटीक प्रभावकारिता के आंकड़े सामने आएंगे और हर बीमारी के हिसाब से योग प्रोटोकाल तय करने का रास्ता भी खुल जाएगा।

किस देश में योग-ध्यान पर कितने परीक्षण हुए



Hindustan • 19 Jun • Ministry of Ayush

International Yoga Day

4 • PG | 89 • Sqcm | 110680 • AVE | 1.29M • Cir | Middle Right

Delhi

एनडीएमसी क्षेत्र में आठ स्थानों पर योग अभ्यास

नई दिल्ली। अंतरराष्ट्रीय योग दिवस के मौके पर नई दिल्ली नगर पालिका परिषद क्षेत्र में आठ जगहों पर योग अभ्यास के कार्यक्रम आयोजित किए जाएंगे। एनडीएमसी उपाध्यक्ष कुलजीत सिंह चहल ने बताया कि यहां पर प्रमुख योग संस्थाओं के विशेषज्ञों की निगरानी में योग कराया जाएगा। इसके अलावा, एनडीएमसी के तीन पार्कों में तीन दिवसीय योग अभ्यास की शुरुआत की गई है।

Hindustan • 18 Jun • Ministry of Ayush

Yoga bandhan mein 15 deshon ke log shamil

11 • PG | 245 • Sqcm | 306097 • AVE | 1.29M • Cir | Middle Left
Delhi

योग बंधन में 15 देशों के लोग शामिल

35 फीसदी लोग कर रहे योगाभ्यास देश के

21 जून को आयोजित होगा मुख्य कार्यक्रम

नई दिल्ली, विशेष संवाददाता। आयुष मंत्रालय द्वारा अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में आयोजित योग बंधन कार्यक्रम में 15 देशों के योग विशेषज्ञों ने हिस्सा लिया। इस कार्यक्रम का आयोजन मंगलवार को मोरारजी देसाई योग संस्थान द्वारा किया गया।

समारोह में मुख्य अतिथि आयुष सचिव वैद्य राजेश कोटेचा मौजद रहे। उन्होंने वैश्विक स्वास्थ्य विमर्श में योग को केंद्र में लाने की दिशा में भारत के दूरदर्शी नेतृत्व की सराहना की। उन्होंने राष्ट्रीय सैंपल सर्वे कार्यालय के आंकड़ों का हवाला देते हुए बताया कि आयुष प्रणालियों के बारे में भारत की 95 फीसदी ग्रामीण और शहरी आबादी जानती है। लगभग 35 प्रतिशत आबादी किसी न किसी रूप में योग का अभ्यास कर रही है। कोटेचा ने अपनी विदेश यात्राओं के अनुभव साझा करते हुए कहा कि योग को पूरी दुनिया में व्यापक रूप से अपनाया गया है।

Samachar Jagat • 21 Jun • Ministry of Ayush

Adopt yoga for a healthy heart: Dr. Rahul Garg

7 • PG | 70 • Sqcm | 61313 • AVE | 1.11M • Cir | Middle Center

Jaipur

स्वस्थ दिल के लिए अपनाएं योग: डॉ. राहुल गर्ग

समाचार जगत न्यूज

जयपुर. अंतर्राष्ट्रीय योग दिवस के अवसर पर फोर्टिस एस्कॉर्ट्स हॉस्पिटल, जयपुर के विशेषज्ञ डॉक्टरों ने योग के महत्व को रेखांकित किया और इसे तनाव कम करने तथा लंबे समय तक चलने वाली बीमारियों, खासकर हृदय रोगों की रोकथाम में प्रभावी बताया। डॉ. राहुल सिंघल, एडिशनल डायरेक्टर कार्डियोलॉजी एवं इलेक्ट्रोफिजियोलॉजी, फोर्टिस हॉस्पिटल ने कहा कि "योग क्रोनिक तनाव को कम करके हृदय स्वास्थ्य को बेहतर बनाने में मदद करता है। नियमित योग से रक्तचाप नियंत्रित रहता है, दिल की धड़कन संतुलित होती है और पूरे शरीर में रक्त संचार सुधरता है। यह कोर्टिसोल और एड्रेनालाईन जैसे तनाव हार्मोन को भी कम करता है, जो समय के साथ दिल पर नकारात्मक प्रभाव डालते हैं। योग के शांत प्रभाव नींद, भावनात्मक संतुलन और जीवनशैली को सुधारते हैं, जिससे दिल का दौरा और स्ट्रोक जैसी गंभीर बीमारियों का जोखिम कम होता है।"

Samachar Jagat • 21 Jun • Ministry of Ayush

Policemen practiced yoga in the Police Commissionerate

3 • PG	72 • Sqcm	62263 • AVE	1.11M • Cir	Top Left

Jaipur

पुलिस कमिश्नरेट में पुलिसकर्मियों ने किया योगाभ्यास

जयपुर, समाचार जगत न्यूज. अन्तर्राष्ट्रीय योग दिवस के अवसर पर शुक्रवार को पुलिस कमिश्नरेट में पुलिस अधिकारियों एवं पुलिसकर्मियों ने योगाभ्यास किया। पुलिस कमिश्नरेट में ब्रह्मकुमारीज संस्थान एवं एलाइनमेन्ट मेडिकल योग संस्थान जयपुर के योग प्रशिक्षकों ने योगाभ्यास करवाया। योगाभ्यास को बढावा देने के लिए पुलिसकर्मियों को योगाभ्यास करवाकर मानसिक तनाव दूर करने का प्रयास किया गया। योग भारतीय परम्परा एवं संस्कृति की विश्व को अनुपम देन है। प्राचीन भारतीय पद्धतियां शारीरिक, मानसिक, नैतिक एवं आध्यात्मिक स्वास्थ्य को लेकर हमारी सभी की आवश्यकताओं का सम्पूर्ण जवाब है। पुलिसकर्मियों में विषम परिस्थितियों में कार्य करने को लेकर शारीरिक एवं मानसिक तनाव को दूर करने में योगाभ्यास की महत्वपूर्ण भूमिका है। इस अवसर पर पुलिस उपायुक्त (मुख्यालय) देवेन्द्र कुमार विश्नोई, अतिरिक्त पुलिस उपायुक्त (मुख्यालय) शिल्पा चौरी सहित पुलिस अधिकारी व पुलिसकर्मी उपस्थित थे।

Samachar Jagat • 21 Jun • Ministry of Ayush
Yoga has been our culture for thousands of years

3 • PG | 349 • Sqcm | 303706 • AVE | 1.11M • Cir | Middle Center

Jaipur

योग दिवस आज : राज्यपाल ने सेंट्रल पार्क में किया योग और बोले

हजारों सालों से योग हमारी संस्कृति

समाचार जगत न्यूज

जयपुर. राज्यपाल हरिभाऊ बागडे ने शुक्रवार को सेंट्रल पार्क में स्वयं योग करके आम जन को योग क्रियाएं करवाई। उन्होंने युवाओं और 50 वर्ष के ऊपर के लोगों के लिए योग और गति से जुड़ी विभिन्न शारीरिक मुद्राओं का प्रदर्शन कर प्रतिदिन इन्हें कर स्वस्थ जीवन जीने का संदेश दिया। उन्होंने कहा कि योग हजारों साल से चली आ रही हमारी संस्कृति है। उन्होंने कहा कि अंतरराष्ट्रीय योग दिवस के लिए 21 जून को इसलिए चुना गया की वर्ष के 365 दिन में यह सबसे बड़ा दिन होता है। उन्होंने कहा कि मूलतः योग भारत का है।

महर्षि पतंजलि ने इसकी शुरुआत की। जो योग नियमित करता है, वह जीवन पर्यंत स्वस्थ रहता है और उसकी आयु बढ़ती है। राज्यपाल ने शुक्रवार को सेंट्रल पार्क में राजस्थान कॉपरेटिव फेडरेशन, सरस डेयरी द्वारा आयोजित सामूहिक योग एवं

स्वास्थ्य शिविर कार्यक्रम में भाग लेने के साथ ही योग शिक्षकों, कलाकारों और योग शिक्षण से जुड़े प्रतिभावान बच्चों को प्रशस्ति पत्र और अपनी ओर से नकद पुरस्कार प्रदान कर सम्मानित भी किया।इस अवसर पर उद्योग, खेल एवं युवा मामले विभाग मंत्री राज्यवर्धन सिंह राठौड़ ने कहा कि योग मन, बुद्धि और शरीर की एकता स्थापित करता है।

उन्होंने कहा कि प्रधानमंत्री नरेंद्र मोदी लगातार काम करते हैं और इसकी प्रेरणा योग को बताते हैं। उन्होंने कहा कि भागमभाग की इस जिंदगी में योग से ही स्वस्थ रहा जा सकता है। विधायक गोपाल शर्मा ने योग की भारतीय परंपरा और योगेश्वर श्री कृष्ण की चर्चा करते हुए प्रधानमंत्री के नेतृत्व में सीमा पर आतंकवाद के ठिकाने नष्ट करने को महती बताते हुए कहा कि यह भी योग से संभव हुआ। आरंभ में महाप्रबंधक श्रुति भारद्वाज ने स्वागत उद्बोधन में सरस की गतिविधियों और योग संस्कृति के लिए किए जा रहे कार्यों के बारे में अवगत कराया।

सरस डेयरी के अध्यक्ष ओमप्रकाश पुनिया भी उपस्थित रहे। इससे पहले तन्मय सिंह राव और अंकुश ने दुर्लभ योग मुद्राओं का प्रदर्शन किया। डॉ. महेंद्र सिंह राव के नेतृत्व में लोगों ने सामूहिक योग, व्यायाम भी किया।

ऑनलाइन सिखाई स्वस्थ रहने की विद्या

होटल प्रबंधन, खान पान प्रौद्योगिकी और अनुप्रयुक्त पोषण संस्थान जयपुर ने ध्यान फाउंडेशन फाउंडेशन के सहयोग से अपने कर्मचारियों, परिवार के सदस्यों और प्रतिभागियों के लिए एक योग सत्र का आयोजन किया। इस मौके पर ऑनलाइन स्वस्थ रहने की विद्या सिखाई गई। सत्र का संचालन कर रहे प्रसिद्ध योग विशेषज्ञ डॉ. शेखर शर्मा ने प्रतिभागियों को विभिन्न योग आसनों प्राणायाम व ध्यान के माध्यम से तनाव मुक्त जीवन शैली के लिए मार्ग प्रशस्त किया, इन अभ्यासों को तनाव कम करने, जोड़ों के दर्द को कम करने और लचीलापन बढ़ाने के लिए किया जाता है। संस्थान की प्राचार्या निमिषा सेठ ने सभी को जीवन में नियमित योग करने की सलाह दी। कार्यक्रम की संयोजिका डॉ पूरी ने संस्थान व साधकों के अनुभव बताए।

पर्यटक स्थलों पर सामूहिक योगाभ्यास

शनिवार को विश्वभर में मनाए जा रहे योग दिवस के अवसर पर जयपुर में शुक्रवार को आयुष विभाग की ओर से विभिन्न योग संस्थानों के साथ जयपुर नगर के 13 प्रमुख धार्मिक एवं पर्यटक स्थलों पर सामूहिक योगाभ्यास किया गया। आयुर्वेद विभाग, जयपुर संभाग के अतिरिक्त निदेशक डॉ. वत्तीलाल बैरवा के अनुसार योगाभ्यास एसएमएस स्टेडियम, अल्बर्ट हाल, हवामहल, आमेर महल, बिरला मंदिर, गोविंददेव जी मंदिर, गलता जी मंदिर, जलमहल, पत्रिका गेट, सिटी पार्क, सेंट्रल पार्क, सिटी पैलेस, जयगढ़ पर किया गया। हवामहल परिसर पर योग के सहायक नोडल अधिकारी डॉ. प्रकाश मीणा ने बताया कि पूर्वाभ्यास कार्यक्रम में नगर निगम ग्रेटर की महापौर एवं अंतरराष्ट्रीय योग दिवस-2025 की ब्रांड एम्बेसडर डॉ. सौम्या गुर्जर ने हवामहल के बाहर योगाभ्यास कार्यक्रम में भाग लिया।

स्वस्थ और निरोगी रहने का संदेश दिया

सिविल लाइंस विधायक गोपाल शर्मा ने भाजपा कार्यकर्ताओं और क्षेत्रवासियों के साथ योग किया। विधायक शर्मा स्वेज फार्म के महिमा पार्क भाजपा सिविल लाइंस मंडल और सेवा भारती के संयुक्त तत्वावधान में योग गुरु राम बाबू अग्रवाल और श्याम नगर विवेक विहार के अहिंसा पार्क में मनस योग क्लासेस की योग गुरु डॉ. प्रेम मेहता के निर्देशन में आयोजित योग शिविरों में शामिल हुए। योग साधकों को संबोधित करते हुए विधायक शर्मा ने कार्यकर्ताओं को सियासी भागदौड़ भरे जीवन में नियमित योग को आत्मसात करने एवं योग के माध्यम से तनावमुक्त, स्वस्थ और निरोगी रहने का संदेश दिया। विधायक शर्मा ने कहा कि योग से मानव शरीर में 5 कर्मेंद्रियां और 5 ज्ञानेंद्रियां प्रभावित होती हैं। ये ही मन को नियंत्रित करती हैं और भटकाने का काम भी करती है। इन्हें योग के माध्यम से नियंत्रित किया जा सकता है। शर्मा ने कहा कि हजारों वर्षों से योग हमारी सनातन संस्कृति का अहम हिस्सा रहा है लेकिन 11 साल पहले प्रधानमंत्री नरेंद्र मोदी ने नेतृत्व में जो पहल शुरू हुई वह आज वैश्विक कॉमन योग प्रोटोकॉल बन चुकी है। यह हमारी गौरवपूर्ण उपलब्धि है।
शर्मा ने कहा कि गीता में श्रीकृष्ण ने कहा है 'योग: कर्मसु कौशलम' अर्थात योग से कर्मों में कुशलता आती है। मोदी सरकार का संकल्प से सिद्धि का दशक भी कर्म कौशलता का प्रमाण है।

Samachar Jagat • 21 Jun • Ministry of Ayush

Yoga will be held at one lakh places in the country and in 175 countries

1,4 • PG | 334 • Sqcm | 290579 • AVE | 1.11M • Cir | Bottom Center,Middle Center

Jaipur

11वां अंतरराष्ट्रीय योग दिवस आज

देश में एक लाख जगह पर और 175 देशों में होगा योग

वार्ता

रांची. भारत के रक्षा राज्य मंत्री संजय सेठ ने कहा कि 21 जून को पूरा देश 11 वां अंतर्राष्ट्रीय योग दिवस मनायेगा। सेठ ने आयोजित संवाददाता सम्मेलन में पूरे देश भर में एक लाख जगह पर और 175 देश में योग किया जाएगा। प्रधानमंत्री नरेंद्र मोदी का संकल्प देश के लोग निरोग रहे। इसका असर आज पूरा विश्व योग को अपनाकर अपने स्वास्थ्य जीवन का लाभ ले रहे हैं।

कोरोना कल में लोगों ने योग को अपनाकर अपनी जान बचाई प्रधानमंत्री नरेंद्र मोदी की प्रेरणा से हम लोग सभी आज योग के क्षेत्र में आगे बढ़ रहे हैं। रक्षा राज्य मंत्री संजय सेठ कांके के कुम्हारिया गांव में प्रधानमंत्री स्कूल में कल ग्रामीणों के साथ योग करेंगे। इस योग कार्यक्रम में 20 अंतर्राष्ट्रीय खिलाड़ी भी भाग लेंगे। उन्होंने कहा

कि लगातार बारिश से जो रांची में हुआ वह नहीं होना चाहिए था। इसका दोषी कौन है। मैं इसपर कोई राजनीति नहीं करना चाहता मैं रांची को बचाने आया हूं 1 रांची नगर निगम के अक्रमन्यता के कारण रांची के चारों तरफ से पानी पानी हुआ पड़ा है। हर तरफ घर दुकान डूबे हुए हैं।यह सब नगर निगम की अक्रमन्यता है। रांची के लोगों का जीवन नरकीय बन गया है। उन्होंने कहा कि ब्यूरोक्रेट्स अगर साथ दे तो इंदौर को पछाड़कर रांची को एक साल में एक नंबर शहर बनाएंगे।

विशाखापटनम योग कार्यक्रम में पहुंचेंगे मोदी

अमरावती, (भाषा). प्रधानमंत्री नरेन्द्र मोदी आंध्र प्रदेश में शनिवार को विशाल अंतरराष्ट्रीय योग दिवस कार्यक्रम में भाग लेंगे जो बंदरगाह शहर विशाखापटनम के आर के बीच से भोगापुरम तक 26 किलोमीटर लंबे गलियारे मे आयोजित किया जाएगा और वहां तीन लाख से अधिक लोग एक साथ योग कर सकेंगे। मुख्यमंत्री एन चंद्रबाबू नायडू ने कहा कि सुबह साढ़े छह बजे से आठ बजे तक निर्धारित इस कार्यक्रम को इस तरह से आयोजित किया जाएगा कि 'गिनीज वर्ल्ड रिकॉर्ड' सहित कई रिकॉर्ड स्थापित हों। आंध्र प्रदेश सरकार का 21 जून को न केवल विशाखापटनम में बल्कि पूरे राज्य में एक साथ कई गतिविधियों का आयोजन कर, कई लाख लोगों को योगाभ्यास में शामिल कर रिकॉर्ड बनाने का लक्ष्य है। दुनिया भर के कई देशों शेष पृष्ठ 4 पर

विशाखापटनम योग...

द्वारा मनाए जाने वाले 11वें अंतरराष्ट्रीय योग दिवस की विषयवस्तु 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' रखी गई है। नायडू ने कहा, ''25,000 से अधिक आदिवासी छात्र 108 मिनट तक सूर्य नमस्कार करेंगे। इसका उद्देश्य सबसे बड़े समूह और सबसे अधिक लोगों द्वारा एक साथ सूर्य नमस्कार करने का रिकॉर्ड बनाना है।'' सरकार का लक्ष्य राज्य भर में एक लाख केंद्रों में योग सत्र आयोजित करना और विशाखापत्तनम में योग गतिविधियों में भाग लेने के लिए पांच लाख लोगों को आकर्षित करना है। विशाखापत्तनम में आर के बीच से भोगापुरम तक 26 किलोमीटर के क्षेत्र में व्यापक व्यवस्था किए जाने का उल्लेख करते हुए मुख्यमंत्री ने कहा कि इस दौरान एक साथ 3.19 लाख लोग योग कर सकते हैं। उन्होंने कहा कि राज्य, देश और दुनिया भर के आठ लाख स्थानों से प्रतिभागियों के शामिल होने की उम्मीद है। उन्होंने कहा कि योग दिवस की गतिविधियों में भागीदारी के लिए दो करोड़ के अनुमान से भी अधिक 2.39 करोड़ लोगों ने पंजीकरण कराया है। योग दिवस से पहले दक्षिणी राज्य ने योग के बारे में जागरूकता पैदा करने के लिए एक महीने तक चले 'योगांध्र' अभियान की शुरुआत की, जिसमें भारत से उत्पन्न इस प्राचीन विधा से जुड़ी कई गतिविधियों का आयोजन किया गया। सरकार की एक विज्ञप्ति में बताया गया कि 'योगांध्र' के तहत गांव स्तर से लेकर राज्य स्तर तक 15,000 योग प्रतियोगिताएं आयोजित की गईं, 5,451 प्रशिक्षकों ने इस प्रयास में योगदान दिया और विभिन्न योग कार्यक्रमों के एक करोड़ से अधिक प्रतिभागियों को प्रमाणित किया गया। इस महा आयोजन के सुचारू संचालन के लिए 1,000 लोगों की क्षमता वाले 326 'कम्पार्टमेंट' तैयार किए गए हैं और 3.32 लाख टी-शर्ट और योग के लिए पांच लाख चटाइयों की व्यवस्था की गई है। अधिकारियों ने 21 जून को योग गतिविधियों के लिए राज्य भर में 1.3 लाख से अधिक स्थानों की पहचान की है और उन्हें पंजीकृत किया है जबकि विशाखापत्तनम में 30,000 लोगों के लिए वैकल्पिक व्यवस्था भी की गई है। हालांकि बारिश का कोई पूर्वानुमान नहीं है लेकिन मुख्यमंत्री ने अधिकारियों को वैकल्पिक व्यवस्था करने का निर्देश दिया है। मुख्यमंत्री ने तैयारियों का जायजा लेने के लिए हाल में व्यक्तिगत रूप से विशाखापत्तनम का दौरा किया था। उन्होंने राज्य के सभी लोगों से योग दिवस को सफल बनाने का आह्वान किया। विशाखापत्तनम में योग कार्यक्रम स्थल पर 3,000 से अधिक बस से योग प्रेमियों के पहुंचने की संभावना है। मुख्यमंत्री ने कहा कि सभी प्रतिभागियों को योग दिवस पर सुबह छह से साढ़े छह बजे के बीच अपने-अपने निर्धारित स्थानों पर पहुंच जाना चाहिए। इस बीच, विशाखापत्तनम में कार्यक्रम के लिए व्यापक सुरक्षा व्यवस्था की जा रही है। पुलिस महानिदेशक (डीजीपी) हरीश कुमार गुप्ता ने पहले कहा, ''1,200 से अधिक सीसीटीवी कैमरे और ड्रोन 26 किलोमीटर के उस हिस्से पर नजर रखेंगे जहां हजारों लोग योग करेंगे। सुरक्षा के लिए करीब 10,000 पुलिसकर्मी तैनात किए गए हैं।'' इस आयोजन के दौरान समन्वय और सुरक्षा सुनिश्चित करने के लिए उच्च प्रौद्योगिकी से लैस एक पुलिस नियंत्रण कक्ष बनाया गया है। इस आयोजन में बड़ी संख्या में लोगों के भाग लेने की उम्मीद है। गुप्ता ने बताया कि प्रधानमंत्री मोदी और अन्य प्रमुख मंत्रियों के शामिल होने के कारण हर स्तर पर मानक सुरक्षा प्रोटोकॉल का पालन किया जा रहा है।

Samachar Jagat • 21 Jun • Ministry of Ayush

Public program of Sahaja Yoga on International Yoga Day

10 • PG | 108 • Sqcm | 94369 • AVE | 1.11M • Cir | Middle Right

Jaipur

अंतर्राष्ट्रीय योग दिवस पर सहजयोग का सार्वजनिक कार्यक्रम

समाचार जगत न्यूज

जयपुर. सहजयोग केंद्र द्वारा अंतर्राष्ट्रीय योग दिवस पर परमपूज्य श्रीमाताजी निर्मला देवी ट्रस्ट के माध्यम से मानसरोवर केंद्र के साथ-साथ रिजर्व बैंक ऑफ़ इंडिया बजाज नगर कॉलोनी, महिमा ग्रुप नियर 22 गोदाम, वर्षा ज्वेलरी ग्रुप सीतापुरा इंडस्ट्रियल एरिया, महात्मा गांधी राजकीय विद्यालय रूपा रामपुरा टोंक फटक, महात्मा

गांधी राजकीय विद्यालय गेटोर रोड, महात्मा गांधी राजकीय विद्यालय जगतपुरा, केंद्रीय विद्यालय नंबर 3 झालना, महात्मा गांधी विद्यालय जगन्नाथपुरा, महात्मा गांधी राजकीय विद्यालय करतारपुरा फाटक और पूर्णिमा कॉलेज ऑफ़ इंजीनियरिंग नियर महात्मा गांधी हॉस्पिटल, सीतापुरा इत्यादि सभी नए साधकों के लिए निःशुल्क आत्म-साक्षात्कार एवं ध्यान का कार्यक्रम जन-सामान्य को आमंत्रित किया गया है। सहजयोग ट्रस्ट के ट्रस्टी एवं महासचिव रमेश गुप्ता ने बताया है कि आत्मसाक्षात्कार का अर्थ होता है स्वयं के भीतर सोई हुई आध्यात्मिक शक्ति जिसे हम कुंडलिनी के नाम से जानते हैं, को जगा कर सारे जगत में फैली परमात्मा की सर्वव्यापी शक्ति से पूर्ण एकाकारिता प्राप्त करना। सहजयोग ट्रस्ट के प्रचार प्रसार कमेटी के सदस्य एवं मीडिया प्रभारी लक्ष्मण प्रसाद सिंघल ने बताया है कि वर्तमान में देशभर के लाखों लोग श्रीमाताजी निर्मला देवी द्वारा प्रणित सहजयोग पद्धति से ध्यान कर रहे हैं।

Samachar Jagat • 21 Jun • Ministry of Ayush
Yoga is coordination of body, mind and soul: Chief Minister

12 • PG | 260 • Sqcm | 226562 • AVE | 1.11M • Cir | Top Left

Jaipur

मुख्यमंत्री कार्यालय में प्राणायाम और योगाभ्यास

योग शरीर, मन और आत्मा का समन्वय : मुख्यमंत्री

समाचार जगत न्यूज

जयपुर. अंतर्राष्ट्रीय योग दिवस से पूर्व एक पृथ्वी, एक स्वास्थ्य अभियान के अंतर्गत राजस्थान के मुख्यमंत्री भजनलाल शर्मा ने मुख्यमंत्री कार्यालय में प्राणायाम और योगाभ्यास किया। इस विशेष योग सत्र का नेतृत्व योगाचार्य ढाकाराम, संस्थापक-योगापीस संस्थान और योगिनी प्रीति ने किया उनके साथ योगाचार्य कुलभूषण बेराठी और योगी श्रवण, कॉर्पोरेट योग मैनेजर भी उपस्थित रहे। दोनों ने मुख्यमंत्री जी एवं उनके स्टाफ को विविध योगासन, प्राणायाम एवं ध्यान की विधियों का अभ्यास करवाया।

मुख्यमंत्री शर्मा ने योग को जीवन की मूल धारा बताते हुए कहा योग शरीर, मन और आत्मा का समन्वय है। यह न केवल हमें व्यक्तिगत रूप से स्वस्थ बनाता है, बल्कि सामाजिक और पर्यावरणीय संतुलन का भी मार्ग है।इस अवसर पर मुख्यमंत्री कार्यालय के वरिष्ठ अधिकारी, कर्मचारियों एवं अन्य अतिथियों ने भी पूरे उत्साह और समर्पण के साथ योग सत्र में भाग लिया। यह आयोजन 21 जून को आयोजित होने वाले 10वें अंतर्राष्ट्रीय योग दिवस की तैयारियों के तहत एक प्रेरणादायक कदम रहा। कार्यक्रम के पश्चात योगाचार्य ढाकाराम एवं योगी श्रवण ने मुख्यमंत्री को योग पुस्तक से शिष्टाचार भेंट की। इस दौरान योग, स्वास्थ्य एवं जीवनशैली से जुड़े विषयों पर सकारात्मक चर्चा हुई तथा भावी योग कार्यक्रमों को लेकर भी सुझाव साझा किए गए।

Samachar Jagat • 21 Jun • Ministry of Ayush

More than 500 yoga enthusiasts participated in Lumbini camp

7 • PG | 224 • Sqcm | 194884 • AVE | 1.11M • Cir | Middle Right

Jaipur

लुम्बिनी शिविर में 500 से अधिक योग प्रेमियों ने भाग लिया

आशुतोष झा

काठमांडू. नेपाल स्थित भारतीय दूतावास ने लुम्बिनी डेवलपमेंट ट्रस्ट के सहयोग से लुम्बिनी में 20 जून को बड़े पैमाने पर योग प्रदर्शन का आयोजन किया। लुम्बिनी भगवान बुद्ध का पवित्र जन्मस्थान और यूनेस्को विश्व धरोहर स्थल है। लुम्बिनी प्रांत के राज्यपाल, कृष्ण बहादुर घर्ती, और नेपाल के युवा और खेल मंत्री, तेजू लाल चौधरी ने मुख्य अतिथि के रूप में इस कार्यक्रम की शोभा बढ़ाई। उन्होंने भगवान बुद्ध के पवित्र जन्मस्थान पर इस महत्वपूर्ण आयोजन के लिए भारतीय दूतावास को धन्यवाद दिया और भारत और नेपाल के बीच सांस्कृतिक संबंधों को मजबूत करने के लिए सराहना की। लुम्बिनी डेवलपमेंट ट्रस्ट के वरिष्ठ अधिकारियों और क्षेत्र के 500 से अधिक योग प्रेमियों ने इस कार्यक्रम में भाग लिया।

भारत के राजदूत, नवीन श्रीवास्तव ने इस बात पर जोर दिया कि योग, भारत में उत्पन्न एक प्राचीन प्रथा है, जो 2014 में संयुक्त राष्ट्र द्वारा 21 जून को अंतर्राष्ट्रीय योग दिवस घोषित किए जाने के बाद एक वैश्विक आंदोलन बन गया है। उन्होंने टिप्पणी की कि लुम्बिनी, जिसे शांति और सद्भाव के प्रतीक के रूप में जाना जाता है, योग के शाश्वत मूल्यों का जश्न मनाने के लिए वास्तव में एक उपयुक्त स्थान प्रदान करता है। राजदूत ने कार्यक्रम के आयोजन में उनके समर्थन के लिए लुम्बिनी डेवलपमेंट ट्रस्ट के प्रति भी आभार व्यक्त किया और लुम्बिनी को एक आध्यात्मिक और धार्मिक गंतव्य के रूप में बढ़ावा देने में इसकी भूमिका को रेखांकित किया। यह कार्यक्रम नेपाल के विभिन्न शहरों में 11वें अंतर्राष्ट्रीय योग दिवस को मनाने के लिए भारतीय दूतावास द्वारा आयोजित कार्यक्रमों की श्रृंखला का एक हिस्सा था। भारतीय दूतावास, पोखरा मेट्रोपॉलिटन सिटी के सहयोग से, कल 11वें अंतर्राष्ट्रीय योग दिवस मनाने के लिए पोखरा रंगशाला स्टेडियम में एक विशाल योग प्रदर्शन का आयोजन करेगा।

Samachar Jagat • 21 Jun • Ministry of Ayush

My country drowned in yoga, enjoyment and disease

6 • PG | 246 • Sqcm | 214101 • AVE | 1.11M • Cir | Bottom Left

Jaipur

विश्व योग दिवस पर विशेष...

योग, भोग और रोग में डूबा मेरा देश?

■ वेदव्यास

जिस तरह गंगा, यमुना और सरस्वती, भारत में हिंदुत्व का संगम है, उसी तरह योग, भोग और रोग, हमारे जीवन में सुख-दुख की त्रिवेणी है। भूख और प्यास के अथाह समुद्र में डूबा और कुपोषण, बेरोजगारी और भ्रष्टाचार के चक्रव्यूह में फंसा और काम, क्रोध, मद, लोभ और मोह के दलदल में हाथ पैर मारता मेरा देश आजकल-जाति धर्म की महामारी से जूझ रहा है, क्योंकि इसके 140 करोड़ देवी-देवता ज्ञान और अज्ञान एक साथ पी रहे हैं। कोई राम के भरोसे है, तो कोई राज के खजाने पर निर्भर है, तो कोई भाग्य के सहारे भविष्य के नाम पर प्रार्थना-प्रवचन सुन रहा है। इस तरह विश्व गुरु की तीन पीढ़ियां एक साथ अपनी नाव को लहर-लहर पार करते हुए मझधार में डूब रही है और मोक्षदायिनी मां गंगा की गोद में सपनों को बहते हुए देख रही हैं। सब चुप हैं-क्योंकि-फरिश्ता देख रहा है और सब निराश हैं, क्योंकि धर्म दूतों को पूरे आर्यवर्त में कोई संजीवनी पर्वत नहीं मिल रहा है। यहां सच कहना अपराध है फिर भी विनम्रता और दृढ़ता से कह रहा हूं कि बहुमत की इंद्रसभा में सब कुछ परिवर्तन के नाम पर मनमाना हो रहा है। विगत को गालियां देते-देते संतों की दाढ़ी सफेद हो गई है और मन की बात सुनाते-सुनाते वाणी की अमृत भी विष बन गया है। क्योंकि राजनीति के दंगल में हर पहलवान लूटो-खाओ और मौज मनाओ का मंगल मंत्र पढ़ रहा है। अब जनता से कोई नहीं पूछता कि उसके अच्छे दिन अब कहां दम तोड़ रहे हैं? ऐसे में एक गुजराती कवि पारूल खक्खर कहते हैं कि एक आवाज में मुर्दे बोले, सब कुछ चंगा-चंगा/ राजन तेरे वस्त्र दिव्य है, और दिव्य है ज्योति/ राजन असली रूप ये तेरा देखे सारी बस्ती/ है माई का लाल कोई जो बोले-राजा नंगा/ लपटें देख के गाल बजाए, वाह रे बिल्ला-रंगा/ राजन, तेरे रामराज्य में शव वाहिनी गंगा। योग, भोग और रोग की इस प्रयोगशाला का पुण्य प्रताप अब ये है कि सरकार बिना जनता को विश्वास में लेकर आए दिन संसद में ध्वनि मत से प्रस्ताव पारित करते हुए नोटबंदी कर देती है। आत्मनिर्भर भारत का शंखनाद कर देती है, भूखे-नंगे-अनपढ़ गांवों में डिजिटल इंडिया का जाल फैला देती है। आयात को ''मेक इन इंडिया'' बनाकर निर्यात कर लेती है, बाजार को काबू करने के लिए एक देश-एक टैक्स (जीएसटी) थोप देती है और पेट्रोल-डीजल, रसोई गैस, खाद-बीज को महंगा करके किसान, मजदूर और नौकरीपेशा मुंगेरीलाल की कमर तोड़ देती हैं। अब कोई सुनने वाला और जवाब देने वाला नहीं है कि राशन की दुकानों पर गली-मोहल्लों में लाइनें क्यों लगी है और मनरेगा में करोड़ों बेरोजगारों की भीड़ क्यों बढ़ रही है और महंगाई तथा बेरोजगारी शुतुरमुर्ग की तरह जमीन में क्यों घुस रही है। आश्चर्य तो ये है कि केंद्र तो अपनी छवि चमका रहा है, लेकिन राज्यों का दिवाला निकल रहा है। शिक्षा, चिकित्सा, व्यापार, उद्योग और शासन-प्रशासन सभी चौपट हो गए हैं। कानून और यातना का डंडा बजाकर प्रतिरोध करने वालों को जेलों में ठूंसा जा रहा है तथा अदालतों को देशद्रोह और आतंकवाद का खतरा बताकर गुमराह किया जा रहा है। विद्यार्थियों, सामाजिक कार्यकर्ता, मानवाधिकार की पैरवी करने वालों और जागरूक नागरिकों की बोलती बंद की जा रही है, तो युवाओं को झूठे मुकदमों में फंसाया जा रहा है। अदालतें हैरान हैं, पुलिस ही सरकार की आन-बान और शान है तो शासन के तबेले में सारे घोड़े पहलवान है। किसी ने नहीं सोचा था कि जनता की सरकार ही जनता पर भारी पड़ेगी। तस्वीर की दूसरी महाभारत ये है कि कभी गौरक्षा के नाम पर, तो कभी लवजेहाद के बहाने, तो कभी तीन तलाक के रास्ते, तो कभी धर्मांतरण की आड़ में, तो कभी आतंकवाद का खेल खेलकर, मुसलमान, ईसाई और दलित, आदिवासी तथा महिलाओं को दमन, उपेक्षा और शोषण की चक्की में पीसा जा रहा है। सरकार मनचाहा कर रही है क्योंकि शासन-प्रशासन के पास बहुमत है और संसद लाचार है तो व्यवस्था बीमार है। सब अपनी-अपनी प्रायश्चित की रामधुनी गा रहे हैं और लोकतंत्र की आत्मा को हिंदुत्व के संक्रमण ने घेर लिया है। बस शासन जिस पर मेहरबान है वही समय का सुलतान है। मेरे प्यारे देशवासियों को इसीलिए आज योग, भोग और रोग की गृह दशा से दिन-रात गुजरना पड़ रहा है, क्योंकि राम मंदिर से लेकर सरकारी राजनीति के चुनावों तक, सब गुप्तदान से फलफूल रहे हैं। सभी तरह तूफान से पहले का सन्नाटा है। लेकिन अकेला शासन-प्रशासन लालकिले से निरंतर बोल रहा है।

Samachar Jagat • 21 Jun • Ministry of Ayush

Yoga: Yoga is not just an exercise, it is a gift

6 • PG | 141 • Sqcm | 122733 • AVE | 1.11M • Cir | Top Right

Jaipur

योग : सिर्फ व्यायाम नहीं, उपहार है योगा

अनामिका कोठारी

आज की तेज रफ्तार जिंदगी में इंसान बाहर से मुस्कुराता है, लेकिन भीतर से तनाव, चिंता और थकावट से घिरा होता है। ऐसे समय में एक प्राचीन भारतीय विज्ञान - योग - न सिर्फ शारीरिक स्वास्थ्य का समाधान है, बल्कि मानसिक शांति और आत्मिक संतुलन का भी रास्ता है। योग केवल आसनों तक सीमित नहीं है। यह एक संपूर्ण जीवनशैली है, जो शरीर, मन और आत्मा को एक साथ जोड़ती है।

प्राणायाम हमारे अंदर छुपी ऊर्जा को जगाता है, ध्यान हमारे विचारों को शांत करता है, और नियमित योग अभ्यास हमें अनुशासित और संतुलित बनाता है। मेरा नाम अनामिका कोठारी है और मैं एक योग प्रशिक्षक, वर्ल्ड रिकॉर्ड होल्डर और होलिस्टिक हेल्थ कोच हूं। मैं पिछले 5 सालो से योग सीखा रही ही और मेरा उद्देश्य होता है की एक व्यक्ति की संपूर्णतः सहायता कर सकू ताकि वह बिना बीमारियों के एक खुशाल जीवन जी पाए। मैंने पिछले कुछ वर्षों में 10,000 से अधिक लोगों को योग के माध्यम से स्वास्थ्य, आत्मविश्वास और मानसिक स्थिरता दिलाने में सहायता की है। मेरा विशेष फोकस होता है - थायरॉइड रिवर्सल, पीसीओडी मैनेजमेंट, वजन नियंत्रण, और फेस योगा द्वारा ग्लोइंग स्किन और एजिंग कंट्रोल करने पर रहा है। मैंने कई लोगों को यह महसूस करते देखा है कि उनका शरीर दुश्मन बन गया है - लेकिन योग उन्हें दोबारा अपने शरीर से प्यार करना सिखाता है। योग से मेने अपने जीवन को सावरा है और अब लोगो को मदद कर रही हूं। आप अपने लिए समय निकालें और अपने स्वास्थ्य को पहली अहमियत दे। स्वास्थ्य ठीक रहेगा तो आप अपने रूटीन के कामों को अच्छे से कर पाएंगे और एक कुशहाल जीवन जी पाएंगे। आज जब दुनिया में मानसिक तनाव, नींद की कमी, और बीमारियों का ग्राफ तेजी से बढ़ रहा है, योग एक समाधान नहीं, एक जरूरत बन गया है। इस योग दिवस पर, आइए हम खुद से यह वादा करें - हर दिन कम से कम 30 मिनट अपने शरीर और मन को दें। यदि आप भी योग के इस खूबसूरत सफर की शुरुआत करना चाहते हैं, तो आप हमारे साथ जुड़ सकते हैं।

Samachar Jagat • 19 Jun • Ministry of Ayush
Take a pledge to spread yoga to the masses

11 • PG | 440 • Sqcm | 382473 • AVE | 1.11M • Cir | Top Center

Jaipur

'योग को जन-जन तक पहुंचाने का लें संकल्प'

तैयारियों को लेकर उप मुख्यमंत्री ने ली बैठक

समाचार जगत न्यूज

जयपुर. अन्तर्राष्ट्रीय योग दिवस पर 21 जून को जयपुर जिले के पर्यटन एवं धार्मिक महत्व के स्थान, सवाई मानसिंह स्टेडियम, अल्बर्ट हॉल, पत्रिका गेट, गलताजी मंदिर, जलमहल, हवामहल, बिड़ला मंदिर, सेन्ट्रल पार्क, सिटी पार्क, आमेर फोर्ट एवं गोविन्द देव जी मंदिर में योगाभ्यास कार्यक्रम प्रातः 7 बजे से 8 बजे तक आयोजित किये जायेंगे। इस वर्ष 'एक पृथ्वी एवं स्वास्थ्य के लिए योग' थीम पर योग दिवस मनाया जावेगा।

कार्यक्रमों की पूर्व तैयारियों की समीक्षा हेतु उप मुख्यमंत्री डॉ. प्रेमचन्द बैरवा ने आयुष भवन, प्रताप नगर जयपुर के सभागार में बैठक ली। बैठक में योग बॉण्ड एम्बेसडर एवं मेयर नगर निगम ग्रेटर डॉ. सौम्या गुर्जर, मेयर नगर निगम हेरिटेज कुसुम यादव एवं आयुष विभाग के अधिकारी भी उपस्थित रही।

बैठक के दौरान मेयर नगर निगम हेरिटेज कुसुम यादव ने संबोधित करते हुए योग को जीवन एवं स्वास्थ्य का अभिन्न अंग बताया एवं योग को दैनिक जीवन में अपनाने का संदेश दिया। मेयर ने बताया कि गीता के श्लोकों के साथ योग का कार्यक्रम जयपुर में किया जा रहा है। मेयर नगर निगम ग्रेटर डॉ. सौम्या गुर्जर द्वारा योग को जन जन तक पहुंचाने का संकल्प व्यक्त किया गया।

गोविन्ददेव जी मंदिर में आज होगा श्लोक पर योग

जयपुर, समाचार जगत न्यूज. नगर निगम हेरिटेज की ओर से छोटी काशी में विश्व योग दिवस से पहले 19 जून को आराध्य गोविंद देव जी के समक्ष गीता के श्लोक पर योग होगा। श्लोकों के भाव और भाषा में आसनों की साधना समाहित होगी। यहां योग गुरुओं की मौजूदगी में गीता के श्लोक, अर्थ, आसन और ध्यान का समन्वय देखने को मिलेगा।

हेरिटेज नगर निगम की महापौर कुसुम यादव ने बताया कि हमारी संस्कृति में योग का बहुत महत्व है। वर्ष 2015 के बाद से 21 जून को योग दिवस के रूप में मनाया जाने लगा है। उसी कड़ी में हेरिटेज नगर निगम भी कई आयोजन करने जा रहा है। इस बार गीता के श्लोक पर योग करवाया जाएगा। गीता और योग को आमजन के जीवन का हिस्सा बनाने और मंदिर परिसर में आध्यात्मिक पूजा के साथ योग का अनुभव करने के उद्देश्य से ये पहल की जा रही है। गुरुवार को योगाचार्य मनीष गोविंद देव जी मंदिर परिसर में आमजन को योग कराएंगे। इस अनूठी पहल से आमजन को योग करने और स्वस्थ रहने का संदेश दिया जाएगा।

पहले योग फिर उद्योग : योग के पूर्वाभ्यास कार्यक्रमों के तहत 20 जून 2025 को प्रातः 8 बजे से हवामहल के सामने व्यापार मण्डल के पदाधिकारियों, महिला उद्यमियों, दुकानदारों की ओर से योगाभ्यास किया जायेगा। इस संबंध में नगर निगम ग्रेटर महापौर डॉ. सौम्या गुर्जर ने बुधवार को व्यापार मण्डल पदाधिकारियों के साथ बैठक की। जिसमें जयपुर व्यापार महासंघ के अध्यक्ष सुभाष गोयल, कार्यकारी अध्यक्ष हरीश केडिया, महामंत्री सुरेश सैनी, सेन्ट्रल स्पाइन व्यापार परिषद विद्याधर नगर अध्यक्ष अजय अग्रवाल, लालकोठी व्यापार मण्डल, चौड़ा रास्ता व्यापार मण्डल, घी वालों का रास्ता व्यापार मण्डल सहित अन्य पदाधिकारी मौजूद रहे।

पार्क का लोकार्पण : बुधवार को सांगानेर जोन के वार्ड संख्या 102 में जागृति पार्क जोन 68 में सांसद जयपुर (शहर) मंजू शर्मा, महापौर डॉ. सौम्या गुर्जर द्वारा विभिन्न विकास कार्यों का शिलान्यास किया गया। इसके साथ ही उपस्थित आमजन को योगाभ्यास भी करवाया। इस अवसर स्थानीय पार्षद महेन्द्र शर्मा सहित अन्य जनप्रतिनिधिगण मौजूद रहे।

मानसिक व शारीरिक स्वास्थ्य की कुंजी

जयपुर। केंद्रीय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिषद नई दिल्ली और स्वास्थ्य कल्याण इंस्टिट्यूट ऑफ नेचुरोपैथी एवं योग साइंसेज के संयुक्त तत्वावधान में 11 वें योग दिवस के उपलक्ष में आयोजित 'योग समावेश' कार्यक्रम सीतापुरा कैंपस में आयोजित किया गया। इस कार्यक्रम में विभिन्न महाविद्यालयों के 180 प्रतिभागियों ने भाग लिया। योग एवं मेंटल हेल्थ विषय पर आयोजित इस कार्यक्रम में विशेषज्ञों ने व्याख्यान दिए। कार्यक्रम के मुख्य अतिथि स्वास्थ्य कल्याण ग्रुप ऑफ इंस्टीट्यूशंस के प्रेसिडेंट डॉ. सर्वेश अग्रवाल रहे। मुख्य वक्ता के तौर पर आरएक्सल डीएडीक्शन सेंटर के डायरेक्टर डॉ. राघव शाह रहे। कार्यक्रम में परिषद के डॉ. भावित बंसल, नोएडा के डॉ. राजेश कुमार सिंह, दोसा से डॉ. दिव्या चंदेल एवं जयपुर से डॉक्टर चारू शामिल हुए। साइंटिफिक सेशन में डॉ. सर्वेश अग्रवाल ने अपने संबोधन में लोगों से योग को जीवन में उतारने का मंत्र दिया। उन्होंने कहा कि योग ही मानसिक एवं शारीरिक स्वास्थ्य की सबसे बड़ी कुंजी है। डॉ राघव शाह ने अपने संबोधन में योग पर राष्ट्रीय एवं अंतर्राष्ट्रीय स्तर पर हुए शोधों की नवीन जानकारी साझा करते हुए कहा कि मानसिक शांति के लिए योग से बड़ा कोई विकल्प नहीं है। इंस्टिट्यूट के प्रिंसिपल डॉ. एकलव्य बोहरा ने कहा कि बड़ी से बड़ी लड़ाई मानसिक शक्ति से जीती जाती है, और योग हमें मानसिक शक्ति प्रदान करता है। स्वास्थ्य कल्याण ग्रुप की सीईओ सीए श्रद्धा भंडारी ने सभी उपस्थित जनों का धन्यवाद किया।

योग भारतीय संस्कृति से जोड़ने वाला

जयपुर। अंतरराष्ट्रीय योग दिवस के तहत जीओ गीता परिवार और सिविललाइन योग क्लब की ओर से बुधवार को राजभवन पार्क में गीतामय योग शिविर संपन्न हुआ। शिविर संयोजक योग गुरु कांता गुप्ता ने बताया कि शिविर के मुख्य अतिथि विधायक गोपाल शर्मा थे। उन्होंने योग को भारतीय संस्कृति से जोड़ने वाला बताया। योगाचार्य मनीष योगी व पूर्वी विजयवर्गीय ने गीता के श्लोको के साथ आसन, प्राणायाम एवं ध्यान से संबंधित योगाभ्यास कराया। योगी मनीष ने ध्यान योग के तहत हृदय चक्र पर विशेष राधा कृष्ण मेडिटेशन करवाया। बालिका गीतिका ने गीता के श्लोक सुनाए। कार्यक्रम का संचालन सिद्धार्थ भट्ट ने किया।

Samachar Jagat • 17 Jun • Ministry of Ayush

Yoga camp tomorrow, Deputy Chief Minister released the poster

10 • PG | 76 • Sqcm | 65744 • AVE | 1.11M • Cir | Top Left

Jaipur

योग शिविर कल ,उप मुख्यमंत्री ने किया पोस्टर का विमोचन

जयपुर, समाचार जगत न्यूज . जीओ गीता परिवार की ओर से गीतामय ध्यान योग शिविर बुधवार, प्रात: 5 :45 सिविललाइन स्थित राजभवन पार्क में आयोजित किया जाएगा । शिविर के पोस्टर का विमोचन सोमवार को आयुष भवन में उपमुख्यमंत्री प्रेमचंद बैरवा, ग्रेटर की महापौर डॉ. सौम्या गुर्जर और हेरिटेज की महापौर कुसुम यादव ने किया ।आयोजक योग गुरू कांता गुप्ता ने बताया कि योगाचार्य योगी मनीष के सानिध्य में ज्ञान योग के तहत श्रीमद भागवत गीता के श्लोक, भक्ति योग के तहत नृत्य एवं कर्म योग के तहत योगाभ्यास एवं प्राणायाम करवाया जाएगा। ज्ञान ,भक्ति एवं कर्म योग की त्रिवेणी का संगम होगा। गुप्ता ने बताया कि समारोह की मुख्य अतिथि सांसद मंजू शर्मा होगीं । अध्यक्षता विधायक गोपाल शर्मा करेंगे। विशिष्ट अतिथि विहिप के प्रचारक जुगल किशोर होंगे। इस मौके पर समाज सेवी सुजाता बाहेती अंगदान के लिए लोगों को जागरुक करेगी और शपथ भी दिलाएगी ।

Samachar Jagat • 17 Jun • Ministry of Ayush

Yoga Unplugged Program: Yoga competitions become an attraction for the youth

5 • PG | 171 • Sqcm | 148447 • AVE | 1.11M • Cir | Middle Center

Jaipur

योगा अनप्लग्ड कार्यक्रम : युवाओं के लिए आकर्षण बनीं योग प्रतियोगिताएं

समाचार जगत न्यूज

जयपुर. भारत सरकार के आयुष विभाग की ओर सेराष्ट्रीय प्राकृतिक चिकित्सा संस्थान पुणे के तत्वावधान में 11 वें योग दिवस के उपलक्ष में विभिन्न स्थानों पर किए जा रहे सिग्नेचर योगा इवेंट्स में सीतापुरा स्थित स्वास्थ्य कल्याण इंस्टिट्यूट ऑफ़ नेचुरोपैथी एवं योग साइंसेज में योग अनप्लग्ड कार्यक्रम का आयोजन किया जा रहा है। इस कार्यक्रम का समापन 19 जून को होगा। कार्यक्रम के मुख्य अतिथि एम्स जोधपुर के अध्यक्ष और स्वास्थ्य कल्याण ग्रुप ऑफ़ इंस्टिट्यूशन तथा राजस्थान अस्पताल के चेयरमैन डॉक्टर एस एस अग्रवाल होंगे।

इंस्टिट्यूट के प्राचार्य डॉक्टर एकलव्य बोहरा ने यह जानकारी देते हुए बताया कि योग अनप्लग्ड कार्यक्रम में युवाओं को योग से जोड़ने के लिए इंटर कॉलेज कंपटीशन आयोजित किया जा रहे हैं। इनमें पांच ऑनलाइन एवं 7 ऑफलाइन कंपटीशन शामिल हैं। उन्होंने बताया कि कंपटीशन में योगा रील कंपटीशन, योगा पोस्टर कंपटीशन, योगा निबंध लेखन प्रतियोगिता शामिल हैं। इसी प्रकार ऑफलाइन प्रतियोगिताओं में योगासन एडवांस पोस्चर, समूह योग, योग भाषण प्रतियोगिता इत्यादि आयोजित किया जा रहे हैं। उन्होंने बताया कि कार्यक्रम के समापन पर विजेता प्रतियोगियों अथवा टीम्स को प्रथम, द्वितीय एवं तृतीय पुरस्कार के साथ नगद पुरस्कार भी दिए जाएंगे। डॉ. बोहरा ने बताया कि इस कार्यक्रम में करीब 748 से ज्यादा युवाओं ने पंजीकरण कराया है। स्वास्थ्य कल्याण कैंपस में हो रहे इस कार्यक्रम को प्राकृतिक चिकित्सा संस्थान पुणे की ओर से पुणे में सोशल मीडिया के माध्यम से लाइव दिखाया जा रहा है।

Navakal • 21 Jun • Ministry of Ayush

Yoga awareness in the world! What about in India

4 • PG | 556 • Sqcm | 277750 • AVE | 273.62K • Cir | Top Left

Mumbai

संस्थापक-नाट्याचार्य कृष्णाजी प्रभाकर खाडिलकर

संपादकीय

नवाकाळ

।। न मे भक्त प्रणश्यति ।।

योगाची जगात जागृती! भारतात काय?

आंतरराष्ट्रीय योगवर्षाची दहा वर्षे पूर्ण झाली. या दहा वर्षांत निदान भारतामध्ये योगाचा कसा आणि किती प्रसार झाला की नुसतीच आंतरराष्ट्रीय योगवर्षाची प्रसिद्धी झाली. जगातल्या १८० लोकांनी जरी या योगदिनाला पाठिंबा दिला असला तरी भारतातल्या किमान १८० गावांमध्ये तरी योग पूर्णपणे पोहोचला आहे का, या ज्या योगाविषयी आपण मोठ्या अभिमानाने सांगत असतो आणि त्याला महर्षी पतंजलीच दिव्य देणगी म्हणून गौरवत असतो. या व्यायाम किंवा आसन पद्धतीचा भारताच्या खेड्यापाड्यापर्यंत अजूनही प्रचार प्रसार होऊ शकलेला नाही. म्हणजे गेल्या दहा वर्षांच्या कालावधीचे सिंहावलोकन करण्याची ही योग्यवेळ आहे. स्वाभाविकपणे या आणि यासारख्या अनेक प्रश्नांचा विचार करताना आंतरराष्ट्रीय योगदिवस हा एक वार्षिक इव्हेंट असल्याचे लक्षात येते. सरकारी पातळीवरून यासाठी कोणतेही ठोस प्रयत्न होताना दिसून येत नाहीत. योगासने हा केवळ व्यायामप्रकार नसून तो शरीर, मन, बुद्धीसाठी एकाचवेळी उपयुक्त ठरतो. अनेक दृष्टींनी उपयुक्त ठरणारी ही व्यायामपद्धती व्यक्तीला तर सुदृढ ठेवतेच. परंतु त्यातून जागृत होणारा विवेक किंवा सारासार विचार करण्याची बुद्धी अधिक वेगाने विकसित होते. अशा अनेक दृष्टींनी योगाचे महत्त्व प्राचीन काळापासून सांगितले जाते. जर या योग पद्धतीत इतके मोठे सार साठलेले असेल तर भारतात त्याचा घरोघरी प्रचार प्रसार का होऊ शकत नाही. अजूनही अनेक ठिकाणी सुखवस्तू घरांमध्ये किंवा मोठ्या शहरांमध्येच योग हा प्रकार नियमितपणे केला जातो. पाश्चिमात्य देशात योगाकडे व्यायाम पद्धती म्हणूनच पाहिले जाते. परंतु तिथल्या सामाजिक परिस्थितीने विशेषतः पैसा कमावण्याच्या अतिरेकी स्पर्धेतून निर्माण होणारे ताणतणाव अनेक देशांमधल्या लोकांना मानसिक संतुलनासाठी योग आधार वाटत असतो. त्याचा सकारात्मक उपाय करून घेण्याचा उपयोग होतो. मानसिक स्वास्थ्यासाठी योग दिलासा देणारा आहे. असा अनुभव आल्यानेच बऱ्याच देशांमधल्या कॉर्पोरेट जगतामध्ये त्याला महत्त्व प्राप्त झाले.

योगाचे आध्यात्मिक महत्त्व

परदेशात योगाचे आध्यात्मिक महत्त्व पटवण्याचे काम स्वामी विवेकानंदांसारख्यांनी केले होते. परंतु त्याचा कृतीशील अनुभव देण्याचा आणि योगाचे पावित्र्य टिकवण्याचा प्रयत्न महेश योगी, अय्यंगार यासारख्यांनी केला. भारतात रामदेव बाबांनी योगाचा ज्या पद्धतीने प्रचार प्रसार केला, पण त्यातूनही आता व्यापारच ठळकपणाने समोर येतो आहे. म्हणजेच योगाचे आध्यात्मिक महत्त्व बऱ्याच प्रमाणात दुर्लक्षित झाले. आणि त्याचे तितक्याच वेगाने व्यापारीकरण होते आहे. म्हणूनच आंतरराष्ट्रीय योग दिवस साजरा करताना त्याचे भारतीय संस्कृतीतील आध्यात्मिक महत्त्व टिकवून ठेवण्याचा प्रयत्न झाला पाहिजे. स्वाभाविकपणे योगासनांचे शरीर, मन आणि बुद्धीला त्वरित लाभ होतात यात काही शंका नाही. अर्थातच त्याचा सातत्याने ध्यास घेतला तर एकूणच व्यक्तिमत्वामध्ये आमूलाग्र बदल घडून येतो. हा बदल अतिशय लक्षणीय असल्याने भारतातही ज्याला कॉर्पोरेट जग म्हणता येईल किंवा सुखवस्तू घरांमध्ये योगासनांचा नेमाने अवलंब केला जातो. विशेषतः आजच्या या वेगवान आणि स्पर्धात्मक युगामध्ये स्ट्रेस किंवा ताणतणाव प्रचंड आहे. दिवसातल्या चोवीस तासांपैकी अक्षरशः चौदा चौदा तास काम करण्याची अनेकांवर वेळ येते. या सर्व मानसिक, शारीरिक आणि बौद्धिक थकव्यापासून काही काळ मुक्तता मिळवण्यासाठी म्हणजेच शरीर, मन, बुद्धीला हलके आणि ताजेतवाने करण्यासाठी योग पद्धती परिणामकारक ठरते. परंतु भारतासारख्या मोठी लोकसंख्या असलेल्या देशात साठ ते सत्तर टक्के लोक खेड्यांमध्ये राहतात. यातल्या पन्नास टक्के लोकांची आर्थिक स्थिती जेमतेम स्वरूपाची असते. दिवसभर काबाडकष्ट करण्यातच त्यांचा वेळ जातो. अशांना योगासारखे प्रकार करण्यासाठी पुरेशी जागाही नसते. वेळही नसतो आणि तो शिकण्याची व्यवस्थाही उपलब्ध होत नाही. म्हणजे योग करणाऱ्यांमध्ये आर्थिकदृष्ट्या सबल असणाऱ्यांचाच वाटा जास्त आहे. अशा परिस्थितीत सामान्य माणसाला ही योगपद्धती सुलभरीतीने उपलब्ध होईल. ज्यातून त्याचाही जीवनाकडे बघण्याचा दृष्टीकोन विकसित होईल. अशा काही व्यवस्था निर्माण करण्याची आवश्यकता आहे.

युवाशक्तीला उपयुक्त

एकाचवेळी व्यक्तीला आणि समाजालाही सभ्यतेकडे घेऊन जाण्याची ताकद या योगासन कार्यपद्धतीत आहे. इतका मोठा लाभ ज्यातून सहजपणे मिळू शकतो. त्या प्रकाराकडे प्राधान्यक्रमाने केंद्र आणि राज्य सरकारांनी लक्ष देण्याची गरज आहे. दुर्दैवाने आज तसा प्रयत्न होत नाही. भारताच्या लोकसंख्येत युवकांचे प्रमाण सर्वाधिक आहे. आणि आजचा युवक सर्वाधिक तणावग्रस्त आहे. आणि म्हणूनच शिक्षणाचा रेटा सहन करणेही त्याला अशक्य होते. तरुणांमधल्या आत्महत्यांचे प्रमाण लक्षात घेतले तर त्यांच्यातील नैराश्याचे गांभीर्य शेवटपर्यंत लक्षात येईल. ही सगळी युवाशक्ती खऱ्या अर्थाने जपायची असेल किंवा त्याचे राष्ट्रीय महत्त्व लक्षात घ्यायचे असेल तर युवकांमध्ये योगजागृती घडवून आणली पाहिजे. आजच्या या माहिती तंत्रज्ञान युगात मोबाईल इन्स्टाग्राम, फेसबुकच्या आहारी गेलेला युवक मानसिकदृष्ट्या आणखीनच गुलाम होतो आहे. त्याचे दुष्परिणामही सामाजिक स्तरावर दिसू लागले आहेत. अगदी शालेय स्तरावरसुद्धा मुलांचा सर्वाधिक वेळ हा मोबाईल, लॅपटॉपच्या स्क्रीनवर जातो आणि ज्यातून मेंदूवर पडणारा ताण नैराश्याला आमंत्रण देणारा ठरतो. अशा या तरुण पिढीला योग्य पद्धतीने योगाकडे वळवण्याची आवश्यकता आहे. त्यांच्यातला उत्साह आणि जिद्द वाढीला लावण्याचे काम योगासनातून होऊ शकते. परंतु आजही अगदी आयआयटी आयआयएम, कोटा या शहरात अभ्यासासाठी येणाऱ्या विद्यार्थ्यांना योगासनांची महती सांगितली जात नाही किंवा तशी संधीही दिली जात नाही. योग किती चांगला आहे हे आम्ही जगाला भलेही पटवून सांगितले असेल पण आपल्याच देशातला जवळपास ८० टक्के वर्ग योगासंदर्भात पुरेसा जागरुक नाही ही वस्तुस्थिती आहे.

Pudhari • 21 Jun • Ministry of Ayush

Yoga sessions held in various places in Mumbai on the occasion of International Yoga Day

4 • PG | 149 • Sqcm | 134035 • AVE | 347.1K • Cir | Middle Left

Mumbai

आंतरराष्ट्रीय योग दिनानिमित्त मुंबई शहरात ठिकठिकाणी योगसत्रे

महापालिका सार्वजनिक आरोग्य विभागाचा उपक्रम

मुंबई : पुढारी वृत्तसेवा

आंतरराष्ट्रीय योग दिनानिमित्त मुंबई महापालिकेच्या सार्वजनिक आरोग्य विभागाच्या वतीने महापालिकेच्या २५ विभाग कार्यालयांतून स्थानिक स्तरावर ठिकठिकाणी योगसत्रांचे आयोजन करण्यात आले आहे.

मुख्य योग सत्र महापालिकेच्या 'डी' विभागाच्यावतीने ग्रँट रोड (पश्चिम) स्थित ऑगस्ट क्रांती मैदानाजवळ गोकुलदास तेजपाल सभागृह येथे हे सत्र सकाळी ६.३० ते ७.३० या वेळेत होणार आहे.

महापालिका क्षेत्रात नागरिकांच्या उत्तम आरोग्यासाठी विविध दर्जेदार सेवा सतत उपलब्ध करून दिल्या जातात. महापालिकेच्या वतीने १०६ शिव योग केंद्रांमार्फत सोमवार-बुधवार-शुक्रवार आणि मंगळवार-गुरुवार-शनिवार अशा सत्रांमध्ये योग सेवा देण्यात येणार आहे.आतापर्यंत ४१,७५० नागरिकांनी या केंद्रातून योग सेवांचा लाभ घेतला आहे.

शनिवारी मुंबईतील प्रत्येक प्रशासकीय विभागात (वॉर्ड) विभागीय वैद्यकीय आरोग्य अधिकारी यांच्या समन्वयाने पालिका कर्मचाऱ्यांसाठी तसेच स्थानिक नागरिकांसाठी योग सत्रांचे आयोजन करण्यात आले आहे.

व्हॉट्सॲप चॅटबॉटवरून मिळणार शिव योग केंद्रांची माहिती

नागरिकांना सुदृढ जीवनशैली स्वीकारण्यास प्रवृत्त करण्याच्या दृष्टीने, महापालिकेच्या व्हॉट्सअप चॅटबॉटवर नागरिकांना त्यांच्या परिसरातील नजीकच्या शिव योग केंद्रांबाबत अद्ययावत व सविस्तर माहिती मिळू शकणार आहे. या व्हॉट्सएप चॅटबॉटवर (८९९९२२८९९९) शिव योग केंद्राची माहिती असून यामध्ये योग सत्रांची वेळ, स्थळ आदी माहिती मराठी व इंग्रजी भाषांमध्ये उपलब्ध होणार आहे. या सुविधेमुळे अधिकाधिक नागरिकांना योगाभ्यासाचा लाभ घेता येणार आहे. तसेच या माहिती वैद्यकीय आरोग्य अधिकारी यांच्या कार्यालयातही उपलब्ध असेल असे पालिका आरोग्य विभागाकडून सांगण्यात आले आहे.

Pudhari • 21 Jun • Ministry of Ayush

Yoga therapy can control high blood pressure

2 • PG | 251 • Sqcm | 225923 • AVE | 347.1K • Cir | Bottom Center

Mumbai

योगा थेरपीने उच्च रक्तदाब येऊ शकतो नियंत्रणात!

बंगळुरूच्या नॅशनल इन्स्टिट्यूट ऑफ मेंटल हेल्थ अँड न्यूरोसायन्सचे संशोधन

कोल्हापूर : आशिष शिंदे

बदलती जीवनशैली, वाढता ताणतणाव आणि जंक फूडचे सेवन यामुळे नागरिकांचे आरोग्य बिघडू लागले आहे. विशेषत: उच्च रक्तदाबाची समस्या अधिक गंभीर होत चालली आहे. मात्र भारतीय परंपरेतील प्राचीन योगसाधनेमुळे उच्च रक्तदाबासह मानसिक आजारांवर नियंत्रण मिळवणे शक्य झाले आहे. केवळ तीन महिन्यांच्या योगा थेरपीने १४० असलेला रक्तदाब १३० पर्यंत कमी होतो, असे संशोधनात स्पष्ट झाले आहे.

बंगळुरूमधील नॅशनल इन्स्टिट्यूट ऑफ मेंटल हेल्थ अँड न्यूरोसायन्स (NIMH-NS) येथील इंटेग्रेटिव्ह मेडिसिन विभागात उच्च रक्तदाब, स्ट्रोक, नैराश्य, चिंता, स्किझोफ्रेनिया यांसारख्या आजारांवर योगा थेरपीच्या सहाय्याने उपचार केले जात आहेत. त्यामुळे योगा आता जीवनशैलीचा एक महत्त्वाचा भाग ठरतो आहे.

योगा आणि योगा थेरपीमधील फरक

सामान्य योगाभ्यासात सर्वांसाठी सारखेच आसन-प्राणायाम केले जातात. मात्र योगा थेरपीमध्ये रुग्णाला झालेल्या आजारानुसार त्याचा वैद्यकीय इतिहास लक्षात घेऊन वैयक्तिक सल्ल्यानुसार उपचार दिले जातात. पंचकोश-अन्नमय, प्राणमय, मनोमय, विज्ञानमय आणि आनंदमय कोषांच्या शुद्धीवर भर दिला जातो. याशिवाय प्राणिक एनरजायजिंग टेक्निक, योगिक सायकोथेरपी, योगिक कौन्सिलिंगचा वापर केला जातो.

योगा थेरपीचे फायदे

मानसिक ताण नियंत्रणात : मानसिक ताणामुळे सिम्पॅथेटिक नर्व्हस सिस्टीम सक्रिय होते, ज्यामुळे हृदयाचे ठोके वाढतात आणि रक्तदाब वाढतो. प्राणायाम, ध्यान आणि योगनिद्रेमुळे पॅरासिम्पॅथेटिक सिस्टीम सक्रिय होते, जी बीपी नियंत्रणात ठेवते.

हार्मोनल समतोल राखतो

तणावामुळे शरीरात कॉर्टिसॉल आणि अॅड्रेनालिन हे हार्मोन्स स्रवतात, जे बीपी वाढवतात. योगामुळे हे हार्मोन्स नियंत्रित राहतात.

श्वसन सुधारते

गाढ आणि धीमा श्वास घेण्यामुळे शरीरात भरपूर प्रमाणात ऑक्सिजन जातो, रक्तवाहिन्यांचा ताण कमी होतो आणि बीपी नियंत्रणात राहतो.

हृदयावर ताण कमी होतो

शवासन, बालासन, सुप्त कोनासन यांसारख्या विश्रांतीदायक आसनांमुळे हृदयावरचा ताण कमी होतो, हृदयाचे ठोके नियमित राहतात.

कोणते योगप्रकार उपयुक्त?

उच्च रक्तदाब असलेल्या रुग्णांसाठी अनुलोम-विलोम, भ्रामरी, शीतली, चंद्रनाडी प्राणायाम, उज्जायी, प्रणव जप यांचा उपयोग होतो. मात्र, उदाहरणार्थ कपालभाती हा प्राणायाम हायपरटेन्शन असलेल्या रुग्णाने केल्यास बीपी वाढू शकतो. म्हणूनच व्याधीनुसार योग्य योग प्रकार निवडणे आवश्यक आहे.

योगा थेरपी काही आजारांमध्ये अॅड-ऑन थेरपी म्हणून औषधांसोबत दिली जाते. स्टेज १ हायपरटेन्शनसाठी केवळ एक ते तीन महिन्यांत परिणामकारक उपचार शक्य आहेत.

- तीन महिन्यांत रक्तदाब १४० वरून १३० पर्यंत
- हृदयाचे ठोके, रक्तवाहिन्यांचा ताण येतो नियंत्रणात
- तणाववर्धक हार्मोन्सचे स्रवणे होते कमी

आंतरराष्ट्रीय योगा दिन

एखाद्याला हायपर टेन्शन आहे आणि त्याने कपालभाती केले, तर त्याचा बीपी वाढेल. यामुळे कोणत्या व्याधीसाठी कोणता योग प्रकार उपयुक्त ठरेल याची माहिती असणे आवश्यक आहे. यामुळेच योगा थेरपीला महत्त्व आले आहे. लाईफ स्टाईल डिसिज, मेंटल हेल्थ इलनेसवर योगा थेरपीने उपचार करणे शक्य आहे. योगा लाईफस्टाईलचा भाग म्हणून स्वीकारल्यास नक्कीच चांगले परिणाम दिसती.

- डॉ. श्रेयस चव्हाण, इंटेग्रेटिव्ह मेडिसिन विभाग (NIMH-NS)

Pudhari • 21 Jun • Ministry of Ayush

Yoga Therapy: A sanjivani for humanity

6 • PG | 224 • Sqcm | 201348 • AVE | 347.1K • Cir | Middle Center

Mumbai

योगचिकित्सा : मानवजातीसाठी संजीवनी

आहार-विहार, आचार-विचारांच्या समतोलातून जीवन सुखी बनविणे हाच योगशास्त्राचा मूलमंत्र आहे. अनेक दुर्धर आजार आणि मन:कायिक विकारांवर योगशास्त्र प्रभावी ठरले आहे. औषधोपचारांना साह्यभूत प्रणाली म्हणून योगचिकित्सेला जसे महत्त्व आहे, तसेच शस्त्रक्रिया आणि विविध आजारांमधून बरे झाल्यानंतर प्रकृती पूर्ववत होण्यासाठीही योग उपयुक्त ठरतो. त्यामुळे २१ जून रोजी जगभरात आंतरराष्ट्रीय योग दिन साजरा केला जातो.

- डॉ. क्षितिजा जुजम, योगतज्ज्ञ

वैद्यकीय योगाभ्यास ही नवोदय योगचिकित्सा पद्धती अनेक आजार सौम्य आणि बरे करण्यासाठी उपयुक्त ठरत असल्याने तिचा वापर मोठ्या प्रमाणावर वाढत आहे. औषधोपचारांना साह्यभूत ठरणारा घटक म्हणून या चिकित्सेचा चांगला उपयोग होतो. विविध प्रकारच्या शस्त्रक्रिया तसेच अर्धांगवायूसारख्या दुर्धर आजारांनंतर रुग्णाची प्रकृती जलदगतीने पूर्ववत होण्यासाठी ही चिकित्सा उपयुक्त ठरते. पाठीचा कणा आणि संलग्न स्नायूंशी संबंधित स्पॉन्डिलायटिस, स्लिप्ड डिस्क, अर्थ्रायटिस, फ्रोझन शोल्डर अशा अनेक विकारांमध्ये ही चिकित्सा बहुगुणी ठरते. अस्थमा, हायपरटेन्शन, आयएचडी, इन्सोम्निया, डिप्रेशन असे मन:कायिक आजार बरे होण्यास योगचिकित्सेची मोठी मदत होते. योगचिकित्सेत परिमार्जन (शुद्धीक्रिया), आसन, प्राणायाम, ध्यान याबरोबरच आहार मार्गदर्शन आणि समुपदेशनाचा अंतर्भाव होतो. शारीरिक कोश, जैव अथवा प्राणभूत कोश, मस्तिष्क कोश, बौद्धिक कोश आणि आध्यात्मिक कोश अशा पाचही मानवी कोशांवर योगचिकित्सा पायरीपायरीने प्रभाव दाखविते.

मानवी शरीराच्या सर्व संस्था आणि अवयव म्हणजे शारीरिक कोश. तज्ज्ञांच्या मार्गदर्शनाखाली केलेली आसने आणि आहारविषयक सल्ला या कोशावर प्रभावी ठरतो. शरीरातून विषारी द्रव्ये बाहेर टाकण्यासाठी, उत्तम रक्ताभिसरणासाठी, तसेच शरीरातील प्रत्येक पेशीपर्यंत प्राणवायूचा आणि पोषक द्रव्यांचा पुरवठा योग्य रीतीने होण्यासाठीही त्याचा उपयोग होतो. असे घडल्यास पेशींचा कायाकल्प होऊन कार्यक्षमता वाढते. सर्व स्नायू, रक्तवाहिन्या आणि अवयवांवर प्रभाव होत असल्याने पेटके, वेदना आणि कार्यान्वयनातील अडथळे दूर होतात. संप्रेरकांच्या स्रावात संतुलन निर्माण झाल्याने शरीरक्रिया सुरळीत होतात.

अनुरूप प्राणायामाच्या नियमित सरावाने शरीर आणि मनाच्या सर्व ऐच्छिक आणि अनैच्छिक हालचालींवर नियंत्रण मिळविता येते. विचारांमध्ये स्पष्टता येते. ज्ञानेंद्रिये, इंद्रिये, मन, स्वत्त्व तसेच प्रज्ञा आणि प्रेरणा बहाल करणारी इंद्रिये यामध्ये योग्य समन्वय निर्माण होतो. या प्राणायामांमध्ये कुंभकासह आणि कुंभकाविना केल्या जाणाऱ्या विविध प्रकारच्या जलद आणि मंद श्वसनतंत्रांचा समावेश होतो. ध्यानधारणेच्या (ध्यानाचे विविध प्रकार) नियमित सरावाने मन स्थिर होण्यास मदत होते. भावना आणि प्रतिक्रियांवर नियंत्रण मिळविता येते. द्वैत आणि अस्पष्टता समाप्त होते. चित्त आणखी स्थिर, संवेदनशील, तरल आणि एकाग्र होते. मस्तिष्क कोशातील असमतोल दूर होण्यास ध्यानामुळे मदत होते. मानसिक शांततेच्या परिणामस्वरूप व्यक्तीची मीमांसक शक्ती, ग्रहण क्षमता, विचार प्रक्रिया वृद्धिंगत होते. त्यामुळे पुस्तके, गुरू आणि अनुभवांतून अधिकाधिक ज्ञान ग्रहण करण्यास मदत होते. बुद्धी कुशाग्र बनते. निर्णय क्षमता वाढते. ज्ञानाची कमतरता हेच जीवनातील अनेक दु:खे आणि हालअपेष्टांचे मुख्य कारण ठरते, असा अनुभव आहे. कुशाग्र बुद्धी आणि सक्षम बौद्धिक कोशाच्या साह्याने यावर मात करता येणे शक्य असते. अनेक मन:कायिक आजार या मागनि बरे होण्यास प्रारंभ होतो. दुखणी, शंका-कुशंका, अस्पष्टता, भावनिक असमतोल दूर झाल्यानंतर व्यक्तीला शाश्वत सुखाची आणि परमानंदाची अनुभूती मिळते. आजाराच्या मुळावरच आक्रमण करून योगचिकित्सा खोलवर परिणाम करते. त्यामुळेच अनेक जुनाट, मन:कायिक आजारांमधून बाहेर पडण्यासाठी ही चिकित्सा अत्यंत प्रभावी ठरते.

Mathrubhoomi • 21 Jun • Ministry of Ayush

International Yoga day today

8 • PG | 125 • Sqcm | 107667 • AVE | 770.94K • Cir | Middle Right

Kochi

അന്താരാഷ്ട്ര യോഗാ ദിനം ഇന്ന്

വിശാഖപട്ടണത്ത് പ്രധാനമന്ത്രിയുടെ നേതൃത്വത്തിൽ യോഗ

ന്യൂഡൽഹി ▸ അന്താരാഷ്ട്ര യോഗാദിനത്തിൽ ശനിയാഴ്ച രാജ്യത്ത് വിപുലമായ പരിപാടികൾ. ആന്ധ്രപ്രദേശിലെ വിശാഖപട്ടണത്ത് പ്രധാനമന്ത്രി നരേന്ദ്രമോദിയുടെ നേതൃത്വത്തിൽ യോഗാദിനാഘോഷം നടക്കും. മൂന്നുലക്ഷത്തിലേറെപ്പേർ പങ്കെടുക്കും. രാവിലെ ആറര മുതൽ 7.45 വരെയാണ് ചടങ്ങ്. ചടങ്ങിലൂടെ ഗിന്നസ് റെക്കോഡ് നേടാനും ആന്ധ്രപ്രദേശ് സർക്കാർ ലക്ഷ്യമിടുന്നുണ്ട്.

അന്താരാഷ്ട്ര യോഗാദിനത്തിന്റെ പതിനൊന്നാം വർഷത്തിൽ രാജ്യത്തൊട്ടാകെ 11 ലക്ഷത്തിലേറെ 'യോഗാ സംഗം' പരിപാടികൾ സംഘടിപ്പിക്കും.

Kerala Koumudi • 21 Jun • Ministry of Ayush

Jose Maveli make yoga as habit on his 74th year too

4 • PG | 2165 • Sqcm | 2164773 • AVE | 187.3K • Cir | Top Right
Kochi

■ യോഗാദിനം ഇന്ന്

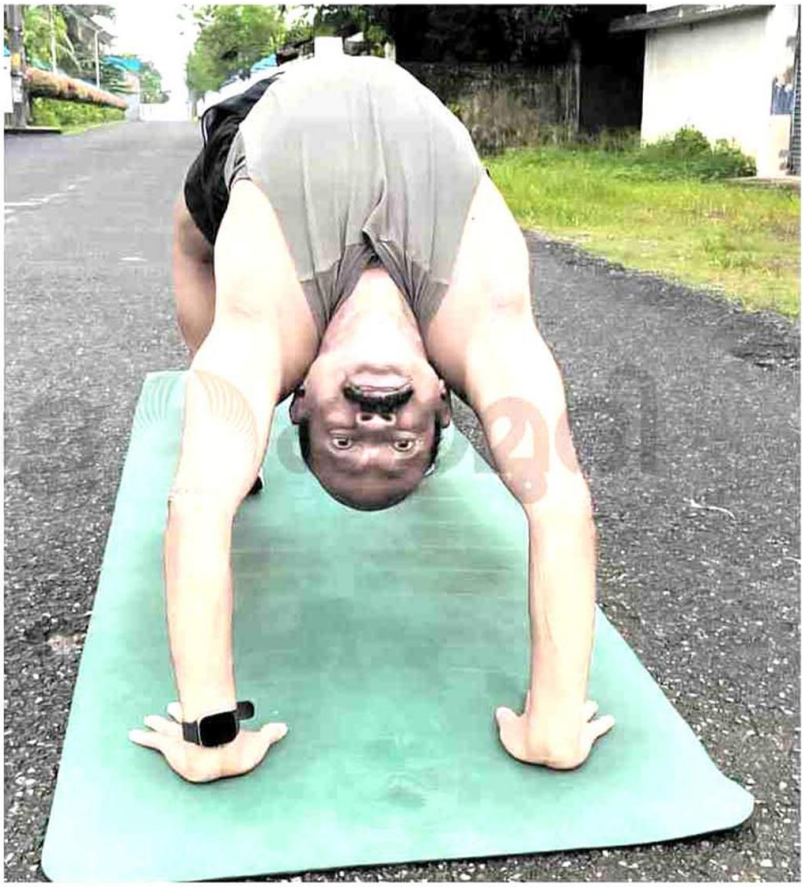
74 ന്റെ നിറവിലും യോഗയെ ജീവിതചര്യയാക്കി ജോസ് മാവേലി

ആലുവ: ഏഴുപത്തിനാലിന്റെ നിറവിലും യോഗ ജീവിതചര്യയാക്കി മാതൃകയാവുകയാണ് ആലുവ ജനസേവ ശിശുഭവൻ ചെയർമാനും വെറ്ററൻ താരവുമായ ജോസ് മാവേലി. വർഷങ്ങളായുള്ള യോഗാപരിശീലനം ഇപ്പോഴും മുടക്കമില്ലാതെ തുടരുന്നു.

യോഗാ പരിശീലനം ശാരീരികവും മാനസികവുമായ ആരോഗ്യത്തിന് ഏറെ സഹായകമായിട്ടുണ്ടെന്ന് ജോസ് മാവേലി പറയുന്നു. ചിട്ടയായ യോഗ പരിശീലനത്തിലൂടെ മാനസിക സമ്മർദ്ദം കുറയ്ക്കുവാനും മാനസിക ഉന്മേഷം നിലനിറുത്താനുമായി. സാമൂഹ്യപ്രവർത്തന മേഖലയിലും മറ്റും നേരിടേണ്ടി വന്ന പ്രതിസന്ധികളെ അനായാസം തരണം ചെയ്യാൻ യോഗ സഹായിച്ചു.

അന്തർദേശീയ തലത്തിൽ ഏറ്റവും വേഗതയേറിയ ഓട്ടക്കാരനെന്ന അംഗീകാരം ലഭിക്കുന്നതിന് യോഗസഹായിച്ചിട്ടുണ്ടെന്നും ജോസ്മാവേലി പറയുന്നു. വെറ്ററൻ മേഖലയിൽ 100, 200 മീറ്റർ സ്പ്രിന്റ് ഇനങ്ങളിൽ രണ്ടുതവണ അന്തർദേശീയ ചാമ്പ്യൻഷിപ്പും മൂന്ന് തവണ ദേശീയ ചാമ്പ്യൻഷിപ്പും കരസ്ഥമാക്കാനായി.

ശ്വാസകോശത്തിന്റെ ആരോഗ്യം നിലനിറുത്താനും ശരീരത്തിലെ പേശികളുടെ ബലം നശിക്കാതെ സൂക്ഷിക്കാനും യോഗ സഹായകമായി. യോഗയിലൂടെ രോഗപ്രതിരോധശേഷി വർദ്ധിച്ചതിനാൽ ജീവിതശൈലി രോഗങ്ങളോ മറ്റ് ഗുരുതരമായ സാംക്രമിക രോഗങ്ങളോ ഇതുവരെ അഭിമുഖീകരിക്കേണ്ടി വന്നിട്ടില്ല. യോഗാസനമുറയായ ചക്രാസനം പതിവായി ചെയ്യാറുണ്ട്. നിരവധി പേരെ ഈ മേഖലയിലേക്ക് കൊണ്ടുവരാനായതിൽ സന്തോഷമുണ്ടെന്നും അദ്ദേഹം പറഞ്ഞു.



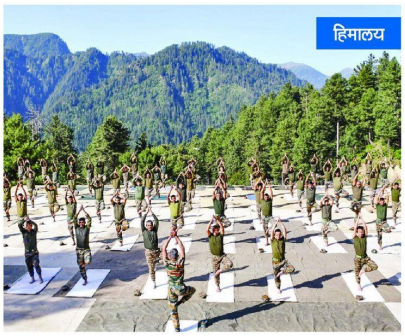
74 കാരനായ ജോസ് മാവേലി തന്റെ പതിവ് പ്രഭാതവ്യായാമങ്ങളുടെ ഭാഗമായ യോഗാഭ്യാസങ്ങൾക്കിടയിൽ ചക്രാസനത്തിൽ നിൽക്കുന്നു

Saamana • 21 Jun • Ministry of Ayush

Today is Yoga day

10 • PG | 1216 • Sqcm | 722202 • AVE | 910K • Cir | Bottom Left

Mumbai



आज योग दिवस!

२१ जून रोजी जागतिक आंतरराष्ट्रीय 'योग दिवस' आहे. जगभरात साजऱ्या केल्या जाणाऱ्या योग दिनाची देशभरात जय्यत तयारी करण्यात आली आहे. उद्या साजऱ्या होणाऱ्या योग दिनानिमित्त ठिकठिकाणी सराव शिबिरे आयोजित करण्यात आली होती. योग दिनाच्या पूर्वसंध्येला पहिल्या छायाचित्रात लष्करातील जवानांनी हिमालयावर योग सराव केला, तर दुसऱ्या छायाचित्रात भोपाळमधील आयोजित करण्यात आलेल्या योग सरावाला विद्यार्थ्यांनी मोठ्या संख्येने उपस्थिती दर्शवली, तर तिसऱ्या छायाचित्रात जयपूरमधील हवा महलसमोर आंतरराष्ट्रीय योग दिनाच्या सराव शिबिरात शेकडो लोक उत्स्फूर्तपणे सहभागी झाले.

Saamana • 21 Jun • Ministry of Ayush

Yoga Day celebrated in the Ministry

5 • PG | 194 • Sqcm | 115508 • AVE | 910K • Cir | Middle Left

Mumbai

मंत्रालयात योग दिन साजरा

मुंबई : आंतरराष्ट्रीय योग दिनाच्या निमित्ताने मंत्रालयातील त्रिमूर्ती प्रांगणात योगा प्रात्यक्षिकांचे आयोजन करण्यात आले होते. 'इन्स्टिट्यूट ऑफ योगा'च्या मार्गदर्शकांनी या वेळी उपस्थितांना मार्गदर्शन केले. तसेच योगाच्या महत्त्वाविषयी माहिती दिली. या वेळी पर्वतासन, शवासन यासारख्या योगांची प्रत्यक्षिकेही उपस्थितांनी केली. अखिल भारतीय नागरी सेवा स्पर्धांमध्ये सुवर्ण पदक विजेते मंत्रालयीन अधिकारी जगन्नाथ लांडगे, दत्ताराम सावंत आणि योगीता जाधव यांनी या वेळी योग प्रात्यक्षिके सादर केली.

Janmabumi • 21 Jun • Ministry of Ayush
World on to Yoga

1 • PG | 329 • Sqcm | 74975 • AVE | 227K • Cir | Top Right

Kochi

യോഗയിലേക്ക് ലോകം

പതിനൊന്നാം അന്താരാഷ്ട്ര യോഗദിനം ഇന്ന്

ന്യൂദൽഹി: ഭാരതം ലോകത്തിന് സമ്മാനിച്ച അത്യപൂർവ നിധിയായ യോഗയുടെ അന്താരാഷ്ട്ര ആഘോഷം ഇന്ന്. ഇന്ന് പതിനൊന്നാമത് അന്താരാഷ്ട്ര യോഗദിനം. പ്രധാനമന്ത്രി നരേന്ദ്ര മോദിയുടെ ആഹ്വാനം ഏറ്റെടുത്ത് ഐക്യരാഷ്ട്ര സഭയാണ് ജൂൺ 21 അന്താരാഷ്ട്ര യോഗദിനമായി പ്രഖ്യാപിച്ചത്.

ഏക ഭൂമി, ഏക ആരോഗ്യത്തിനായി യോഗ എന്നതാണ് ഈ വർഷത്തെ സന്ദേശം. രാജ്യത്തെ ഒരു ലക്ഷം കേന്ദ്രങ്ങളിൽ യോഗസംഗമം നടത്തും. രജിസ്ട്രേഷൻ പന്ത്രണ്ടുലക്ഷം കവിഞ്ഞു. ഈ വർഷത്തെ യോഗദിനാചരണവും പുതിയ റിക്കാർഡ് തീർക്കുകയാണ്. രാവിലെ 6.30 മുതൽ 7.45 വരെയാണ് യോഗ സംഗമങ്ങൾ.

ആന്ധ്രയിലെ വിശാഖപട്ടണത്ത് യോഗദിനാചരണത്തിന് പ്രധാനമന്ത്രി നരേന്ദ്രമോദി നേതൃത്വം നല്കും. മുഖ്യമന്ത്രി ചന്ദ്രബാബു നായിഡു, കേന്ദ്രആയുഷ് വകുപ്പ് സഹമന്ത്രി പ്രതാപ് റാവുജാദവ് തുടങ്ങിയവരുൾപ്പെടെ പ്രമുഖർ പങ്കെടുക്കും. മൂന്നുലക്ഷം പേർ അണിനിരക്കും. ഒരു ലക്ഷത്തിലധികം കേന്ദ്രങ്ങളിലായി രണ്ട് കോടിയിലധികം പേരെ യോഗ സംഗമങ്ങളിൽ പങ്കെടുപ്പിച്ച് ഗിന്നസ് റിക്കാർഡിനും ആന്ധ്ര ലക്ഷ്യമിടുന്നുണ്ട്.

ഡെറാഡൂണിലെ പോലീസ് ലൈൻ മൈതാനത്തു രാഷ്ട്രപതി ദ്രൗപദി മുർമു പങ്കെടുക്കും. രാജ്യത്തിന്റെ വിവിധ ഭാഗങ്ങളിൽ ഗവർണർമാർ, മുഖ്യമന്ത്രിമാർ, കേന്ദ്ര മന്ത്രിമാർ, മന്ത്രിമാർ തുടങ്ങിയവർ നേതൃത്വം നല്കും. കേന്ദ്രമന്ത്രിമാരായ ജോർജ് കുര്യൻ തിരുവനന്തപുരത്തും സുരേഷ് ഗോപി കൊച്ചിയിലും യോഗദിനാചരണത്തിൽ പങ്കെടുക്കും.

Janmabumi • 21 Jun • Ministry of Ayush

Yoga day: Registration cross 12 lakhs

12 • PG | 242 • Sqcm | 55107 • AVE | 227K • Cir | Middle Left
Kochi

യോഗാ ദിനം: രജിസ്ട്രേഷൻ പന്ത്രണ്ട് ലക്ഷം കടന്നു

രണ്ട് ലക്ഷം കടന്ന് രാജസ്ഥാൻ, കേരളത്തിൽ പതിനായിരം

ന്യൂദൽഹി: യോഗ സംഗമത്തിനുള്ള രജിസ്ട്രേഷൻ പന്ത്രണ്ട് ലക്ഷം കടന്നു. ലക്ഷ്യമിട്ടിരുന്നത് ഒരു ലക്ഷം കേന്ദ്രങ്ങളായിരുന്നു. ഇന്നലെ വൈകിട്ട് 5.30 വരെ 12,12,215 കേന്ദ്രങ്ങളുടെ രജിസ്ട്രേഷൻ പൂർത്തിയായി. 2,33,073 രജിസ്ട്രേഷനുമായി രാജസ്ഥാനാണ് ഒന്നാമത്. ഉത്തർപ്രദേശ് (1,29,947) രണ്ടാമതും, ആന്ധ്രപ്രദേശ് (1,17,050) മൂന്നാമതും. മധ്യപ്രദേശ് 1,11,187, ഒഡീഷ 71,150, മഹാരാഷ്ട്ര 66,166, ഛത്തിസ്ഗഡ് 65,192, ആസാം 57,280, ബിഹാർ 52,233, ഗുജറാത്ത് 45,353 എന്നീ സംസ്ഥാനങ്ങൾ ആദ്യപത്തിൽ ഇടംപിടിച്ചു. 10,306 രജിസ്ട്രേഷനോടെ കേരളം 21-ാം സ്ഥാനത്താണ്.

Madhyamam • 21 Jun • Ministry of Ayush

Yoga day today: PM participating programme at Visakhapatanam

8 • PG | 203 • Sqcm | 66887 • AVE | 135.2K • Cir | Top Right

Kochi

യോഗ ദിനം ഇന്ന്; പ്രധാനമന്ത്രി വിശാഖപട്ടണത്ത് പങ്കെടുക്കും

ന്യൂഡൽഹി: അന്താരാഷ്ട്ര യോഗ ദിനം ഇന്ന് രാജ്യത്ത് വിവിധ പരിപാടികളോടെ ആചരിക്കും. ഒരു ഭൂമിക്ക്, ഒരു ആരോഗ്യത്തിന് യോഗ എന്നതാണ് ഈ വർഷത്തെ യോഗദിന മുദ്രാവാക്യം.

യോഗ ദിനാചരണത്തിന്റെ 11ാം വർഷം കൂടിയാണിത്. ഒരു ലക്ഷം കേന്ദ്രങ്ങളിൽ യോഗ സംഗമം എന്ന ചടങ്ങുകൾ നടക്കും. സാംസ്കാരിക വകുപ്പിന്റെ ആഭിമുഖ്യത്തിൽ 100 സാംസ്കാരിക കേന്ദ്രങ്ങളിൽ ആഘോഷം നടത്തും.

വിശാഖപട്ടണത്ത് നടക്കുന്ന പരിപാടിയിലാണ് പ്രധാനമന്ത്രി നരേന്ദ്ര മോദി പങ്കെടുക്കുക. ആർ.കെ ബീച്ചിലാണ് ചടങ്ങുകൾ. 3.19 ലക്ഷം പേർക്ക് ഇവിടെ ഒരുമിച്ച് യോഗാഭ്യാസം നടത്താനുള്ള സൗകര്യമുണ്ട്.

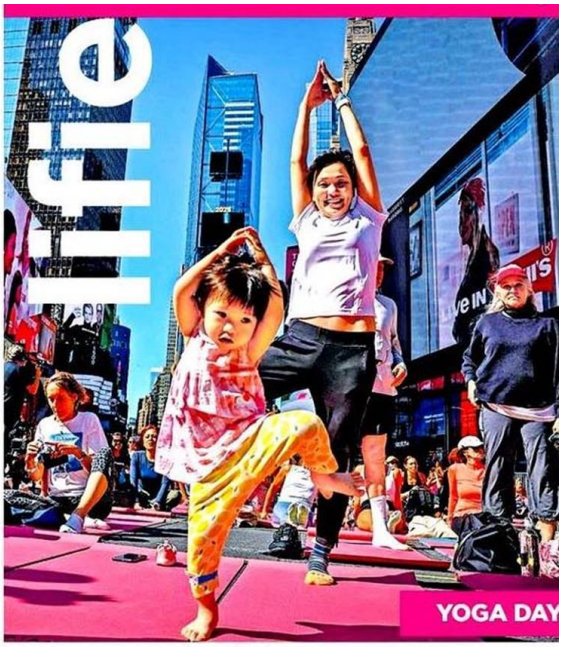
രാവിലെ 6.30 മുതൽ 8.30 വരെ നടക്കുന്ന പരിപാടി ഗിന്നസ് ബുക്ക് ഓഫ് റെക്കോഡ്സും ലക്ഷ്യമിടുന്നുണ്ട്. വിവിധ സൈനിക വിഭാഗങ്ങളും ചടങ്ങുകൾ നടത്തുന്നുണ്ട്.

Malayala Manorama • 21 Jun • Ministry of Ayush

Yoga: India to make a record

7 • PG | 1045 • Sqcm | 710693 • AVE | 1.78M • Cir | Top Right

Kochi



ന്യൂയോർക്കിലെ ടൈംസ് സ്കയറിൽ യോഗ ചെയ്യുന്ന അമ്മയും കുഞ്ഞും. ഇന്നലത്തെ കാഴ്ച. *ചിത്രം: എഎഫ്പി*

യോഗ: റെക്കോർഡ് ലക്ഷ്യമിട്ട് രാജ്യം

▸▸ രാജ്യത്ത് 12.45 ലക്ഷം സ്ഥലങ്ങളിൽ യോഗാ ദിനാഘോഷം നടക്കും

ന്യൂഡൽഹി ● വിപുലമായ പരിപാടികളോടെ രാജ്യം ഇന്ന് 11-ാം രാജ്യാന്തര യോഗാദിനം ആഘോഷിക്കും. 'ഏക ലോകത്തിനും ആരോഗ്യത്തിനും യോഗ' എന്ന ആശയത്തിൽ രാജ്യവ്യാപകമായി 12.45 ലക്ഷം സ്ഥലങ്ങളിലാണ് ഇന്നു യോഗാദിനാഘോഷ പരിപാടികൾ നടക്കുന്നത്. രാവിലെ 6.30 മുതൽ 7.45 വരെ രാജ്യവ്യാപകമായി യോഗ ചെയ്ത് റെക്കോർഡ് സൃഷ്ടിക്കുകയെന്നതാണ് കേന്ദ്ര ആയുഷ് മന്ത്രാലയത്തിന്റെ ലക്ഷ്യം.

ആന്ധ്രപ്രദേശിലെ വിശാഖപട്ടണത്ത് പ്രധാനമന്ത്രി നരേന്ദ്രമോദിയുടെ നേതൃത്വത്തിൽ യോഗാ ദിനാഘോഷം നടക്കും. വിശാഖപട്ടണത്തെ ആർ.കെ ബീച്ചിൽനിന്ന് ഭോഗപുരം വരെ നീളുന്ന 26 കിലോമീറ്റർ ഇടനാഴിയിലാണ് പരിപാടി സംഘടിപ്പിച്ചിരിക്കുന്നത്.

5 ലക്ഷത്തിലധികം ആളുകൾ വിശാഖപട്ടണത്തെ പരിപാടിയിൽ പങ്കെടുക്കും. ഈ പരിപാടി ഒട്ടേറെ റെക്കോർഡുകൾ സൃഷ്ടിക്കുമെന്നും ഗിന്നസ് ബുക്കിൽ ഇടംനേടുമെന്നുമാണ് പ്രതീക്ഷിക്കുന്നതെന്ന് മുഖ്യമന്ത്രി എൻ. ചന്ദ്രബാബു നായിഡു പറഞ്ഞു. കാൽലക്ഷത്തോളം ഗോത്ര വിദ്യാർഥികൾ 108 മിനിറ്റ് സൂര്യനമസ്കാരം അവതരിപ്പിക്കും.

യോഗയെ ജീവിതചര്യയാക്കി മാറ്റുംവിധം 100 ദിനം നീണ്ടുനിൽക്കുന്ന പരിപാടികളാണ് ഇക്കുറി ആയുഷ് മന്ത്രാലയം സംഘടിപ്പിക്കുന്നത്. അറുപതിലേറെ വിദേശരാജ്യങ്ങൾ പങ്കാളിത്തം അറിയിച്ചിട്ടുണ്ട്.

Metro Vaartha • 21 Jun • Ministry of Ayush

International Yoga day today

1 • PG | 399 • Sqcm | 153648 • AVE | 225K • Cir | Middle Center

Kochi

ഇന്ന് അന്താരാഷ്ട്ര യോഗ ദിനം

അമരാവതി: അന്താരാഷ്ട്ര യോഗ ദിനത്തോടനുബന്ധിച്ച് രാജ്യവ്യാപകമായി ഇന്നു യോഗ പരിശീലനം. കശ്മീർ മുതൽ കന്യാകുമാരി വരെ എട്ടു ലക്ഷം കേന്ദ്രങ്ങളിലായി കോടിക്കണക്കിനാളുകൾ യോഗ പരിശീലനത്തിൽ പങ്കുചേരും. യുഎൻ ആസ്ഥാനത്തും വിവിധ ലോകരാജ്യങ്ങളിലും പരിശീലനമുണ്ടാകും. ഒരു ലോകത്തിനും ആരോഗ്യത്തിനും യോഗ എന്നതാണ് ഈ വർഷത്തെ വിഷയം.

ആന്ധ്രപ്രദേശിലെ വിശാഖപട്ടണത്തു നടക്കുന്ന യോഗ പരിശീലനത്തിനു പ്രധാനമന്ത്രി നരേന്ദ്ര മോദി നേതൃത്വം നൽകും. ആർ.കെ. ബീച്ചിൽ നിന്നു ഭോഗപുരം വരെ നീളുന്ന 26 കിലോമീറ്റർ ഇടനാഴിയിൽ മൂന്നു ലക്ഷത്തിലേറെ പേരാണു പ്രധാനമന്ത്രിക്കൊപ്പം പരിശീലനത്തിൽ പങ്കെടുക്കുന്നത്. രാവിലെ ആറരയ്ക്ക് തുടങ്ങുന്ന പരിപാടി എട്ടരയ്ക്ക് അവസാനിക്കുമെന്നു മുഖ്യമന്ത്രി എൻ. ചന്ദ്രബാബു നായിഡു. ഇന്നത്തെ പരിപാടിയിലൂടെ ഗിന്നസ് ലോക റെക്കോഡാണു ലക്ഷ്യമിടുന്നതെന്നും അദ്ദേഹം. 108 മിനിറ്റിനുള്ളിൽ 25000 ഗോത്ര വിദ്യാർഥികൾ സൂര്യനമസ്കാരം നടത്തും. ഇതും റെക്കോഡാണെന്നു നായിഡു.

പതിനൊന്നാം അന്താരാഷ്ട്ര യോഗ ദിനമാണ് ഇന്ന് ആചരിക്കുന്നത്.

പ്രധാനമന്ത്രി വിശാഖപട്ടണത്ത് യോഗ പരിശീലനത്തിന് നേതൃത്വം നൽകും

Metro Vaartha • 21 Jun • Ministry of Ayush

Kerala targetting to became complete yoga state - Health minister

7 • PG | 227 • Sqcm | 87242 • AVE | 225K • Cir | Bottom Left

Kochi

അന്താരാഷ്ട്ര യോഗ ദിനം ഇന്ന്

സമ്പൂർണ യോഗ സംസ്ഥാനം കേരളത്തിന്റെ ലക്ഷ്യമെന്ന് ആരോഗ്യമന്ത്രി

തിരുവനന്തപുരം: ഇന്ന് അന്താരാഷ്ട്ര യോഗ ദിനം. 'ഏക ലോകം, ഏകാരോഗ്യം യോഗയിലൂടെ' എന്നതാണ് ഈ വർഷത്തെ യോഗാ ദിനാചരണത്തിന്റെ പ്രമേയം. ആയുഷ് ദിനാചരണത്തിന്റെ ഭാഗമായി ആയുഷ് യോഗ ക്ലബ്ബുകൾ വഴിയും സർക്കാരിന്റെ കീഴിലുള്ള സ്ഥാപനങ്ങൾ വഴിയും പ്രത്യേക യോഗ സെഷനുകൾ സംഘടിപ്പിക്കും. സർക്കാരിന്റെ കീഴിലുള്ള 700 ആയുഷ് ഹെൽത്ത് & വെൽനെസ് കേന്ദ്രങ്ങളിൽ ഇതിനായി പ്രത്യേക പരിപാടികൾ നടപ്പിലാക്കുന്നുണ്ട്. തദ്ദേശ ഭരണ സ്ഥാപനങ്ങളുടെ സഹകരണത്തോടെ ഈ 700 കേന്ദ്രങ്ങളിലും യോഗ ഹാൾ നിലവിൽ വന്നിട്ടുണ്ട്.

ഘട്ടം ഘട്ടമായി സമ്പൂർണ യോഗ സംസ്ഥാനം എന്ന പദവിയിലേക്ക് മുന്നേറുകയാണ് ലക്ഷ്യമെന്ന് ആരോഗ്യ മന്ത്രി വീണാ ജോർജ്. ഔപചാരികമായ യോഗ പഠനത്തിന് എല്ലാവിധ സൗകര്യങ്ങളും അക്കാദമിക തലത്തിൽ തന്നെ സർക്കാർ ഒരുക്കിയിട്ടുണ്ട്. യോഗയുടെ സ്വീകാര്യത വർധിപ്പിക്കുന്നതോടൊപ്പം പൊതുജനാരോഗ്യം മുൻ നിർത്തിക്കൊണ്ട് യോഗ വിപുലീകരിക്കാൻ സംസ്ഥാന ആയുഷ് വകുപ്പും സംവിധാനങ്ങൾ ഒരുക്കിയിട്ടുണ്ട്.

ആയുഷ് വകുപ്പിന്റെ കീഴിൽ കേരളത്തിലുടനീളം 780ൽ പരം യോഗ ക്രേന്ദ്രങ്ങൾ ഇന്ന് നിലവിലുണ്ട്. ഇത് കൂടാതെ 10,000ലധികം ആയുഷ് യോഗ ക്ലബ്ബുകളും സ്ഥാപിച്ചിട്ടുണ്ട്. 700 ആയുഷ് ഹെൽത്ത് & വെൽനെസ് കേന്ദ്രങ്ങൾ, യോഗ വെൽനെസ് കേന്ദ്രങ്ങൾ, പ്രത്യേക ആയുഷ് ജീവിതശൈലി രോഗ ക്ലിനിക്കുകൾ, ആയുഷ് ഗ്രാമങ്ങൾ, യോഗ ക്ലബ്ബുകൾ തുടങ്ങിയവയിലൂടെ കേരളത്തിൽ ലക്ഷക്കണക്കിന് ജനങ്ങൾക്ക് യോഗ പരിശീലനത്തിനുള്ള സൗകര്യം സർക്കാർ തലത്തിൽ ഒരുക്കിയിട്ടുണ്ടെന്നും മന്ത്രി വ്യക്തമാക്കി.

ജീവിതശൈലീ രോഗങ്ങൾ കുറയ്ക്കുന്നതിനും അതിന്റെ വ്യാപനം പിടിച്ചുനിർത്തുന്നതിനും യോഗ ഏറ്റവും നല്ല ഉപാധിയാണ്. കഴിഞ്ഞ യോഗ ദിനം മുതൽ സംസ്ഥാനത്തെമ്പാടും ആരംഭിച്ച 10,000ലധികം ആയുഷ് യോഗ ക്ലബ്ബുകളിലൂടെ ലക്ഷക്കണക്കിന് പേർ യോഗ പരിശീലനം നടത്തി.

ഓരോ യോഗ ക്ലബ്ബിലും അമ്പതോളം പേരാണ് യോഗ പരിശീലനം നേടിയത്. ഇതിലൂടെ അവരുടെ ആരോഗ്യത്തിൽ പ്രകടമായ മാറ്റമുണ്ടാക്കാൻ സാധിച്ചുവെന്നും മന്ത്രി പറഞ്ഞു.

Deshbandhu • 21 Jun • Ministry of Ayush

Blood donation camp organized on the occasion of International Yoga Day

8 • PG | 279 • Sqcm | 234133 • AVE | 325.52K • Cir | Middle Right

Delhi

अंतरराष्ट्रीय योग दिवस के अवसर पर रक्तदान शिविर का आयोजन

मोदीपुरम, 20 जून (देशबन्धु)। सरदार वल्लभभाई पटेल कृषि एवं प्रौद्योगिक विश्वविद्यालय, मेरठ स्थित चिकित्सालय पर अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में मवाना चेरिटेबल ब्लड सेंटर के सहयोग से रक्तदान शिविर का आयोजन किया गया। उद्घाटन कुलपति डॉ. के. के. सिंह ने फीता काटकर किया। अपने प्रेरणादायी संबोधन में उन्होंने युवाओं से नियमित रूप से रक्तदान करने का आह्वान करते हुए इसे 'मानवता की सबसे बड़ी सेवा' बताया। उन्होंने विद्यार्थियों से इस नेक कार्य में आगे आने की अपील की। कुलसचिव डॉ. रामजी सिंह ने भी सहभागिता करते हुए कहा कि इस प्रकार के आयोजन छात्रों में सामाजिक दायित्व और सेवा भावना को बढ़ावा देते हैं। चिकित्सालय प्रभारी डॉ. अमित वर्मा ने बताया कि रक्तदान शिविर के आयोजन में विश्वविद्यालय के विभिन्न महाविद्यालयों, छात्र कल्याण विभाग, राष्ट्रीय सेवा योजना इकाई और स्वयंसेवकों का पूर्ण सहयोग प्राप्त हुआ। शिविर में विश्वविद्यालय के शिक्षकों, कर्मचारियों और विद्यार्थियों ने उत्साहपूर्वक भाग लिया। इस दौरान डॉ. दिव्यांशु सेंगर द्वारा प्रतिभागियों को नि:शुल्क स्वास्थ्य परामर्श भी प्रदान किया गया।

शिविर के दौरान 70 यूनिट से अधिक रक्त संग्रहित किया गया, जिसे मवाना चेरिटेबल ब्लड सेंटर को सौंपा गया। कार्यक्रम के सफल आयोजन में डा डी के सिंह, डॉ. रविन्द्र कुमार, डॉ. विवेक, डॉ. आर. एस. सेंगर, डॉ. तरुण सरकार, डा विपिन कुमार, रजनीश वर्मा, देवेन्द्र भाटी, छोटू, दर्शन सिंह, अजय, अरुण, कविता एवं हरवीर सिंह की उपस्थिति उल्लेखनीय रही।

Deshbandhu • 21 Jun • Ministry of Ayush

Vice Chancellor held a meeting regarding Yoga Day

4 • PG | 112 • Sqcm | 94468 • AVE | 325.52K • Cir | Middle Left

Delhi

योग दिवस को लेकर कुलपति ने की बैठक

मेरठ। सरदार वल्लभभाई पटेल कृषि एवं प्रौद्योगिकी विश्वविद्यालय में आज कुलपति प्रोफेसर के के सिंह की अध्यक्षता में योग दिवस पर होने वाले कार्यक्रमों की समीक्षा के लिए बैठक का आयोजन किया गया इस बैठक में कुलपति प्रोफेसर के के सिंह ने कल होने वाले सभी कार्यक्रमों के बारे में आवश्यक दिशा निर्देश दिए और कहा कि सभी महाविद्यालय के छात्र-छात्रा शिक्षक एवं कर्मचारी सभी स्टेडियम के मैदान पर इकट्ठे होकर योग करेंगे साथ ही कृषि विश्वविद्यालय के कार्य क्षेत्र में आने वाले जिलों के कृषि विज्ञान केंदो द्वारा अपने कार्य क्षेत्र के पांच पांच गांव में जाकर किसानों के बीच योग करेंगे।

Deshbandhu • 21 Jun • Ministry of Ayush

Yoga and meditation practice is an important part of Indian culture: Sant Rajinder Singh

3 • PG | 177 • Sqcm | 148926 • AVE | 325.52K • Cir | Middle Left

Delhi

योग व ध्यान-अभ्यास भारत की संस्कृति का एक अहम हिस्सा : संत राजिन्दर सिंह

नई दिल्ली। योग सृष्टि की शुरूआत से ही भारत की प्राचीन संस्कृति का एक अहम हिस्सा रहा है। प्राचीन काल के ऋषि-मुनियों ने योग के महत्त्व का जिक्र अनेक धर्मग्रंथों में किया है। ऋग्वेद में कई जगहों पर यौगिक क्रियाओं के विषय में जानकारी मिलती है। महर्षि पतंजलि ने योग की परिभाषा देते हुए कहा है कि श्योगष्चित्तवृत्तिनिरोधःश् अर्थात योग के द्वारा हम अपने चंचल मन को भी काबू में कर सकते हैं। मनुष्य को जब भी कोई शारीरिक अथवा मानसिक परेशानी का सामना करना पड़ा है तो अपने शरीर को रोग मुक्त करने के लिए उसने किसी न किसी तरीके से योग द्वारा शरीर को स्वस्थ किया है और साथ ही साथ मानसिक शांति भी प्राप्त की है लेकिन आज के आधुनिक युग की इस भाग-दौड़ भरी जिंदगी में हमारे खान-पान व रहन-सहन में कई बदलाव आए हैं जिनके कारण हमें चिंता, तनाव, थकान और चिड़चिड़ापन जैसी अन्य कई बीमारियां घेर लेती हैं।

Deshbandhu • 20 Jun • Ministry of Ayush

Indian Yoga Institute will organize yoga practice on 21st June at St. Joseph School

10 • PG | 247 • Sqcm | 207459 • AVE | 325.52K • Cir | Middle Left

Delhi

भारतीय योग संस्थान 21 जून को सेंट जोसफ स्कूल में कराएगा योगाभ्यास

ग्रेटर नोएडा,19 जून (देशबन्धु)। भारतीय योग संस्थान ग्रेटर नोएडा ने सेक्टर अल्फा-एक में जिला कार्यकारिणी की बैठक आहुत की। बैठक में 21 जून को अंतरराष्ट्रीय योग दिवस को बहुत ही धूमधाम से सेन्ट जोसफ स्कूल के खेल मैदान में सुबह 5 बजे से 7 बजे तक ग्रेटर नोएडा वासियों को योगभ्यास कराया जाएगा और इस कार्यक्रम में अधिक से अधिक लोगों को योग से जोड़ने हेतु आमंत्रित किया जा रहा है। संस्थान की ग्रेटर नोएडा के विभिन्न सेक्टरों में 26 नि:शुल्क योग कक्षाएं प्रतिदिन चलती हैं योग दिवस के बाद कोई भी इच्छुक शहरवासी संस्थान की नि:शुल्क योग कक्षा में योग अभ्यास कर स्वास्थ्य लाभ ले सकते हैं।

इस अवसर पर जिला प्रधान जितेंद्र भाटी व बलजीत नागर, जिला मंत्री सीमा गुप्ता, राकेश पंडित, बृजेश शर्मा, महावीर भाटी, महेश शर्मा, प्रेम सिंह बिष्ट, अनिल गर्ग, रामवीर भाटी, श्यामवीर शर्मा आदि लोग उपस्थित थे।

Deshbandhu • 20 Jun • Ministry of Ayush

Yoga is more important for a healthy body: Dr. Vineet Tyagi

9 • PG | 583 • Sqcm | 489787 • AVE | 325.52K • Cir | Bottom Center

Delhi

आयोजन *डीएवी पब्लिक स्कूल में पांच दिवसीय योग शिविर का किया गया आयोजन*

निरोगी काया के लिए योग का महत्व अधिक: डा. विनीत त्यागी

मेरठ, 19 जून (देशबन्धु)। अंतरराष्ट्रीय योग दिवस के मौके पर डीएवी पब्लिक स्कूल हापुड़ में पांच दिवसीय योग शिविर की शुरुआत की गई। प्रधानाचार्य डा. विनीत त्यागी ने बताया कि इस शिविर को डीएवी पब्लिक स्कूल चमरी हापुड़ योगासन भारत एवं एलाईन्स क्लब यूथ हापुड़ के सोजन्य से लगाया जा रहा है। जो 17 जून से 21 जून 2025 तक आयोजित होगा। इस योग शिविर में स्कूल का समस्त स्टाफव आस-पास के क्षेत्र के लोगों ने बढ़-चढ़कर हिस्सा लिया। बता दें कि दुनिया भर में हर साल 21 जून को अंतरराष्ट्रीय योग दिवस मनाया जाता है।

- **जागरूकता के उद्देश्य से लगाया गया योग शिविर**
- **स्कूल स्टाफ समेत आस-पास के लोगों ने लिया हिस्सा**

योग दिवस मनाते हुए दुनिया भर को अब तक एक दशक बीत चुका है। आगामी 21 जून को विश्व का 11वां योग दिवस मनाया जाएगा। यह खास दिन हर साल लोगों के बीच योग के महत्व को लेकर जागरूकता फैलाने के उद्देश्य से मनाया जाता है। इसी के मद्देनजर डीएवी पब्लिक स्कूल हापुड़ के प्रांगण में पांच दिवसीय योग दिवस मनाया जा रहा है। प्रधानाचार्य डा. विनीत त्यागी ने बताया कि 21 जून को इस पांच दिवसीय योग शिविर का समापन किया जाएगा। उन्होंने योग के महत्व को विस्तार से बताते हुए कहा कि निरोगी काया के लिए योग का अधिक महत्त्व है। प्रतिदिन योग करने से न सिर्फ शारीरिक स्वास्थ्य बेहतर रहता है, बल्कि मानसिक स्वास्थ्य के लिए भी यह उतना ही महत्वपूर्ण है। प्रधानमंत्री नरेंद्र मोदी द्वारा सितंबर 2014 में संयुक्त राष्ट्र महासभा में 21 जून को अंतराष्ट्रीय योग दिवस मनाने का प्रस्ताव रखा गया था, जिसे दिसंबर 2014 में स्वीकार कर लिया गया था। योग शब्द संस्कृत के मूल शब्द युज से बना है, जिसका अर्थ है जोड़ना या जुड़ना। योग शब्द तन और मन का मिलन है, जिसे योग कहा गया है। वहीं, धार्मिक रूप से यह माना जाता है कि इस दिन भगवान शिव, जिन्हें पहले योगी और आदियोगी भी कहा जाता है, उन्होंने सप्तऋषियों को योग की शिक्षा देना शुरू किया था। ऐसे में योग दिवस के लिए 21 जून का दिन ही चुना गया था, जिसे संयुक्त राष्ट्र की ओर से मंजूरी दी गई थी। योग का इतिहास हजारों साल पुराना बताया जाता है। इसका इतिहास सिंधु घाटी सभ्यता के उदय के आसपास का है।

शोधकर्ताओं को हजारों साल पुराने ऐसे कई पुराने साक्ष्य प्राप्त हुए हैं, जिसमें उस समय के लोगों द्वारा पूजे जाने वाले देवी-देवताओं को योग मुद्रा में देखा गया है, जिससे पता चलता है कि योग नई पद्धति नहीं है, बल्कि ये हमारे जीवन से हजारों सालों से जुड़ा चला आ रहा है।

Deshbandhu • 20 Jun • Ministry of Ayush

Mantras echoed in yoga camp

9 • PG | 153 • Sqcm | 128143 • AVE | 325.52K • Cir | Middle Left

Delhi

योग शिविर में गूंजे मंत्र

मवाना। पतंजलि योगपीठ हरिद्वार के मार्गदर्शन में पतंजलि योग समिति मवाना द्वारा आयोजित पांच दिवसीय निःशुल्क योग शिविर के दूसरे दिन बड़ा महादेव शिव मंदिर प्रांगण में योग साधना का वातावरण मंत्रोच्चारण और प्राणायाम की लय से गुंजायमान रहा। यह शिविर अंतरराष्ट्रीय योग दिवस के उपलक्ष में 17 जून से 21 जून तक चल रहा है। कार्यक्रम का शुभारंभ मवाना के योग शिक्षक सुभाष धीमान ने गायत्री मंत्र व महामृत्युंजय मंत्र के उच्चारण तथा सूक्ष्म क्रियाओं के अभ्यास के साथ किया। उन्होंने बताया कि मंत्र और सूक्ष्म योग क्रियाएं मानसिक शांति के साथ शरीर की ऊर्जा को जाग्रत करती हैं। संजय धीमान ने सूर्यनमस्कार का अभ्यास कराते हुए बताया कि यह एक संपूर्ण योग अभ्यास है जिसमें 12 आसनों का समावेश होता है। यह शरीर को लचीला बनाकर स्वस्थ रखता है। योग शिक्षक यज्ञदेव धीमान ने ताड़ासन, त्रिकोणासन, गर्दन चालान क्रिया, कटिचक्रासन सहित अन्य सूक्ष्म क्रियाओं का अभ्यास कराया।

Deshbandhu • 20 Jun • Ministry of Ayush

Yoga is helpful in curing complex diseases: Dr. Vikas

9 • PG | 323 • Sqcm | 271146 • AVE | 325.52K • Cir | Middle Center

Delhi

जटिल रोगों को दूर करने में सहायक योग क्रिया : डा. विकास

मेरठ, 19 जून (देशबन्धु)। अंतरराष्ट्रीय योग दिवस के कार्यक्रमों के अंतर्गत कृषि विश्वविद्यालय में राष्ट्रीय सेवा योजना की इकाई के छात्रों द्वारा रोग निवारण में योग की भूमिका एवं इसके वैज्ञानिक शोध विषय पर एक कार्यक्रम आयोजित किया गया। कार्यक्रम में नई दिल्ली से पधारे योग प्रशिक्षक डॉ. विकास सिंह द्वारा उक्त विषय पर दिए गए अपने प्रस्तुतिकरण में बताया कि योग हमारी प्राचीन विरासत है एवं इससे मनुष्य के सर्वांगीण विकास में सहायता मिलती है। डा. विकास ने बताया कि योग क्रियाओं के माध्यम विभिन्न प्रकार के जटिल रोगों को आसानी से दूर किया जा सकता है जिसको विभिन्न प्रकार की वैज्ञानिक शोध के माध्यम से प्रमाणित भी किया गया है। कार्यक्रम समन्वयक डॉ. विपिन कुमार ने अवगत कराया कि योग कार्यक्रमों की श्रंखला में योग के विभिन्न कार्य आयोजित किए गए हैं जो आगे भी निरंतर जारी रखे जाएंगे जिससे छात्रों को पढ़ाई के साथ-साथ तन एवं मन को स्थिर करते हुए सफलता प्राप्त करने में सहायता मिल सके। कार्यक्रम के आयोजन में डॉ. आर.एन. यादव, डॉ. वी.के.सिंह, डॉ. विनीता वर्मा, डॉ. अजित आदि का सहयोग रहा।

योग की महत्ता पर डाला प्रकाश

योग प्रशिक्षक डॉ. आशीष ने छात्रों को योग की महत्ता पर प्रकाश डालते हुए बताया कि छात्र जीवन मे योग की भूमिका और भी अधिक महत्वपूर्ण होती है। इस अवसर पर विश्वविद्यालय के कुलसचिव डॉ. रामजी सिंह ने छात्रों को संबोधित करते हुए कहा कि हमे अपनी प्राचीन विरासत से हमेशा जुड़ा रहना चाहिए। अधिष्ठाता छात्र कल्याण डॉ. डी. के. सिंह ने बताया कि छात्रो को अनुशासन के साथ निरंतर प्रयास से अपने उद्देश्यों को पूरा करने में योग महत्वपूर्ण भूमिका अदा करता है।

Deshbandhu • 19 Jun • Ministry of Ayush

Yoga is necessary in today's busy life: Expert

10 • PG | 788 • Sqcm | 662308 • AVE | 325.52K • Cir | Middle Left
Delhi

आज की भागदौड़ भरी जिंदगी में योग जरूरी : विशेषज्ञ

प्रयागराज, 18 जून (एजेंसियां)। योग को सेहत के लिए बेहद फायदेमंद माना जाता है। योग न केवल शरीर को मजबूती देता है, बल्कि मानसिक स्वास्थ्य को भी बेहतर बनाता है। यह कई शारीरिक और मानसिक समस्याओं को दूर करने में मदद करता है। हर साल 21 जून को अंतरराष्ट्रीय योग दिवस के रूप में मनाया जाता है, जिसका उद्देश्य योग के महत्व को लोगों तक पहुंचाना है। इस साल भी पूरी दुनिया इस दिन को उत्साह के साथ मनाने की तैयारी में जुटी है।

प्रयागराज के डॉक्टरों का कहना है कि योग को अपनाकर लोग अपनी सेहत को बेहतर बना सकते हैं। कई डॉक्टर खुद योग आसनों का अभ्यास करते नजर आते हैं, जो इसकी उपयोगिता को दर्शाता है। उनका मानना है कि योग को केवल एक अभ्यास नहीं, बल्कि एक उत्सव की तरह मनाना चाहिए। डॉक्टरों का कहना है कि लोगों को योग की अहमियत समझनी चाहिए ताकि वे इसे अपनी दिनचर्या का हिस्सा बनाएं।

योग विशेषज्ञ दीप्ति योगेश्वर ने कहा कि आज की भागदौड़ भरी जिंदगी में लोग अपने स्वास्थ्य पर ध्यान नहीं दे पाते। ऐसे में योग को अपनाना बेहद जरूरी है। उन्होंने कहा, 'योग सभी को करना चाहिए। यह न केवल शारीरिक, बल्कि मानसिक स्वास्थ्य के लिए भी फायदेमंद है। अगर हम योग को अपनी जिंदगी में शामिल करें, तो हम न सिर्फ निरोग रह सकते हैं, बल्कि सकारात्मक ऊर्जा भी पा सकते हैं। इस बार अंतरराष्ट्रीय योग दिवस को लेकर दुनिया भर में उत्साह है।' दीप्ति ने बताया कि योग के प्रति जागरूकता बढ़ाने के लिए कई वर्कशॉप शुरू किए गए हैं। इन वर्कशॉप के जरिए लोगों को बताया जा रहा है कि योग उनके जीवन में कैसे सकारात्मक बदलाव ला सकता है।

उनके मुताबिक, नियमित योग अभ्यास से न केवल शरीर स्वस्थ रहता है, बल्कि मन भी शांत और तनावमुक्त रहता है। आज की व्यस्त जीवन शैली में योग एक महत्वपूर्ण भूमिका निभा सकता है। उन्होंने कहा कि एक स्वस्थ व्यक्ति ही स्वस्थ समाज और राष्ट्र का निर्माण कर सकता है। योग के नियमित अभ्यास से लोग न केवल अपनी सेहत को बेहतर बना सकते हैं, बल्कि समाज में सकारात्मकता भी फैला सकते हैं। अंतरराष्ट्रीय योग दिवस के मौके पर सभी से अपील की जा रही है कि वे योग को अपनाएं और अपने जीवन में स्वास्थ्य और शांति लाएं। यह आयोजन योग के प्रति लोगों के उत्साह को और बढ़ाएगा।

पाचन सुधार से लेकर तनाव मुक्ति तक, सुखासन के चमत्कारी फायदे

नई दिल्ली। आजकल की भागदौड़ भरी जिंदगी में योग तन और मन दोनों को सुकून देने का काम करता है। योग की शुरुआत अगर किसी आसान, शांत और मन को केंद्रित करने वाली मुद्रा से करनी हो, तो 'सुखासन' सबसे बेहतर है। जैसा कि नाम से ही पता चलता है- 'सुख' यानी आराम और खुशी, और 'आसन' का मतलब बैठने की एक खास मुद्रा। यह आसन इतना आसान होता है कि बच्चे हों या बड़े, हर कोई इसे आसानी से कर सकता है। यह योग की शुरुआत करने वालों के लिए सबसे सही आसन है। यह योगासन आपको तनावमुक्त रखने में मदद करता है। आयुष मंत्रालय के

यह योग की शुरुआत करने वालों के लिए सबसे सही आसन

अनुसार, सुखासन करने से शरीर में ताकत बढ़ती है और मूड भी अच्छा होता है। यह मन और शरीर दोनों के लिए बहुत फायदेमंद होता है। जब हम इस आसन में बैठते हैं, तो हमारा मन शांत होता है और तनाव कम हो जाता है। साथ ही, शरीर की मांसपेशियां भी आराम महसूस करती हैं। यह आसन हमारी सांसों को सही ढंग से लेने में मदद करता है, जिससे ऊर्जा बढ़ती है और शरीर ताजगी महसूस करता है।

सुखासन से हमारे पेट को भी फायदा होता है। जब हम इस आसन में सीधी कमर के साथ शांत होकर बैठते हैं, तो पेट के अंगों पर हल्का दबाव पड़ता है, जिससे पाचन क्रिया बेहतर होती है। खाना खाने के बाद कुछ देर इस आसन में बैठना पेट की गड़बड़ियों को कम कर सकता है।

Deshbandhu • 16 Jun • Ministry of Ayush

Doing yoga on an empty stomach not only makes the body agile but also gives plenty of energy

10 • PG | 653 • Sqcm | 548873 • AVE | 325.52K • Cir | Middle Right

Delhi

खाली पेट योगासन करना न केवल शरीर को फुर्तीला, बल्कि देता है भरपूर ऊर्जा

- योग आसनों के लिए जरूरी लचीलापन और एकाग्रता प्रभावित
- खाना खाने के बाद 5 से 10 मिनट वज्रासन जरूर करना चाहिए

नई दिल्ली, 15 जून (एजेंसियां)। सुबह की पहली किरण के साथ योगासन करने की सलाह तो आपने कई बार सुनी होगी, लेकिन क्या आपने कभी सोचा कि योगासन के लिए खाली पेट रहना क्यों जरूरी है? योग विशेषज्ञों और स्वास्थ्य गुरुओं का मानना है कि खाली पेट योगासन करना न केवल आपके शरीर को फुर्तीला बनाता है, बल्कि मानसिक शांति और भरपूर ऊर्जा भी देता है।

योगा ट्रेनर कविता अरोड़ा ने बताया कि योगासन के समय खाली पेट क्यों रहना चाहिए। उन्होंने बताया कि योगासन करते समय पेट पर दबाव पड़ता है और अगर आपने खाना खाने के बाद योग किया तो इस प्रेशर के कारण ग्रासनली से खाना ऊपर की ओर आने लगता है और शरीर में कई तरह की समस्याएं हो सकती हैं। जैसे गैस्ट्रिक समस्याएं, एसिडिटी, खट्टी डकार आदि।

उन्होंने आगे बताया कि भोजन करने के तुरंत बाद योगासन करने से न केवल पाचन प्रक्रिया बाधित हो सकती है बल्कि इसके कारण कई समस्याएं भी हो सकती हैं। यह प्राइमरी रूल है कि खाना खाने के बाद शरीर की ऊर्जा पाचन क्रिया पर लगती है। लेकिन, खाने के बाद यदि हम एक्सरसाइज करने लगें तो वही एनर्जी योग पर लग जाती है, जिसका प्रभाव नकारात्मक हो सकता है। खाना खाने के बाद योगासन नहीं करना चाहिए, इसके पीछे एक और वजह यह भी है कि जब पेट भरा रहता है तो आप बहुत सारे आसन को अच्छे से नहीं किया जा सकता।

आयुर्वेद और योग के जानकारों का मानना है कि जब हम खाना खाते हैं, तो शरीर की ऊर्जा पाचन में लग जाती है। ऐसे में योग आसनों के लिए जरूरी लचीलापन और एकाग्रता प्रभावित होती है। खाली पेट योगासन करने से शरीर की सारी ऊर्जा आसनों और प्राणायाम में लगती है, जिससे रक्त संचार बेहतर होता है और अंगों को ऑक्सीजन मिलता है।वैज्ञानिक दृष्टिकोण से भी खाली पेट योगासन के फायदे साफ हैं।

खाना खाने के बाद पेट में रक्त प्रवाह पाचन के लिए केंद्रित

होता है। अगर इस दौरान योग या आसन करते हैं, तो पेट पर दबाव पड़ सकता है, जिससे अपच, जी मचलना या असहजता हो सकती है। खाली पेट योग करने से शरीर हल्का रहता है और यह लचीलापन और मांसपेशियों की ताकत को बढ़ाता है।

हालांकि, एक्सपर्ट का मानना है कि खाना खाने के बाद 5 से 10 मिनट वज्रासन जरूर करना चाहिए। उन्होंने आगे बताया कि कम से कम तीन से साढ़े तीन घंटे का गैप रखना चाहिए। उदाहरण के लिए अगर आपने दोपहर दो बजे लंच किया है तो शाम पांच से छह बजे के बीच योग कीजिए। फिर इससे कोई मुश्किल नहीं होगी। इससे पाचन प्रक्रिया पर भी असर नहीं पड़ेगा।

Deshbandhu • 16 Jun • Ministry of Ayush

Yoga Marathon' became a Sankalp Yatra in Haryana: Saini

8 • PG | 443 • Sqcm | 371773 • AVE | 325.52K • Cir | Top Right

Delhi

हरियाणा में 'योग मैराथन' बनी एक संकल्प यात्रा: सैनी

चंडीगढ़, 15 जून (देशबन्धु)। हरियाणा के मुख्यमंत्री नायब सैनी रविवार को कहा कि प्रदेश को 'योग युक्त, नशा मुक्त' बनाने के लिए गीता स्थली कुरुक्षेत्र की पावन धरा पर 'योग मैराथन' एक संकल्प यात्रा बनी है। श्री सैनी ने कहा कि इस संकल्प यात्रा में हजारों युवाओं, बुजुर्गों और महिलाओं ने जोश और खरोस के साथ दौड़ लगाकर एक नए आयाम को स्थापित किया है। इस सरकार ने भी संकल्प लेकर राष्ट्र की संपत्ति युवा वर्ग को नशे से बचाने के लिए योग युक्त नशा मुक्त हरियाणा बनाने रूपी कर्म को ठाना है। अहम पहलू यह है कि कुरुक्षेत्र में 21 जून को होने वाले अंतरराष्ट्रीय योग दिवस कार्यक्रम से पहले चलाए गए अभियान में अब तक प्रदेश के 19.27 लाख से अधिक लोग जुड़ चुके हैं, जो हमारे लिए गर्व की बात है। मुख्यमंत्री रविवार को ब्रह्मसरोवर के दक्षिण गेट पर हरियाणा खेल विभाग, आयुष विभाग, हरियाणा योग आयोग व जिला प्रशासन के तत्वावधान में आयोजित राज्य स्तरीय योग मैराथन को सम्बोधित कर रहे थे। इससे पहले उन्होंने, पूर्व राज्यमंत्री सुभाष सुधा और महानिदेशक संजीव वर्मा ने राज्य स्तरीय योग मैराथन को हरी झंडी दिखाकर रवाना किया तथा योग मैराथन के धावकों पर पुष्प वर्षा भी की। उन्होंने इस मैराथन में महिलाओं और पुरुष वर्ग के विजेता 20 धावकों को पुरस्कार के रूप में तीन लाख 46 हजार रुपये के नकद पुरस्कार भी वितरित किये। इस योग मैराथन में प्रथम आने वाले गौरव और सोनीपत की मोनिका को 51 हजार रुपये देकर सम्मानित किया। इस योग मैराथन में हजारों युवाओं ने हिस्सा लेकर नशे के खिलाफ चल रहे यज्ञ में आहुति डालने का काम किया। इस मैराथन ने योग, खेल, संस्कृति और पर्यावरण चेतना को एक नई उंचाई दी है। श्री सैनी ने कहा कि 21 जून को पवित्र स्थल ब्रह्मसरोवर के तट पर योग गुरु स्वामी रामदेव के साथ योग करने का सौभाग्य मिलेगा जिसके लिए ऑनलाइन रजिस्ट्रेशन भी करवाए जा रहे हैं।

इस संकल्प यात्रा में हजारों युवाओं, बुजुर्गों और महिलाओं ने जोश और खरोस के साथ दौड़ लगाकर एक नए आयाम को स्थापित किया है: नायब सैनी, मुख्यमंत्री, हरियाणा

Deshbandhu • 10 Jun • Ministry of Ayush

JIMS Greater Noida started yoga sessions on the occasion of International Yoga Day

10 • PG | 212 • Sqcm | 177766 • AVE | 325.52K • Cir | Middle Center

Delhi

अंतरराष्ट्रीय योग दिवस को लेकर जिम्स ग्रेटर नोएडा ने शुरू किए योग सत्र

ग्रेटर नोएडा, 9 जून (देशबन्धु)। अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में, राजकीय आयुर्विज्ञान संस्थान, ग्रेटर नोएडा ने अपने छात्रों और शिक्षकों के लिए योग सत्रों की एक विशेष श्रृंखला शुरू की है। सत्र आधिकारिक तौर पर सोमवार को शुरू हुए और संस्थान के शैक्षणिक ब्लॉक में प्रतिदिन आयोजित किए जा रहे हैं। योग के राष्ट्रीय उत्सव के साथ-साथ आयोजित इस पहल का उद्देश्य मेडिकल छात्रों और स्वास्थ्य सेवा पेशेवरों के बीच शारीरिक और मानसिक स्वास्थ्य को बढ़ावा देना है।

सत्रों में एमबीबीएस, स्नातकोत्तर डिप्लोमेट ऑफ़ नेशनल बोर्ड, नर्सिंग और पैरामेडिकल छात्रों की उत्साही भागीदारी देखी गई। जिम्स के निदेशक डॉ. (ब्रिगेडियर) राकेश कुमार गुप्ता ने चिकित्सा पेशेवरों की व्यस्त दिनचर्या में योग को शामिल करने के महत्व पर जोर दिया। उन्होंने कहा कि योग न केवल शारीरिक स्वास्थ्य को बढ़ाता है बल्कि तनाव को प्रबंधित करने में भी मदद करता है, जो चिकित्सा क्षेत्र में महत्वपूर्ण है। योग सत्र 21 जून तक जारी रहेंगे, जिसका समापन अंतरराष्ट्रीय योग दिवस पर एक विशेष समारोह में होगा, जिसमें पूरे परिसर में प्रदर्शन और समूह भागीदारी होगी। संस्थान जिम्स समुदाय के सभी सदस्यों को सक्रिय रूप से भाग लेने और समग्र कल्याण की भावना को अपनाने के लिए प्रोत्साहित करता है।

Deshbandhu • 10 Jun • Ministry of Ayush

Yoga fortnight organized on the occasion of International Yoga Day

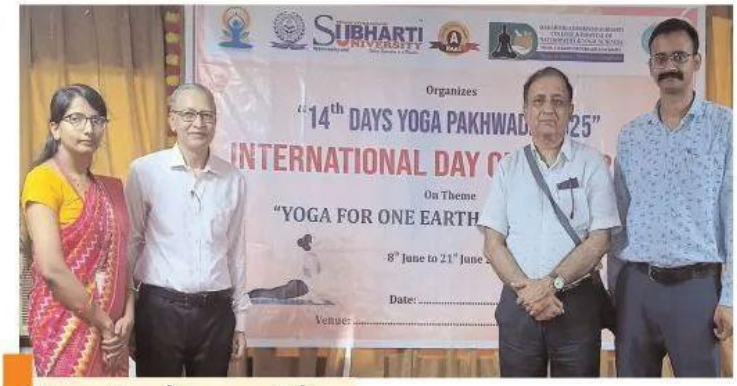
9 • PG | 550 • Sqcm | 461924 • AVE | 325.52K • Cir | Middle Right

Delhi

अंतरराष्ट्रीय योग दिवस के उपलक्ष में योग पखवाड़े का आयोजन

मेरठ, 9 जून (देशबन्धु)। स्वामी विवेकानंद सुभारती विश्वविद्यालय के मेडिकल कॉलेज के काउंसिल हॉल में दिनांक 9 जून को सुबह 9 से 11 बजे तक सेमिनार का आयोजन किया गया। इस अवसर पर सुभारती विश्वविद्यालय में योग पखवाड़ा का शुभारंभ किया गया।

डॉक्टर राहुल बंसल प्रोफेसर एवं एडवाइजर कम्युनिटी मेडिसिन ने योग और मेडिसिन के ऊपर विस्तृत व्याख्यान दिया। उन्होंने बताया कि देश की शीर्ष संस्थानों में और विदेश के मेडिकल इंस्टीट्यूशंस में योग को मॉडर्न मेडिसिन के साथ मिलकर लेकर चल रहे हैं। उन्होंने यह भी बताया की मॉडर्न मेडिसिन के रिसर्च से लगभग 25 प्रमुख बीमारियों में योग का निश्चित प्रभाव देखा गया है। जिनमें से हार्ट अटैक, ब्लड प्रेशर, डायबिटीज, मोटापा, डिप्रेशन और कैंसर आदि प्रमुख है। एआईआईएमएस दिल्ली में 25 साल से इंटीग्रेटेड मेडिसिन का विभाग चल रहा है जहां मॉडर्न मेडिसिन के साथ योग चल रहा है, बाकी एम्स में भी पूरे भारतवर्ष में इंटीग्रेटेड मेडिसिन के



विश्वसनीय और लाभकारी है योग एवं प्राकृतिक चिकित्सा: डॉ राहुल बंसल

विभाग खोलने जा रहे हैं जहां मॉडर्न मेडिसिन के साथ योग एवं आयुर्वेद का समन्वय किया जा रहा है। उन्होंने कहा कि रिसर्च की कमी नहीं है, बस योग को अपनाना चाहिए और मेडिकल प्रैक्टिस में लाना चाहिए। उन्होंने विशेष तौर पर बताया कि योग एवं प्राकृतिक चिकित्सा स्वास्थ्य रक्षा हेतु सबसे ज्यादा विश्वसनीय एवं लाभकारी है। योग एवं प्राकृतिक चिकित्सा के क्षेत्र में छात्रों के लिए रोजगार की अपार संभावनाएं भी है। उन्होंने कहा कि हमारे देश के ऋषि मुनि द्वारा किये गये हजारों वर्ष के परिश्रम को भारत सरकार के माननीय प्रधानमंत्री नरेन्द्र मोदी जी ने मानव कल्याण की दिशा में योग को वैश्विक स्तर पर मान्यता दिलाई है। उन्होंने छात्र छात्राओं और विश्वविद्यालय के शिक्षकगणों को नियमित योग करने का संकल्प दिलाते हुए योग को अपनी दिनचर्या में शामिल करने की अपील की। डॉक्टर किशोर सिंह रेडियोथैरेपी एक्सपर्ट, पूर्व डीन मौलाना आजाद मेडिकल कॉलेज और पूर्व मेडिकल डायरेक्टर लोकनायक अस्पताल दिल्ली ने योग का कैंसर पेशेंट्स में क्या उपयोगिता है, इस विषय पर विस्तृत व्याख्यान दिया। उन्होंने साइंटिफिक प्रेजेंटेशन से सिद्ध किया कि कैंसर के पेशेंट में शुरू से आखिर तक योग की बहुत उपयोगिता है। उन्होंने यह भी कहा की सुभारती अस्पताल में कैंसर पेशेंट को योग एक्सपर्ट्स उपलब्धता अच्छी है मगर अधिकतर संस्थानों में ऐसा संभव नहीं हो पा रहा है।

इस कार्यक्रम में लगभग 120 नेचरोपैथी योगा के फर्स्ट ईयर के स्टूडेंट व लगभग 100 एमबीबीएस 2022 के छात्र छात्राएं उपस्थित रहे। इस कार्यक्रम में डॉक्टर सुरभि गुप्ता एचओडी फार्मोकोलॉजी, डॉक्टर रानी बंसल सीनियर प्रोफेसर पैथोलॉजी, डॉक्टर पवन पराशर एचओडी कम्युनिटी मेडिसिन, कार्यक्रम संयोजक डॉक्टर नीरज व डॉक्टर स्नेहा असिस्टेंट प्रोफेसर नेचरोपैथी कॉलेज सुभारती, डॉक्टर कविता असिस्टेंट प्रोफेसर पैथोलॉजी भी उपस्थित रहे। इस कार्यक्रम को सफल बनाने में डॉक्टर गोपी रमन व डॉक्टर शालू शर्मा का भी योगदान रहा।

Deshbandhu • 06 Jun • Ministry of Ayush

30 thousand organizations registered for Yoga Sangam 2025

11 • PG | 403 • Sqcm | 338795 • AVE | 325.52K • Cir | Middle Left

Delhi

योग संगम 2025 के लिए 30 हजार संगठनों ने कराया पंजीकरण

नई दिल्ली, 5 जून (एजेंसियां)। 11वें अंतरराष्ट्रीय योग दिवस की तैयारी में, देश भर की 30,000 संस्थाओं ने योग संगम में हिस्सा लेने के लिए पंजीकरण कराया है। इनमें स्कूल, रेजिडेंट वेलफेयर एसोसिएशन, कॉरपोरेट, एनजीओ और सरकारी संस्थाएं भी शामिल हैं। आयुष मंत्रालय ने इस विषय में जानकारी देते हुए बताया कि इतनी बड़ी संख्या में पंजीकरण दिखाता है कि योग सिर्फ अभ्यास नहीं, बल्कि स्वस्थ जीवन, सामुदायिक एकता और राष्ट्रीय कल्याण की दिशा में एक आंदोलन है।

21 जून को देश के एक लाख से ज्यादा स्थानों पर योग के कार्यक्रम होंगे, जिसमें लद्दाख की बर्फीली चोटियों से लेकर केरल के समुद्र तटों, स्कूलों, ऑफिसों, रेलवे स्टेशनों और मंदिरों के प्रांगण भी शामिल हैं। मंत्रालय ने बताया कि इन कार्यक्रमों को योग पोर्टल पर ऑनलाइन ट्रैक किया जाएगा, जहां संस्थाएं अपने आयोजन के लिए पंजीकरण कर सकती हैं। आईआईटी, आईआईएम और सेंट्रल यूनिवर्सिटी जैसी प्रमुख संस्थाएं भी बड़े पैमाने पर योग प्रदर्शन कर रही हैं और इसे मानसिक स्पष्टता, भावनात्मक मजबूती और नेतृत्व विकास के लिए बढ़ावा दे रही हैं।

इसमें भाग लेने के लिए लोग आयुष मंत्रालय की वेबसाइट पर समूह या संस्था के रूप में रजिस्ट्रेशन कर सकते हैं। 21 जून को योग संगम आयोजन के बाद, भागीदारी विवरण अपलोड करने पर आधिकारिक प्रशंसा प्रमाण पत्र मिलेगा। मंत्रालय ने कहा कि आइए, एक स्वस्थ और समृद्ध भारत के लिए योग संगम को राष्ट्रीय कल्याण का आधार बनाएं। हम सब मिलकर योग संगम को समग्र स्वास्थ्य और राष्ट्रीय कल्याण के लिए भारत के आंदोलन की आधारशिला बनाएं। बता दें, आयुष मंत्रालय ने एक पोर्टल लॉन्च किया है, जहां संगठन अपने कार्यक्रमों को पंजीकृत कर सकते हैं, 21 जून को योग सत्र आयोजित कर सकते हैं और आधिकारिक प्रशंसा प्रमाणपत्र प्राप्त करने के लिए भागीदारी डेटा अपलोड कर सकते हैं।

Prahar • 21 Jun • Ministry of Ayush

International Yoga Day celebrated with a 2-day yoga program at Shri Samarth Vyayam Mandir, Shivaji P...

3 • PG	17 • Sqcm	4805 • AVE	215K • Cir	Top Left

Mumbai

आंतरराष्ट्रीय निसर्गोपचार संघटनेने मुंबईतील देशभरातील राष्ट्रीय उपक्रमाचे सहभागी होण्यापूर्वी दादर येथील शिवाजी पार्क येथील श्री समर्थ व्यायाम मंदिर येथे २ दिवसांच्या योग कार्यक्रमासह आंतरराष्ट्रीय योग दिन साजरा केला. (छाया : अरुण पाटील)

Prahar • 21 Jun • Ministry of Ayush

International Yoga Day organised in Haryana today

3 • PG | 54 • Sqcm | 15030 • AVE | 215K • Cir | Middle Left

Mumbai

हरियाणात आज आंतरराष्ट्रीय योग दिनाचे आयोजन

◆ हरियाणा (प्रतिनिधी):

हरियाणा सरकारकडून कुरुक्षेत्रात राज्य आंतरराष्ट्रीय योग दिनाच्या समारंभाचे आयोजन केले आहे. शनिवारी होणाऱ्या या कार्यक्रमात प्रमुख पाहुणे म्हणून हरियाणाचे मुख्यमंत्री नायब सिंह सैनी उपस्थित राहणार आहेत. या कार्यक्रमात सहभागी होण्यासाठी योगगुरू बाबा रामदेवही उपस्थित राहणार आहेत.

तसेच आरोग्य मंत्री आरती सिंह राव या हरियाणा योग आयोग आणि आयुष विभागाच्या "योग युक्त, नशा मुक्त हरियाणा" या थीमसह हरियाणा राज्यस्तरीय समारंभाचे अध्यक्षस्थान भूषवणार आहे. त्याचप्रमाणे हरियाणा सरकार पतंजली योगपीठ, हरिद्वार आणि जिल्हा प्रशासन, कुरुक्षेत्र यांच्या सहकार्याने या उत्सवात सहभाग घेणार असून सकाळी ५ ते ७.३०

दरम्यान ११ वा आंतरराष्ट्रीय योग दिन साजरा करण्यासाठी मोठ्या प्रमाणात व्यवस्था केली आहे.

१०० हून अधिक प्रकारच्या योगिक जिम्नॅस्टिक्स, मल्लखांब, कुस्ती, योगिक आसने, खेळी, बस्ती आणि पंचकर्म आणि शतकर्म, सिंगी, ॲक्युप्रेशर इत्यादी प्रक्रियांद्वारे एकात्मिक योग करणार आहेत. उपायुक्त नेहा सिंह यांनी सांगितले की, योग दिनाची जवळजवळ सर्व तयारी पूर्ण झाली असून योग दिनानिमित्त राज्यभरातून लोक येणार आहेत, ज्यासाठी हे ठिकाण वेगवेगळ्या क्षेत्रात विभागले गेले आहे. अनेक संस्था तसेच शाळेय मुले या कार्यक्रमात सहभागी होतील.

माजी राज्यमंत्री सुभाष सुधा यांनी सांगितले की, हा योग यशस्वी करण्यासाठी सर्वांचे सहकार्य आवश्यक आहे. त्यांनी कुरुक्षेत्रातील लोकांना या कार्यक्रमात जास्तीत जास्त संख्येने सहभागी होण्याचे आवाहन केले. माजी राज्यमंत्री सुभाष सुधा यांनी योग दिनी १ लाखाहून अधिक लोक कुरुक्षेत्रात पोहोचण्याची शक्यता व्यक्त केली. तसेच नितीश अग्रवाल म्हणाले की, २१ जून रोजी ब्रह्मसरोवर येथे आयोजित आंतरराष्ट्रीय योग दिनाला उपस्थित राहण्यासाठी येणाऱ्या वाहनचालकांसाठी जिल्हा प्रशासनाने धान्य बाजार कुरुक्षेत्र, केशव पार्क, कुरुक्षेत्र विद्यापीठ येथे पार्किंगची व्यवस्थाही केली आहे.

Prahar • 21 Jun • Ministry of Ayush

On the eve of International Yoga Day, i.e. on Friday, Sarva Seva Test Samarpan celebrated Yoga Day a...

2 • PG | 32 • Sqcm | 9021 • AVE | 215K • Cir | Middle Right

Mumbai

आंतरराष्ट्रीय योग दिवसाच्या पूर्वसंध्येला म्हणजेच शुक्रवारी सर्व सेवा ट्रस्ट समर्पण मुलुंड, पूर्व येथे योग दिवस हा काही योग-योगिनी सोबत योगगुरू रविंद्र गोरले यांच्या मार्गदर्शनाखाली साजरा करण्यात आला. यामध्ये विविध प्रकारच्या आसनांचे नावीन्यपूर्ण सादरीकरण करण्यात आले. या कार्यक्रमाला माजी नगरसेवक प्रकाश गंगाधरे, माजी नगरसेवक प्रभाकर शिंदे, महिला उद्योगपती सायली दळवी, अथक फाउंडेशनच्या वेअरमन अमिता गोखले आणि मी मुलुंडकर प्रतिष्ठानच्या नयुरा बापावली आदी उपस्थित होते.

Prahar • 21 Jun • Ministry of Ayush

Various activities will be implemented on the occasion of International Yoga Day

5 • PG | 43 • Sqcm | 12090 • AVE | 215K • Cir | Middle Left

Mumbai

जागतिक योग दिनानिमित्त विविध उपक्रम राबविणार

◆ पालघर (प्रतिनिधी) :

आंतरराष्ट्रीय योग दिनानिमित्त जिल्ह्यातील सर्व ग्रामपंचायतींमध्ये ग्राम आरोग्य पोषण व पाणी पुरवठा व स्वच्छता समित्या यांच्या सहकार्याने योग सत्रांबरोबरच वृक्षारोपण, स्वच्छता मोहीम व समुदायाच्या पुढाकारातून पर्यावरणीय उपक्रम राबविण्यात येणार असल्याची माहिती पालघर जिल्हा परिषदेचे मुख्य कार्यकारी अधिकारी मनोज रानडे यांनी दिली आहे.

११ वा आंतरराष्ट्रीय योग दिन २१ जून २०२५ रोजी एक दशक पूर्ण करत आहे. या निमित्ताने देशात विशेष उपक्रम राबविण्यात येणार आहेत. हे उपक्रम १० विशेष कार्यक्रमांमध्ये विभागलेले आहेत. या अनुषंगाने योग संगमामध्ये योग संगम सकाळी ६:३० ते ७:४५ रोजी आयोजित करण्यात आला आहे. हा कार्यक्रम पंतप्रधान नरेंद्र मोदी यांच्या उपस्थितीत विशाखापट्टणम, आंध्र प्रदेश येथून राष्ट्रीय कार्यक्रमाली सर्वांतरपणे होणार आहे. योग संगम हे व्यापक जनसहभाग आणि मोठ्या प्रमाणावर योग प्रात्यक्षिकांची परंपरा पुढे नेण्यासाठी आयोजित करण्यात आले आहे. तसेच हरित योगमध्ये हरित योग उपक्रम पारंपरिक योगाभ्यासासोबत पर्यावरणीय स्वच्छतेला देखील प्रोत्साहन देण्यात येणार आहे. ग्राम आरोग्य पोषण पाणीपुरवठा व स्वच्छता समित्या यांनी "योग फॉर वेल बिइंग अँड वॉश" या संमेलनाचे आयोजन जलजीवन मिशन व स्वच्छ भारत मिशन (ग्रामीण) - २ अंतर्गत मालमत्ता उपलब्ध आहेत अशा ठिकाणी करण्याचे आवाहन करण्यात आले आहे.

Prahar • 21 Jun • Ministry of Ayush

What lessons will you learn on this Yoga Day

8 • PG | 183 • Sqcm | 51349 • AVE | 215K • Cir | Middle Center

Mumbai

या योग दिनी कोणती शिकवण घ्याल?

निखिल केवल कृष्ण मेहता
(संस्थात्मक व्यवहार आणि मनुष्यबळ)
भारतीय व्यवस्थापन संस्था, मुंबई

लोक अनेकदा योगाची सांगड शारीरिक व्यायामाशीच घालतात. त्यांच्या मते योग हा शारीरिक व्यायामाचाच एक भाग आहे. एका अर्थाने हे खरेही आहे म्हणा हे सर्वांच्याच सत्य नाही. या लेखाच्या माध्यमातून केवळ शारीरिक तंदुरुस्ती याच्या पलीकडे योग काय आहे हे जाणून घेण्याचा प्रयत्न करू या.

माननीय पंतप्रधान नरेंद्र मोदी यांनी, पंतप्रधानपदी विराजमान झाल्यानंतर काही महिन्यांतच संयुक्त राष्ट्र महासभेत (यूएनजीए) आपल्या पहिल्या भाषणात, आंतरराष्ट्रीय योग दिवस साजरा करण्याचा प्रस्ताव मांडला होता हे सर्वज्ञातच आहे. त्यांनी म्हटले होते, "योग भारताच्या प्राचीन परंपरेची अनमोल देणगी आहे. मन, शरीर, विचार आणि कृती यांच्या एकतेचे प्रतीक आहे. चला, आंतरराष्ट्रीय योग दिवस स्वीकारण्याच्या, साजरा करण्याच्या दिशेने आपण काम करूया." त्यांनी दिलेल्या या प्रस्तावाला जागतिक स्तरावर व्यापक पाठिंबा मिळाला आणि परिणामी अवघे जग योगाच्या रंगात न्हाऊन निघाले. १७७ देशांनी हा प्रस्ताव सह-प्रायोजित केला, संयुक्त राष्ट्रांमध्ये एखाद्या प्रस्तावाला आतापर्यंत इतक्या मोठ्या संख्येने असा विक्रमी पाठिंबा लाभला नव्हता. या प्रस्तावाला मंजुरी मिळाल्यानंतर २१ जून २०१५ ला आंतरराष्ट्रीय स्तरावर पहिला योग दिवस साजरा करण्यात आला.

"योग" या शब्दाचे मूळ अतिशय सखोल आहे हे आपण सर्व जाणतोच. भाषेच्या दृष्टीने आणि तात्त्विक दृष्ट्याही त्याचा समृद्ध अर्थ आहे. खरेतर 'योग' हा संस्कृत भाषेतून उत्पन्न झालेला शब्द आहे, ज्याचा अर्थ आहे, "जोडणे. अनेक जण योग आसनांची सांगड

फक्त शारीरिक पातळीत, मात्र मानवी शरीराचे अंतिम भौतिकतेच्या पलीकडे असते. योग समजून घेण्यासाठी आपल्याला मानवाचे शरीर भौतिकतेच्या पलीकडे जाऊन समजणे आवश्यक आहे. भौतिकतेच्या पलीकडे मानवाचे शरीर काय आहे? या प्रश्नाचे उत्तर जाणून घेण्यासाठी आपल्याला जीवनाशी निगडित पाच परस्परांशी संबंधित आयाम समजून घ्यावे लागतील. भौतिकतेसह भावनिक, ऊर्जात्मक, मानसिक आणि आध्यात्मिक दृष्टिकोनातून हे आयाम जाणून घेता येतील. शारीरिक वेदनेशिवाय आपल्याला भावनिक व्यथाही जाणवतात, असा भावना आपल्या मनात खोलवर साचून राहतात, असा साचलेल्या भावना अनेक प्रकारच्या आजारांचे रूप धारण करतात जे शरीरासाठी जास्तदायक ठरू शकतात. भावनांप्रमाणेच मानवाच्या शरीरामध्ये अखंड अदृश्य प्रवाह कार्यरत असतात. त्यांची सजग आणि वैचारिक अनुभूतीही मानवी पूर्णत्वासाठी महत्त्वाची असते. असा प्रकारे शरीरशिवाय भावनेतून भावनात्मक, ऊर्जेतून ऊर्जात्मक आणि सजग -वैचारिकतेतून मानसिक आयाम निर्माण होतात. या सर्व आवरणांवर अलौकिक जीवनाशी जोडण्याचा प्रयत्न करणारी आपली आध्यात्मिक चेतना असते, या चेतनेद्वारे आपण जीवनाचा अर्थ आणि उद्देश याचा शोध घेतो. असा प्रकारे भौतिकतेशिवाय भावनात्मक, ऊर्जात्मक, मानसिक, आध्यात्मिक आयामांशी योग जोडलेला आहे.

पूर्व आणि पश्चिमेकडील तत्त्वज्ञानाच्या अभ्यासातही चांगली पुष्टी झाली आहे. विशेषत: भारतीय तत्त्वज्ञानात हे आयाम योगाशी जोडले आहेत. भगवद्गीतेमध्ये योग म्हणजे केवळ आसन किंवा श्वास क्रिया नव्हे तर हा जीवनाचा संपूर्ण मार्ग आहे. भगवद्गीता धर्माद्वारे शारीरिक दायित्वाच्या माध्यमातून भौतिकता, ध्यान आणि ज्ञानाच्या माध्यमातून आध्यात्मिक बोध, समर्पण, भक्ती चातून भावनात्मक आयाम, ऊर्जा आणि आपली मूल्ये यांची संगत घालत निष्काम कर्म, वैचारिक स्पष्टतेला वैराग्य (ज्ञान), यांच्याशी जोडले. भगवद गीतेतल्या कर्मयोगामध्ये १८ प्रकारच्या योगांबद्दल माहिती देण्यात आली आहे. या १८ योगांच्यातीरिक्त त्यांच्या क्रमपरिवर्तन संयोजनातून आपण आपल्या ज्ञानात भर घालू शकतो. जोडणे यालाच संस्कृतमध्ये योग म्हटले गेले आहे, तर या योग दिवशी शरीर तंदुरुस्त ठेवण्याबरोबरच आपल्याकडे शिकण्यासारखी खूप काही असेल. भगवद् गीतेमधल्या कोणत्या योगातून आपण काय बोध घेऊ शकतो याचा एक दृष्टिक्षेप याकरण्याचा प्रयत्न करू या. या योग दिनी आपण स्वत:मध्ये अनेक गोष्टी जोडू शकतो. आता तुम्हीच सांगा की, केवळ शरीर निरोगी ठेवण्यासाठीच आपण योग स्वीकारायचा का? या व्यतिरिक्त जीवन संतुलित करण्यासाठी योगाच्या अनेक लाभांकडे नकळत दुर्लक्ष करायचे? हे योग्य ठरेल का? या सर्व बाबी लक्षात घेऊन माननीय पंतप्रधान नरेंद्र मोदी यांनी जगाला योग रूपाने भारताच्या प्राचीन परंपरेची अमोल देणगी दिली. चला या योग दिनी आपण या देणगीचा भरपूर लाभ घेऊ या.

अध्याय	योग	काय शिकवण घेऊ शकतो ?
१	अर्जुन विषाद योग	भावनात्मक आत्मनिरीक्षण
२	सांख्य योग	विवेक आणि ज्ञान
३	कर्मयोग	फळाची अपेक्षा न धरता कर्तव्य करणे
४	ज्ञान आणि कर्मयोग	वैराग्य
५	कर्म संन्यास योग	फळावर नव्हे केवळ कर्तव्यावर लक्ष
६	ध्यान योग	एकाग्रता
७	ज्ञान-विज्ञान योग	भक्ती आणि ज्ञान मार्ग समन्वय
८	अक्षर ब्रह्म योग	मृत्यू, पुनर्जन्म आणि आत्म्याच्या अंतिम घेय्याची प्राप्ती
९	राज विद्या राज गुह्य योग	परमेश्वराशी तादात्म्य
१०	विभूती योग	सर्वांमध्ये देवत्व पाहण्यासाठी
११	विश्वरूप दर्शन योग	विश्वरूप दर्शन
१२	भक्ति योग	देवावर श्रद्धा आणि समर्पण
१३	क्षेत्र क्षेत्रज्ञ विभाग योग	शरीर आणि आत्मा यांच्यातला फरक जाणणे
१४	गुणत्रय विभाग योग	वर्तन विश्लेषण आणि सकारात्मकता
१५	पुरुषोत्तम योग	मुक्तीचा आध्यात्मिक मार्ग
१६	दैवीय और आसुरी प्रकृती वा योग	गुणांचे आवरण
१७	त्रिविध श्रद्धा योग	गुणांवर आधारित श्रद्धा
१८	मोक्ष संन्यास योग	मोक्षप्राप्ती मार्ग

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Yoga sessions to be organized in Mumbai from today

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Mumbai

मुंबईत आजपासून योग सत्राचे आयोजन

मुंबई : मुंबईतील नागरिकांच्या उत्तम आरोग्यासाठी विविध दर्जेदार सेवा सतत उपलब्ध करून दिल्या असून मुंबई महानगरपालिकेच्या वतीने १०६ शिव योग केंद्रांमार्फत सोमवार-बुधवार-शुक्रवार आणि मंगळवार-गुरुवार-शनिवार अशा सत्रांमध्ये योग सेवा प्रदान केली जात आहे. आतापर्यंत ४१,७५० नागरिकांनी या केंद्रातून योग सेवेचा लाभ घेतला आहे. नागरिकांना सुदृढ जीवनशैली स्वीकारण्यास प्रवृत्त करण्याच्या दृष्टीने, मुंबई महानगरपालिकेच्या व्हॉट्सॲप चॅटबॉटवर नागरिकांना त्यांच्या परिसरातील नजीकच्या शिव योग केंद्रांबाबत अद्ययावत व सविस्तर माहिती मिळू शकणार आहे. महानगरपालिकेच्या या व्हॉट्सएप चॅटबॉटवर (८९९१२२८९९९) शिव योग केंद्रांची माहिती समाविष्ट करण्यात आली आहे. मुंबई महानगरपालिकेच्या सार्वजनिक आरोग्य खात्याच्यावतीने २१ जून २०२५ रोजी आंतरराष्ट्रीय योग दिन संपूर्ण मुंबईभर साजरा करण्यात येणार आहे. त्यानिमित्ताने ठिकठिकाणी योगसत्रांचे आयोजन करण्यात आले आहे. यावर्षी योग दिनाची संकल्पना "एक पृथ्वी, एक आरोग्य' आरोग्यासाठी योग" ही असून, ती मानव आणि पर्यावरण यांच्या आरोग्याच्या सुसंवादावर भर देते. शाश्वत जीवनशैली, निसर्गाशी सुसंवाद आणि सर्व सजीवांच्या कल्याणासाठी एकमेकांवरील परस्परावलंबन अधोरेखित करते.

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World Yoga Day and healthy lifestyle

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जागतिक योग दिन आणि निरोगी जीवनशैली

वर्षा हिवराळे
योग शिक्षिका,आयुर्वेद महाविद्यालय व शोध र. व. आयुर्वेद रुग्णालय, शीव, मुंबई

भारताची मूळ संस्कृती योग आहे. ही योग संस्कृती लोप पावत गेली. या योग संस्कृतीला पुनः जीवित करण्यासाठी भारताचे पंतप्रधान, नरेंद्र मोदी यांनी दिनांक २७ सप्टेंबर, २०१४ रोजी संयुक्त राष्ट्र महासभेच्या ६९ व्या सत्राला संबोधित करताना वर्षामध्ये एक दिवस हा 'आंतरराष्ट्रीय योग दिवस' साजरा करण्याचे आवाहन केले व दिनांक ११ डिसेंबर, २०१४ रोजी संयुक्त राष्ट्र महासभेच्या १९३ सदस्यांपैकी १७७ सदस्य देशांनी २१ जून रोजी 'आंतरराष्ट्रीय योग दिवस' आयोजित करण्याच्या ठरावाला मान्यता दिली. तसेच प्रत्येक वर्षी आंतरराष्ट्रीय योग दिवसाची थीम ठरविलेली असते. या वर्षी १० वा आंतरराष्ट्रीय योग दिन आपण साजरा करत आहोत. या वर्षी आंतरराष्ट्रीय योग दिवसाची 'एक पृथ्वी आणि एक आरोग्यासाठी योग' ही थीम ठरविलेली आहे. जागतिक आरोग्यासाठी आणि पर्यावरणीय सुसंवादासाठी योगाच्या योगदानावर भर देते. म्हणजेच योगाद्वारे संपूर्ण जग निरोगी बनविण्याची इच्छा 'एक पृथ्वी आणि एक आरोग्यासाठी योग' या थीमद्वारे स्पष्ट दिसून येते.

योग ही प्राचीन भारतीय विद्या, संस्कृती आहे. ही संस्कृती वेद, उपनिषद, गव्हाण व महाभारत इतकेच नाही, तर भारतातील समस्त आध्यात्मिक पवित्र ग्रंथांमध्ये याचा समावेश आहे. साक्षात देवांनाही योग सुटला नाही. योगाचे आदिगुरू, प्रथमगुरू 'शिव'. शिवाने पार्वतीला योग सांगितला, अशी आख्यायिका आहे, पण आदिगुरू शिव आहे. आदियुरुंनी ही योगविद्या सप्तऋषींना दिली. या सप्तऋषींनी या योगविद्येचा प्रसार आशिया खंडात, तसेच जगातील अनेक भागांत केला, पुढे वैदिक काळात महामुनी पतंजलींनी योग या विषयाला योगसुत्रात सूत्रबद्ध केले. योग या शब्दाची उत्पत्ती कशी झाली? योग म्हणजे नक्की काय? योग या शब्दाची उत्पत्ती प्राचीन काळी झाली. योग हा शब्द संस्कृत युज या धातूपासून तयार झालेला आहे. योग म्हणजे जोडणे, एकत्र आणणे, काय एक आणणे, तर शरीर आणि मन यांना एकत्र आणणे, दु:खाला सुखाबरोबर जोडणे, आत्म्याला परमात्म्याबरोबर जोडणे. आत्मा हा स्वयंप्रकाशित आहे. आत्म्याचा हा ईश्वरीअंश अनुभव करायचा असेल, तर योगाची साधना करणे आवश्यक आहे.

योग साधनेत कधीच बंधन नाही. योग काय करतो? तर शरीर आणि मन जोडण्याचे काम करतो. योगशास्त्रात शरीर, मन आणि आत्मा या तीन संकल्पनांना महत्त्व आहे. योगशास्त्र हे मनाधोकनी फिरणारे शास्त्र आहे. आजच्या धावपळीच्या जीवनात आपण कोठे आहोत? हे एकदा डोकावून बघा. वरील मुद्द्यांचा विचार करा. बघा काही उत्तर मिळते का? नाही ना! जेव्हा आपल्याला म्हणजेच शरीराला, मनाला काही वेदना, व्याधी निर्माण झाली की आपण काय करतो? आपण डॉक्टरांकडे जातो. डॉक्टरांनी दिलेले औषधी आपण घेतो आणि आपल्याला बरे वाटते. बरं शरीराला व्याधी झाली, तर औषधी आणि मनाला व्याधी झाली तर काय? यासाठी योग व योगासने, प्राणायाम आणि ध्यान करणे आवश्यक आहे. आजचे धावपळीचे आपुष्य पाहता, अनेक लागतणाय यास आपल्याला सामोरे जावे लागते. मनावर ताण निर्माण झाला की मधुमेह, उच्च रक्तदाब, थायरॉईड यासारखे विकार उद्भवतात आणि शरीरावर ताण निर्माण झाला की कंबरदुखी, पाठदुखी, मानदुखीचा त्रास आपल्याला होतो. वास्तविक पाहता, ९५ टक्के आजार हे व्यवकोसेम्याटीक आहेत, उरलेले ५ टक्के हे आजार हे शरीरिक आहेत.

प्राचीन काळी योग कशाने हे सम्बोधे लक्षात मानले जाई, का तर गुरू गोरक्षनाथ, मच्छेंद्रनाथ, या नाथ संप्रदायांनी योग आचरण करून अनेक विकारांना दूर ठेवले. स्वतः व समाजातील लोकांना योग जीवनशैली कशी अंगीकारायची हे शिकवले. पुढे संत ज्ञानेश्वर माहाराज, संत तुकाराम या संतांनी भक्तीयोगातून योगसाधना केली व ज्ञानेश्वरांनी ज्ञानेश्वरी लिहिली. तसेच पतंजली महामुनींनी सर्वसामान्य व्यक्तीला समजेल असा अष्टांगयोग सांगितला. हा अष्टांगयोग यम, नियम, आसन, प्राणायाम, धारणा, ध्यान, समाधी होय. आजच्या धावपळीच्या जीवनात आपल्याला योग समजून घ्यायचा असेल, शिकायचा असेल तर पतंजलीचा योग अभ्यासावा. हा योग अभ्यास सहज सोपा आहे. आजच्या महिलावर्ग हा घरात आणि घराबाहेर धावपळ करून काम करत असतो, हे काम करत असताना महिला वर्गाची होणारी चीडचीड, देह, राग आणि चाय्यातून उत्पन्न होणारे आजार, जसे वजन नियंत्रणात न राहणे, निद्रानाश, थायरॉईड, पीसीओडी, लोहाची कमतरता, मोनोपॉज या गोष्टी कळत -नकळत घालून महिला वर्गाचा प्रवास होत राहतो. औषधोपचार करून या आजारांना काही काळ दाबले जात. कालांतराने परत हे आजार उफाळून वर येतात. या विकारांना मग ते शारिरीक असो किंवा मानसिक असो, त्या विकारांना नष्ट करायचे आहे. निरोगी जीवनशैली जगायची आहे. त्यासाठी पतंजली मुनींचा अष्टांगयोग समजून घेऊन योगसाधना सुरू करू या.

समाजातील जे संघर्ष चालू आहेत ते पतंजलींनी सांगितलेल्या अष्टांग योगातील 'यम' या अंगाचे आचरण करून आपण टाळूया. 'यम' तत्त्वात अहिंसा, सत्य, अस्तेय, ब्रह्मचर्य व अपरिग्रह ही पाच तत्त्वे येतात. या पाच तत्त्वांचे पालन केल्यास बाह्य संघर्ष आपण टाळू शकतो. पुढचे अंग आहे 'नियम'. या नियमामध्ये शौच, संतोष, तप, स्वाध्याय, ईश्वरप्रणिधान या पाच तत्त्वांचे पालन केले, तर आपल्या अंतर्गत असलेले संघर्ष दूर होतात. ही दोन तत्त्वे आपल्याला समाजात व स्वतःशी कसे वागायचे हे शिकविते. योगरूपी इमारतीचा पाया 'यम' व 'नियम' ही दोन तत्त्वे आहेत. या दोन तत्त्वांच्या अभ्यासाने पुढे आपण शरीर आणि मनाला स्थिर करू, हे स्थिर झालेले शरीर आणि मन पुढे आसन करण्यासाठी तयार होते. अष्टांग योगातील तिसरे अंग 'आसन' हे आहे.

आपला शरीर स्वभाव हा ताठर असतो. आपले करताना सुरुवातीला शरीराला पुढे, मागे वाकवणे जमत नाही, पण आसनाच्या सरावाने आपल्या शरीर आणि मनाला लवचिकता येते. आसनामध्ये शरीराचे जे वेगवेगळे आकार होतात, त्या आकारामध्ये आपल्या शरीरावर खूप चांगले परिणाम दिसून येतात. उदा. अपचन, गॅसेस या पोटाच्या समस्या आहेत, तर पवनमुक्तासन हे 'आसन' केले तर पोटाला होणारा त्रास हळूहळू कमी होईल. पवनमुक्तासनात पोटावर दाब येतो व या दाबामुळे अंतर्गत क्रिया घडून येते. आपल्या आतड्यांवर या दाबाचा परिणाम होतो. पोटात वायूचा जो अवरोध होतो त्याला अधनमार्गाद्वारे दूर केले जाते. 'भूजंगासन' हे थायरॉईड, मणक्याचे विकार, पाठदुखी, मानदुखी यावर उपयोगी आहे, तर 'पर्वतासन' हे श्वसन समस्यांसाठी उपयोगी आहे. त्यामुळे रोज आसने केली, तर नक्कीच अनेक आजारांना आपण दूर ठेवू शकतो. 'प्राणायाम' हे चौथे अंग आहे. 'प्राणायाम' या अंगाचा अभ्यास केला असता शरीर ऊर्जावान होते. 'प्राणायाम' म्हणजे प्राणाचा आयाम वाढवणे. या प्राणशक्तीचा संचय वाढविण्यासाठी दीर्घश्वसन, अनुलोम विलोम, भ्रामरी या प्राणायामाचा अभ्यास करावा. 'प्रत्याहार' हे पाचवे अंग आहे. 'प्रत्याहार' म्हणजे इंद्रियांचा प्रती आहार. वरील चार अंग आपण आचरणात आणली की 'प्रत्याहार' या अंगाचा अभ्यास आपोआप व्हायला लागते. पुढे आपले मन हे धारणेसाठी तयार होते. 'धारणे'मध्ये आलंबनावर मन स्थिर करणे. हे आलंबन म्हणजे एखादी वस्तू, चित्र, मूर्ती याद्वारे चित्ताला एकाग्र करणे आणि फातून पुढे ध्यान साधने. 'ध्यान' हे अष्टांगयोगातील सातवे अंग आहे. 'ध्यान' म्हणजे एकाग्रता, मनाला धारणेवर स्थिर करून ध्यानाकडे नेणे. या ध्यानातून आत्मप्रकाश बघणे. हो दिव्यदृष्टी अनुभवणे. चातुनच पुढे शेवटचे अंग म्हणजे समाधीपर्यंत पोहोचणे. येथे समाधीचा अर्थ म्हणजे देहत्याग नव्हे, तर जेव्हा शरीराची व मनाची शून्य अवस्था गाठली जाते ती समाधी अवस्था होय. आपण आपल्या चांगल्या-वाईट कर्मामध्ये एवढे बांधले गेलेलो आहोत, की शरिराची व मनाची शून्य अवस्था अनुभव व्हायला खूप योगसाधना करावी लागते. ही साधना साध्य होण्यासाठी अष्टांगयोगातील काही अंगाचा अभ्यास सुरू करावा. जसे की, यम, नियम, आसन, प्राणायाम, ध्यान. २१ जून या आंतरराष्ट्रीय योग दिनाचसुन योगाचा अभ्यास सुरू करून निरोगी जीवन जगण्याचा संकल्प करूया.

varshahiwarale86@gmail.com

Prahar • 20 Jun • Ministry of Ayush

KDMC organizes Yoga Day

4 • PG	17 • Sqcm	4866 • AVE	215K • Cir	Middle Right

Mumbai

केडीएमसीतर्फे योग दिनाचे आयोजन

कल्याण : आंतरराष्ट्रीय योग दिनी म्हणजेच दि. २१ जून रोजी कल्याण डोंबिवली महानगरपालिका, आर्ट ऑफ लिव्हींग आणि एसकेटीसीएल यांच्या संयुक्त विद्यमाने योग दिनाचे आयोजन करण्यात आले आहे. महापालिका आयुक्त अभिनव गोयल यांच्या प्रमुख उपस्थितीत, कल्याण स्थानका नजीकच्या के.दिलीप कपोते वाहनतळावरील सहाव्या मजल्यावरील मोकळ्या जागेत या योग दिन शिबीराचे आयोजन सकाळी ७ ते ८ या वेळेत करण्यात आले असून, या दिवशी महापालिका अधिकारी, कर्मचारी वर्ग योगाभ्यासाचा लाभ घेणार आहेत. आर्ट ऑफ लिव्हींगचे ज्येष्ठ, अनुभवी प्रशिक्षक उपस्थितांना योगाभ्यासाचे प्रशिक्षण देणार असल्याची माहिती विशेष प्रकल्प विभागाच्या कार्यकारी अभियंता रोहिणी लोकरे यांनी दिली आहे.

Prahar • 18 Jun • Ministry of Ayush

International Yoga Day program in full swing

4 • PG | 40 • Sqcm | 11206 • AVE | 215K • Cir | Top Left

Mumbai

आंतरराष्ट्रीय योग दिवस कार्यक्रम उत्साहात

कल्याण : आपल्या आधीकडच्या दैनंदिन जीवनामध्ये धावपळ, ताण-तणाव, मानसिक थकवा या गोष्टी अपरिहार्य झाल्या आहेत. या अशा सर्व परिस्थितीमधून जर कुठला मार्ग आपल्याला मन:शांती, आरोग्य आणि स्वैर्य देत असेल तर तो म्हणजे योग. योगामुळे ना केवळ आपले शारीरिक स्वास्थ्य सुधारते तर मानसिक स्वास्थ्य देखील उत्तम राहते, मानसिकदृष्ट्या सक्षम होण्यासाठी खूप मोठी मदत मिळते आणि म्हणूनच राष्ट्रीय सेवा योजना उच्च व तंत्र शिक्षण विभाग महाराष्ट्र शासन आयोजित आंतरराष्ट्रीय योग दिवस कार्यक्रम जीवनदीप कला वाणिज्य व विज्ञान महाविद्यालय गोवेली येथे दिनांक १५ जून २०२५ रोजी पार पडला. या कार्यक्रमास प्रमुख अतिथी म्हणून आरोग्य योग आणि नॅचरोपॅथी इन्स्टिट्यूटचे संस्थापक डॉ. विजय कुकरेजा उपस्थित होते. कुकरेजा यांनी त्यांच्या मार्गदर्शनात योगाच्या माध्यमातून नकारात्मक गोष्टींचा नाश करून सकारात्मक प्रवृत्तीकडे वळण्यास प्रोत्साहित करत विद्यार्थ्यांना योगाचे महत्व आणि फायदे पटवून दिले. तसेच संस्थेचे अध्यक्ष रवींद्र घोडविंदे यांनी देखील विद्यार्थ्यांना आरोग्य निरोगी करण्यासाठी योगाचे महत्व पटवून दिले. त्यानंतर जीवनदीप महाविद्यालयामध्ये नव्याने सुरू होत असलेल्या एम.ए. योगशास्त्र या अभ्यासक्रमाबद्दल विद्यार्थ्यांना माहिती देण्यात आली, तसेच विद्यार्थ्यांकडून प्रात्यक्षिकरीत्या योग करून घेण्यात आले.

Prahar • 16 Jun • Ministry of Ayush

Har Ghar Yoga' initiative launched

7 • PG | 18 • Sqcm | 5131 • AVE | 215K • Cir | Top Left

Mumbai

'हर घर योग' उपक्रमाला शुभारंभ

मुंबई : 'योग फॉर वन अर्थ, वन हेल्थ' थीम असलेल्या आंतरराष्ट्रीय योग दिन २०२५ पूर्वी सुरू करण्यात आलेला हा उपक्रम सर्वांगीण आरोग्यासाठी जागतिक आवाहनाशी संलग्न आहे. हॅबिलड या भारतातील पहिल्या हॅबिट बिल्डिंग प्लॅटफॉर्मने आपला नवीन उपक्रम 'हर घर योग' च्या शुभारंभाची घोषणा केली आहे. १०० हून अधिक देशांमध्ये १ कोटीहून अधिक सहभागींचा विस्तृत समुदाय असल्यासह हॅबिलडचा आता प्रत्येक घरामध्ये योगाची क्षमता आणण्याचा मनसुबा आहे. आयआयटीचे माजी विद्यार्थी, सरकार प्रमाणित योग गुरु आणि हॅबिलडचे सह-संस्थापक सौरभ बोथरा यांच्या नेतृत्वांतर्गत हा उपक्रम समान जागतिक सराव म्हणून स्वातंत्र्यता, उपलब्धता आणि आरोग्याच्या संकल्पनेला चालना देतो. 'हर घर योग' उपक्रमाची मोठ्या प्रमाणात डिजिटल-फर्स्ट आऊटरिच म्हणून संकल्पना मांडण्यात आली आहे.

Prahar • 16 Jun • Ministry of Ayush

International Yoga Day will be grand, historic

3 • PG | 45 • Sqcm | 12644 • AVE | 215K • Cir | Bottom Right

Mumbai

'आंतरराष्ट्रीय योग दिन भव्य, ऐतिहासिक होणार'

कुरुक्षेत्र (प्रतिनिधी):

परमपूज्य योग ऋषी स्वामी रामदेव महाराज यांच्या मार्गदर्शनाखाली आणि हरियाणा योग आयोग, आयुष विभाग, हरियाणा यांच्या नेतृत्वाखाली आयोजित ११ व्या आंतरराष्ट्रीय योग दिनासाठी पतंजली योगपीठाच्या जनसंपर्क कार्यालय गती देण्यात आली आहे. योग ऋषी स्वामी रामदेव स्वतः आणि प्रमुख नायब सिंह सैनी त्यांना योगासन आणि प्राणायाम शिकवण्यासाठी येत असल्याबद्दल कुरुक्षेत्रातील लोक उत्साहित आहे. पतंजली योग समितीचे मुख्य केंद्रीय प्रभारी भाऊ राकेश कुमार 'भारत' यांनी आंतरराष्ट्रीय योग दिन खूप भव्य आणि ऐतिहासिक असल्याचे सांगितले. त्यामध्ये देशातील सर्व राज्यांमधील सर्व साधक योगाभ्यासासह यात आरोग्य लाभही घेतील. त्यांनी सांगितले की, तारीख जसजशी जवळ येत आहे तसतसे कामगारांचा उत्साह वाढत आहे.

कडक उन्हातही कामगारांचा उत्साह कमी होत नाही आणि ते यात्रेगावी, घरोघरी जाऊन लोकांमध्ये योगाबद्दलचे महत्व वाढवत आहे. २१ जून रोजी ब्रह्मसरोवर येथे आयोजित आंतरराष्ट्रीय योग दिनासाठी कामगार लोकांना आमंत्रित करण्यात आले आहे. या संदर्भात, राकेश 'भारत' यांनी इस्माईलाबादच्या अग्रवाल धर्मशाळा आणि इस्माईलाबादच्या खेडी शरीरांच्या ग्रामीण मंदिरात सकाळचा योग वर्गही आयोजित करण्यात येणार असल्याचे स्पष्ट केले.

यावेळी आयोजित कार्यकर्ता बैठकीत राकेश म्हणाले की, आपल्याला पुढील २ दिवसांत येथील ४० ठिकाणी प्रचाराचे काम पूर्ण करायचे आहे. यासाठी दखल घेत, पतंजली युवा भारत पंजाबचे राज्य प्रभारी स्वामी कौशल देव, सतगुरु, सुभाष सरस्वा यांनी सरस्वा गावात योगाभ्यास केला. यासोबतच,येथील लोटनी गाव, गुरू नानक कॉलनी, गीता मॉडेल स्कूल इत्यादी ठिकाणी कामगारांनी योगाभ्यास केला आणि त्यांना या ऐतिहासिक कार्यक्रमाचा भाग बनण्यास प्रेरित केले, जेणेकरून ते व्यसनमुक्त, तणावमुक्त आणि निरोगी जीवनाकडे वाटचाल करू शकतील.

Prahar • 15 Jun • Ministry of Ayush

Awareness program on Yoga organized in Ranchi

2 • PG | 43 • Sqcm | 11924 • AVE | 215K • Cir | Middle Left

Mumbai

रांची येथे योगाविषयी जागरूकता कार्यक्रमाचे आयोजन

◆ रांची (वृत्तसंस्था) :

आंतरराष्ट्रीय योग दिवस २०२५ हा एक महत्त्वाचा टप्पा आहे, या जागतिक उत्सवाचा ११ वा वर्धापन दिन "एक पृथ्वी, एक आरोग्यासाठी योग" या थीमखाली साजरा केला जात आहे. २१ जून २०२५ रोजी साजऱ्या होणाऱ्या ११ व्या आंतरराष्ट्रीय योग दिनानिमित्त, रांची, हिन्नू युनायटेड हायस्कूल, हिन्नू, रांचीच्या कॅम्पसमध्ये ०८ दिवसांपूर्वी योग जागृती कार्यक्रमाचे आयोजन करण्यात आले होते. या कार्यक्रमात योग प्रशिक्षक विपीन कुमार सिंग, सीबीसी रांची कर्मचारी, शाळेच्या मुख्याध्यापिका डॉ. संगीता कुमारी यांच्या सूचनेनुसार, शिक्षक आणि विद्यार्थ्यांनी सराव्याच्या ठिकाणी योगासन केले आणि प्रत्येकाने आपल्या दैनंदिन जीवनात योगाचा समावेश करण्याचा संकल्प केला. सीबीसी, रांचीतर्फे मुख्याध्यापिका आणि योग प्रशिक्षक यांचा शाल आणि रोप देऊन सत्कार करून जनजागृती कार्यशाळेची सुरुवात करण्यात आली. कार्यक्रमाची सुरुवात करून, सीबीसी रांची कार्यालयाचे प्रमुख शाहिद रहमान यांनी २१ जून २०२५ रोजी साजरा होणाऱ्या ११ व्या योग दिनासंदर्भात भारत सरकारचे आयुष मंत्रालय आणि माहिती आणि प्रसारण मंत्रालयाकडून करण्यात येत असलेल्या तयारीची माहिती दिली. रहमान म्हणाले की, भारतीय प्राचीन परंपरेची मानव जातीला मिळालेली अनमोल देणगी आहे.

शाहीद रहमान यांनी अमेही निर्देशनास आणून दिले की , या वर्षी या जागतिक उत्सवाच्या ११व्या वर्धापन दिनानिमित्त "एक पृथ्वी, एक आरोग्य" या थीम अंतर्गत आयोजित करण्यात आला आहे, जो सर्वांगीण कल्याण आणि पर्यावरणीय सुसंवाद वाढविण्यात योगाची महत्त्वपूर्ण भूमिका अधोरेखित करतो.

Prahar • 15 Jun • Ministry of Ayush

Free yoga session organized in Badlapur

4 • PG	20 • Sqcm	5608 • AVE	215K • Cir	Middle Left

Mumbai

बदलापुरात मोफत योग सत्राचे आयोजन

बदलापूर : आमदार किसन कथोरे यांच्या पुढाकाराने राष्ट्रीय सेवा योजना उच्च व तंत्र शिक्षण विभाग महाराष्ट्र शासन आणि राष्ट्रीय सेवा योजना मुंबई विद्यापीठ यांनी आंतरराष्ट्रीय योगदिन कार्यक्रम २०२५ चे आयोजन केले आहे. त्यानुसार आरोग्य योग निसर्गोपचार इंस्टीट्यूट ठाणे यांच्या संयुक्त विद्यमाने काटदरे मंगल कार्यालय, सांघी पीक, बदलापूर पूर्व येथे आज दिनांक १५ ते २१ जून दरम्यान सकाळी ६:३० ते ७:३० या वेळेत मोफत योग सत्राचे आयोजन करण्यात आले आहे. या योग शिबिरास बदलापूर परिसरातील नागरिकांचा मोठ्या प्रमाणावर प्रतिसाद मिळणार आहे. अल्पेश सुरेशचंद्रजी तिवारीच्या आयोजित करण्यात आलेला हा उपक्रम बदलापूर परिसरातील योग प्रेमींसाठी एक सुवर्णसंधीच आहे. योगप्रेमींनी येताना सतरंजी / योगा मॅट आणावी तसेच या सुवर्णसंधीचा मोठ्या प्रमाणात लाभ घ्यावा असे आवाहन भाजपा बदलापूर पूर्वचे अध्यक्ष रमेश सोळसे आणि माजी नगरसेविका हर्षदा सोळसे यांनी केले आहे.

Hari Bhoomi • 21 Jun • Ministry of Ayush
International Yoga Day, 2025

8 • PG | 124 • Sqcm | 74304 • AVE | 345.96K • Cir | Bottom Center

Delhi

दक्षिण अफ्रीका में योग दिवस मनाया जाएगा

दक्षिण अफ्रीका में शनिवार को हजारों योग प्रेमी 'अंतरराष्ट्रीय योग दिवस' (आईडीवाई) के अवसर पर यूनेस्को विश्व धरोहर स्थल 'क्रैडल ऑफ ह्यूमनकाइंड' में एकत्र होंगे। इस आयोजन में योग विशेषज्ञ भी भाग लेंगे।

जोहानिसबर्ग में भारत के महावाणिज्य दूत महेश कुमार ने कहा, "यह स्थल सांस्कृतिक और मानव इतिहास की दृष्टि से अत्यंत मूल्यवान है। यहां योग दिवस मनाना प्राचीन भारतीय दर्शन और मानवता एवं प्रकृति के साथ सामंजस्य की भावना को दर्शाता है। कुमार ने पिछले वर्ष वांडरर्स स्टेडियम में योग दिवस का नेतृत्व किया था, जहां 8,000 से अधिक लोग शामिल हुए थे। उन्होंने कहा, " 'योग' संस्कृत शब्द 'युज' से निकला है, जिसका अर्थ है 'जोड़ना'। यह मन, शरीर और पर्यावरण के बीच संतुलन को दर्शाता है।" आईडीवाई के 11वें संस्करण से पहले, भारतीय उच्चायोग और इसके कर्मचारियों ने प्रिटोरिया, जोहानिसबर्ग और डरबन में कई स्थानों पर योग कार्यक्रम आयोजित किए हैं।

Hari Bhoomi • 21 Jun • Ministry of Ayush

Internationa Yoga Day, 2025

9 • PG | 420 • Sqcm | 252028 • AVE | 345.96K • Cir | Bottom Center

Delhi

जीवन शैली संबंधी बीमारियों को दूर भगाता है योग

डॉ. मोनिका हीरा
प्राकृतिक चिकित्सक, योग और आहार विशेषज्ञ

दैनिक जीवन में काम की व्यस्तता, तनाव, असंतुलित आहार आदि के कारण मन और शरीर दोनों स्थिरता नहीं रहती जिसके कारण वर्ष जीवन शैली संबंधी बीमारियां बढ़ती जा रही है। अक्सर जीवन शैली संबंधी बीमारियों से ग्रस्त होने पर भी हम आप अपनी सेहत का ध्यान देना बंद कर देते हैं लेकिन इसके विपरीत जरूरत है अपनी सेहत का ख्याल बहुत अच्छे से रखने की। इसकी पूर्ति का मात्र एक संपूर्ण तरीका है योग।

जीवन शैली संबंधी बीमारियों में उच्च रक्तचाप, मधुमेह, मोटापा, हृदय संबंधी रोग, डिप्रेशन शामिल

धरती स्वस्थ होगी तो व्यक्ति भी स्वस्थ रहेगा : मन और शरीर दोनों को स्थिर रखने के लिए हर साल 21 जून को विश्व भर में अंतर्राष्ट्रीय योग दिवस मनाया जाता है। इस वर्ष 21 जून को 11 अंतर्राष्ट्रीय योग दिवस मनाने जा रहे हैं। हर साल योग दिवस पर एक खास थीम के साथ मनाया जाता है इस साल की थीम है "एक पृथ्वी और एक स्वास्थ्य के लिए योग"। इस थीम का अर्थ है कि हम सब की सेहत इस धरती के स्वास्थ्य से जुड़ी है जब धरती स्वस्थ होगी तो व्यक्ति भी स्वस्थ रहेगा।

योग से नियंत्रण संभव

योग में विभिन्न आसन, प्राणायाम,मुद्रा, षट्कर्म आदि के द्वारा इन बीमारियों को नियंत्रण में लाया जाना संभव हो पाया है। मधुमेह जोकि एक मेटाबॉलिक डिसऑर्डर है इसमें रक्त में शर्करा की मात्रा बढ़ जाती है। इसे नियंत्रित करने के लिए मुख्य आसान मंडूकासन, पश्चिमोत्तानासन, अर्धमत्स्येंद्रासन, गोमुखासन आदि है।

हृदय संबंधी रोग

- हृदय संबंधी रोग, व्यक्ति के हृदय व रुधिर वाहिनियों प्रभावित होते हैं। ऐसी स्थिति उत्पन्न होने पर व्यक्ति को शवासन, बालासान, मकरासान, अर्धमत्स्येंद्रासन, अर्धचक्रासन आदि करे परंतु उसे प्रथम प्राण मुद्रा व अपान मुद्रा करना अत्यधिक लाभप्रद है।
- मोटापा आज के समय में अत्यधिक गंभीर परेशानी बन चुका है। हर व्यक्ति जो मोटापे से ग्रस्त है मोटापा कम करने के लिए कई तरह के सप्लीमेंट केमिकल आदि का प्रयोग कर रहा है।

मोटापा कम करने के लिए करें ये आसन

जिसके कारण मोटापा तो कम नहीं होता लेकिन कई तरह की गंभीर बीमारियों का सामना करना पड़ता है। इसके लिए सूर्य नमस्कार, भुजंगासन, वज्रासन मकर आसन आदि करना आवश्यक है साथ ही प्रतिदिन कपालभाति , भास्त्रिका प्राणायाम, भामरी प्राणायाम आदि करना चाहिए । मुद्रा में वरुण मुद्रा व अपान मुद्रा लाभप्रद है। आज की स्थिति में जिस प्रकार जीवन शैली संबंधी रोग बढ़ते जा रहे हैं, वहां यह भी देखा जा रहा है कि लोग आज भी विभिन्न केमिकल व दवाइयां के द्वारा इन बीमारियों को ठीक करने की कोशिश करते हैं लेकिन उन्हें असफल ही प्राप्त होती है।

Hari Bhoomi • 16 Jun • Ministry of Ayush

International Yoga Day

10 • PG | 48 • Sqcm | 29084 • AVE | 345.96K • Cir | Middle Right

Delhi

अंतर्राष्ट्रीय योग दिवस को लेकर पतंजलि का जनसंपर्क अभियान तेज भव्य एवं ऐतिहासिक होने जा रहा है योग दिवस कार्यक्रम : भाई राकेश

कुरुक्षेत्र । परम पूज्य योगऋषि स्वामी रामदेव महाराज जी के दिशानिर्देशन तथा हरियाणा योग आयोग, आयुष विभाग, हरियाणा के तत्वाधान में आयोजित 11वाँ अंतर्राष्ट्रीय योग दिवस को लेकर पतंजलि योगपीठ के जन-सम्पर्क कार्यों ने गति पकड़ ली है। कुरुक्षेत्र के लोगों में उत्साह है कि स्वयं योगऋषि स्वामी रामदेव जी तथा प्रदेश के मुखिया नायब सिंह सैनी उन्हें योगासन व प्राणायाम सिखाने आ रहे हैं। उक्ताशय के उद्गार पतंजलि योग समिति के मुख्य केन्द्रीय प्रभारी भाई राकेश कुमार 'भारत' ने व्यक्त किए। उन्होंने कहा कि इस बार अंतर्राष्ट्रीय योग दिवस बहुत ही भव्य एवं ऐतिहासिक होने जा रहा है, जिसमें देश के सभी राज्यों से सभी साधक योग का अभ्यास कर स्वास्थ्य लाभ लेंगे। इस संदर्भ में इस्माईलाबाद के अग्रवाल धर्मशाला व इस्माईलाबाद के गांव खेड़ी शहीदां के ग्रामीण मंदिर में भाई राकेश 'भारत' ने प्रातःकाल योग कक्षा का संचालन भी किया।

Dainik Jagran (Rashtriya) • 21 Jun • Ministry of Ayush
International Yoga Day, 2025

8 • PG | 1091 • Sqcm | 500978 • AVE | 1.54M • Cir | Middle Center

Delhi

सेहत संग आजीविका का भी साधन योग

आज योग भारत के साथ दुनिया भर में स्वास्थ्य रक्षा के साथ-साथ पूंजी निर्माण का भी माध्यम बन गया है

प्रो. विवेकानंद तिवारी

ताशकंद में विशेष योग शिविर का आयोजन। एएनआइ

कुछ समय पहले तक जिस योग को ऋषि-मुनियों की साधना और स्वस्थ जीवन का आधार समझा जाता था, आज वह अधिकाधिक लोगों की ओर से अपनाए जाने वाले सेहत के प्रभावी उपाय के साथ तेजी से बढ़ने वाला कारोबार भी है। योग भारत की प्राचीनतम विधाओं में से एक है और इसे अब वैश्विक मान्यता भी मिल गई है। योग को समूचे विश्व के लिए भारत का अनुपम उपहार कहा जा सकता है। प्रधानमंत्री मोदी के प्रयास से 21 जून को अंतरराष्ट्रीय योग दिवस मनाने के संयुक्त राष्ट्र के निर्णय से भारतीय परंपरा की यह जीवन पद्धति विश्व पटल पर स्वीकार की जा रही है। इसे भारत के बढ़ते वैश्विक प्रभाव के तौर पर भी देखा जाना चाहिए। योग वह माध्यम है, जिससे भारतीय सभ्यता-संस्कृति का वैश्विक स्तर पर प्रचार-प्रसार हो रहा है। योग एक विचार नहीं, बल्कि भारतीय जीवन पद्धति है, जिसमें भारतीय जीवन मूल्य समाहित हैं। शारीरिक-मानसिक स्वास्थ्य के साथ आध्यात्मिक उन्नति के लिए योग की आवश्यकता एवं महत्व को जैन, बौद्ध, सिख दर्शन समेत प्रायः सभी भारतीय दर्शनों ने स्वीकार किया है। उनमें योग का महत्व सर्वमान्य है।

1990 के प्रारंभ में पश्चिमी देशों में हुए वैज्ञानिक शोधों से यह निकलकर आया था कि आधुनिक जीवनशैली के कारण होने वाली अनेक बीमारियों के प्रभावी उपचार में योग अचूक है। विश्व की श्रेष्ठ नौकरियों की सूची में योग शिक्षक-प्रशिक्षक भी शामिल हैं। आज तमाम देशों में योग प्रशिक्षकों के लिए नौकरी के मौके बढ़ रहे हैं। अमेरिका में एक अनुभवी योग टीचर की औसतन सालाना कमाई 42 हजार डालर से अधिक होती है। अमेरिका, ब्रिटेन, चीन आदि में योग एक बड़े उद्योग का रूप ले चुका है। विश्व में योग परिधानों का बाजार करीब 31.1 अरब डालर का और योग मैट का कारोबार 13 अरब डालर का है। योग में वेलनेस टूरिज्म, योग रिट्रीट आदि का 915 अरब डालर का कारोबार है। इसके अलावा योग को लेकर दुनिया भर में तरह-तरह के एप विकसित कर लिए गए हैं, जिनसे अच्छी कमाई हो रही है। ऐसे एप बनाने वाली देसी-विदेशी कंपनियों का कारोबार अरबों डालर तक पहुंच चुका है। योग की बढ़ती लोकप्रियता से प्रभावित होकर संस्कृत और हिंदी सीखने वालों की संख्या भी तेजी से बढ़ी है। भाषा सिखाने वाले डुओलिंगों के अनुसार विभिन्न भाषा सीखने वाले तमाम लोग हिंदी सीखना चाहते हैं। भारत के बाहर पहले योग विश्वविद्यालय की स्थापना लास एंजिलिस में की गई थी।

योग दिवस शुरू होने का अमेरिका में योग बाजार पर कितना बड़ा प्रभाव पड़ा है, इसकी बानगी इन आंकड़ों में दिखती है। 2008 में करीब डेढ़ करोड़ लोग योग करते थे, लेकिन 2016 में यह संख्या बढ़कर 3.67 करोड़ पर पहुंच गई। पूर्व अमेरिकी राष्ट्रपति बराक ओबामा ने कहा था, 'अमेरिका में लोग अपने स्वास्थ्य और समग्र ध्यान में सुधार के लिए योग अपना रहे हैं।' जर्मनी के सामान्य स्कूलों के बच्चों को भी स्वैच्छिक आधार पर योग सिखाया जा रहा है। ब्रिटेन में पहला योग स्कूल भारत में ब्रिटिश राज के एक अधिकारी रह चुके सर पास ड्युक्स ने 1949 में एपिंग में खोला था। 1965 में 'ब्रिटिश व्हील आफ योगा' की स्थापना हुई। वहां प्रौढ़ शिक्षा के तहत 1970 के बाद से पूरे देश में सैकड़ों योग-कक्षाएं भी लगने लगीं और अनेक प्राइवेट स्कूल भी खुलने लगे। योगाभ्यास और उससे जुड़ी वस्तुओं-सेवाओं का ब्रिटिश बाजार एक अरब डालर से अधिक आंका जाता है। 1989 में कम्युनिस्ट तानाशाही के अंत और 1993 में स्लोवाकिया के अलग हो जाने के बाद चेक गणराज्य में योग की जड़ें गहराई तक जम गईं। ईरान, अरब देशों और यहां तक कि पाकिस्तान समेत कई इस्लामिक देशों ने भी योग की महत्ता को समझा और उसे स्वीकार किया। सऊदी अरब की योग प्रशिक्षक को पद्म सम्मान भी मिल चुका है। योग पंथ, संप्रदाय और क्षेत्र से परे सर्वमान्य हो रहा है। इसका कारण यह है कि उससे लोगों को स्वास्थ्य लाभ मिल रहा है। खास बात यह है कि स्थाई लाभ मिल रहा है। लोग असाध्य रोगों से भी मुक्त हो रहे हैं। इसी कारण उसकी लोकप्रियता बढ़ रही है।

भारत में योग का बाजार 490 अरब रुपये का हो चुका है। एक शोध के अनुसार यह जल्द ही 875 अरब डालर तक पहुंच सकता है। भारत में योग और आयुर्वेद से जुड़े उत्पादों का बाजार 12 हजार करोड़ रुपये का हो चुका है। एक सर्वे के अनुसार योग करने वालों की संख्या में 35 प्रतिशत तक की बढ़ोतरी हुई है। योग से जुड़े उत्पाद बनाने वाली कंपनियां भी तेजी से बढ़ी हैं। एक रिपोर्ट के अनुसार दुनिया में योग सीखने वालों की संख्या करीब 25 करोड़ है। अपने देश में ही योग ट्रेनिंग का कारोबार करीब तीन हजार करोड़ रुपये से ज्यादा हो चुका है। योग साधना का माध्यम भी है तो कमाई का साधन भी। अपने देश में 300 से लेकर 1500 रुपये तक योग सिखाने की फीस प्रति घंटे के हिसाब से ली जाती है। अमेरिका, आस्ट्रेलिया जैसे देशों में तीन से पांच घंटे तक की फीस तीन-पांच हजार डालर तक है। रूस, चीन, यूरोप के साथ अन्य देशों में बड़ी संख्या में भारतीय ट्रेनर जा रहे हैं और वहां से लोग ट्रेनिंग लेने भारत भी आ रहे हैं। कुल मिलाकर योग स्वास्थ्य के साथ-साथ पूंजी निर्माण का भी साधन बन चुका है।

(लेखक हिमाचल प्रदेश विश्वविद्यालय में आंबेडकर पीठ के अध्यक्ष हैं)
response@jagran.com

Dainik Jagran (Rashtriya) • 20 Jun • Ministry of Ayush
International Yoga Day

2 • PG | 186 • Sqcm | 85410 • AVE | 1.54M • Cir | Middle Center

Delhi

योग दिवस के कार्यक्रमों में 20 हजार लोग होंगे शामिल

राज्य ब्यूरो, जागरण, नई दिल्ली: दिल्ली सरकार द्वारा अंतरराष्ट्रीय योग दिवस पर आयोजित होने वाले कार्यक्रमों की तैयारी पूरी कर ली है। 11 स्थानों पर होने वाले कार्यक्रमों में 20 हजार लोग शामिल होंगे। मुख्यमंत्री रेखा गुप्ता यमुना के किनारे, सोनिया विहार वाटर स्पोर्ट्स क्लब में सुबह छह बजे लोगों के साथ योग करेंगी।

मुख्यमंत्री ने कहा कि 21 जून को सुबह छह बजे सोनिया विहार वाटर स्पोर्ट्स क्लब, छत्रसाल स्टेडियम, त्यागराज स्टेडियम, स्पोर्ट्स कांप्लेक्स ईस्ट विनोद नगर, स्पोर्ट्स कांप्लेक्स झिलमिल, राजीव गांधी स्टेडियम बवाना, स्पोर्ट्स कांप्लेक्स प्रहलादपुर, स्पोर्ट्स कांप्लेक्स भारत नगर, नजफगढ़ स्टेडियम, क्रिकेट ग्राउंड सेक्टर-6 द्वारका व हाकी स्टेडियम अशोक नगर में योग कार्यक्रम आयोजित होंगे। 21 जून को दिल्ली मेट्रो की सेवा सुबह चार बजे से शुरू होगी। डीएमआरसी का कहना है कि कार्यक्रम में भाग लेने वालों की आवाजाही को सुविधाजनक बनाने के लिए यह कदम उठाया गया है।

Dainik Jagran (Rashtriya) • 15 Jun • Ministry of Ayush
Internationa Yoga day

6 • PG | 176 • Sqcm | 80924 • AVE | 1.54M • Cir | Middle Right

Delhi

योग दिवस पर ताजमहल समेत सभी स्मारक रहेंगे निश्शुल्क

जासं, आगरा : अंतरराष्ट्रीय योग दिवस (21 जून) पर भारतीय पुरातत्व सर्वेक्षण (एएसआइ) ने ताजमहल समेत सभी स्मारकों को भारतीय व विदेशी पर्यटकों के लिए निश्शुल्क रखने का आदेश किया है। ताजमहल में पर्यटकों को प्रवेश तो निश्शुल्क मिलेगा, लेकिन मुख्य मकबरे पर जाने के लिए उन्हें 200 रुपये का अतिरिक्त टिकट लेना पड़ेगा। अन्य स्मारकों पर टिकट विंडो बंद रहेंगी।

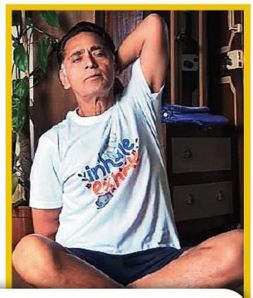
योग दिवस पर एएसआइ ने पहली बार वर्ष 2022 में ताजमहल समेत देशभर के स्मारकों को निश्शुल्क किया था। योग दिवस पर ताजमहल, आगरा किला, फतेहपुर सीकरी, सिकंदरा, राम बाग व मरियम टाम्ब को निश्शुल्क घोषित करने का आदेश अधीक्षण पुरातत्वविद डा. स्मिथा एस. कुमार ने जारी कर दिया है। ताजमहल में मुख्य मकबरे के लिए 200 रुपये का अतिरिक्त टिकट माफ नहीं किया गया है। मुख्य मकबरे पर निश्शुल्क प्रवेश केवल शाहजहां के तीन दिवसीय उर्स के दौरान मिलता है।

Maharashtra Times • 21 Jun • Ministry of Ayush
Yoga for health

6 • PG | 27761 • Sqcm | 19848988 • AVE | 1.3M • Cir | Top Left | Mumbai Times
Mumbai

स्वास्थ्य देणारा 'योग'

शारीरिक सौंदर्य खुलतं ते उत्तम मानसिक आरोग्यामुळे. त्यामुळे कलाकार शारीरिक-मानसिक स्वास्थ्य जपण्यासाठी योग करण्याला प्राधान्य देतात. अनेक कलावंत नियमित योगसाधना करतात. आजच्या 'आंतरराष्ट्रीय योग दिना'निमित्त त्यांना योगामुळे काय मिळालं?, त्यांच्या आयुष्यातलं योगाचं महत्त्व काय; याबाबत त्यांनी 'मुंटा'कडे भावना व्यक्त केल्या आहेत.



मनोविकारांवर विजय

गेल्या अनेक वर्षांपासून मी नियमित योगासनं करतो. त्यामुळे माझ्यातली नकारात्मक ऊर्जा हळूहळू नाहीशी झाली आहे. आजच्या या धावपळीच्या जगात, जिथे नैराश्य, चिडचिडेपणा यांसारख्या मानसिक समस्या अधिकाधिक लोकांमध्ये दिसून येतात, अशा काळात योग आणि मेडिटेशन यांसारख्या पद्धतींची नितांत गरज आहे. योगानं मला शिकवलं की, आपण आपल्या मनोविकारांवर मात करू शकतो. मन आणि श्वास यांच्यावर नियंत्रण मिळवता आलं तर, राग, लाभ, क्रोध, मत्सर या सगळ्या भावना नियंत्रणात ठेवणं शक्य होतं. योगामुळे ही ताकद मिळते. माझ्या दृष्टिकोनातून योग म्हणजे आयुष्याला दिलेलं एक नवं वळण, तेही केवळ शरीरानं नव्हे, तर मनानंही अधिक सशक्त होण्यासाठी!

- अविनाश नारकर, अभिनेता

आयुष्यात आली सकारात्मकता

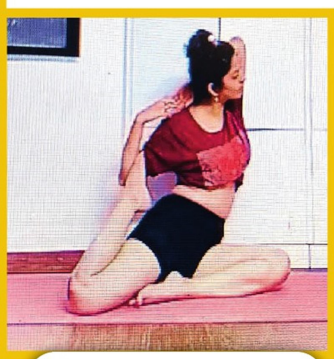
मानसिक आरोग्य उत्तम ठेवण्यासाठी मला सर्वाधिक मदत झाली ती योगाची. प्रत्येक आसन करताना मन एकाग्र ठेवावं लागतं. त्यामुळे मनाला सकारात्मकतेच्या दिशेनं वळवणं शक्य होतं. योग आणि ध्यान यामुळे माझ्या व्यक्तिमत्त्वात सकारात्मक ऊर्जा आली. ही ऊर्जा इतरांपर्यंत पोहोचते. वजन कमी करणं, त्वचेचं आरोग्य, पचनक्रिया सुधारणं अशा अनेक शारीरिक फायद्यांसोबतच योगानं मला दिली ती प्रेरणा आणि मनाची शांतता. त्यामुळे योगानं माझं संपूर्ण आयुष्य बदललंय... केवळ बाहेरून नाही, तर आतूनही!

- माधवी निमकर, अभिनेत्री

दिनचर्येबद्दल जागरुकता निर्माण झाली

शरीर-मन-आत्मा यांची सांगड घालणारी क्रिया म्हणजे योग. शारीरिक तंदुरुस्तीसाठी मानसिक बळकटी महत्त्वाची असते. ती योगसाधनेतूनच शक्य आहे. आठवड्यातून फक्त तीन दिवस क्लासला जाऊन योग होत नाही, तर त्याला फक्त आसनं करणं असं म्हणता येईल. सकाळी लवकर उठून सातत्यानं ध्यान व आसनांचा सराव करणं, तसंच सकाळी उठल्यावर आणि रात्री झोपण्यापूर्वी काही क्षण आधी दिनचर्येबद्दल असणारी सजकता म्हणजे योगसाधना. योगसाधनेमुळे जागरूकता निर्माण झाली.

- बिजय आनंद, अभिनेता



'फिल गुड' महत्त्वाचं

सुरुवातीला मला योग विशेष आवडत नव्हतं. पण हळूहळू जाणवायला लागलं, की शारीरिक तंदुरुस्तीपेक्षा मानसिक आरोग्य अधिक महत्त्वाचं आहे आणि त्यासाठीच, अगदी ओढूनताणून का होईना, मी योगाला सुरुवात केली. मग लक्षात आलं, की योग फक्त शरीरालाच नव्हे, तर आयुष्यालाही लवचिकता शिकवतो. विशिष्ट गोष्टीत एकाग्र होण्यासाठीचं सामर्थ्य वाढलं. दिवसाच्या गडबडीत, शर्यतीत योगाच मला थांबायला शिकवतो, स्वतःकडे पाहायला शिकवतो. 'लूक गुड' पेक्षा 'फिल गुड' अधिक आवश्यक आहे. सुंदर दिसण्यासाठी नाही, तर स्वतःला वेळ देण्यासाठी मी योगाकडे वळले. आजच्या धावणाऱ्या आयुष्यात थोड थांबावं, श्वास घ्यावा आणि स्वतःला भेटावं हाच खरा योगाचा अर्थ आहे.

- अभिज्ञा भावे, अभिनेत्री

शरीर-मन-संस्कारांची सांगड

माझ्यासाठी योग ही केवळ शारीरिक तंदुरुस्तीची गोष्ट नाही, तर ती मनाचंही संतुलन साधणारी एक संपूर्ण पद्धत आहे. माझी आई स्वतः एक योगसाधिका आहे, त्यामुळे योगाशी माझा परिचय लहानपणीच झाला आहे. योगाचे संस्कार अगदी लहान वयातच माझ्या जीवनात खोलवर रुजले. आपल्या संपूर्ण शरीरव्यवस्थेचा समतोल राखण्यासाठी योग अत्यंत प्रभावी साधन आहे. शरीर स्थिर, मन शांत आणि श्वास सुसंगत हे तिन्ही जुळले, की आपण अधिक सजग, स्थिर आणि सकारात्मक आयुष्य जगू शकतो. हाच योगाचा खरा प्रभाव आहे.

- ऋतुजा बागवे, अभिनेत्री

शब्दांकन : दीपश्री आपटे, समीक्षा राणे

Maharashtra Times • 21 Jun • Ministry of Ayush

Yoga workshop

1 • PG | 1985 • Sqcm | 1419583 • AVE | 1.3M • Cir | Middle Left | Mumbai Times

Mumbai

योग कार्यशाळा

मुंबई : आयुर्वेद, योग, गर्भसंस्कार (एवायजी) ॲकॅडमीतर्फे 'एक पृथ्वी, एका आरोग्यासाठी योग' या संकल्पनेवर आधारित मुंबईसह विविध शहरांमध्ये शनिवार, २१ जून रोजी ११वा आंतरराष्ट्रीय योग दिन साजरा करण्यात येणार आहे. आयुष मंत्रालयाच्या 'कॉमन योगा प्रोटोकॉल'नुसार (सीवायपी) यावेळी योग जागरूकता सत्रे व योग कार्यशाळांचे आयोजन करण्यात आले आहे. ॲकॅडमीच्या संचालिका डॉ. नूतन पाखरे यांच्या मार्गदर्शनाखाली आणि स्वयंसेवकांच्या सहभागातून हा कार्यक्रम होणार आहे. मुंबईत बीकेसी, कुर्ला, विद्याविहार इथे जागरूकता सत्र व योग कार्यशाळा होणार आहेत.

Maharashtra Times • 21 Jun • Ministry of Ayush
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वैश्विक योगाचा दस्तावेज

आजच्या वैश्विकरणाच्या युगात योगाचे आर्थिक, सांस्कृतिक आणि मुख्यतः मुत्सद्देगिरी व सौम्य संपदा म्हणून मोठे महत्त्व आहे. आजच्या 'आंतरराष्ट्रीय योग दिना'च्या निमित्ताने यासंदर्भातील ऊहापोह...

नयना सहस्रबुद्धे
mtedit@timesofindia.com

आपण अकरावा आंतरराष्ट्रीय योग दिन साजरा करत आहोत. गेल्या दहा वर्षांत व त्यापूर्वी शंभर वर्षे योग जगात पसरला आहे. योग परंपरा ही भारताने विश्वाला दिलेली अमोल देणगी आहे. त्या परंपरेला विश्वसन्मान व स-अभिमान आधिकारिक स्वरूपात स्थापित करण्याचे काम आंतरराष्ट्रीय योग दिनामुळे झाले आहे. मानवतेच्या कल्याणाच्या दृष्टीने टाकलेले हे एक महत्त्वाचे पाऊल आहे! कोणतेही तत्त्वज्ञान, धर्म वा संस्कृती राजाश्रयाने वाढते. आता संयुक्त राष्ट्रसंघाच्या मान्यतेमुळे योगाचा उपयोग साऱ्या जगाला होईल.

भारताच्या प्रस्तावाला जगातल्या १७७ देशांनी पाठिंबा दिला, न देणारे देश होते फक्त सोळा! आंतरराष्ट्रीय योग दिवसाला संयुक्त राष्ट्रसंघाची मान्यता मिळाल्यानंतर विविध उद्देश समोर आले. सध्याच्या आधुनिक, पण निष्क्रिय जीवनशैलीतून निर्माण झालेल्या आजारांवर मात करण्यासाठी जाणीवजागृती करणे, उपभोगवादी जीवनशैलीमुळे होणारा नैसर्गिक स्रोतांचा ऱ्हास कमी करणे, पर्यावरण बदल थोपवण्यासाठी राजकीय इच्छाशक्ती संघटित करणे, संसाधनांच्या अतिरिक्त वापरातून निर्माण होणाऱ्या वैश्विक प्रश्नांकडे लक्ष वेधून घेणे हे उद्देश होतेच, या शिवाय ऋषिमुनींनी वैज्ञानिक दृष्टीने हजारो वर्षांपूर्वी विकसित केलेल्या, जिवंत व प्रवाही असलेल्या अशा योग परंपरेचे यश साजरे करणे हा उद्देशही सफल झाला.

सामरिक सामर्थ्याच्या उद्देशाला सौम्य शक्ती मुत्सद्देगिरीची जोड आता सर्वच देश देऊ लागले आहेत. सॉफ्ट पॉवर डिप्लोमसी ही व्यापार, पर्यटन अशा व्यवसायांना पूरक ठरणारे धोरण आहे. त्याचा उद्देश जगाला संस्कृतीची ओळख करून देणे हा आहेच, पण महासत्ता बनण्याच्या उद्देशाला पूरक असे वातावरण, अंतर्गत समर्थन मिळवणे व धोरणे राबवण्यासाठी जगाचा अनुकूल कल निर्माण करणे हादेखील आहे. आयुर्वेद, हिंदी सिनेमा, नृत्यकला, खाद्य संस्कृती यांच्याप्रमाणे योग ही भारताच्या सौम्यसंपदा धोरणाचा व सांस्कृतिक निर्यातीचा हिस्सा बनला आहे.

योगाचा आरोग्याशी असलेला दृढमूल संबंध हे कारण इस्लामिक देशांचा पाठिंबा मिळण्यास कारणीभूत ठरले. ऑर्गनायझेशन ऑफ इस्लामिक कोऑपरेशनच्या ५७ सदस्य देशांपैकी ४७ देशांनी प्रस्ताव सहप्रायोजित केला. यात इजिप्त, नायजेरिया, इराण, इराक, इंडोनेशिया, अफगाणिस्तान, बांगलादेश, मालदीव, कतार यांसारखे देश आहेत व अर्थातच या देशांतही योगावर बंदी नाही!

अन्न, वस्त्र, निवारा या माणसांच्या मूलभूत गरजा मानल्या जायच्या, त्यात आधुनिक काळात इंटरनेटची भर पडली आहे. देशादेशांच्या भौगोलिक भिंती नाहीशा झाल्या आहेत. त्यामुळे आता तुमच्या देशाचा पाठिंबा असो वा नसो, अनुमोदन द्यायची इच्छा असो वा नसो, जनतेला निवडीचे स्वातंत्र्य मिळाले आहे.

योग म्हणजे भारताच्या आध्यात्मिक परंपरेचे प्रकटीकरण! पण आजचा आंतरराष्ट्रीय योग हा भारताची आध्यात्मिकता, युरोपाची शरीर सौष्ठवाची संस्कृती व अमेरिकेचा उपयुक्ततावादी दृष्टिकोन यांच्या संकरातून तयार झालेला आहे. अमेरिकेच्या सामाजिक इतिहासाचे तज्ज्ञ डॉ. जेरेड फॉर्मर म्हणतात, 'या शंभर सव्वाशे वर्षांच्या काळात अमेरिकेतला योग परिघावरून समाजाच्या केंद्रस्थानी आला आहे. स्थानिकतेच्या मर्यादा ओलांडून जगभर पसरला आहे. त्याचे स्वरूप पुरुषप्रधान न राहता स्त्रीप्रधान झाले आहे. आध्यात्मिकतेचा मूलभूत भाव विसरून निधर्मी झाला आहे. विशिष्ट क्षेत्र, संप्रदायापुरता मर्यादित न राहता वैश्विक झाला आहे. आश्रित वा याचक नसून ग्राहककेंद्री झाला आहे. ध्यानकेंद्रीच्या ऐवजी आसनकेंद्री झाला आहे. त्याचे मूळ प्रज्ञाकेंद्री हे स्वरूप आता उरले नाही, तो अनुभवजन्य झाला आहे. योगाभोवतीचे गूढतेचे, रहस्यमयतेचे वलय फेडले जाऊन सर्वसामान्यांसाठी सहज उपलब्ध झाला आहे. मौखिक परंपरेपासून दूर जात कृतिशील प्रशिक्षणाकडे झुकला आहे. पुस्तकी व छापील माध्यमांतून मुक्त होऊन इंटरनेट, व्हिडीओ अशा दृश्य माध्यमांत अवतरला आहे. विशेष म्हणजे, सामाजिक बहिष्कृतता, उपेक्षा या शापांमधून मुक्त होऊन जगभरातल्या यशवंतांच्या, कीर्तिवंतांच्या शिरपेचात चपळाईने जाऊन बसला आहे.

हे बाराही मुद्दे अमेरिकेलाच काय कॅनडा, ऑस्ट्रेलिया, युरोप, अरब देश व भारतालाही लागू पडतात. आज योगाचे जे स्वरूप लोकप्रिय होत आहे, त्यातल्या आव्हानांची दखल भारताने घेतली पाहिजे. काही देशांनी योगाला खेळ म्हणून मान्यता दिली आहे. काही संस्था योग ऑलिम्पिक, विश्व, आशियाई अशा मानाच्या खेळ स्पर्धांमध्ये सामावून घ्यावे म्हणून प्रयत्न करत आहेत. योग खेळासाठी पूरक आहे, पण स्पर्धात्मक आहे का?

खेळ म्हणजे काय? खेळ या शब्दाची व्याख्या व उत्पत्ती पाहिली तर खेळ म्हणजे 'व्यायामासाठी किंवा आनंदासाठी केली जाणारी, नियमांनी चालणारी, विशिष्ट प्रकारची, शारीरिक कसरत, क्रीडा! निश्चितच याला विशेष कौशल्य आत्मसात करावे लागते. मात्र त्याचे स्वरूप स्पर्धात्मक असते. चढाओढ असते, ईर्षा असते. पुढे जाण्याची, पराक्रम, गाजवण्याची तीव्र इच्छा असते. जिंकण्याची प्रेरणा असते. मग ते वैयक्तिक खेळ असोत का सांघिक! नियम, कौशल्य, आनंद हे सगळे मुद्दे योगासनांमध्ये विद्यमान असले तरी स्पर्धाभाव, ईर्षा यांना योग प्रकारांमध्ये घुसवणे अवघड, अयोग्य. ते योगाच्या मूळ विचाराला अपायकारक ठरणार नाही का?

योगशास्त्राची आध्यात्मिक ज्ञानपरंपरा आज व्यापाराचे साधन बनली आहे, गरीब देशांसाठी राष्ट्रीय आरोग्य रक्षणाची हमी झाली आहे, कायमस्वरूपी पर्यटनाचा सशक्त पर्याय ठरली आहे, देशाच्या मुत्सद्देगिरीचा हा महत्त्वपूर्ण भाग आहे. योगाला प्रसिद्धी मिळाली, तसा भारतातून व बाहेरून विरोधही होऊ लागला. योग हा हिंदू धर्माचे प्रतीक म्हणन काही मुस्लिम लोकांकडून विरोध झाला, फतवे निघाले. काही ख्रिश्चन देशांतही विरोध सुरू झाला. दुसऱ्या बाजूने योग व आसने करणाऱ्या मुस्लिम व अन्यधर्मियांचे फोटो प्रसिद्ध होऊ लागले, त्यांच्यावर लेख प्रसिद्ध होऊ लागले. इतकेच काय सौदी अरेबियाच्या नौफ मरवाईला पद्मश्री पुरस्काराने सम्मानित करण्यात आले. देश विदेशातून भारत, योग, आयुर्वेद , भारतीय संस्कृती व पारंपरिक ध्यान,परंपरा यांच्याबद्दल कुतूहल व आस्था निर्माण झाली.

मानव कल्याण आणि विश्वकल्याण हा जगाच्या धोरणाचा अपरिहार्य भाग असला पाहिजे, मात्र प्रत्यक्षात नफेखोरी आणि सत्ता यांच्या जोरावर जगाचे व्यवहार चालतात. हे पुस्तक योगाभोवतीचे राजकारण, अर्थकारण, समाजकारण, वैश्विक नीती व अंततः विश्वकल्याण याचा वेध घेणारे 'योगाचे विश्व, विश्वातला योग' हे भारतातले पहिलेच पुस्तक असावे.

या पुस्तकात योग इतिहास, प्रसार, अन्य देशियांचे योगदान, दृष्टिकोन, प्रसिद्धी, त्या भोवतीचे राजकारण, मुत्सद्देगिरीचे परिणाम, भारताला मिळत असलेला सन्मान, योगाकडे वळणाऱ्यांचे वाढते प्रमाण अशा मुद्द्यांवर प्रकाश टाकला आहे. आसने, प्राणायाम, त्यांची उपयुक्ता अशा गोष्टींचा ऊहापोह त्यात नसेल, पण योग म्हणजे केवळ आसने नव्हेत, खेळ प्रकार नव्हे, सुखदायी – फलदायी क्रिया नव्हेत, तर ते संपूर्ण, समग्र तत्त्वज्ञान आहे.

योग परंपरा, आरोग्य, त्याचा विदेशात प्रचार व प्रसार हे तर आधीपासून होत होतेच मग नंतर नेमके काय झाले? योगाभोवती राजकारण होत असले तरी जगभर जनसामान्य लोक योगकडे येत आहेत, ते का? योगाचा प्रसार होण्यास कोणते मुद्दे कारणीभूत झाले? अष्टांग योगाला केवळ व्यायाम म्हणून, खेळ म्हणून आणि हिंदू धर्म व संस्कृती, मनोधारणा, जीवनमूल्ये व जीवनपद्धती यांच्यापासून वेगळे करून पाहता येईल का? अशा प्रश्नांचा व आव्हानांचा वेध या पुस्तकात घेतला आहे.

(लेखिका योगाच्या अभ्यासक असून 'योगाचे विश्व, विश्वातला योग' या पुस्तकाच्या लेखिका आहेत.)

Maharashtra Times • 21 Jun • Ministry of Ayush

Yoga practice today in 1300 cities around the world

14 • PG | 9564 • Sqcm | 21759031 • AVE | 1.3M • Cir | Bottom Right

Mumbai

योग दिनाच्या पूर्वसंध्येला जयपूरमध्ये विशेष योगसाधनेचे आयोजन करण्यात आले होते.

जगभरातील १३०० शहरांत आज योगाभ्यास

वृत्तसंस्था, नवी दिल्ली

आंतरराष्ट्रीय योग दिनानिमित्त भारतीय परंपरा आणि सामर्थ्याची प्रचिती देण्यासाठी भारताच्या वतीने जगभरातील १,३०० शहरांमध्ये योगाभ्यास आणि विविध उपक्रमांचे आयोजन करण्यात आले आहे. 'एक पृथ्वी, एक स्वास्थ्य' या विचारांवर आधारित उपक्रमांचे आयो

परराष्ट्र मंत्रालयाचा सांस्कृतिक विभाग असलेल्या 'भारतीय सांस्कृतिक संबंध परिषदे'ने (आयसीसीआर) शुक्रवारी याबाबत माहिती दिली. पाकिस्तानमधील भारतीय उच्चायुक्तालयानेही इस्लामाबादमध्ये योग कार्यक्रम आयोजित केला आहे. 'आंतरराष्ट्रीय योग दिना'च्या १०व्या वर्षानिमित्त आम्ही जगातील प्रत्येक देशात जाऊन योग कार्यक्रम आयोजित करत आहोत. अमेरिकेसारख्या काही देशांमध्ये, विविध शहरांमध्ये उपक्रमांचे आयोजन करण्यात आले आहे', असे आयसीसीआरच्या महासंचालक के. नंदिनी सिंगला यांनी म्हटले आहे. आयसीसीआर २१ जूनला आंतरराष्ट्रीय योग दिनानिमित्त १९१ देशांमध्ये विविध योग कार्यक्रम आणि उपक्रम आयोजित करत असून त्यात अनेक शहरांचा समावेश आहे, असे त्यांनी म्हटले आहे.

आंतरराष्ट्रीय योग दिनाच्या निमित्ताने विशेष कार्यक्रम

ब्राझील, अर्जेंटिना, रशिया, चीन, दक्षिण आफ्रिका, मलेशिया, श्रीलंका, इंडोनेशिया, सिंगापूर आणि दक्षिण कोरियासह १५ देशांतील १७ योगगुरू आणि अभ्यासक संपूर्ण भारतात योग दिनाच्या कार्यक्रमांचे नेतृत्व करणार आहेत, असे सिंगला यांनी नमूद केले आहे. दिल्लीमध्ये जंतरमंतर, कुतुबमिनार, पुराना किल्ला आणि हुमायूँ कबर येथे परदेशी योग गुरूंच्या उपस्थितीत कार्यक्रम पार पडेल. लखनऊ, अयोध्या, वाराणसी, जयपूर, जोधपूर, भोपाळ, ग्वाल्हेर आणि इतर शहरांमधील प्रतिष्ठित ठिकाणी असेच 'योग बंधन' कार्यक्रम आयोजित केले जातील, असे त्या म्हणाल्या.

Maharashtra Times • 21 Jun • Ministry of Ayush
Yoga sessions to be held in Mumbai today

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मुंबईत आज रंगणार योगसत्रे

म. टा. विशेष प्रतिनिधी, मुंबई

बदलती जीवनशैली, वाढते ताणतणाव आणि रोजच्या दगदगीमध्ये आरोग्याचे अनेक प्रश्न भेडसावत आहे. त्यावर मात करण्यासाठी योगसाधना अतिशय उपयुक्त ठरत असल्याचे दिसून येत आहे.

'आंतरराष्ट्रीय योग दिना'निमित्त विविध कार्यक्रमांचे आयोजन

आज, २१ जून रोजी असलेल्या 'आंतरराष्ट्रीय योग दिना'निमित्त महापालिकेच्या सार्वजनिक आरोग्य विभागाकडून शहरात विविध ठिकाणी योगसत्रांचे आयोजन करण्यात आले आहे. यावर्षी 'एक पृथ्वी, एक आरोग्य, आरोग्यासाठी योग' अशी या दिवसाची संकल्पना आहे. मनुष्य, पर्यावरण यांच्या आरोग्यासंदर्भात भर देण्याचा विचार त्यात मांडण्यात आला आहे.

आंतरराष्ट्रीय योग दिनानिमित्त मुंबईमध्ये विविध ठिकाणी योगसत्रांचे आयोजन करण्यात आले आहे. पालिका क्षेत्रामध्ये सर्वसामान्यांच्या आरोग्यासाठी उपलब्ध सेवांअंतर्गत १०६ शिवयोग केंद्रांची सुरुवात करण्यात आली आहे. आतापर्यंत सुरू झालेल्या १०६ शिवयोग केंद्रातून ४१ हजार ७५० लोकांनी योगसेवेचा लाभ घेतला आहे.

शनिवारी सकाळी वरळी येथील एसव्हीपी स्टेडिअमच्या डोममध्ये अमृता फडणवीस तसेच 'दिव्यज फाउंडेशन'तर्फे सकाळी सव्वाआठ वाजता विशेष योगसत्राचे आयोजन करण्यात आले आहे. या सत्रामध्ये डॉ. मिकी मेहता मार्गदर्शन करणार असून पालिका आयुक्त भूषण गगराणी, अभिनेते अर्जुन कपूर, अभिनेत्री नुसरत भरुचा उपस्थित राहणार आहे. बोरीवली पूर्व येथील संजय गांधी राष्ट्रीय उद्यानातील कान्हेरी लेणी येथे सकाळी साडेसहा वाजता उत्तर मुंबईचे खासदार केंद्रीय मंत्री पीयूष गोयल यांच्या उपस्थितीमध्ये योगदिनाचा कार्यक्रम होणार आहे.

येथे असतील सत्रे

आंतरराष्ट्रीय योग दिनाच्या निमित्ताने मुख्य योग सत्रासाठी महानगरपालिकेच्या 'डी' विभागामार्फत ग्रँट रोड (पश्चिम) येथील ऑगस्ट क्रांती मैदानाजवळ गोकुळदास तेजपाल सभागृह येथे योग सत्र आयोजित करण्यात आले आहे. हे सत्र सकाळी ६.३० ते ७.३० या वेळेमध्ये होणार आहे. महानपालिकेच्या २५ विभाग कार्यालयांतही स्थानिक स्तरावर योग सत्रे घेण्यात येतील. मुंबईतील प्रत्येक प्रशासकीय विभागामध्ये (वॉर्ड) वैद्यकीय आरोग्य अधिकाऱ्यांच्या समन्वयाने पालिका कर्मचारी तसेच स्थानिक नागरिकांसाठी योगसत्रांचे आयोजन करण्यात आले आहे.

व्हॉटस्ॲप चॅटबॉटवर सुविधा

सामान्यांना सुदृढ जीवनशैली स्वीकारण्यास प्रवृत्त करण्याच्या दृष्टीने महापालिकेच्या व्हॉट्सॲप चॅटबॉटवर नागरिकांना आपल्या परिसरातील नजीकच्या शिव योग केंद्रांबाबत माहिती देण्यात येणार आहे. त्यासाठी महानगरपालिकेच्या व्हॉट्सॲप चॅटबॉटवर (८९९९२२८९९९) शिव योग केंद्रांची माहिती समाविष्ट करण्यात आली आहे. यामध्ये योग सत्रांची वेळ, स्थळ आदी माहिती मराठी व इंग्रजी भाषांमध्ये उपलब्ध होणार आहे. ही माहिती वैद्यकीय आरोग्य अधिकारी यांच्या कार्यालयातही उपलब्ध आहे.

Maharashtra Times • 21 Jun • Ministry of Ayush

Day For Yoga

4 • PG | 361 • Sqcm | 153381 • AVE | 765.47K • Cir | Top Center | Pune Times - Marathi

Pune

शांतीकडून सेल्फीकडे

प्रा. महेश देशपांडे
mtedit@timesofindia.com

लहानसहान गोष्टींद्वारे समाजमाध्यमांमध्ये चमकणे, हा हल्ली अनेकांचा आवडता उद्योग बनला आहे. योगाचेही काहीसे तसेच दिसून येते. योग हे एका दिवसापुरते झळकण्याचे रील नव्हे, तर वर्षभर साधण्याची जीवनशैली आहे. आजच्या योगदिनानिमित्त...

योग ग्रंथ साहित्यानुसार अंतर्मनाशी संवाद साधण्यासाठी केलेली साधना म्हणजे योग अशी संकल्पना आहे. योग म्हणजे, मनःशांतीच्या दिशेने टाकलेले पाऊल. 'योगश्चित्तवृत्तिनिरोधः' हे पतंजलींचे गूढ वचन म्हणजे मनात घोळणाऱ्या अनावश्यक विचारांना थांबवण्याची प्रक्रिया. दर वर्षी योग दिन साजरा करण्याच्या मागेदेखील हेच महत्त्वाचे उद्दिष्ट आहे. पण आज काय झाले आहे, तर आज चित्त थांबतच नाही, ते सोशल मीडियाच्या 'रील'मध्ये फिरते आहे. योगशास्त्राची जागा 'योगफोटोग्राफी'ने घेतली आहे, तर आत्मशांतीची जागा घेतली आहे फॉलोअर्सच्या लाइकने! आजकाल अनेकांचा योग दिवस म्हणजे 'योगासने करा, फोटो काढा आणि पोस्ट करा' असा झाला आहे. 'सर्वाधिक लाइक म्हणजेच मनःशांती' ही आत्मशांतीची व्याख्या झाली आहे.

योगदिनाच्या निमित्ताने सूर्यनमस्कार करण्याचा प्रयत्न करण्याऐवजी खरे लक्ष फोटोवर असते. मोबाइलचा सेल्फी टायमर/कॅमेरा टायमर सेट करून फोटो काढणे हाच योगाभ्यास झालेला आहे. घराच्या छतावर योगासनाची कृती करतानाच छानसा फोटो मिळावा म्हणून योग्य कोन (अँगल) पकडला जातो. आज आपण योगाभ्यासाचा खरा हेतू (शारीरिक आणि मानसिक साधना) हरवून बसलो आहोत की काय, असा प्रश्न पडला आहे. योगासने करताना असो की प्राणायाम 'माझा फोटो सुंदर यावा' हाच मुख्य हेतू झाला आहे, म्हणजे सूर्यनमस्कार 'आरोग्यासाठी' नाही तर 'इन्स्टाग्रामसाठी किंवा फेसबुकसाठी' केले जात आहेत आणि शरीरस्थितीपेक्षा कॅमेऱ्याचा कोन जास्त महत्त्वाचा झाला आहे. 'साधनेचं प्रदर्शन झालंय, पण साधना हरवलीये!'

पूर्वी ध्यान करताना, 'मन स्थिर ठेवणं' हे उद्दिष्ट असायचं, पण आज मात्र सोशल मीडियावर फोटो काढताना, 'कॅमेऱ्याचं फिल्टर (उदा. इन्स्टाग्राम/स्नॅपचॅट फिल्टर) योग्य ठेवणं हेच जास्त महत्त्वाचं झालं आहे! खरे तर योग म्हणजे मनाचं स्थैर्य; पण हल्ली लोकांच्या दृष्टीने योग म्हणजे पॉप्युलर 'स्टोरी', 'पोस्ट' किंवा 'फोटो' असतो. बहुतेकांसाठी जागतिक योग दिनाचा उपयोग म्हणजे, फोटो काढण्यासाठी आणि तो सोशल मीडियावर अपलोड करण्यासाठी होतो, त्यांच्यासाठी 'शांततेचा मार्ग' म्हणजे 'नेट कनेक्शनचा मार्ग' झालाय. योगसाधना करण्यासाठी अनेक जण वाय-फाय सिग्नल शोधत असतील, तर मग योगाचं आध्यात्मिक रूप कुठे गेले आहे.

#योगा_विथ_पोजिंग

सकाळी पाच वाजता, काही उत्साही मंडळी आरोग्यासाठी नाही, तर कॅमेऱ्यासाठी उठतात. त्यांचा योगाभ्यास सुरू होण्याआधीच रिंगलाईट, ट्रायपॉड आणि इन्फ्लुएन्सर मित्र/मैत्रीण स्रज्ज असते! आसनांपेक्षा जास्त महत्त्वाचा असतो कॅमेराचा अँगल. 'पर्वतासन' करताना पाठीमागे हॉटेलचं नाव दिसायला हवं, 'त्रिकोणासन' करताना मागे एक आडवा डोंगर असायला हवा आणि 'ध्यानमुद्रा' करताना डोळे बंद असले, तरी मोबाइलचा डोळा (फ्रंट कॅमेरा) उघडाच असावा.

#इन्स्टाफिट/फेसबुकफिट योग

एकेकाळी योगाभ्यास मनःशांतीसाठी केला जात असे. आता मनःशांती मिळवण्याऐवजी, 'इन्स्टाग्राम' पोस्टवर किती लाइक आले,' याचीच चिंता असते आणि तेच तर तणावाचे कारण ठरते आहे. सोशल मीडियावर कधी आणि किती वाजता पोस्ट करायची याचीच जास्त काळजी.

कॉर्पोरेट योग दिन

विविध कंपन्यांच्या कॉर्पोरेट कार्यालयांत योग दिनाची सकाळ म्हणजे एक मेम्मो, एक योग प्रशिक्षक आणि अर्ध्या झोपेतले कर्मचारी! योग कधीच इतका बोअर झाला नव्हता; कारण योग शिक्षक 'मनावर नियंत्रण' शिकवतोय आणि कर्मचारी 'झोपेवर नियंत्रण' मिळवण्याच्या प्रयत्नात असतात. बॉसने सांगितलं, की योग करायचा त्यामुळे काही पर्याय नाही. बॉसलाही त्याच्या कॉर्पोरेट कार्यालयात योग दिन साजरा झाला हे सोशल मीडिया पोस्ट टाकून दाखवायचे असते.

योगदिन आणि हॅशटॅग युद्ध

जागतिक योगदिनी सोशल मीडिया प्लॅटफॉर्मवर '#InternationalYogaDay, #YogaForLife, #PeaceWithin, #YogforWellness, #FitnessGoals' हे आणि असे वेगवेगळे हॅशटॅग ट्रेंड सुरू असतात. पण त्यामागे 'योगाचे प्राचीन तत्त्वज्ञान' शोधूनही सापडत नाही. हॅशटॅगला 'सोशल मीडिया अल्गोरिदम' जोडलेला असतो, योगदिनाच्या दिवशी शांतता शोधण्यापेक्षा, हॅशटॅग ट्रेंडिंग यादीत स्वतःचे नाव शोधणे जास्त महत्त्वाचे झाले आहे.

एक दिवसाचा मेकअप नव्हे

योग ही जीवनशैली, की वर्षातून एक दिवसाचा मेकअप. काही जण तर वर्षभरात योग दिनालाच 'एकमेव योग सत्र' करतात, पुढचे योग सत्र कॅलेंडरमध्ये पुढच्या वर्षीच असते. योग आपल्याला नियमितता आणि संयमाची शिकवण देतो; पण आज आपण योगदिनाला स्पॉन्सरशिप आणि सेलिब्रिटी गेस्ट शोधतो आहे. योगाचा दररोजच्या जीवनात अवलंब झाला पहिजे कारण 'योग' म्हणजे 'जीवनशैली' आहे.

(लेखक सावित्रीबाई फुले पुणे विद्यापीठात शारिरिक शिक्षण आणि योगाचे मार्गदर्शक आहेत.)

Maharashtra Times • 21 Jun • Ministry of Ayush

World Yoga day

9 • PG | 70 • Sqcm | 81250 • AVE | 765.47K • Cir | Middle Right

Pune

जगातील १३०० शहरांत आज योगाभ्यास

आंतरराष्ट्रीय योग दिनाच्या निमित्ताने विशेष कार्यक्रम

वृत्तसंस्था, नवी दिल्ली

आंतरराष्ट्रीय योग दिनानिमित्त भारतीय परंपरा आणि सामर्थ्यांची प्रचिती देण्यासाठी भारताच्या वतीने जगभरातील १,३०० शहरांमध्ये योगाभ्यास आणि विविध उपक्रमांचे आयोजन करण्यात आले आहे. 'एक पृथ्वी, एक स्वास्थ्य' या विचारांवर आधारित उपक्रमांचे आयोजन करण्यात आले आहे, अशी माहिती 'भारतीय सांस्कृतिक संबंध परिषदे'ने (आयसीसीआर) शुक्रवारी दिली.

पाकिस्तानमधील भारतीय उच्चायुक्तालयानेही योग कार्यक्रम आयोजित केला आहे. 'आंतरराष्ट्रीय योग दिना'च्या १०व्या वर्षानिमित्त आम्ही जगातील प्रत्येक देशात जाऊन योग कार्यक्रम आयोजित करत आहोत. अमेरिकेसह जगभरातील विविध शहरांमध्ये उपक्रमांचे आयोजन करण्यात आले आहे,' असे आयसीसीआरच्या महासंचालक के. नंदिनी सिंगला यांनी म्हटले आहे.

Maharashtra Times • 21 Jun • Ministry of Ayush
Yoga Day

4 • PG | 321 • Sqcm | 136539 • AVE | 765.47K • Cir | Middle Center | Pune Times - Marathi

Pune

योगातून शांततेकडे

आंतरराष्ट्रीय योग दिनाच्या निमित्ताने केवळ आसनांबाबत बोलले जाते. मात्र, पतंजली ऋषींनी सांगितलेल्या अष्टांग योगाकडेही या निमित्ताने बघण्याची गरज आहे. योगातून मनाला शांतीचा अनुभव व्हायला हवा. ही शांतता माणसाच्या आयुष्यात आमूलाग्र बदल करते. त्याविषयी...

डॉ. विश्वास मंडलिक

योगाभ्यास करणाऱ्या महिलांचे संग्रहित छायाचित्र.

'शांतता' हा शब्द फार आकर्षक आहे. शांतता सर्वांना सदैव हवी असते; पण ती मिळत नाही. हे वास्तव आहे. धारणा, ध्यानाचा अभ्यास करा, एवढेच आपल्याकडे सांगितले जाते. शांतता निर्माण करण्याची प्रक्रिया शांततापूर्णच हवी. विपश्यना शिबिरात पूर्ण मौन अर्थात शांतता पाळायची असते. तिथेही साधक बडबड करतातच. शांततेचा मार्ग शांततेच आहे. आतापर्यंत आपण शांतता म्हणजे ध्वनिशून्यता एवढाच विचार केला आहे; पण एकूणच शांतता हा शब्द याहीपेक्षा खूप व्यापक आहे.

ध्वनिशून्यता म्हणजे कोणताही आवाज नसलेली स्थिती आहे. तीच शांतता आहे. हे सर्वसामान्यपणे समजले जाते. अशी शांतता निर्माण करण्याकरिता आवाज न करणे हा मार्ग आहे. शांतता नष्ट करण्याची जी कृती केली जाते ती न करणे म्हणजे शांतता राखणे आहे. या पातळीवर योगसाधनेचा विचार केला तर म्हणता येईल, की योग साधना करताना आवाजाची निर्मिती करावी लागत नाही. (अपवाद काही प्राणायामाच्या प्रक्रियांचा आहे) योग साधना म्हणजे योगासने, प्राणायाम, ध्यान, योगनिद्रा, ॐकार जप, मंत्रजप इत्यादी प्रक्रिया.

यातील काही प्राणायामाचे प्रकार, ॐकार जप यात विशिष्ट ध्वनी निर्माण होतो, हे खरे आहे; पण त्या ध्वनीच्या निर्मितीनंतर अनुभवायला येणारी शांतता अधिक परिणामकारक असते हे महत्त्वाचे आहे. या प्रकारच्या ध्वनीमध्ये शांतताभंगाचा दोष व त्रास नाही, उलट नंतर अनुभवायला येणाऱ्या शांततेचा तो प्रारंभच आहे याची जाणीव होते व निश्चितच आहे.

निमित्त

सध्याच्या काळात वैचारिक शांततेची लोकांना खूप गरज आहे. अर्थात विचारशून्यता! शब्दांची निर्मिती विचारातून होते; पण शब्दांची निर्मिती इच्छाशक्तीच्या नियंत्रणाखाली आहे. म्हणून तर आपण इच्छाशक्तीच्या साह्याने ध्वनीची निर्मिती थांबवू शकतो. विचार थांबवणे ही महाकठीण गोष्ट आहे. मात्र, याकरिता योगमार्ग उपयुक्त आहे. पतंजलींनी सांगितलेली योगाची व्याख्या 'योगः चित्तवृत्ति निरोधः' स्पष्ट करते, की योग म्हणजे चित्तातील वृत्तींचा निरोध अर्थात नियंत्रण होय. हा चित्तवृत्ति निरोध साधण्याकरिता पतंजली अष्टांग योग सांगतात. त्यातील धारणा, ध्यान, समाधी या प्रक्रियांचा अभ्यास विचारशून्यतेकडे घेऊन जातो.

या विचारशून्य शांततेनंतर विचार येतो तो गतिशून्य शांततेचा. ही गतिशून्यता ध्वनिशून्यतेपेक्षाही अधिक महत्त्वाची व आवश्यक आहे. हे प्रगतीचे लक्षण आहे. सामान्यतः गतिमानतेमध्ये प्रगती आहे. जेवढी गती अधिक तेवढी प्रगती अधिक. पण या बाबतीत योगाचा दृष्टिकोन निराळा आहे. ध्वनिशून्य शांतता ध्वनीमुळे नष्ट होते. त्याचप्रमाणे गतिशून्य शांतता गतीमुळे नष्ट पावते. मात्र, आपण असे अनुभवतो, की गतिमानता हा सृष्टीचा मूलभूत नियम आहे. या सृष्टीत सतत गती आहे. मानवाच्या बाबतीतही 'थांबला तो संपला' असे म्हटले जाते.

गतिमानता म्हणजे हालचाल. या हालचालीतून बदल निर्माण होतो. मात्र, हा बदल किती चांगला हा विचार करण्यासारखा प्रश्न आहे. हा बदल उपकारक, की अपायकारक हाही प्रश्न आहे. म्हणून गतीचा विचार करताना 'प्रगती व अधोगती' या दोन शब्दांचा प्रयोग केला जातो. जी गती कल्याणकारी आहे ती प्रगती व जी कल्याणकारी नाही ही अधोगती असे मानले जाते. याबाबत योगाने एक परिपूर्ण संकल्पना मांडली आहे, ती आहे ब्रह्म किंवा परमात्मा. हे ब्रह्म अनादी अनंत असून, ते शाश्वत आहे. ते काय आहे हे सांगणे अशक्य आहे. ब्रह्मांडाच्या सर्व खेळाला भ्रम किंवा भ्रांती म्हटलेले आहे. हा भ्रम पूर्णपणे नष्ट झाला, की ब्रह्मच राहते. हेच शांततेचे अंतिम स्थान आहे, असे योगात सांगितलेले आहे. योगातील सर्व क्रिया-प्रक्रियांच्या साधनेतून जे साधायचे आहे ते म्हणजे हीच गतिशून्य शांतता.

ध्वनिशून्यता, विचारशून्यता, गतिशून्यता या टप्प्यातून शांततेच्या प्रगत टप्प्यांचा विचार केला आहे; पण या सर्वांच्या पलीकडील टप्पा म्हणजे खरी शांतता आहे. या पातळीवर शांतता हा शब्दही विरघळून गेलेला असतो. हे योगाचे अंतिम साध्य आहे. योगसाधनेतून शांतताभंगाची निरनिराळी कारणे नाहीशी करून शांततेचे प्रगत टप्पे गाठून अखेरीस शांततेच्याही पलीकडे जाणे हेच योगाचे अंतिम लक्ष्य आहे. हीच शांतता हल्ली आपल्याला योगातून साध्य करायची आहे आणि हा प्रवास एका दिवसापुरता नको आहे. केवळ योग दिवसाच्या निमित्ताने एकत्र यायचे. फोटो काढायचे, सोशल मीडियावर टाकायचे, असा 'योगा डे' साजरा करण्यापेक्षा समाजातील, वैयक्तिक शांततेचा विचार करावा. आसन, प्राणायाम याच्या पलीकडे योगाला पाहायला हवे. योगातून शांततेचा अनुभव घ्यायला हवा, या शांततेतूनच प्रगती साधली जाईल.

(लेखक योग विद्या गुरुकुलचे संस्थापक आहेत.)

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आरोग्यसुखाचा 'योग'

योग म्हणजे केवळ शारीरिक हालचाली नसून ही एक जीवनशैली आहे. प्रत्येक क्षणी स्वतःच्या चैतन्याशी जोडलं जाणं आणि सृष्टीतल्या सकारात्मक तत्वाशी एकरूप होणं म्हणजेच खरी योगसाधना!

डॉ. मधुरा उदय कुलकर्णी
mtartnedit@timesgroup.com

आयुर्वेद आणि योग या जणू एकाच नाण्याच्या दोन बाजू! महर्षी पतंजली यांनी आयुर्वेदशास्त्र हे शरीराचे दोष दूर करतं तर योगशास्त्र मनाचे दोष दूर करतं, असं सांगितलं आहे. नियमित व आपल्या क्षमतेप्रमाणे केलेल्या योगसाधनेमुळे सुख, समाधान आणि आरोग्य प्राप्त होतं.

वमन धौतीसारख्या शुद्धीक्रियेमुळे न पचलेला कफ आणि पित्ताचे दोष कमी होऊन पोटातला चिकटा कमी होतो आणि पचनशक्ती सुधारते. परिणामी, शरीराला हलकेपणा येतो. तसंच त्राटक म्हणजेच एका स्थिर बिंदूकडे एकटक बघण्याचा अभ्यास. त्यामुळे मनाची चंचलता कमी होते आणि गोंधळ दूर होतो. तसंच पोटाच्या स्नायूंच्या हालचालींमुळे चरबी साठण्याची प्रवृत्ती कमी होते.

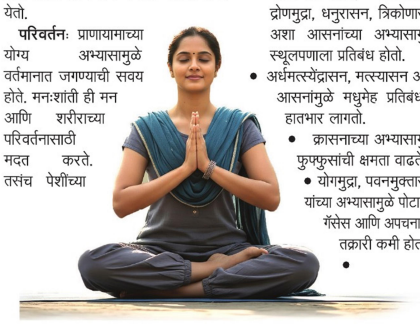
योगसाधना का करावी?

शरीर, मन, भावनांची परिपूर्ण प्रसन्नता आणि समतोल म्हणजेच सर्वांगीण आरोग्य. त्यासाठी आसनांचा आणि प्राणायामाचा अभ्यास उपयोगी पडतो.

स्वीकार: जसे आहोत तसे आपण आपल्याला स्वीकारलं की, संघर्ष कमी होतो. शरीर व मनाची प्रकृती ओळखण्यासाठी नियमित योगसाधना उपयुक्त ठरते. म्हणूनच आसनं ही आपल्या क्षमतेप्रमाणे करावीत. त्यात स्पर्धात्मक भावना यायला नको.

संयम: विशेषतः आसनांच्या अंतिम स्थितीत श्वसनावर लक्ष केंद्रित केल्याने एकाग्रता साध्य करता येते. तसंच विचारांमधला गोंधळ कमी होतो आणि खाणं-पिणं व बोलण्यातही संयम येतो.

परिवर्तन: प्राणायामाच्या योग्य अभ्यासामुळे वर्तमानात जगण्याची सवय होते. मनःशांती ही मन आणि शरीराच्या परिवर्तनासाठी मदत करते. तसंच पेशींच्या पुनरुज्जीवनामुळे प्रतिकारशक्ती वाढते.



एकूणच, योगसाधनेमुळे चिडचिड, द्वेष, मत्सर, भीती यांसारख्या नकारात्मक भावना कमी होऊन मनाच्या संकल्पशक्तीची वाढ होते आणि व्यवसाय कौशल्य वाढतं. स्वतःच्या आनंद स्वरूपाशी संपर्क वाढतो आणि भावनिक प्रगल्भता वाढीला लागून सर्वांगीण आरोग्य सुधारते.

कायापालटाचा योगमंत्र...

- हठयोगी हा बारीक चणीचा, प्रसन्न व्यक्तिमत्त्वाचा, मधुर आवाजाचा, कमी वयाचा, तरुण दिसणारा, अन्नपचन उत्तम असणारा असतो. नियमित योगसाधनेने निर्माण होणारी प्रसन्नता चेहऱ्यावर उमटतेच; पण सहवासात येणाऱ्या अन्य व्यक्तीलाही आनंदी करते.
- योगनिद्रेच्या अभ्यासाने झोपेची गुणवत्ता सुधारते आणि अनेक मनोकायिक आजारांना दूर राहतात.
- सर्वांगासन, ब्रह्ममुद्रा, जिव्हाबंध, सिंहमुद्रा अशा योगाभ्यासामुळे थायरॉइड ग्रंथींचं आरोग्य चांगलं राहतं.
- पश्चिमोत्तानासन, शलभासन, द्रोणमुद्रा, धनुरासन, त्रिकोणासन अशा आसनांच्या अभ्यासामुळे स्थूलपणाला प्रतिबंध होतो.
- अर्धमत्स्येंद्रासन, मत्स्यासन अशा आसनांमुळे मधुमेह प्रतिबंधास हातभार लागतो.
- क्रासनाच्या अभ्यासामुळे फुप्फुसांची क्षमता वाढते.
- योगमुद्रा, पवनमुक्तासन यांच्या अभ्यासामुळे पोटातले गॅसेस आणि अपचनाच्या तक्रारी कमी होतात.

पर्वतासन, ताडासन, मार्जारासन अशा आसनांनी पाठीचा कणा लवचीक होतो. तसंच दिवसभर उत्साह टिकून राहतो.

- योग्य मार्गदर्शन घेऊन गर्भावस्थेत केलेली योगसाधना गर्भारपण आनंदी बनवते. त्यातून बाळाचाही परिपूर्ण विकास होतो आणि सुलभ प्रसूतीची तयारी होते.
- आकाशमुद्रा मन सकारात्मक व आनंदी करते. शिवाय, अश्विनी मुद्रा, मूलशोधन, गणेश क्रिया, सुलभ तडागी मुद्रा, मकरासन स्त्रियांच्या गुदभागातल्या त्रासांना दूर ठेवतात आणि प्रजननसंस्थेचे आरोग्य अबाधित राहतं.

अशी अनेक उदाहरणं देता येतील; परंतु, योग हे रोगउपचारात्मक शास्त्र नसून आरोग्य रक्षणाचा आधार आहे, हे लक्षात ठेवलं पाहिजे.

थोडक्यात महत्त्वाचं

बैठक पक्की करा: आसन अभ्यासात आपले स्नायूपेशी, संधी, संयोजक तंतू यांचं ज्ञान असू द्या. संपूर्ण सजगतेने बैठकीला स्थिरता आल्यावरच पुढील वाटचाल करा.

ताकदीनंतरचा तणाव: पाठकणा, पोटाच्या स्नायूपेशींना बळकटी देऊन नंतर कठीण आसन स्थितीकडे वाटचाल करावी, अन्यथा नवीन वेदना निर्माण होऊ शकतात.

आसन-अंतिम स्थिती स्मरण/दृश्यांकन: आसन करण्यापूर्वी क्षणभर अंतिम स्थिती डोळ्यांसमोर आणून मग सजगतेने वाटचाल सुरू करायची. क्षमतेनुसार जमलेल्या अंतिम स्थितीत काही श्वासोच्छ्वास करण्याचा प्रयत्न करावा.

आसन स्थिती श्वासोच्छ्वास: पुढे झुकताना श्वास सोडणं आणि वर येताना दीर्घ श्वास घेणं या समन्वयाचा सराव करावा.

शिथिलता आणि तणाव: आसन स्थितीत जाताना शरीराच्या भागावर येणारा तणाव व दबावाचं तटस्थपणे निरीक्षण करावं. ज्या भागातल्या स्नायूपेशी आसन प्रक्रियेत सहभागी नसतील त्यांना अत्यंत सैल ठेवावं.

शरीर संवाद: आसन प्रक्रियेत विचार, भावना, कृती यांचा समन्वय ठेवावा. उदा. पश्चिमोत्तानासन करताना मनात पूर्णपणे नम्र/शरणागत भाव आणावेत.

शरीर संवेदनांचा सन्मान: आसन करताना होणाऱ्या वेदनांकडे दुर्लक्ष करून अट्टाहासाने आसन करू नये.

मार्गदर्शन: प्राणायाम मार्गदर्शनाखालीच करावा.

योग म्हणजे 'योगा' किंवा फिटनेस फॅड नाही, तर ती अस्वस्थतेकडून स्वस्थतेकडे नेणारी, उदासिनतेतून ऊर्जेकडे नेणारी आणि अशांतीतून मनःशांतीपर्यंत पोहोचवणारी एक जीवनशैली आहे. म्हणूनच आपल्या क्षमतेनुसार, नियमित योग करावा.

लेखिका एम.डी. (आयुर्वेद स्त्रीरोग-प्रसूती), डिप्लोमा इन योग ॲण्ड नॅचरोपॅथी (मुंबई) आहेत.

योगसाधनेमुळे चिडचिड, द्वेष, मत्सर, भीती यांसारख्या नकारात्मक भावना कमी होऊन मनाच्या संकल्पशक्तीची वाढ होते. स्वतःच्या आनंद स्वरूपाशी संपर्क वाढतो आणि भावनिक प्रगल्भता वाढीला लागून सर्वांगीण आरोग्य सुधारते.

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आरोग्यसुखाचा 'योग'

योग म्हणजे केवळ शारीरिक हालचाली नसून ही एक जीवनशैली आहे. प्रत्येक क्षणी स्वतःच्या चैतन्याशी जोडलं जाणं आणि सृष्टीतल्या सकारात्मक तत्वाशी एकरूप होणं म्हणजेच खरी योगसाधना!

डॉ. मधुरा उदय कुलकर्णी
mtartnedit@timesgroup.com

आयुर्वेद आणि योग या जणू एकाच नाण्याच्या दोन बाजू! महर्षी पतंजली यांनी आयुर्वेदशास्त्र हे शरीराचे दोष दूर करतं तर योगशास्त्र मनाचे दोष दूर करतं, असं सांगितलं आहे. नियमित व आपल्या क्षमतेप्रमाणे केलेल्या योगसाधनेमुळे सुख, समाधान आणि आरोग्य प्राप्त होतं.

वमन धौतीसारख्या शुद्धीक्रियेमुळे न पचलेला कफ आणि पित्ताचे दोष कमी होऊन पोटातला चिकटा कमी होतो आणि पचनशक्ती सुधारते. परिणामी, शरीराला हलकेपणा येतो. तसंच त्राटक म्हणजेच एका स्थिर बिंदूकडे एकटक बघण्याचा अभ्यास. त्यामुळे मनाची चंचलता कमी होते आणि गोंधळ दूर होतो. तसंच पोटाच्या स्नायूंच्या हालचालींमुळे चरबी साठण्याची प्रवृत्ती कमी होते.

योगसाधना का करावी?

शरीर, मन, भावनांची परिपूर्ण प्रसन्नता आणि समतोल म्हणजेच सर्वांगीण आरोग्य. त्यासाठी आसनांचा आणि प्राणायामाचा अभ्यास उपयोगी पडतो.

स्वीकार: जसे आहोत तसे आपण आपल्याला स्वीकारलं की, संघर्ष कमी होतो. शरीर व मनाची प्रकृती ओळखण्यासाठी नियमित योगसाधना उपयुक्त ठरते. म्हणूनच आसनं ही आपल्या क्षमतेप्रमाणे करावीत. त्यात स्पर्धात्मक भावना यायला नको.

संयम: विशेषत: आसनांच्या अंतिम स्थितीत श्वसनावर लक्ष केंद्रित केल्याने एकाग्रता साध्य करता येते. तसंच विचारांमधला गोंधळ कमी होतो आणि खाणं-पिणं व बोलण्यातही संयम येतो.

परिवर्तन: प्राणायामाच्या योग्य अभ्यासामुळे वर्तमानात जगण्याची सवय होते. मन:शांती ही मन आणि शरीराच्या परिवर्तनासाठी मदत करते. तसंच पेशींच्या पुनरुज्जीवनामुळे प्रतिकारशक्ती वाढते.

एकूणच, योगसाधनेमुळे चिडचिड, द्वेष, मत्सर, भीती यांसारख्या नकारात्मक भावना कमी होऊन मनाच्या संकल्पशक्तीची वाढ होते आणि व्यवसाय कौशल्य वाढतं. स्वत:च्या आनंद स्वरूपाशी संपर्क वाढतो आणि भावनिक प्रगल्भता वाढीला लागून सर्वांगीण आरोग्य सुधारते.

कायापालटाचा योगमंत्र...

- हठयोगी हा बारीक चणीचा, प्रसन्न व्यक्तिमत्त्वाचा, मधुर आवाजाचा, कमी वयाचा, तरुण दिसणारा, अन्नपचन उत्तम असणारा असतो. नियमित योगसाधनेने निर्माण होणारी प्रसन्नता चेहऱ्यावर उमटतेच; पण सहवासात येणाऱ्या अन्य व्यक्तीलाही आनंदी करते.
- योगनिद्रेच्या अभ्यासाने झोपेची गुणवत्ता सुधारते आणि अनेक मनोकायिक आजारांना दूर राहतात.
- सर्वांगासन, ब्रह्ममुद्रा, जिव्हाबंध, सिंहमुद्रा अशा योगाभ्यासामुळे थायरॉइड ग्रंथींचं आरोग्य चांगलं राहतं.
- पश्चिमोत्तानासन, शलभासन, द्रोणमुद्रा, धनुरासन, त्रिकोणासन अशा आसनांच्या अभ्यासामुळे स्थूलपणाला प्रतिबंध होतो.
- अर्धमत्स्येंद्रासन, मत्स्यासन अशा आसनांमुळे मधुमेह प्रतिबंधास हातभार लागतो.
- क्रासनाच्या अभ्यासामुळे फुप्फुसांची क्षमता वाढते.
- योगमुद्रा, पवनमुक्तासन यांच्या अभ्यासामुळे पोटातले गॅसेस आणि अपचनाच्या तक्रारी कमी होतात.
-

पर्वतासन, ताडासन, मार्जारासन अशा आसनांनी पाठीचा कणा लवचीक होतो. तसंच दिवसभर उत्साह टिकून राहतो.

- योग्य मार्गदर्शन घेऊन गर्भावस्थेत केलेली योगसाधना गर्भारपण आनंदी बनवते. त्यातून बाळाचाही परिपूर्ण विकास होतो आणि सुलभ प्रसूतीची तयारी होते.
- आकाशमुद्रा मन सकारात्मक व आनंदी करते. शिवाय, अश्विनी मुद्रा, मूलशोधन, गणेश क्रिया, सुलभ तडागी मुद्रा, मकरासन स्त्रियांच्या गुदभागातल्या त्रासांना दूर ठेवतात आणि प्रजननसंस्थेचे आरोग्य अबाधित राहतं.

आयेव्ययसंस्कृती

अशी अनेक उदाहरणं देता येतील; परंतु, योग हे रोगउपचारात्मक शास्त्र नसून आरोग्य रक्षणाचा आधार आहे, हे लक्षात ठेवलं पाहिजे.

थोडक्यात महत्त्वाचं

बैठक पक्की करा: आसन अभ्यासात आपले स्नायूपेशी, संधी, संयोजक तंतू यांचं ज्ञान असू द्या. संपूर्ण सजगतेने बैठकीला स्थिरता आल्यावरच पुढील वाटचाल करा.

ताकदीनंतरचा तणाव: पाठकणा, पोटाच्या स्नायूपेशींना बळकटी देऊन नंतर कठीण आसन स्थितीकडे वाटचाल करावी; अन्यथा नवीन वेदना निर्माण होऊ शकतात.

आसन-अंतिम स्थिती स्मरण/दृश्यांकन: आसन करण्यापूर्वी क्षणभर अंतिम स्थिती डोळ्यांसमोर आणून मग सजगतेने वाटचाल सुरू करायची. क्षमतेनुसार जमलेल्या अंतिम स्थितीत काही श्वासोच्छ्वास करण्याचा प्रयत्न करावा.

आसन स्थिती श्वासोच्छ्वास: पुढे झुकताना श्वास सोडणं आणि वर येताना दीर्घ श्वास घेणं या समन्वयाचा सराव करावा.

शिथिलता आणि तणाव: आसन स्थितीत जाताना शरीराच्या भागावर येणारा तणाव व दबावाचं तटस्थपणे निरीक्षण करावं. ज्या भागातल्या स्नायूपेशी आसन प्रक्रियेत सहभागी नसतील त्यांना अत्यंत सैल ठेवावं.

शरीर संवाद: आसन प्रक्रियेत विचार, भावना, कृती यांचा समन्वय ठेवावा. उदा. पश्चिमोत्तानासन करताना मनात पूर्णपणे नम्र/शरणागत भाव आणावेत.

शरीर संवेदनांचा सन्मान: आसन करताना होणाऱ्या वेदनांकडे दुर्लक्ष करून अट्टाहासाने आसन करू नये.

मार्गदर्शन: प्राणायाम मार्गदर्शनाखालीच करावा.

योग म्हणजे 'योगा' किंवा फिटनेस फॅड नाही; तर ती अस्वस्थतेकडून स्वस्थतेकडे नेणारी, उदासिनतेतून ऊर्जेकडे नेणारी आणि अशांतीतून मन:शांतीपर्यंत पोहोचवणारी एक जीवनशैली आहे. म्हणूनच आपल्य क्षमतेनुसार, नियमित योग करावा.

लेखिका एम.डी. (आयुर्वेद स्त्रीरोग-प्रसूती), डिप्लोमा इन योग ॲण्ड फिलोसॉफी (मुंबई) आहेत.

योगसाधनेमुळे चिडचिड, द्वेष, मत्सर, भीती यांसारख्या नकारात्मक भावना कमी होऊन मनाच्या संकल्पशक्तीची वाढ होते. स्वतःच्या आनंद स्वरूपाशी संपर्क वाढतो आणि भावनिक प्रगल्भता वाढीला लागून सर्वांगीण आरोग्य सुधारते.

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आंतरराष्ट्रीय योग दिनाच्या पूर्वसंध्येला भारतीय नौदल अधिकारी व जवानांनी मिळून युद्धनौकेवर योगासने केली.

आंतरराष्ट्रीय योग दिनी मुंबईत योगसत्रे

लोकसत्ता प्रतिनिधी

मुंबई : मुंबई महानगरपालिकेच्या सार्वजनिक आरोग्य खात्यातर्फे शनिवार, २१ जून रोजी संपूर्ण मुंबईत आंतरराष्ट्रीय योग दिन साजरा करण्यात येणार आहे. यानिमित्त ठिकठिकाणी योग सत्रांचे आयोजन करण्यात आले आहे. मुख्य योग सत्रासाठी मुंबई महानगरपालिकेच्या 'डी' विभागामार्फत गोकुलदास तेजपाल सभागृह, ऑगस्ट क्रांती मैदानजवळ, ग्रँट रोड (पश्चिम) येथे योग सत्र आयोजित करण्यात आले आहे. हे सत्र सकाळी ६.३० ते ७.३० या वेळेत होईल. दरम्यान, यंदा योग दिनाची संकल्पना 'एक पृथ्वी, एक आरोग्य, आरोग्यासाठी योग' अशी आहे.

मुंबई महापालिकेच्या क्षेत्रात नागरिकांच्या उत्तम आरोग्यासाठी विविध सेवा सतत उपलब्ध करून दिल्या जातात. आंतरराष्ट्रीय योग दिनानिमित्त शनिवार, २१ जून रोजी पालिकेच्या २५ विभागांत वैद्यकीय आरोग्य अधिकाऱ्यांच्या समन्वयाने महानगरपालिका कर्मचाऱ्यांसाठी, तसेच स्थानिक नागरिकांसाठी योग सत्रांचे आयोजन करण्यात आले आहे. दरम्यान, मुख्य योग सत्रासाठी मुंबई महानगरपालिकेच्या 'डी' विभागामार्फत गोकुलदास तेजपाल सभागृह, ऑगस्ट क्रांती मैदानजवळ, ग्रँट रोड (पश्चिम) येथे सकाळी ६.३० ते ७.३० या वेळेत हे योग सत्र आयोजित करण्यात आले आहे.

पालिकेच्या व्हॉट्स ॲप चॅटबॉटवर माहिती

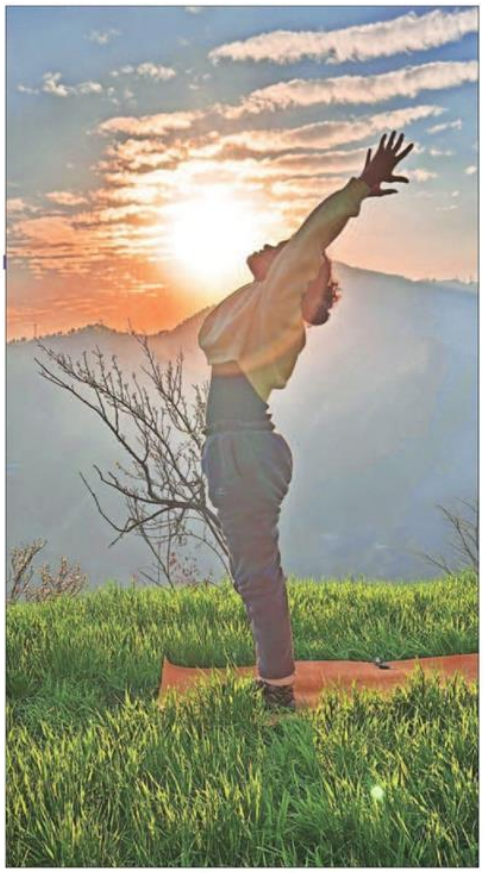
मुंबई महानगरपालिकेच्या व्हॉट्स ॲप चॅटबॉटवर नागरिकांना त्यांच्या परिसरातील जवळच्या शिव योग केंद्राबाबत अद्ययावत व सविस्तर माहिती उपलब्ध करण्यात आली आहे. पालिकेच्या व्हॉट्स ॲप चॅटबॉटवर शिव योग केंद्राची माहिती समाविष्ट करण्यात आली आहे. यामध्ये योग सत्रांची वेळ, स्थळ, आदी माहिती मराठी आणि इंग्रजी भाषांमध्ये उपलब्ध आहे. या सुविधेमुळे अधिकाधिक नागरिकांना योगाभ्यासाची योग्य माहिती प्राप्त होण्यास मदत होईल, असे पालिका अधिकाऱ्यांनी सांगितले.

Loksatta • 20 Jun • Ministry of Ayush

Yoga is the restraint of the mind's instincts

13 • PG | 1115 • Sqcm | 4376977 • AVE | 784.32K • Cir | Top Left

Mumbai



योगः चित्तवृत्ति निरोधः।

विनय जोशी

ट्रिंगिंगगग... अलार्म वाजतो. कसेबसे डोळे उघडले जातात. खरंतर झोपेतून उठल्यावर मन शांत असावं, पण आदल्या रात्री बिज वॉचिंग किंवा प्रोजेक्टच्या डेडलाइनमुळे जागरण झालेलं असतं. हातात पहिल्यांदा काय घेतो? अर्थात - मोबाइल. आपण इन्स्टाग्राम उघडतो. कुणीतरी मनालीत, कुणी केरळच्या बॅकवॉटरमध्ये. क्षणात FOMO मनात धडकून जातो. विचारांच्या लहरी उठतात, मन अस्वस्थ होतं. चहा घेताना फेसबुक स्क्रोल करताना कुणीतरी आपल्या राजकीय मतांविरुद्ध काहीतरी पोस्ट केलेलं दिसतं. आपणही लगेच तिथे जाऊन यथेच्छ ट्रोलिंग

२१ जून हा 'जागतिक योग दिन' म्हणून जगभर उत्साहात साजरा केला जातो. आजच्या डिजिटल युगात मानसिक हलकल्लोळ वाढत चालला असताना योगाची गरज अधिक तीव्रतेने जाणवते आहे.

करतो. वाटतं, आपण काहीतरी 'उत्तर' दिलंय... पण खरंतर आपल्याच मनाच्या पृष्ठभागावर अजून विचारांचे तरंग उमटलेले असतात. अस्वस्थ मनाने आपण ऑफिसला जातो किंवा कॉलेजमध्ये लायब्ररीत बसून असाइनमेंट लिहू लागतो, पण हे करत असतानाही, कानात हेडसेट, मोबाइलवर रील्स, व्हॉट्सॲपवर गप्पा... एकाच वेळी अनेक फ्रंटवर आपलं लक्ष विखुरलेलं. मनाचे तरंग आता जास्तच गतिमान होतात. अभ्यासाचा किंवा कामाचा फोकस हरवतो. मग 'रिलॅक्स' व्हायचं म्हणून पुन्हा मोबाइल हातात घेतो. गंभीर, विनोदी, भयप्रद, भावनिक, हिंसक... एकामागून एक रील्स. मन आता भावनांच्या त्सुनामीत सापडलंय. हे सगळं रोजचं झालं आहे. परिणाम - चिडचिड, भीती, एकाग्रता हरवणं... आणि कधी कधी नकळत नैराश्याचंही सावट.

क्षणभर थांबून विचार करावासा वाटतो. मनकल्लोळावर काही उपाय आहे का? आहे - 'योगश्चित्तवृत्तिनिरोधः' इ.स.पूर्व दुसऱ्या शतकात पतंजलींनी सूत्रबद्ध केलेलं हे योगसूत्र सांगतं, 'मनात सतत उठणाऱ्या विचारांच्या, भावनांच्या तरंगांना थांबवणं म्हणजे योग.'

'योग' ही भारताने जगाला दिलेली एक अमूल्य देणगी आहे, पण योग म्हणजे केवळ शरीर वाकवणं, आसनं करणं, एवढंच नाही. योग हा फक्त फिटनेससाठीचा पर्यायही नाही. योग म्हणजे मनाचा व्यायाम आहे, विचारांचं शुद्धीकरण आहे आणि स्वतःला स्वतःशी जोडणारी एक जीवनपद्धती आहे. योगात केवळ शारीरिक आरोग्य नाही, तर मानसशास्त्र, तत्त्वज्ञान, विज्ञान, नीतिशास्त्र आणि अध्यात्म यांचा सुरेख समन्वय आहे. म्हणूनच योग कुठल्याही एका काळपुरता मर्यादित नाही. तो कालातीत आहे. सर्वकाळासाठी उपयुक्त.

आजच्या डिजिटल युगात मानसिक हलकल्लोळ वाढतच चालला आहे, तिथे योगाची गरज अधिक तीव्रतेने जाणवते. पण इथे एक प्रश्न पडू शकतो. सकाळी चांगला तासभर 'योगा' केला, प्राणायाम वगैरे केलं, मन शांत झालं... पुढे काय? दिवसभर पुन्हा तेच... डोळ्यांपुढे लॅपटॉप, हातात मोबाइल, सतत नोटिफिकेशन्स, ट्रोलिंग, बातम्यांचा भडिमार, इन्फॉर्मेशन ओव्हरलोड. मनावर तरंग उमटतच राहणार... पतंजलींनी दिलेल्या अष्टांग योगात याचं उत्तर आहे. आसन आणि प्राणायाम यांच्या आधी येतात योगातले महत्त्वपूर्ण घटक - यम आणि नियम. अहिंसा-सत्य-अस्तेय-ब्रह्मचर्य-अपरिग्रह यमाः हे पाच यम म्हणजे आपण इतरांशी कसे वागावे याची आचारसंहिता आहेत. शौच-संतोष-तप-स्वाध्याय-ईश्वरप्रणिधानानि नियमाः। हे पाच नियम आपल्याला स्वतः नैतिकतेची पथ्ये पाळायला शिकवतात.

सोशल मीडियामुळे आज प्रत्येकाला व्यक्त होण्यासाठी एक मुक्त व्यासपीठ मिळालं आहे, पण कधी कधी इथे व्यक्त होताना रागातून, द्वेषातून तोल ढळतो. एखाद्याला मतावरून, दिसण्यावरून, पेहरावावरून ट्रोल केलं जातं. कधी कधी ही टीका बुलिंगमध्ये रूपांतरित होते. अशा वेळी योगातील 'अहिंसा' (non- violence) हे तत्त्व फार मोलाचं ठरतं. फक्त शरीरानेच नाही तर शब्दाने आणि अगदी विचारांनी देखील कोणालाही विनाकारण न दुखावणे ही अहिंसा. कोणाचं मत पटत नसलं, तरी शब्दांत संयम, टीकेत मर्यादा आणि पोस्ट करताना कोणी दुखावलं जाणार नाही याची जाणीव ठेवणं हा सगळा 'अहिंसे'चाच भाग आहे.

आपल्या मोबाइलवर दररोज काही ना काही पोस्ट्स येतात. कधी व. पु. काळे, डॉ. प्रकाश आमटे यांचं नाव लावून काहीतरी विचारप्रवण विधान, कधी सर्दीपासून ते कॅन्सरपर्यंत घरगुती उपाय, तर कधी आपल्या धार्मिक किंवा राजकीय विचारांना अनुकूल वाटणारी एखादी बातमी. आपण ती वाचतो आणि बऱ्याचदा कुठलीही शहानिशा न करता पुढे फॉरवर्ड करतो. 'इंटरनेटवर आलंय म्हणजे खरंच असणार' असं एक गृहीतक नकळत मनात रुजलेलं असतं. याच वेळी सोशल मीडियावर 'परफेक्ट' आयुष्य दाखवण्याची वेगळीच शर्यत सुरू असते. तिथे वास्तव झाकून, इमेज जपणं, 'लाइक्स' मिळवण्यासाठी आपल्यालाही न पटणाऱ्या गोष्टी लिहिणं हे नकळत घडत राहतं. या सगळ्याच्या पार्श्वभूमीवर योगातील दुसरं यम 'सत्य' (Truthfulness) फार उपयोगी ठरतं. सत्य म्हणजे केवळ खोटं न बोलणं नाही, तर विचार, शब्द आणि कृती या तिघांमधला प्रामाणिकपणा जपणं. स्वतःशी आणि समाजाशी सत्यनिष्ठ असणं. आपण जे शेअर करतो, बोलतो, लिहितो ते स्वतःच्या मूल्यांशी प्रामाणिक आहे का याचं भान ठेवणं हे खऱ्या अर्थानं सत्याचं पालन आहे.

जे आपलं नाही, ते न घेणं म्हणजेच 'अस्तेय' (Non- Stealing). आपण म्हणू, 'आम्ही कुठे चोरी करतो?'. पण आपण सोशल मीडियावर सहजपणे इतरांचं लिखाण, फोटो, व्हिडीओ, मिम्स, रील्स शेअर करतो, त्यांना श्रेय देणं मात्र अनेकदा विसरतो. याला डिजिटल चोरी म्हणता येईल. इतरांच्या कामाचं, कल्पनांचं श्रेय त्यांना द्यायला 'अस्तेय' आपल्याला शिकवतं. स्वतःची मानसिक, शारीरिक व भावनिक ऊर्जा व्यर्थ न गमावता, ती विशिष्ट उद्दिष्टांसाठी वापरणं हे 'ब्रह्मचर्य' (Moderation) या नियमात अपेक्षित आहे. निरर्थक स्क्रोलिंग, उगाच बिंज वॉचिंग, सतत कोण काय पोस्ट करतोय याचा मागोवा घेणं, कधी खोटं दाखवण्याची धडपड - आजच्या काळात ऊर्जा आणि वेळ वाया घालवायला अनेक वाटा आहेत. डिजिटल प्लॅटफॉर्मवर आपली ऊर्जा कुठे, किती आणि कशासाठी खर्च होते याचं सतत भान ब्रह्मचर्य आपल्याला देऊ शकतं. स्क्रीन टाइम मर्यादित ठेवणं, आठवड्यातून एकदा डिजिटल डिटॉक्स अशा अनेक उपायातून हे साधता येऊ शकतं.

बऱ्याचदा आपण एखादी पोस्ट टाकतो आणि मग सतत लक्ष लागून राहतं, 'किती लाइक्स आलेत?' 'कमेंट्स आल्या का?' फॉलोअर्स असोत की व्ह्यूज, जितकं मिळतं तितकं कमीच वाटतं. यातून अधिकाधिक मिळवायची शर्यत सुरू होते. अशा वेळी गोष्टींत न अडकता त्यातला खराखुरा अनुभव घेत जगणं, संग्रह न करता समाधान शोधणं हे आपल्याला अपरिग्रह (Non-Possessiveness) हे योगतत्त्व शिकवतं. 'शौच' (cleanliness) हा नियम आपल्या डिजिटल स्वच्छतेविषयी देखील आग्रही ठरतो. मोबाइलमधले हजारो फोटो, वापरात नसलेले ॲप्स, इनबॉक्समधले जुने मेल्स, फ्रेंडलिस्टमधले ओळखीचे चेहरे यांची वेळोवेळी साफसफाई केली तर मोबाइल मधला आणि मनातला पसारा आटोक्यात येईल. डिजिटल डिक्लटर हे आजचं आधुनिक 'शौच' म्हणता येईल.

आपली मनःस्थिती बिघडवायला आजकाल FOMO हे एक नेहमीचं कारण झालं आहे. सोशल मीडियावर स्क्रोल करताना दिसतं. कोणी नवीन गाडी घेतलीये, कुणी परदेशात गेलंय, कुणाचं नवं घर... आणि आपण ? 'आपणच मागे पडलो आहोत का? आपल्या जीवनात काही हॅपनिंगच नाही का?' अशा अस्वस्थ क्षणी योगातील नियम 'संतोष' (Contentment) आपल्याला सांगतो - प्राप्त ही पर्याप्त है. जे नाही ते मोबाइलवर बघत रडण्यापेक्षा जे आहे त्याचा आनंद जास्त महत्त्वाचा.

आजच्या डिजिटल युगात 'तप'चा अर्थ बदललाय, पण त्याची गरज मात्र अधिकच तीव्र झाली आहे. डिजिटल दिनचर्येत शिस्त आवश्यक ठरते आहे. ती तपाद्वारे (Discipline) मिळू शकते. झोपण्याआधी किंवा जेवताना 'नो स्क्रीन' ठेवणं, सोशल मीडियासाठी एक ठरावीक वेळ ठरवणं, रिकाम्या वेळात नुसतं स्क्रोल करत न बसता, नक्की काय बघतोय, का बघतोय, याचं भान ठेवणं अशा उपायांनी हे साधू शकेल.

आज एआयमुळे (कृत्रिम बुद्धिमत्ता) कल्पनाशक्ती, सर्जनशीलता, चिंतन, मनन हे शब्द हळूहळू कालबाह्य होत चाललेत. एखादी प्रेमकविता हवी आहे? संशोधन प्रबंध पाहिजे? बस फक्त एक 'प्रॉम्प्ट' द्या आणि एआय तुमच्यासाठी सर्व काही लिहून देतो. वाचायची गरज नाही, विचार करायची गरज नाही. यातून येणारं बौद्धिक पंगुत्व टाळायचं असेल तर 'स्वाध्याय' (Self- Study) हवा. 'स्वाध्याय' हा योगनियम आपल्याला आठवण करून देतो की ज्ञान मिळवणं ही सोपी गोष्ट झालीय, पण ते रुजवणं, त्यावर मनन करणं, त्याचा अनुभव घेणं हे अजूनही तुमचंच काम आहे. रोज थोडा वेळ स्वतःसाठी ठेवणं, कोणतं तरी स्किल शिकणं, पुस्तक वाचणं, डिजिटल प्लॅटफॉर्मचा वापर सुद्धा वासाठी करणं हे सगळं स्वाध्यायाचं आधुनिक रूप आहे. सोशल मीडियावर अभिव्यक्तीपेक्षा दिखावा महत्त्वाचा वाटू लागला की 'डिजिटल नार्सिसिझम'चं सावट गडद होऊ लागतं. आपण जे काही दाखवतो, ते परफेक्ट असलं पाहिजे, सगळ्यांना ते आवडलं पाहिजे, अशी सततची धडपड मनात सुरू राहते. या ताणातून बाहेर पडण्यासाठी 'ईश्वरप्रणिधान' (Self- surrender to the Universe) महत्त्वाचं ठरतं. जे मिळालं आहे आणि जे निसटून गेलं आहे दोघांचा सारखाच स्वीकार करण्याची वृत्ती ऑनलाइन जगण्यातही उतरू लागली की बरेच तणाव दूर होतात.

ऑनलाइन जगण्यात योगसूत्रातले हे यम-नियम पाळले की मनावर येणारे अनावश्यक तरंग नक्कीच कमी होऊ लागतील. आणि मग रोज प्राणायाम आणि योगासने करताना मन हळूहळू शरीराशी जोडलं जाऊ लागेल. योग या शब्दाचा अर्थच होतो - जोडणे. मल्टिटास्किंग, इन्फॉर्मेशन ओव्हरलोड, डोपामाइन लूप्स यामुळे सतत भिरभिरत्या मनाला जेव्हा पुनःपुन्हा शरीराशी, श्वासाशी, वर्तमान क्षणाशी जोडलं जाण्याची सवय लागते, तेव्हाच खऱ्या अर्थाने योग घडतो.

अर्थातच, हे सगळं एखाद्या जादूची कांडी फिरवावी तसं एका दिवसात साध्य होणार नाही. वासाठी योग जीवनाचा भाग व्हायला हवा. जीवनशैलीत योगाचं तत्त्वज्ञान मुरायला हवं आणि या प्रवासाची सुरुवात कुठून तरी करायचीच असेल तर २१ जून - जागतिक योग दिन हा उत्तम मुहूर्त ठरायला हरकत नाही.

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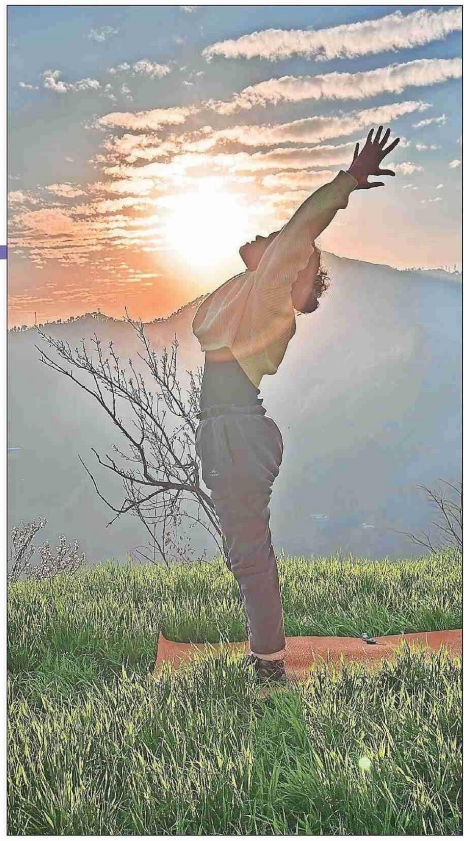

विनय जोशी

ट्रिंगिंगगग... अलार्म वाजतो. कसेबसे डोळे उघडले जातात. खरंतर झोपेतून उठल्यावर मन शांत असावं, पण आदल्या रात्री बिंज वॉचिंग किंवा प्रोजेक्टच्या डेडलाइनमुळे जागरण झालेलं असतं. हातात पहिल्यांदा काय घेतो? अर्थात - मोबाइल. आपण इन्स्टाग्राम उघडतो. कुणीतरी मनालीत, कुणी केरळच्या बॅकवॉटरमध्ये. क्षणात FOMO मनात धडकून जातो. विचारांच्या लहरी उठतात, मन अस्वस्थ होतं. चहा घेताना फेसबुक स्क्रोल करताना कुणीतरी आपल्या राजकीय मताविरुद्ध काहीतरी पोस्ट केलेलं दिसतं. आपणही लगेच तिथे जाऊन यथेच्छ ट्रोलिंग

२१ जून हा 'जागतिक योग दिन' म्हणून जगभर उत्साहात साजरा केला जातो. आजच्या डिजिटल युगात मानसिक हलकल्लोळ वाढत चालला असताना योगाची गरज अधिक तीव्रतेने जाणवते आहे.

करतो. वाटतं, आपण काहीतरी 'उत्तर' दिलंय... पण खरंतर आपल्याच मनाच्या पृष्ठभागावर अजून विचारांचे तरंग उमटलेले असतात. अस्वस्थ मनाने आपण ऑफिसला जातो किंवा कॉलेजमध्ये लायब्ररीत बसून असाइनमेंट लिहू लागतो, पण हे करत असतानाही, कानात हेडसेट, मोबाइलवर रील्स, व्हॉट्सअॅपवर गप्पा... एकाच वेळी अनेक फ्रंटवर आपलं लक्ष विखुरलेलं. मनाचे तरंग आता जास्तच गतिमान होतात. अभ्यासाचा किंवा कामाचा फोकस हरवतो. मग 'रिलॅक्स' व्हायचं म्हणून पुन्हा मोबाइल हातात घेतो. गंभीर, विनोदी, भयप्रद, भावनिक, हिंसक... एकामागून एक रील्स. मन आता भावनांच्या त्सुनामीत सापडलंय. हे सगळं रोजचं झालं आहे. परिणाम - चिडचिड, भीती, एकाग्रता हरवणं... आणि कधी कधी नकळत नैराश्याचंही सावट.

क्षणभर थांबून विचार करावासा वाटतो. मनकल्लोळावर काही उपाय आहे का? आहे - 'योगश्चित्तवृत्तिनिरोधः' इ.स.पूर्व दुसऱ्या शतकात पतंजलींनी सूत्रबद्ध केलेलं हे योगसूत्र सांगतं, 'मनात सतत उठणाऱ्या विचारांच्या, भावनांच्या तरंगांना थांबवणं म्हणजे योग.'

'योग' ही भारताने जगाला दिलेली एक अमूल्य देणगी आहे, पण योग म्हणजे केवळ शरीर वाकवणं, आसनं करणं, एवढंच नाही. योग हा फक्त फिटनेससाठीचा पर्यायही नाही. योग म्हणजे मनाचा व्यायाम आहे, विचारांचं शुद्धीकरण आहे आणि स्वतःला स्वतःशी जोडणारी एक जीवनपद्धती आहे. योगात केवळ शारीरिक आरोग्य नाही, तर मानसशास्त्र, तत्त्वज्ञान, विज्ञान, नीतिशास्त्र आणि अध्यात्म यांचा सुरेख समन्वय आहे. म्हणूनच योग कुठल्याही एका काळापुरता मर्यादित नाही. तो कालातीत आहे. सर्वकाळासाठी उपयुक्त.

आजच्या डिजिटल युगात मानसिक हलकल्लोळ वाढतच चालला आहे, तिथे योगाची गरज अधिक तीव्रतेने जाणवते. पण इथे एक प्रश्न पडू शकतो. सकाळी चांगला तासभर 'योगा' केला, प्राणायाम वगैरे केलं, मन शांत झालं... पुढे काय? दिवसभर पुन्हा तेच... डोळ्यांपुढे लॅपटॉप, हातात मोबाइल, सतत नोटिफिकेशन्स, ट्रोलिंग, बातम्यांचा भडिमार, इन्फॉर्मेशन ओव्हरलोड. मनावर तरंग उमटतच राहणार... पतंजलींनी दिलेल्या अष्टांग योगात याचं उत्तर आहे. आसन आणि प्राणायाम यांच्या आधी येतात योगातले महत्त्वपूर्ण घटक - यम आणि नियम. अहिंसा-सत्य-अस्तेय-ब्रह्मचर्य-अपरिग्रह यमाः हे पाच यम म्हणजे आपण इतरांशी कसे वागावे याची आचारसंहिता आहेत. शौच-संतोष-तप-स्वाध्याय-ईश्वरप्रणिधानानि नियमाः। हे पाच नियम आपल्याला स्वतः नैतिकतेची पथ्ये पाळायला शिकवतात.

सोशल मीडियामुळे आज प्रत्येकाला व्यक्त होण्यासाठी एक मुक्त व्यासपीठ मिळालं आहे, पण कधी कधी इथे व्यक्त होताना रागातून, द्वेषातून तोल ढळतो. एखाद्याला मतावरून, दिसण्यावरून, पेहरावावरून ट्रोल केलं जातं. कधी कधी ही टीका बुलिंगमध्ये रूपांतरित होते. अशा वेळी योगातील 'अहिंसा' (non-violence) हे तत्त्व फार मोलाचं ठरतं. फक्त शरीरानेच नाही तर शब्दाने आणि अगदी विचारांनी देखील कोणालाही विनाकारण न दुखावणे ही अहिंसा. कोणाचं मत पटत नसलं, तरी शब्दांत संयम, टीकेत मर्यादा आणि पोस्ट करताना कोणी दुखावलं जाणार नाही याची जाणीव ठेवणं हा सगळा 'अहिंसे'चाच भाग आहे.

आपल्या मोबाइलवर दरोज काही ना काही पोस्ट्स येतात. कधी च. पु. काळे, डॉ. प्रकाश आमटे यांचं नाव लावून काहीतरी विचारप्रवण विधान, कधी सर्दीपासून ते कॅन्सरपर्यंत घरगुती उपाय, तर कधी आपल्या धार्मिक किंवा राजकीय विचारांना अनुकूल वाटणारी एखादी बातमी. आपण ती वाचतो आणि बऱ्याचदा कुठलीही शहानिशा न करता पुढे फॉरवर्ड करतो. 'इंटरनेटवर आलंय म्हणजे खरंच असणार' असं एक गृहीतक नकळत मनात रुजलेलं असतं. याच वेळी सोशल मीडियावर 'परफेक्ट' आयुष्य दाखवण्याची वेगळीच शर्यत सुरू असते. तिथे वास्तव झाकून, इमेज जपणं, 'लाइक्स' मिळवण्यासाठी आपल्यालाही न पटणाऱ्या गोष्टी लिहिणं हे नकळत घडत राहतं. या सगळ्याच्या पार्श्वभूमीवर योगातील दुसरं यम 'सत्य' (Truthfulness) फार उपयोगी ठरतं. सत्य म्हणजे केवळ खोटं न बोलणं नाही, तर विचार, शब्द आणि कृती या तिघांमधला प्रामाणिकपणा जपणं. स्वतःशी आणि समाजाशी सत्यनिष्ठ असणं. आपण जे शेअर करतो, बोलतो, लिहितो ते स्वतःच्या मूल्यांशी प्रामाणिक आहे का याचं भान ठेवणं हे खऱ्या अर्थानं सत्याचं पालन आहे.

जे आपलं नाही, ते न घेणं म्हणजेच 'अस्तेय' (Non-Stealing). आपण म्हणू, 'आम्ही कुठे चोरी करतो?'. पण आपण सोशल मीडियावर सहजपणे इतरांचं लिखाण, फोटो, व्हिडीओ, मिम्स, रील्स शेअर करतो, त्यांना श्रेय देणं मात्र अनेकदा विसरतो. याला डिजिटल चोरी म्हणता येईल. इतरांच्या कामाचं, कल्पनांचं श्रेय त्यांना द्यायला 'अस्तेय' आपल्याला शिकवतं. स्वतःची मानसिक, शारीरिक व भावनिक ऊर्जा व्यर्थ न गमावता, ती विशिष्ट उद्दिष्टांसाठी वापरणं हे 'ब्रह्मचर्य' (Moderation) या नियमात अपेक्षित आहे. निरर्थक स्क्रोलिंग, उगाच बिंज वॉचिंग, सतत कोण काय पोस्ट करतोय याचा मागोवा घेणं, कधी खोटं दाखवण्याची धडपड - आजच्या काळात ऊर्जा आणि वेळ वाया घालवायला अनेक वाटा आहेत. डिजिटल प्लॅटफॉर्मवर आपली ऊर्जा कुठे, किती आणि कशासाठी खर्च होते याचं सतत भान ब्रह्मचर्य आपल्याला देऊ शकतं. स्क्रीन टाइम मर्यादित ठेवणं, आठवड्यातून एकदा डिजिटल डिटॉक्स अशा अनेक उपायातून हे साधता येऊ शकतं.

बऱ्याचदा आपण एखादी पोस्ट टाकतो आणि मग सतत लक्ष लागून राहतं, 'किती लाइक्स आलेत?' 'कमेंट्स आल्या का?' फॉलोअर्स असोत की व्ह्यूज, जितकं मिळतं तितकं कमीच वाटतं. यातून अधिकाधिक मिळवायची शर्यत सुरू होते. अशा वेळी गोष्टींत न अडकता त्यातला खराखुरा अनुभव घेत जगणं, संग्रह न करता समाधान शोधणं हे आपल्याला अपरिग्रह (Non-Possessiveness) हे योगतत्त्व शिकवतं. 'शौच' (cleanliness) हा नियम आपल्या डिजिटल स्वच्छतेविषयी देखील आग्रही ठरतो. मोबाइलमधले हजारो फोटो, वापरात नसलेले ॲप्स, इनबॉक्समधले जुने मेल्स, फ्रेंडलिस्टमधले ओळखीचे चेहरे यांची वेळोवेळी साफसफाई केली तर मोबाइल मधला आणि मनातला पसारा आटोक्यात येईल. डिजिटल डिक्लटर हे आजचं आधुनिक 'शौच' म्हणता येईल.

आपली मनःस्थिती बिघडवायला आजकाल FOMO हे एक नेहमीचं कारण झालं आहे. सोशल मीडियावर स्क्रोल करताना दिसतं. कोणी नवीन गाडी घेतलीये, कुणी परदेशात गेलंय, कुणाचं नवं घर... आणि आपण ? 'आपणच मागे पडलो आहोत का? आपल्या जीवनात काही हॅपनिंगच नाही का?' अशा अस्वस्थ क्षणी योगातील नियम 'संतोष' (Contentment) आपल्याला सांगतो - प्राप्त ही पर्याप्त है. जे नाही ते मोबाइलवर बघत रडण्यापेक्षा जे आहे त्याचा आनंद जास्त महत्त्वाचा.

आजच्या डिजिटल युगात 'तप'चा अर्थ बदललाय, पण त्याची गरज मात्र अधिकच तीव्र झाली आहे. डिजिटल दिनचर्येत शिस्त आवश्यक ठरते आहे. ती तपाद्वारे (Discipline) मिळू शकते. झोपण्याआधी किंवा जेवताना 'नो स्क्रीन' ठेवणं, सोशल मीडियासाठी एक ठरावीक वेळ ठरवणं, रिकाम्या वेळात नुसतं स्क्रोल करत न बसता, नक्की काय बघतोय, का बघतोय, याचं भान ठेवणं अशा उपायांनी हे साधू शकेल.

आज एआयमुळे (कृत्रिम बुद्धिमत्ता) कल्पनाशक्ती, सर्जनशीलता, चिंतन, मनन हे शब्द हळूहळू कालबाह्य होत चाललेत. एखादी प्रेमकविता हवी आहे? संशोधन प्रबंध पाहिजे? बस फक्त एक 'प्रॉम्प्ट' द्या आणि एआय तुमच्यासाठी सर्व काही लिहून देतो. वाचायची गरज नाही, विचार करायची गरज नाही. यातून वेणारं बौद्धिक पंगुत्व टाळायचं असेल तर 'स्वाध्याय' (Self- Study) हवा. 'स्वाध्याय' हा योगनियम आपल्याला आठवण करून देतो की ज्ञान मिळवणं ही सोपी गोष्ट झालीय, पण ते रुजवणं, त्यावर मनन करणं, त्याचा अनुभव घेणं हे अजूनही तुमचंच काम आहे. रोज थोडा वेळ स्वतःसाठी ठेवणं, कोणतं तरी स्किल शिकणं, पुस्तक वाचणं, डिजिटल प्लॅटफॉर्मचा वापर सुद्धा वासाठी करणं हे सगळं स्वाध्यायाचं आधुनिक रूप आहे. सोशल मीडियावर अभिव्यक्तीपेक्षा दिखावा महत्त्वाचा वाटू लागला की 'डिजिटल नार्सिसिझम'चं सावट गडद होऊ लागतं. आपण जे काही दाखवतो, ते परफेक्ट असलं पाहिजे, सगळ्यांना ते आवडलं पाहिजे, अशी सततची धडपड मनात सुरू राहते. या ताणातून बाहेर पडण्यासाठी 'ईश्वरप्रणिधान' (Self- surrender to the Universe) महत्त्वाचं ठरतं. जे मिळालं आहे आणि जे निसटून गेलं आहे दोघांचा सारखाच स्वीकार करण्याची वृत्ती ऑनलाइन जगण्यातही उतरू लागली की बरेच तणाव दूर होतात.

ऑनलाइन जगण्यात योगसूत्रातले हे यम-नियम पाळले की मनावर येणारे अनावश्यक तरंग नक्कीच कमी होऊ लागतील. आणि मग रोज प्राणायाम आणि योगासने करताना मन हळूहळू शरीराशी जोडलं जाऊ लागेल. योग या शब्दाचा अर्थच होतो - जोडणे. मल्टिटास्किंग, इन्फॉर्मेशन ओव्हरलोड, डोपामाइन लूप्स यामुळे सतत भिरभिरत्या मनाला जेव्हा पुनःपुन्हा शरीराशी, श्वासाशी, वर्तमान क्षणाशी जोडलं जाण्याची सवय लागते, तेव्हाच खऱ्या अर्थानं योग घडतो.

अर्थातच, हे सगळं एखाद्या जादूची कांडी फिरवावी तसं एका दिवसात साध्य होणार नाही. यासाठी योग जीवनाचा भाग व्हायला हवा. जीवनशैलीत योगाचं तत्त्वज्ञान मुरायला हवं आणि या प्रवासाची सुरुवात कुठून तरी करायचीच असेल तर २१ जून - जागतिक योग दिन हा उत्तम मुहूर्त ठरायला हरकत नाही.

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योग दिवस पर दिखा वसुधैव कुटुम्बकम् का भाव

लखनऊ। जश्ने आज़ादी ट्रस्ट एवं भारतीय आदर्श योग संस्थान के संयुक्त तत्वावधान में आयोजित विशाल योगाभ्यास में बड़ी संख्या में प्रतिभागियों ने 11वें अंतर्राष्ट्रीय योग दिवस पर स्वास्थ्य व समरसता की अलख जगाई। मोती महल वाटिका में हुए कार्यक्रम में इस वर्ष की थीम कृ एक पृथ्वीए एक स्वास्थ्य के लिए योग करेंश् कृ के अनुरूप वातावरण को स्वच्छता शांति और जागरूकता की भावना से परिपूर्ण किया गया। आज योगाभ्यास कार्यक्रम का उद्घाटन मुख्य अतिथि राज्यसभा सांसद डा दिनेश शर्मा ने दीप प्रज्जवलित करके किया। उन्होंने अपने संबोधन में कहा कि प्रधानमंत्री नरेन्द्र मोदी व योग गुरु बाबा रामदेव के अथक प्रयासों से योग विश्वभर में समृद्धि एवं कल्याण का प्रतीक बन चुका है। इसी के साथ

उन्होंने एक पृथ्वीए एक स्वास्थ्य के लिए योग करें के संदेश को अपनाने पर जोर दिया। इस दौरान मुख्य अतिथि डॉ.दिनेश शर्मा व योगाचार्य कृष्ण दत्त मिश्रा को जश्ने आज़ादी ट्रस्ट के अध्यक्ष मुरलीधर आहूजा एवं यूपी ओलंपिक एसोसिएशन के कोषाध्यक्ष डा. सैयद रफत जुबैर रिजवी ने स्मृति चिन्ह प्रदान कर सम्मानित किया। वहीं बारिश की हल्की बौछारों के बीच योगाचार्य कृष्ण दत्त मिश्रा ने प्रार्थना एवं ओम के उच्चारण से योगाभ्यास आरंभ कराया। कार्यक्रम का संचालन करते हुए डा सैयद रफत जुबैर रिजवी ने गायत्री मंत्र और कुरान की सूरह अल.फातिहा का जिक्र करते हुए कहा कि इन दोनों पवित्र प्रार्थनाओं के अर्थ कितने मिलते.जुलते हैए और ऐसा लगता है कि दोनों एक ही संदर्भ में बात कर रहे है। उन्होंने योग दिवस की थीम की चर्चा करते हुए अपील की कि हम न केवल अपनी शारीरिक और मानसिक सेहत का ख्याल रखेंए बल्कि पर्यावरण और धरती की भी रक्षा करें। ट्रस्ट के अध्यक्ष मुरलीधर आहूजा ने प्राचीन योगदृष्टांतों की प्रासंगिकता पर प्रकाश डालते हुए कहा कि योग तन.मन दोनों के समग्र विकास के लिए अनिवार्य है। इस अवसर पर वेद व्रत बाजपेई, अब्दुल वहीद, प्रदीप सिंह बब्बू, साकेत शर्मा, महेश दीक्षित सहित भारतीय आदर्श योग संस्थान के राजकुमार, दिवाकर द्विवेदी, एलके राय,चन्द्रशेखर,विनोद यादव, सुदीप, मधु पाण्डेय, कल्पना, अनीता, अरुण, सत्य स्वरूप शर्मा, राधेश्याम, बबीता शर्मा, नीलिमा सहित अनेक गणमान्य सदस्य भी उपस्थित थे।

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पायनियर समाचार सेवा। दिल्ली

सरकार 21 जून को अंतरराष्ट्रीय योग दिवस को बहुत भव्य तरीके से मनाने की तैयारी कर रही है। मुख्यमंत्री रेखा गुप्ता ने गुरुवार को एक्स पोस्ट में कहा कि योग दिवस पर हम सब मिलकर राजधानी दिल्ली में एक नई परंपरा की शुरुआत करेंगे।

दिल्ली के 11 प्रतिष्ठित स्थलों पर वे उनके कैबिनेट सहयोगी और दिल्ली के सांसद, विधायक दिल्ली के लोगों के साथ योग साधना में सहभागी बनेंगे। मुख्यमंत्री ने बताया कि यह आयोजन केवल योग का उत्सव नहीं, बल्कि जनभागीदारी और जनशक्ति का प्रतीक बनेगा, जहां सरकार और समाज मिलकर एक स्वस्थ, सशक्त और जागरूक दिल्ली के संकल्प को साकार करेंगे। उन्होंने सभी से आग्रह किया कि 21 जून को अपनी भागीदारी से इस योग महापर्व को ऐतिहासिक जन-उत्सव बनाएं और एक भारत, स्वस्थ भारतज् के संकल्प को और मजबूत करें। इसके पहले 7 जून को शिक्षा मंत्री आशीष सूद ने एक बयान में कहा था कि अंतरराष्ट्रीय योग दिवस की 11वीं वार्षिकी के अवसर पर सरकार दिल्ली में 11 स्थानों पर योग दिवस का आयोजन करने जा रही है।

दिल्ली सरकार पहली बार भारत सरकार के साथ मिलकर आधिकारिक तौर पर दिल्ली में अंतरराष्ट्रीय योग दिवस का आयोजन कर रही है। दिल्ली के विभिन्न 11 प्रमुख स्टेडियम/ खेल परिसरों में (त्यागराज स्टेडियम, ईस्ट विनोद नगर स्पोर्ट्सस्र कॉम्प्लेक्स, झिलमिल कॉलोनी, बवाना, पहलादपुर, भारत नगर, यमुना बैंक, नजफगढ़ स्टेडियम, द्वारका सेक्टर-6, अशोक नगर हॉकी स्टेडियम आदि) आयोजित किया जाएगा।

शिक्षा मंत्री ने कहा कि इस योग दिवस का मुख्य उद्देश्य छात्रों, शिक्षकों और समुदाय के बीच योग के प्रचार-प्रसार के साथ-साथ शारीरिक और मानसिक स्वास्थ्य को बढ़ावा देना है। इस आयोजन में लगभग 20,000 प्रतिभागियों के भाग लेने की संभावना है, जिनमें दिल्ली सरकार के विद्यालयों के छात्र, शिक्षक, योग प्रशिक्षक, एनएसएस/एनसीसी कैडेट्स, सिविल डिफेंस वॉलंटियसर आदि शामिल होंगे। मुख्य आयोजन स्थल के रूप में छत्रसाल स्टेडियम का चयन किया गया है जहां लगभग 10,000 प्रतिभागी योगाभ्यास में भाग लेंगे। इसमें भारतीय योग संस्थान के 5,000 स्वयंसेवक होंगे। इसके अतिरिक्त अन्य 10 स्थानों में प्रत्येक परिसर में 1,000 प्रतिभागी शामिल होंगे।

योग आयोजन स्थल पर प्रतिभागियों के लिए टी-शर्ट, पानी, जलपान तथा योग मैट की सुविधा उपलब्ध कराई जाएगी। साथ ही सभी योग परिसरों में मेडिकल सुविधा, एंबुलेंस, अग्निशमन वाहन, मोबाइल शौचालय, सफाई, फ्लैगिंग तथा बिजली और पानी आदि की आपूर्ति भी सुनिश्चित की जाएगी।

Pioneer Hindi • 20 Jun • Ministry of Ayush

Sarkari v gair sarkari karyalyon mein kiya yogabhyas

8 • PG | 148 • Sqcm | 231447 • AVE | 375K • Cir | Middle Center

Delhi

सरकारी व गैर सरकारी कार्यालयों में किया योगाभ्यास

विभिन्न स्थानों पर आयोजित किए जा रहे सामूहिक योगाभ्यास सत्र

फतेहपुर। 11वें अंतर्राष्ट्रीय योग दिवस पर जिलाधिकारी रविन्द्र सिंह व मुख्य विकास अधिकारी पवन कुमार मीना के मार्गदर्शन में आयुष विभाग द्वारा योग सप्ताह का आयोजन किया जा रहा है। 5वें दिन गुरूवार को कार्यस्थलों पर योग सत्रों का आयोजन किया गया। जिसमें जनपद स्थित सरकारी/गैर सरकारी कार्यालयों सहित संचालित समस्त आयुष चिकित्सा इकाईयों में कार्यरत अधिकारी व कर्मचारियों द्वारा वाई-ब्रेक प्रोटोकाल के अंतर्गत योगाभ्यास किया गया।

जनपद मुख्यालय स्थित गांधी उद्यान पार्क व पं. अटल बिहारी बाजपेयी पार्क के अलावा तहसील मुख्यालयों, ग्राम पंचायतों, विकास खण्ड मुख्यालयों, वार्डों को शामिल करते हुए नगर पालिका, नगर पंचायतों के मुख्यालयों, मेडिकल कालेज, आईटीआई, पालीटेक्निक, जिला कारागार, पीएसी लाइन, शिक्षण संस्थानों, समस्त आयुष चिकित्सा इकाईयों सहित अन्य विभिन्न स्थलों पर सामूहिक योगाभ्यास सत्र आयोजित किए जा रहे हैं। कार्यक्रमों में आयुष विभाग व पतंजलि योग समिति के योगाचार्यों सहित जनपद के स्वयंसेवी योग प्रशिक्षकों द्वारा बढ़-चढ़कर प्रतिभाग किया जा रहा है, जिसमें क्षेत्रीय जनता, छात्र-छात्राओं द्वारा सामूहिक योगाभ्यास किया जा रहा है।

क्षेत्रीय आयुर्वेदिक एवं यूनानी अधिकारी डा. नवीन सोनी ने बताया कि योग सप्ताह के आयोजन में समस्त जनपद स्तरीय अधिकारियों व आम जनमानस से भरपूर सहयोग प्राप्त हो रहा है। योग सप्ताह के 6ठे दिवस पर प्रमुख सचिव आयुष विभाग द्वारा प्रदत्त निर्देशों के अनुपालन के क्रम में महिलाओं के स्वास्थ्य हेतु योग कार्यक्रमों के अंतर्गत महाविद्यालयों चिकित्सालयों में कुवांरी, गर्भवती, कामकाजी एवं प्रौढ़ महिलाओं के लिए योग कार्यक्रमों का आयोजन किया जाएगा। साथ ही डा. नवीन सोनी ने सभी को 21 जून को प्रात: 06 बजे गांधी मैदान कलेक्ट्रेट परिसर में निर्धारित मुख्य आयोजन योग संगम में अधिक से अधिक संख्या में प्रतिभाग करने हेतु आमंत्रित किया।

Pioneer Hindi • 19 Jun • Ministry of Ayush
Internationa Yoga Day

5 • PG | 109 • Sqcm | 170812 • AVE | 375K • Cir | Middle Left

Delhi

देशभर में 1000 से अधिक स्थानों पर योग दिवस मनाएगा निरंकारी मिशन

गुरुग्राम में योग दिवस कार्यक्रम पालम विहार में होगा

पायनियर समाचार सेवा। गुरुग्राम

संत निरंकारी मिशन द्वारा अंर्तराष्ट्रीय योग दिवस के अवसर पर शनिवार 21 जून को सुबह छह बजे देशभर के 1000 से अधिक स्थानों पर एक साथ योग दिवस का आयोजन किया जाएगा। मिशन की विभिन्न शाखाओं में यह आयोजन स्थानीय योग प्रशिक्षकों के मार्गदर्शन में खुले मैदानों एवं पार्कों में किया जाएगा, जिसमें श्रद्धालु, सेवादल स्वयंसेवक एवं स्थानीय नागरिक उत्साहपूर्वक भाग लेंगे।गुरुग्राम में योग दिवस कार्यक्रम पालम विहार सेक्टर-1 के ग्लोबल फॉयर मॉल के पास मनाया जाएगा। तत्पश्चात वहीं पर सत्संग का आयोजन भी होगा। इस वर्ष संयुक्त राष्ट्र संघ द्वारा घोषित अंर्तराष्ट्रीय योग दिवस का विषय-एक पृथ्वी, एक स्वास्थ्य के लिए योग है। जो सम्पूर्ण मानवता को यह संदेश देता है कि व्यक्ति का वास्तविक स्वास्थ्य तभी पूर्ण माना जाता है जब वह शारीरिक, मानसिक, सामाजिक एवं आध्यात्मिक रूप से संतुलित और जागरूक हो। इसी उद्देश्य को केंद्र में रखते हुए संत निरंकारी मिशन अपने आध्यात्मिक और सामाजिक प्रयासों के अंतर्गत योग को समग्र कल्याण का माध्यम मानते हुए निरंतर प्रयासरत है। संत निरंकारी मण्डल के सचिव जोगिन्दर सुखीजा ने जानकारी दी कि वर्ष 2015 से ही संत निरंकारी चैरिटेबल फाउंडेशन द्वारा योग दिवस का नियमित रूप से देशव्यापी आयोजन किया जा रहा है। यह पहल सतगुरु माता सुदीक्षा जी महाराज के आशीर्वाद से निरंतर विस्तारित हो रही है, जिनका मार्गदर्शन रहा है स्वस्थ मन, सहज जीवन। उनके विचारों में यह स्पष्ट है कि मानव शरीर ईश्वर की एक अनुपम देन है जिसे स्वस्थ और सशक्त बनाकर ही मानव अपने आध्यात्मिक और सामाजिक कर्तव्यों का सम्यक रूप से निर्वहन कर सकता है।

Pioneer Hindi • 19 Jun • Ministry of Ayush

Yoga Saptah ke tehat palika mein karmiyon ne kiya yogabhyas

8 • PG | 51 • Sqcm | 79267 • AVE | 375K • Cir | Middle Center

Delhi

योग सप्ताह के तहत पालिका में कर्मियों ने किया योगाभ्यास

गुरसहायगंज, कन्नौज। स्थानीय नगर पालिका परिषद में अंतरराष्ट्रीय योग दिवस से पूर्व आयोजित योग सप्ताह के अंतर्गत अधिशाषी अधिकारी अनिल कुमार के निर्देशानुसार विशेष योगाभ्यास सत्र का आयोजन किया गया। सभी अधिकारी एवं कर्मियों ने एकत्र होकर योग के विभिन्न आसनों का अभ्यास किया। नगर के मोहल्ला रामगंज स्थित नगर पालिका कार्यालय परिसर में प्रात: कालीन समय प्रधान लिपिक आरपी सिंह के मार्गदर्शन में ताड़ासन, त्रिकोणासन, भुजंगासन, प्राणायाम एवं ध्यान जैसी क्रियाएं कराई गईं। योग को दैनिक जीवन में शामिल करने का आह्वान करते हुए कहा कि योग शारीरिक, मानसिक एवं आत्मिक संतुलन प्रदान करता है। उन्होनें योग के लाभ गिनाए और सभी से नियमित योग करने की अपील की। राजेश वर्मा, मनोज तिवारी, अशोक शर्मा, गौरव मिश्रा, जगदीश सिंह, वीर सिंह सहित महिला कर्मी भी उत्साहपूर्वक शामिल हुए।

Pioneer Hindi • 17 Jun • Ministry of Ayush

Yoga karne se is bimari ka ho jaata hai jad se safaya.

4 • PG | 213 • Sqcm | 332055 • AVE | 375K • Cir | Middle Right

Delhi

'योग करने से इस बीमारी का हो जाता है जड़ से सफाया', डॉक्टरों के रिसर्च में आया सामने

नई दिल्ली। अंतरराष्ट्रीय योग दिवस के मद्देनजर अस्पतालों में तैयारी शुरू हो चुकी है। इस बीच एम्स के डॉक्टरों द्वारा किए गए अध्ययन में यह बात सामने आई है कि योग से हल्के व मध्यम स्तर की अल्जाइमर बीमारी से पीड़ित मरीजों की संज्ञानात्मक क्षमता में सुधार होता है। मानसिक तनाव, अवसाद व हाइपरटेंशन की समस्या भी नियंत्रित होती है। इसलिए योग हल्के व मध्यम स्तर के अल्जाइमर के इलाज में फायदेमंद है।

एम्स के एनाटॉमी व न्यूरोलॉजी विभाग के डॉक्टरों ने मिलकर यह अध्ययन किया है, जो मेडिकल जर्नल फ्रंटियर्स इन एजिंग में प्रकाशित हुआ है। एम्स के एनाटामी विभाग की प्रोफेसर डॉ. रीमा दादा ने बताया कि वृद्ध आश्रमों में रहने वाले 30 बुजुर्गों पर यह अध्ययन किया गया। जिसमें 18 पुरुष व 12 महिलाएं शामिल थीं। उन सभी को हल्के व मध्यम स्तर की अल्जाइमर बीमारी थी। अल्जाइमर मस्तिष्क प्रभावित होता है। इससे मरीज की याददाश्त कमजोर होने लगती है। सोच व व्यवहार में भी परिवर्तन आने लगता है।

समय के साथ बढ़ती चली जाती है अल्जाइमर

यह बीमारी पूरी तरह ठीक नहीं होती। समय के साथ यह बीमारी बढ़ती चली जाती है। दुनिया भर में करीब पांच करोड़ लोग इससे पीड़ित हैं। विश्व स्वास्थ्य संगठन के अनुसार 65 वर्ष से अधिक उम्र के दस प्रतिशत लोग इस बीमारी से पीड़ित हैं। वर्ष 2050 तक यह आंकड़ा बढ़कर 22 प्रतिशत पहुंच सकती है। लिहाजा, अल्जाइमर के मरीजों पर योग का प्रभाव जानने के लिए यह अध्ययन किया गया।

अध्ययन में शामिल लोगों को 12 सप्ताह योग कराया गया। इस दौरान उन्हें सप्ताह में छह दिन और प्रतिदिन एक घंटा विभिन्न आसन, प्राणायाम व ध्यान कराया गया। योग शुरू कराने से पहले और योग करने के बाद उनके स्वास्थ्य व संज्ञानात्मक क्षमता की जांच की गई।

अध्ययन में पाया गया कि योग से अल्जाइमर के मरीजों में तनाव, अवसाद व हाइपरटेंशन की समस्या कमी हुई। उनके व्यवहार व भाषा में बदलाव देखा गया। उनकी याददाश्त और कोई बात देर से याद आने की परेशानी में सुधार हुआ। इससे उनके जीवन की गुणवत्ता बेहतर हुई। इसलिए यदि अल्जाइमर के मरीज प्रतिदिन योग करें तो उन्हें इससे फायदा हो सकता है।

अध्ययन में शामिल लोगों को कराए गए ये योग

सूर्य नमस्कार- दस मिनट
गहन विश्राम- पांच से सात मिनट
आसन- 15-18 मिनट
पवनमुक्तासन, भुजंगासन, शलभासन, अर्धमत्स्येन्द्रासन, मंडूकासन, ताड़ासन, त्रिकोणासन व अर्धचक्रासन।
प्राणायाम- 15 मिनट
कपालभाति, भस्त्रिका, नाड़ी शोधन व भ्रामरी।
ध्यान- दस मिनट।

Pioneer Hindi • 16 Jun • Ministry of Ayush

Desh Mein Ek dashak Mein yoga ko apnane Ki pravritti badhi.

1,9 • PG | 366 • Sqcm | 571337 • AVE | 375K • Cir | Bottom Left,Bottom Right

Delhi

देश में एक दशक में योग को अपनाने की प्रवृत्ति बढ़ी : रिपोर्ट

पायनियर समाचार सेवा। नई दिल्ली

जब दुनिया 21 जून को 11वें अंतरराष्ट्रीय योग दिवस (आईडीवाई) को मनाने की तैयारियों के बीच आयुष मंत्रालय द्वारा किए गए एक राष्ट्रव्यापी सर्वेक्षण में भारत में एक दशक में योग को अपनाने की प्रवृत्ति में वृद्धि पर प्रकाश डाला गया है। अंतरराष्ट्रीय योग दिवस के एक दशक का प्रभाव आकलन, सर्वेक्षण निष्कर्ष, रिपोर्ट से पता चलता है कि 41 प्रतिशत से अधिक उत्तरदाताओं ने योग को विभिन्न रूपों में अपनी जीवनशैली में शामिल किया है, जो स्वास्थ्य और कल्याण में इसकी बढ़ती प्रासंगिकता को रेखांकित करता है।

योलो 9 टेक्नोलॉजीज के तहत सेंट्रल काउंसिल फॉर रिसर्च इन योगा एंड नेचुरोपैथी (सीसीआरवाईएन) और सर्वेक्षण द्वारा किए गए व्यापक सर्वेक्षण में 34 राज्यों और केंद्र शासित प्रदेशों के 30,084 घरों को शामिल किया गया। इसमें पाया गया कि 11.2 प्रतिशत उत्तरदाता नियमित रूप से योग का अभ्यास करते हैं, जबकि 13.4 प्रतिशत कभी-कभार ऐसा करते हैं। नियमित अभ्यास करने वालों को ऐसे व्यक्तियों के रूप में परिभाषित किया गया है जो लगातार योग कक्षाओं या सत्रों में भाग लेते हैं।

सीसीआरवाईएन के निदेशक डॉ. राघवेंद्र राव ने बताया कि योग के जीवनशैली एकीकरण में न केवल शारीरिक आसन शामिल हैं, बल्कि

ध्यान, प्रार्थना (भक्ति योग) और अन्य माइंडफुलनेस दिनचर्या जैसे अभ्यास भी शामिल हैं। उन्होंने कहा, इन अभ्यासों का उद्देश्य मन को शांत करना और समग्र स्वास्थ्य लाना है, जो शारीरिक व्यायाम से परे योग के व्यापक प्रभाव को दर्शाता है। रिपोर्ट में यह भी पता चला कि योग स्वास्थ्य को सकारात्मक रूप से प्रभावित करता है, 24.6 प्रतिशत उत्तरदाताओं ने बेहतर फिटनेस की सूचना दी, 16.9 प्रतिशत ने तनाव के स्तर में कमी की और लगभग एक-चौथाई ने योग के कारण स्वास्थ्य जागरूकता में वृद्धि का दावा किया। उल्लेखनीय रूप से, मधुमेह, उच्च रक्तचाप और हृदय रोग जैसी पुरानी बीमारियों से पीड़ित 36.2 प्रतिशत व्यक्तियों ने अपनी प्रबंधन रणनीति के हिस्से के रूप में योग की ओर रुख किया है। 18-24 आयु वर्ग के बीच योग जागरूकता सबसे अधिक पाई गई, हालांकि नियमित अभ्यास की उच्चतम दर (17 प्रतिशत) 65 वर्ष और उससे अधिक आयु के लोगों में थी। लिंग के आधार पर, 11.6 प्रतिशत पुरुषों और 10.7 प्रतिशत महिलाओं ने नियमित अभ्यास की सूचना दी, शहरी क्षेत्रों में ग्रामीण क्षेत्रों (10.4 प्रतिशत) की तुलना में थोड़ी अधिक भागीदारी (12.6 प्रतिशत) दिखाई दी।

इन निष्कर्षों के अनुरूप, आयुष मंत्रालय एक नई पहल हरित योग को आगे बढ़ा रहा है- जो अंतरराष्ट्रीय योग दिवस 2025 के उपलक्ष्य में 10 प्रमुख आयोजनों में से एक है। केंद्रीय आयुष मंत्री प्रतापराव जाधव ने जोर देकर कहा कि हरित योग पर्यावरणीय स्थिरता को योग सिद्धांतों के साथ जोड़ता है। उन्होंने एक साक्षात्कार में कहा, हरित योग हमारी सांसों को ग्रह की लय के साथ फिर से जोड़ने का एक आंदोलन है- एक पेड़, एक आसन। पर्यावरण चेतना के लिए प्रधान मंत्री नरेंद्र मोदी के आह्वान से प्रेरित होकर 'मां के नाम पर एक पेड़' की दृष्टि से शुरू किया गया, हरित योग नागरिकों को प्राकृतिक स्थानों में योग को अपनाने के साथ-साथ पेड़ लगाने के लिए प्रोत्साहित करता है। 160 से ज्यादा समर्पित कार्यक्रम पहले ही हो चुके हैं, जिनमें सफाई अभियान, वृक्षारोपण (शेष पृष्ठ 9)

देश में...

और तटीय क्षेत्रों से लेकर हिमालय की घाटियों तक के विविध इलाकों में आउटडोर योग सत्र शामिल हैं। इस हरित दृष्टिकोण को और अधिक समर्थन देने के लिए, मंत्रालय स्थानीय निकायों और निवासी कल्याण संघों के सहयोग से योग पार्कों को पुनर्जीवित कर रहा है। इन खुली हवा वाले सामुदायिक कल्याण स्थलों का उद्देश्य नागरिकों को नियमित योग अभ्यास के लिए शांत, पर्यावरण के अनुकूल वातावरण प्रदान करना है। जाधव ने कहा, योग को 21 जून तक सीमित नहीं रखना चाहिए। इसे एक दैनिक आदत बनना चाहिए – व्यक्तिगत कल्याण और राष्ट्रीय कल्याण का मार्ग।

Pioneer Hindi • 14 Jun • Ministry of Ayush
International Yoga Day

9 • PG | 285 • Sqcm | 444185 • AVE | 375K • Cir | Middle Right

Delhi

अंतर्राष्ट्रीय योग दिवस पर एक साथ एक वेशभूषा में करेंगे सूर्य नमस्कार, बनायेंगे विश्व कीर्तिमान

चौधरी चरण सिंह विश्वविद्यालय योग शिविर का यू ट्यूब पर होगा लाइव प्रसारण

संवाददाता। मेरठ

चौधरी चरण सिंह विश्वविद्यालय एवं क्रीड़ा भारती के संयुक्त तत्वावधान में इस वर्ष भी 15 जून से 21 जून तक सात दिवसीय 12वां योग शिविर आयोजित किया जा रहा है। यह योग शिविर केवल शारीरिक और मानसिक स्वास्थ्य ही नहींए बल्कि भारतीय जीवनशैलीए योग एवं आयुर्वेद की महान परंपराओं को जन.जन तक पहुंचाने का एक सशक्त माध्यम बन गया है। इस वर्ष योग शिविर की विशेषता यह है कि 21 जून को अंतर्राष्ट्रीय योग दिवस के अवसर पर एक साथ एक वेशभूषा में सूर्य नमस्कार कर विश्व कीर्तिमान स्थापित किया जाएगा। यह आयोजन विश्वविद्यालय परिसर के साथ.साथ महाविद्यालयों और समाज के विभिन्न वर्गों की भागीदारी से संपन्न होगा। हर वर्ष की भांति इस बार भी योग गुरू स्वामी कर्मवीर महाराज का सानिध्य प्राप्त होगा। कुलपति प्रोफेसर संगीता शुक्ला ने वृहस्पतिवार को यहां आयोजित एक प्रेसवार्ता को संबोधित करते हुए बतया कि इस ऐतिहासिक प्रयास को सफल बनाने के लिए सभी महाविद्यालयों को नोडल अधिकारी नामित करने के निर्देश दिए गए हैं। साथ ही 21 जून को प्रात: 7 बजे विश्वविद्यालय एवं सभी संबद्ध महाविद्यालयों में एक साथ सूर्य नमस्कार कराया जाएगा। प्रतिभागियों की संख्या का जियो.टैग फेटोग्राफ एवं वीडियो रिकॉर्डिंग के माध्यम से प्रामाणिक दस्तावेजीकरण किया जाएगा। इस बार योग दिवस की थीम वन अर्थ वन हेल्थ होगी> प्रात: सर्वप्रथम माननीय प्रधानमंत्री के कार्यक्रम का सीधा प्रसारण किया जाएगा इसके उपरांत आयुष मंत्रालय द्वारा जारी मानक योग प्रोटोकॉल के अनुसार योगाभ्यास कराया जाएगा। योग प्रोटोकॉल के बाद राज्यपाल एवं कुलाधिपति का संदेश ऑडियोध्वीडियो माध्यम से प्रसारित किया जाएगा। तत्पश्चात एक साथ सूर्य नमस्कार योग मुद्रा का आयोजन कर विश्व रिकॉर्ड स्थापित किया जाएगा। इस योग शिविर में 15 जून से प्रतिदिन प्रात: 5 से 7 बजे तक योग सत्र तथा सायं 4 से 6 बजे तक निशुल्क आयुर्वेद चिकित्सा परामर्श की व्यवस्था की गई है। प्रतिभागियों की वेशभूषा एकरूप रखने और सूर्य नमस्कार अनुक्रम एक समान बनाए रखने के लिए दिशानिर्देश एवं संबंधित सामग्री पहले से उपलब्ध कराई जा रही है। कुलपति प्रोण् संगीता शुक्ला ने सभी महाविद्यालयों के प्राचार्यों से भी कहा हे कि वे अपने शिक्षण संस्थानोंए परिवारजनों और समाज के लोगों को इस महाअभियान में भाग लेने के लिए प्रेरित करें। इस आयोजन को पारदर्शी तरीके से प्रलेखित कर भारत सरकार को निर्धारित समय सीमा में रिपोर्ट प्रेषित की जाएगी। इसके अतिरिक्त विश्वविद्यालय परिसर में योग वाटिकाए ज्ञानवर्धक प्रदर्शनीए संगोष्ठियाँ तथा वैज्ञानिक शोध लेखन कार्य जैसी अनेक गतिविधियाँ भी योग सप्ताह के अंतर्गत आयोजित की जा रही हैं। योग सप्ताह के अंतर्गत विश्वविद्यालय की ओर से मेरठ के 1857 के क्रांति स्थल औघडनाथ मंदिर परए गंगा के पवित्र तट ब्रजघाट पर ऐतिहासिक एवं पौराणिक नगरी हस्तिनापुर में योग अभ्यास कराया जायेगा। इस अवसर पर प्रति कुलपति प्रोफेसर मृदुल कुमार गुप्ताए कुलसचिव डॉक्टर अनिल कुमार यादव ए कुलानुशासक प्रोफेसर बीरपाल सिंहए छात्र कल्याण अधिष्ठाता प्रोफेसर भूपेंद्र सिंहए प्रोफेसर राकेश कुमार शर्मा ए प्रोफेसर नीलू जैन गुप्ताए प्रोफेसर केके शर्माए प्रोफेसर इंचार्ज मीडिया सेल प्रोफेसर मुकेश शर्माए मीडिया सेल सदस्य मितेंद्र कुमार गुप्ताए इंजीनियर प्रवीण पवारए इंजीनियर मनीष मिश्रा आदि मौजूद रहे।

Pioneer Hindi • 11 Jun • Ministry of Ayush

Yoga Mahakumbh mein 15,000 se jayada log pahunchenge

5 • PG | 94 • Sqcm | 146819 • AVE | 375K • Cir | Middle Center

Delhi

योग महाकुंभ में 15 हजार से ज्यादा लोग पहुंचेंगे: सुधा

पायनियर समाचार सेवा। कुरुक्षेत्र

हरियाणा के पूर्व राज्यमंत्री सुभाष सुधा ने कहा कि शहर के 32 वार्डों से 15 हजार से ज्यादा लोग ब्रहमसरोवर पर लगने वाले योग महाकुंभ में पहुंचेंगे। इस योग महाकुंभ को सफल और ऐतिहासिक बनाने के लिए जहां नगर पार्षद फील्ड में उतर चुके है वही सुभाष सुधा ने योग दिवस को लेकर कमान संभाल ली है।

कुरुक्षेत्र में 21 जून को होने वाले योग महोत्सव में एक लाख से ज्यादा लोग करेंगे शिरकत

सुभाष सुधा ने सुबह सेक्टर 7 आवास कार्यालय पर अंतर्राष्ट्रीय योग महाकुंभ के राज्य स्तरीय कार्यक्रम और योग मैराथन को लेकर एक बैठक को सम्बोधित किया। इस बैठक से पहले पूर्व राज्यमंत्री सुभाष सुधा ने नगरपरिषद थानेसर की अध्यक्षा माफी ढांडा, महिपाल ढांडा, टोनी मदान, दुष्यंत बख्शी, दरबारा सिंह सहित गांव के सरपंचों और नगर पार्षदों के साथ 21 जून को अंतर्राष्ट्रीय योग दिवस के राज्य स्तरीय कार्यक्रम में लोगों को लाने व ले जाने के साथ साथ अन्य प्रबंधों पर चर्चा की। इस दौरान 15 जून को योग मैराथन में भी अधिक से अधिक लोगों की भागीदारी सुनिश्चित करने के लिए रूप रेखा तैयार की है। उन्होंने कहा कि योग महाकुंभ को ऐतिहासिक और यादगार बनाया जाएगा।

Pioneer Hindi • 09 Jun • Ministry of Ayush

Ayush department start missed call registration on Yoga Day

4 • PG | 87 • Sqcm | 136342 • AVE | 375K • Cir | Middle Center

Delhi

योग दिवस पर आयुष विभाग की मिस्ड कॉल पंजीकरण सुविधा शुरू

पायनियर समाचार सेवा। फरीदाबाद

- उपायुक्त ने लोगों से योग दिवस में हिस्सा लेने का किया आह्वान

उपायुक्त विक्रम सिंह ने बताया कि 21 जून को मनाए जाने वाले अंतर्राष्ट्रीय योग दिवस 2025 के आयोजन को लेकर आयुष मंत्रालय द्वारा आम नागरिकों की भागीदारी सुनिश्चित करने हेतु मिस्ड कॉल पंजीकरण सुविधा शुरू की गई है। इच्छुक प्रतिभागियों को केवल 9501131800 पर एक मिस्ड कॉल देनी है, जिसके उपरांत वे स्वचालित रूप से "Individual" श्रेणी में पंजीकृत हो जाएंगे।

डीसी ने बताया कि मिस्ड कॉल के बाद प्रतिभागियों को www.internationalyoga-dayhry.in पोर्टल पर जाकर अपनी प्रोफ़ाइल पूरी करनी होगी। उन्होंने जिले के सभी नागरिकों से अपील की कि वे इस प्रक्रिया में सक्रिय भाग लें और समय रहते अपनी जानकारी पोर्टल पर अपडेट करें। उन्होंने जिला प्रशासन के अधिकारियों को निर्देश दिए कि इस जानकारी का ब्लॉक स्तर तक व्यापक प्रचार-प्रसार किया जाए ताकि ग्रामीण एवं शहरी क्षेत्रों के नागरिक बिना किसी तकनीकी जटिलता के पंजीकरण कर सकें। उन्होंने कहा कि योग एक जीवन शैली है और इसके नियमित अभ्यास से व्यक्ति शारीरिक, मानसिक और आध्यात्मिक रूप से सशक्त होता है।

Pioneer Hindi • 28 May • Ministry of Ayush

Yoga teachers will be registered in Haryana: CM

5 • PG | 260 • Sqcm | 406040 • AVE | 375K • Cir | Top Left

Delhi

हरियाणा में पंजीकृत होंगे योग शिक्षक: सीएम

योग महोत्सव में मुख्यमंत्री नायब सिंह ने 'सूर्य नमस्कार 2025' के 264 प्रतिभागियों को किया सम्मानित

दुर्घटना में मृत्यु होने पर आयुष योग सहायकों के परिवारों को मिलेगी तीन लाख की आर्थिक सहायता

पायनियर समाचार सेवा। चंडीगढ़

मुख्यमंत्री नायब सिंह सैनी पंचकूला में आयोजित योगा महोत्सव-2025 के दौरान पुस्तिका का विमोचन करते हुए, साथ में हैं आयुष मंत्री आरती सिंह राव।

हरियाणा के मुख्यमंत्री नायब सैनी ने योग को जन-जन तक पहुंचाने और प्राकृतिक चिकित्सा को प्रमाणिकता के बारे में कहा है कि अब योग और प्राकृतिक चिकित्सकों का पंजीकरण किया जाएगा। इस पंजीकरण की शुरूआत इसी वर्ष से की जाएगी।

मुख्यमंत्री ने ऐलान किया कि अगर आयुष योग सहायकों की सेवा के दौरान दुर्घटना में मृत्यु होने पर उनके परिजनों को अपने ऐच्छिक कोष से तीन-तीन लाख रुपए की आर्थिक सहायता दी जाएगी।

मुख्यमंत्री ने ये घोषणाएं सोमवार को पंचकूला में आयोजित योग महोत्सव के दौरान की। इससे पहले, मुख्यमंत्री ने विशेष रूप से 'सूर्य नमस्कार अभियान 2025' के 264 उत्कृष्ट प्रदर्शन करने वाले प्रतिभागियों को सम्मानित किया। इस मौके पर स्वास्थ्य एवं परिवार कल्याण और आयुष मंत्री कुमारी आरती सिंह राव भी उपस्थित रहीं।

कार्यक्रम के दौरान मुख्यमंत्री ने आयुष विभाग में और अधिक पारदर्शिता लाने के लिए तीन पोर्टल,ई-मार्केट प्लेस पोर्टल, आयुष औषधि इन्वेंटरी पोर्टल और ई औषधि लाइसेंसिंग पोर्टल भी लांच किये। इनमें ई-मार्केट प्लेस पोर्टल के माध्यम से औषधीय पौधे तैयार करने वाले किसान, स्टाकिट्स आदि अपना पंजीकरण कर सकेंगे। उनसे कोई भी व्यक्ति औषधीय पौधों की खरीद कर सकेगा। आयुष औषधियों की प्रबंधन प्रणाली पर आयुष विभाग के अधिकारी औषधियों की मांग कर सकते हैं और स्टॉक अपडेट देख सकते हैं। इसके अलावा, लाइसेंसिंग पोर्टल पर नये अथवा लोन लाइसेंस प्राप्त करने, पुराने लाइसेंस के नवीनीकरण आदि के लिए आवेदन किया जा सकेगा।

मुख्यमंत्री नायब सिंह सैनी ने कहा कि यह प्रधानमंत्री नरेन्द्र मोदी के प्रयासों का परिणाम है कि संयुक्त राष्ट्र संघ ने 21 जून को अंतरराष्ट्रीय योग दिवस घोषित किया। उस दिन प्रधानमंत्री जी के नेतृत्व में भारत को फिर से विश्व गुरु बनाने की पहली व सच्ची पहल की गई थी। मुख्यमंत्री ने कहा कि सरकार योग को बढ़ावा देने के लिए राज्य के 6500 गांवों में व्यायामशालाएं खोलने के लिए प्रतिबद्ध हैं। इसके लिए 1121 जगहों को चिह्नित किया गया है। इनमें से 714 व्यायामशालाओं का निर्माण कार्य पूर्ण हो गया है। इन व्यायामशालाओं में 877 आयुष योग सहायकों की नियुक्ति की जा चुकी है।

योग और खेल से जुड़ेंगे विद्यार्थी

मुख्यमंत्री नायब सैनी ने कहा कि सरकार ने स्कूलों में पहली से 10वीं कक्षा तक योग को पाठ्यक्रम के रूप में शामिल किया हुआ है। अब एक कदम और आगे बढ़ाते हुए योग, खेल व अन्य विषयों को सम्मिलित करते हुए पाठ्यक्रम में शामिल कर औपचारिक रूप से इनकी परीक्षाएं भी आयोजित की जाएंगी। इससे बच्चों को बचपन से ही योग को समझने और जीवन का हिस्सा बनाने की प्रेरणा मिलेगी। शिक्षा विभाग के 25 हजार कर्मियों को योग शिक्षक बनाया है। उन्होंने कहा कि सूर्य नमस्कार अभियान स्वामी विवेकानंद जयंती 12 जनवरी से आरम्भ हुआ था और महर्षि दयानद सरस्वती जी की जयंती 12 फरवरी को इसका समापन हुआ। इसमें 46 लाख लोगों ने भागीदारी की।

Dainik Savera • 21 Jun • Ministry of Ayush

Preparation for International Yoga Day with protocol practice, 150 people took part

3 • PG | 412 • Sqcm | 98999 • AVE | 40.03K • Cir | Middle Right

Chandigarh

प्रोटोकॉल अभ्यास के साथ अंतर्राष्ट्रीय योग दिवस की तैयारी, 150 लोगों ने लिया हिस्सा

सवेरा न्यूज/राकेश

चंडीगढ़, 20 जून : पतंजलि योग संस्थान, हरिद्वार के तत्वावधान में चंडीगढ़ के दक्षिण जिला पतंजलि योग संस्थान द्वारा अंतर्राष्ट्रीय योग दिवस (21 जून) की तैयारी के तहत 20 जून को एक विशेष योग प्रोटोकॉल अभ्यास का आयोजन किया गया। यह अभ्यास सैक्टर 44-डी की मार्केट वेलफेयर एसोसिएशन के सहयोग से सुबह 5:00 बजे से 6:30 बजे तक आयोजित किया गया, जिसमें लगभग 150 लोगों ने सक्रिय भागीदारी निभाई।

यह अभ्यास पतंजलि योग संस्थान, दक्षिण जिला के भारत स्वाभिमान ट्रस्ट के जिला प्रभारी योग गुरु वेद प्रकाश गोयल व पतंजलि योग पीठ जिला प्रभारी योग गुरु डॉ धनेंद्र जॉली तथा महिला पतंजलि योग समिति जिला प्रभारी योग गुरु कमलेश अरोड़ा के मार्गदर्शन में संपन्न हुआ। योग गुरु वेद प्रकाश ने इस अवसर पर बताया कि यह अभ्यास केवल दक्षिण जिला तक सीमित नहीं था, बल्कि चंडीगढ़ के चारों जिलों में जिला प्रमुखों के नेतृत्व में विभिन्न स्थानों पर समान रूप से किया गया। उन्होंने कहा कि 21 जून को संस्थान के सभी जिलों में पूर्ण पोशाक में योग क्रियाएं आयोजित की जाएंगी।

योग करते लोग।

Dainik Savera • 20 Jun • Ministry of Ayush

Rashtriye ayurved sansthan ne yogabhyash karaya

5 • PG | 123 • Sqcm | 29527 • AVE | 40.03K • Cir | Middle Center

Chandigarh

राष्ट्रीय आयुर्वेद संस्थान ने योगाभ्यास कराया

सवेरा न्यूज ब्यूरो

पंचकूला, 19 जून : माननीय कुलपति महोदय प्रोफेसर संजीव शर्मा, डीन (अकादमिक एवं एडमिनिस्ट्रेशन) प्रोफेसर गुलाब पमनानी, डीन प्रभारी प्रोफेसर सतीश गन्धर्व जी के मार्गदर्शन में राष्ट्रीय आयुर्वेद संस्थान, पंचकूला (आयुष मंत्रालय, भारत सरकार) द्वारा योग को जन-जन तक पहुँचाने और स्वस्थ जीवन शैली को प्रोत्साहित करने के उद्देश्य से विभिन्न जागरूकता कार्यक्रमों और गतिविधियों का आयोजन किया जा रहा है। इस वर्ष की थीम को ध्यान में रखते हुए संस्थान द्वारा आउटडोर कॉमन योग प्रोटोकॉल के अंतर्गत संस्थान द्वारा मॉडल जेल, चंडीगढ़ मे ह्योग से सुधार, जीवन में बदलाव के उद्देश्य से योगाभ्यास करवाया गया। कार्यक्रम में जेल के कैदियों को शारीरिक और मानसिक रूप से जागृत करने पर जोर दिया गया। यह कार्यक्रम भारतीय योग संघ के सहयोग से आयोजित किया गया।

Dainik Savera • 15 Jun • Ministry of Ayush

Yog protocol rehasal ke tehat yogabhas sombaar se

5 • PG | 73 • Sqcm | 17445 • AVE | 40.03K • Cir | Bottom Left

Chandigarh

योग प्रोटोकॉल रिहर्सल के तहत योगाभ्यास सोमवार से

सवेरा न्यूज/संतोष पंचकूला : उपायुक्त मोनिका गुप्ता के निर्देशानुसार अंतर्राष्ट्रीय योग दिवस की तैयारी के दृष्टिगत सैक्टर 5 स्थित परेड ग्राउंड में 16 जून से 18 जून तक आयुष विभाग द्वारा योग प्रोटोकॉल रिहर्सल कराई जाएगी। उपायुक्त ने बताया कि जीवनशैली विकारों को रोकने और तनाव प्रबंधन में योग अभ्यास के महत्व पर जोर दिया जाएगा। उन्होंने कहा कि योग न केवल शारीरिक स्वास्थ्य के लिए महत्वपूर्ण है, बल्कि यह मानसिक स्वास्थ्य और तनाव प्रबंधन में भी सहायक है।

Dainik Savera • 09 Jun • Ministry of Ayush

International yog divas ko lekar prajapeeta bhrahmkumari ke anuyayio ne kiya yogashan avam pranayaam

7 • PG | 237 • Sqcm | 56831 • AVE | 40.03K • Cir | Top Left

Chandigarh

अंतर्राष्ट्रीय योग दिवस को लेकर प्रजापिता ब्रह्मकुमारी के अनुयायियों ने किया योगासन एवं प्राणायाम

अंतरराष्ट्रीय योग दिवस पर होने वाले 21 जून को योग दिवस कार्यक्रम कोलेकर योगाभ्यास करते हुए।

सवेरा ब्यूरो

चंडीगढ़/भिवानी, 8 जून : अंतर्राष्ट्रीय योग दिवस पर होने वाले 21 जून को योग दिवस कार्यक्रम को लेकर धार्मिक एक सामाजिक संस्थाओं ने भी योगाभ्यास शुरू कर दिया है। इसी कड़ी में हुडा पार्क में ब्रह्मकुमारी आश्रम से अनुयायियों ने बीके बहन सुमित्रा के सानिध्य में योगासन एवं प्राणायाम किया। अंतर्राष्ट्रीय योग दिवस पर 21 जून को भीम स्टेडियम में जिला स्तरीय योगासन एवं प्राणायाम कार्यक्रम आयोजित किया जाएगा। इसके अलावा उपमंडल और खंड स्तर पर भी योग कार्यक्रम आयोजित किए जाएंगे। मुख्यमंत्री नायब सिंह सैनी ने सामाजिक एवं धार्मिक संस्थाओं से भी आहवान किया कि वे अंतर्राष्ट्रीय योग दिवस पर कार्यक्रमों में शामिल हो। इसके चलते डीसी महावीर कौशिक ने भी जिले की सभी सामाजिक एवं धार्मिक संस्थाओं से योग दिवस कार्यक्रम में बढ़-चढ़कर भाग लेने की अपील की है। इसी कड़ी में प्रजापिता ब्रह्माकुमारी आश्रम से बीके बहन सुमित्रा के सानिध्य में योगाभ्यास एवं प्राणायाम किया गया।

Navodaya Times • 21 Jun • Ministry of Ayush
Internationa Yoga Day, 2025

7 • PG | 195 • Sqcm | 68389 • AVE | 670.26K • Cir | Middle Center

Delhi

योग दिवस पर एनडीएमसी करेगा 8 स्थानों कार्यक्रम का आयोजन

नई दिल्ली, 20 जून (नवोदय टाइम्स): नई दिल्ली नगर पालिका परिषद (एनडीएमसी) द्वारा शनिवार 21 जून को सुबह 6 से 8 बजे तक 8 प्रमुख स्थानों पर एक पृथ्वी,एक स्वास्थ्य के लिए योग की थीम पर अंतर्राष्ट्रीय योग दिवस का आयोजन करने जा रहा है।

एनडीएमसी के अनुसार इन 8 स्थानों में चाणक्यपुरी स्थित शांति पथ पर लॉन, लोधी गार्ड्न गेट नंबर-1 से प्रवेश, तालकटोरा गार्डन-गेट नंबर-1 से प्रवेश, कर्तव्य पथ लॉन के दक्षिण की ओर, नया मोती बाग आईएएस आवासीय परिसर, संजय झील -लक्ष्मी बाई नगर, कनॉट प्लेस स्थित सेंट्रल पार्क तथा पंडारा पार्क शामिल है। इस आयोजन की पूर्व संध्या पर एनडीएमसी के उपाध्यक्ष कुलजीत सिंह चहल ने शुक्रवार को इन आयोजनों के लिए चिन्हित विभिन्न स्थलों का दौरा कर जमीनी तैयारियों की समीक्षा की।

Navodaya Times • 20 Jun • Ministry of Ayush
International Yoga Day

8 • PG | 107 • Sqcm | 37377 • AVE | 670.26K • Cir | Bottom Right

Delhi

योग दिवस पर शनिवार को सुबह 4 बजे से चलेगी मेट्रो

नई दिल्ली, 19 जून (नवोदय टाइम्स): अंतरराष्ट्रीय योग दिवस, 2025 के अवसर पर योग के लोगों की आवाजाही को सुविधाजनक बनाने के लिए 21 जून 2025 (शनिवार) को सभी आरंभिक स्टेशनों से दिल्ली मेट्रो सुबह 4 बजे से शुरू होगी।

दिल्ली मेट्रो के अनुसार सुबह 4 बजे से लेकर यात्री सेवाओं के शुरू होने तक सभी लाइनों पर 30 मिनट के अंतराल पर सेवाएं उपलब्ध रहेंगी।

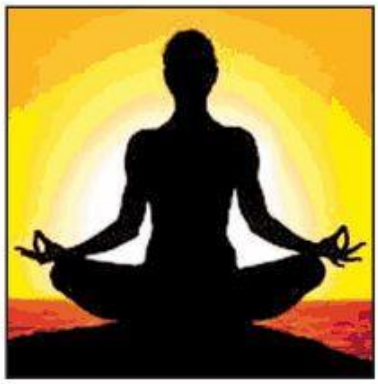
Navodaya Times • 19 Jun • Ministry of Ayush
International Yoga Day

4 • PG | 368 • Sqcm | 128685 • AVE | 670.26K • Cir | Middle Center

Delhi

अंतरराष्ट्रीय योग दिवस पर होंगे भव्य आयोजन

नई दिल्ली, 18 जून (नवोदय टाइम्स): प्रधानमंत्री नरेंद्र मोदी के योग को वैश्विक स्वास्थ्य आंदोलन के रूप में बढ़ावा देने के विजन के अनुरूप में एनडीएमसी अंतरराष्ट्रीय योग दिवस -2025 का आयोजन 21 जून 2025 को एनडीएमसी क्षेत्र के कई प्रतिष्ठित स्थलों पर करेगी। इस कार्यक्रम में नागरिकों, रेजिडेंट्स, माकेज्ट एसोसिएशनों और योग संगठनों की सक्रिय भागीदारी रहेगी। यह जानकारी एनडीएमसी के उपाध्यक्ष कुलजीत सिंह चहल ने दी। चहल ने बताया कि यह पहल विकसित भारत 2047 के विजन को साकार करने की दिशा में एनडीएमसी के निरंतर प्रयासों का हिस्सा है, जिसमें स्वास्थ्य पहले को किसी भी राष्ट्रीय लक्ष्य की प्राप्ति का आधार माना गया है। उन्होंने कहा कि योग और स्वास्थ्य को प्रोत्साहित करके एनडीएमसी एक स्वस्थ, जागरूक और सशक्त नागरिक समाज की नींव को मजबूत कर रही है। उन्होंने बताया कि मुख्य योग कार्यक्रम जिन स्थलों पर होंगे, वे हैं कर्तव्यपथ, लोधी गार्डन, तालकटोरा गार्डन, शांति पथ लॉन, सेंट्रल पार्क (कनॉट प्लेस), पंडारा पार्क, न्यू मोती बाग (आईएएस रेजिडेंस) और संजय झील (लक्ष्मीबाई नगर) है।



11 जगह पर होंगे यह आयोजन

सीएम रेखा गुप्ता ने बुधवार को शालीमार बाग स्थित महर्षि आयुर्वेद अस्पताल में 'सोमा-द आयुर्वेदिक किचन' का उद्घाटन किया। मुख्यमंत्री ने आयुर्वेद की प्राचीन परंपरा को पुनर्जीवित करने और स्वस्थ जीवनशैली को बढ़ावा देने पर जोर दिया। सीएम ने कहा कि अंतरराष्ट्रीय योग दिवस पर सरकार पहली बार 11 स्थानों पर योग कार्यक्रम आयोजित करेगी और वह स्वयं यमुना तट पर योग कार्यक्रम में भाग लेंगी। उन्होंने हेल्दी फूड अपनाने की बात करते हुए कहा कि मिलेट्स हमारे अतीत की ताकत और भविष्य की सेहत है।

Navodaya Times • 16 Jun • Ministry of Ayush
International Yoga Day

7 • PG | 449 • Sqcm | 157181 • AVE | 670.26K • Cir | Middle Right

Delhi

प्रदेश को योग युक्त, नशा मुक्त बनाने के लिए योग मैराथन बनी संकल्प यात्रा : नायब सैनी

कुरुक्षेत्र, 15 जून (ब्यूरो): हरियाणा के मुख्यमंत्री नायब सैनी ने कहा कि प्रदेश को योग युक्त, नशा मुक्त बनाने के लिए गीता स्थली कुरुक्षेत्र की पावन धरा पर योग मैराथन एक संकल्प यात्रा बनी है। इस संकल्प यात्रा में प्रदेश भर से हजारों युवाओं, बुजुर्गों और महिलाओं ने जोश के साथ दौड़ लगाकर एक नए आयाम को स्थापित किया है।

इस सरकार ने भी संकल्प लेकर राष्ट्र की सम्पत्ति युवा वर्ग को नशे से बचाने के लिए योग युक्त नशा मुक्त हरियाणा बनाने का प्रयास किया है। इस प्रदेश के होनहार युवा नशे की चपेट में आ जाए तो उनका शरीर खराब होता ही है, साथ में राष्ट्र की सम्पत्ति को भी नुकसान होता है। कुरुक्षेत्र में 21 जून को होने वाले अंतर्राष्ट्रीय योग दिवस कार्यक्रम से पहले चलाए गए अभियान में अब तक प्रदेश के 19.27 लाख लोग जुड़ चुके हैं। मुख्यमंत्री ने रविवार को ब्रह्मसरोवर के दक्षिण गेट पर हरियाणा खेल विभाग, आयुष विभाग, हरियाणा योग आयोग व जिला प्रशासन के तत्वाधान में आयोजित राज्य स्तरीय योग मैराथन में सम्बोधित कर रहे थे। इससे पहले मुख्यमंत्री सैनी, पूर्व राज्यमंत्री सुभाष सुधा, महानिदेशक संजीव वर्मा, भाजपा जिला अध्यक्ष तिजेन्द्र सिंह गोल्डी व उपायुक्त नेहा सिंह ने राज्य स्तरीय योग मैराथन को हरी झंडी दिखाकर रवाना किया।

कुरुक्षेत्र: हरी झंडी दिखाकर मैराथन को रवाना करते मुख्यमंत्री नायब सैनी।

Navodaya Times • 14 Jun • Ministry of Ayush
Yoga Day in Haryana

11 • PG | 504 • Sqcm | 176306 • AVE | 670.26K • Cir | Top Right

Delhi

सीएम सैनी ने योग प्रोटोकॉल प्रशिक्षण शिविर में की शिरकत

हरियाणा में योग दिवस होगा ऐतिहासिक 11 लाख साधक एक साथ करेंगे योगाभ्यास

चंडीगढ़, 13 जून (ब्यूरो): हरियाणा के मुख्यमंत्री नायब सिंह सैनी ने कहा कि 21 जून को मनाए जाने वाले 11वें अंतरराष्ट्रीय योग दिवस को ऐतिहासिक बनाने की दिशा में पुरजोर तैयारियां की जा रही हैं। 21 जून को राज्य के 22 जिलों और 121 खंडों में एक साथ आयोजित होने वाले योग कार्यक्रमों में लगभग 11 लाख से अधिक लोग भाग लेंगे। इस वर्ष का राज्य स्तरीय मुख्य कार्यक्रम कुरुक्षेत्र के पावन ब्रह्म सरोवर पर आयोजित किया जाएगा, जहां से भगवान श्रीकृष्ण ने विश्व को कर्म का संदेश दिया था। इस ऐतिहासिक स्थल पर आयोजित योग सत्र में योग गुरु स्वामी रामदेव स्वयं उपस्थित रहकर लोगों को योगाभ्यास करवाएंगे। इस आयोजन में 1 लाख से अधिक लोगों की भागीदारी सुनिश्चित करने का लक्ष्य रखा गया है, जिससे न केवल योग को जन-जन तक पहुंचाया जा सके, बल्कि एक नया विश्व रिकॉर्ड भी स्थापित किया जा सके।

मुख्यमंत्री वीरवार को पंचकूला में भारत तिब्बत सीमा पुलिस बल (आई.टी.बी.पी.) प्राथमिक प्रशिक्षण केंद्र, भानू में आयुष विभाग, हरियाणा योग आयोग और आई.टी.बी.पी. के संयुक्त तत्वाधान में आयोजित योग प्रोटोकॉल प्रशिक्षण शिविर को बतौर मुख्यातिथि संबोधित कर रहे थे। कार्यक्रम के दौरान, मुख्यमंत्री सहित अन्य अतिथियों और आई.टी.बी.पी. के जवानों ने अहमदाबाद में हुए प्लेन क्रैश हादसे के मृतकों के प्रति संवेदना प्रकट करते हुए 2 मिनट का मौन रखा और परमात्मा से दिवंगत आत्माओं को अपने चरणों में स्थान देने की कामना की।

केंद्रीय सुरक्षा बलों के जवानों के स्वास्थ्य की रक्षा के लिए आयोग योग को बढ़ावा दे रहा है

मुख्यमंत्री ने हरियाणा योग आयोग की सराहना करते हुए कहा कि केंद्रीय सुरक्षा बलों के जवानों के स्वास्थ्य की रक्षा के लिए आयोग योग को बढ़ावा दे रहा है। योगासन के खिलाड़ी भी तैयार कर रहा है। आज का यह योग प्रोटोकॉल प्रशिक्षण शिविर विशेष महत्व रखता है, क्योंकि यह आगामी 11वें अंतर्राष्ट्रीय योग दिवस-2025 से एक सप्ताह पहले आयोजित किया जा रहा है। इसका महत्व इसलिए अधिक है, क्योंकि यह देश की सीमाओं की रक्षा करने वाले जवानों के लिए आयोजित किया गया है।

Veer Arjun • 21 Jun • Ministry of Ayush
Internationa Yoga Day, 2025

1 • PG | 296 • Sqcm | 22169 • AVE | 60K • Cir | Top Right

Delhi

सौ पर्यटन स्थलों, 50 सांस्कृतिक स्थलों पर आयोजित होगा योग सत्र

प्रधानमंत्री विशाखापत्तनम में आयोजित मुख्य समारोह में लेंगे भाग

विशेष प्रतिनिधि

नई दिल्ली। संस्कृति मंत्रालय 21 जून को अंतरराष्ट्रीय योग दिवस के अवसर पर देशभर में 100 प्रसिद्ध स्थलों और 50 अन्य सांस्कृतिक स्थलों पर योग सत्र आयोजित करेगा, जिनमें यूनेस्को के कुछ विरासत स्थल भी शामिल हैं।

ये सत्र आंध्र प्रदेश के विशाखापत्तनम में आयोजित किए जा रहे मुख्य समारोहों के साथ पूरक कार्यक्रमों के रूप में आयोजित किए जाएंगे। विशाखापत्तनम में आयोजित मुख्य समारोह में प्रधानमंत्री नरेन्द्र मोदी के साथ राज्य के मुख्यमंत्री चंद्रबाबू नायडू और उपमुख्यमंत्री पवन कल्याण भी शामिल होंगे। यूनेस्को के जिन विश्व धरोहर स्थलों में योग सत्र आयोजित किए जाएंगे, उनमें चराईदेव मोइदम (असम), रानी की वाव और धोलावीरा (गुजरात), हम्पी व पट्टाडकल (कर्नाटक), खजुराहो स्मारक समूह और सांची स्तूप (मप्र), कोणार्क का सूर्य मंदिर (ओडिशा), एलीफेंटा गुफाएं (महाराष्ट्र) और तंजावुर का बृहदीश्वर मंदिर (तमिलनाडु) शामिल हैं। देश भर में 100 पर्यटन-आधारित प्रसिद्ध स्थलों और 50 से अधिक सांस्कृतिक स्थलों पर योग सत्र आयोजित होंगे। केंद्रीय संस्कृति और पर्यटन मंत्री गजेंद्र सिंह शेखावत राजस्थान के जोधपुर में ऐतिहासिक मेहरानगढ़ किले में अंतरराष्ट्रीय योग दिवस कार्यक्रम में भाग लेंगे। मंत्रालय ने कहा कि कुछ अन्य प्रमुख सांस्कृतिक और ऐतिहासिक स्थल जैसे गोलकुंडा किला और सालारजंग संग्रहालय (हैदराबाद), हुमायूं का मकबरा, पुराना किला और सफदरजंग मकबरा (दिल्ली), जलियांवाला बाग (पंजाब), चित्तौड़गढ़ और कुंभलगढ़ किले (राजस्थान), लेह पैलेस (लद्दाख), परी महल (श्रीनगर, जम्मू-कश्मीर), बेकल किला (केरल), और हजारद्वारी तथा कूच बिहार पैलेस (पश्चिम बंगाल) जैसे अन्य स्थलों पर भी सत्र आयोजित किए जाएंगे।

▶जिन सांस्कृतिक स्थलों पर योग कार्यक्रम आयोजित होंगे उनमें यूनेस्को के कुछ विरासत स्थल भी शामिल

Veer Arjun • 20 Jun • Ministry of Ayush
International Yoga Day

3 • PG | 294 • Sqcm | 22032 • AVE | 60K • Cir | Middle Center

Delhi

योग अभ्यास से रहता है स्वस्थ मन और शरीर निरोग : मनोज तिवारी

नई दिल्ली, (वीर अर्जुन)। योग करने से मन स्वस्थ रहता है और नियमित योगाभ्यास से व्यक्ति शारीरिक रोग से मुक्त रहता है इसलिए हम सबको नियमित रूप से योग अभ्यास करना चाहिए और अपने जीवन को आदर्श तथा स्वस्थ शरीर से दैनिक जीवन की क्रियाओं में अपने आप को आदर्श साबित करना है यह कहना है उत्तर पूर्वी दिल्ली के सांसद मनोज तिवारी का उन्होंने यह उद्गार सोनिया विहार ढाई पुस्ता यमुना तट के किनारे नव जागृति योग समिति द्वारा आयोजित योग अभ्यास शिविर में आए लोगों को संबोधित करते हुए व्यक्त किये उन्होंने कहा योग क्रियाएं हमारी पुरातन संस्कृति ऋषि महर्षियों की अमूल्य धरोहर है जो न सिर्फ हमें स्वस्थ रखती है बल्कि हमें लंबी आयु का वरदान भी देती है मनोज तिवारी ने कहा कि बरसों पुरानी योग अभ्यास की परंपरा को दशकों तक जनहित और जन कल्याण से दूर रखा गया और पूरे विश्व के अरबों लोग अंग्रेजी दवाइयां पर निर्भर हो गए लेकिन प्रधानमंत्री नरेंद्र मोदी ने ना सिर्फ वरदान सिद्ध योग को भारत के जन जन तक पहुंचाया बल्कि विश्व के 100 से अधिक देशों में इसके

महत्व को पहुंचाया और आज योग अभ्यास कर करोड़ों लोग न सिर्फ बीमारियों से मुक्ति पा रहे हैं बल्कि उन्हें अंग्रेजी दवाइयां के बड़े खर्च और दुष्प्रभाव से भी मुक्ति मिल रही है संस्था द्वारा विश्व योग दिवस के उपलक्ष में कार्यक्रम का आयोजन किया गया था इस अवसर पर संस्था के पदाधिकारी के अलावा मंडल अध्यक्ष संजीव मिश्रा ज्योति चौहान पूर्व मंडल अध्यक्ष राजेश राज निगम पार्षद सोनी पांडे एवं बृजेश सिंह सहित बड़ी संख्या में गणमान्य लोग मौजूद रहे।

Veer Arjun • 19 Jun • Ministry of Ayush
International Yoga Day 2025

4 • PG | 350 • Sqcm | 26279 • AVE | 60K • Cir | Bottom Right

Delhi

नई दिल्ली में अंतर्राष्ट्रीय योग दिवस 2025 पर एनडीएमसी करेगी भव्य आयोजन : चहल

18 से 20 जून 2025 तक प्रमुख एनडीएमसी पार्कों में तीन दिवसीय योग-अभ्यास शिविर

नई दिल्ली, (वीअ)। प्रधानमंत्री नरेंद्र मोदी जी के ठयोग को वैश्विक स्वास्थ्य आंदोलनठ के रूप में बढ़ावा देने के विज़न के अनुरूप, नई दिल्ली नगरपालिका परिषद (एनडीएमसी) अंतरराष्ट्रीय योग दिवस 2025 का आयोजन 21 जून 2025 को एनडीएमसी क्षेत्र के कई प्रतिष्ठित स्थलों पर करेगी। इस कार्यक्रम में नागरिकों, रेजिडेंट्स, मार्केट एसोसिएशनों और योग संगठनों की सक्रिय भागीदारी रहेगी, यह जानकारी एनडीएमसी के उपाध्यक्ष श्री कुलजीत सिंह चहल ने दी।

श्री चहल ने बताया कि यह पहल विकसित भारत ˜2047 के विज़न को साकार करने की दिशा में एनडीएमसी के निरंतर प्रयासों का हिस्सा है, जिसमें ठस्वास्थ्य पहलेठ को किसी भी राष्ट्रीय लक्ष्य की प्राप्ति का आधार माना गया है। उन्होंने

कहा कि योग और स्वास्थ्य को प्रोत्साहित करके एनडीएमसी एक स्वस्थ, जागरूक और सशक्त नागरिक समाज की नींव को मजबूत कर रही है। उन्होंने बताया कि मुख्य योग कार्यक्रम जिन स्थलों पर होंगे, वे हैं - कर्तव्य पथ, लोधी गार्डन, तालकटोरा गार्डन, शांति पथ लॉन, सेंट्रल पार्क (कनॉट प्लेस), पंडारा पार्क, न्यू मोती बाग (आईएएस रेज़िडेंस), और संजय झील (लक्ष्मीबाई नगर)।

श्री चहल ने बताया कि इन सत्रों का आयोजन देश की प्रतिष्ठित योग संस्थाओं - मोरारजी देसाई नेशनल इंस्टिट्यूट ऑफ योगा, आर्ट ऑफ लिविंग, पतंजलि योग समिति, गायत्री परिवार आदि के सहयोग से किया जाएगा। इन स्थलों पर 300 से लेकर 2000 प्रतिभागियों के शामिल होने की संभावना है। उन्होंने कहा कि यह भागीदारी एनडीएमसी की जनकल्याण और स्वास्थ्य के प्रति प्रतिबद्धता को दर्शाती है। मुख्य योग दिवस से पहले, 18 से 20 जून, 2025 तक लोधी गार्डन और तालकटोरा गार्डन में पतंजलि योग समिति व गायत्री परिवार के सहयोग से जागरूकता और तैयारी हेतु विशेष योग शिविर भी आयोजित किए जाएंगे। इन सत्रों का उद्देश्य लोगों में योग के प्रति रुचि बढ़ाना और उन्हें नियमित योग अभ्यास के लाभों से परिचित कराना है।

Veer Arjun • 11 Jun • Ministry of Ayush
International Yoga Day

2 • PG | 262 • Sqcm | 19617 • AVE | 60K • Cir | Middle Center

Delhi

अंतर्राष्ट्रीय योग दिवस से पहले हाबिल्ड ने शुरू की 'हर घर योगा' पहल

वीर अर्जुन संवाददाता

नई दिल्ली। भारत का पहला हैबिट-बिल्डिंग प्लेटफॉर्म हाबिल्ड ने अंतरराष्ट्रीय योग दिवस 2025 से पहले अपनी नई पहल 'हर घर योगा' की घोषणा की है। इस वर्ष योग दिवस की थीम योगा फार वन अर्थ, वन हेल्थ है, और यह पहल इसी वैश्विक सोच-समग्र स्वास्थ्य और जीवनशैली-के अनुरूप तैयार की गई है।

100 प्लस देशों में 1 करोड़ से ज़्यादा सक्रिय सदस्यों की मजबूत कम्युनिटी के साथ, हाबिल्ड अब हर घर तक योग की शक्ति पहुँचाने का लक्ष्य लेकर आया है। इस पहल का नेतृत्व कर रहे हैं सौरभ बोथरा, जो आईआईटी एलुमनस, सरकार द्वारा मान्यता प्राप्त योग विशेषज्ञ और हाबिल्ड के सह-संस्थापक हैं। यह पहल सस्टेनेबिलिटी, समानता और निरंतरता के मूल्यों को ध्यान में रखकर डिजिटली तैयार की गई है, ताकि योग केवल एक फिटनेस एक्टिविटी न रहकर, हर किसी की दैनिक आदत बन सके। 'हर घर योगा' का उद्देश्य योग को सभी के लिए सुलभ बनाना है-चाहे उम्र कुछ भी हो, फिटनेस लेवल कैसा भी हो। इस अभियान के ज़रिए भावनात्मक रूप से जुड़ाव बढ़ाने के लिए वीडियो कहानियों की एक सीरीज़ तैयार की गई है, जो छोटे लेकिन प्रभावशाली बदलावों के ज़रिए रोज़ योग की आदत डालने में मदद करेगी। इस पहल पर बात करते हुए, हाबिल्ड के सीईओ और सह-संस्थापक सौरभ बोथरा ने कहा कि योग को एक ज़िम्मेदारी या केवल एक दिन का उत्सव नहीं बनाना चाहिए। 'हर घर योगा' के ज़रिए हम योग को फ्री, सुलभ और-सबसे अहम-निरंतर बना रहे हैं। हमारा लक्ष्य है कि योग लोगों की रोज़ की आदत बन जाए। हम हर भारतीय को आमंत्रित करते हैं-आइए, 21 दिन योग कीजिए और खुद बदलाव महसूस कीजिए।

Veer Arjun • 28 May • Ministry of Ayush

Haryana govt will provide financial assistance to the families of Ayush Yoga assistants in case of d...

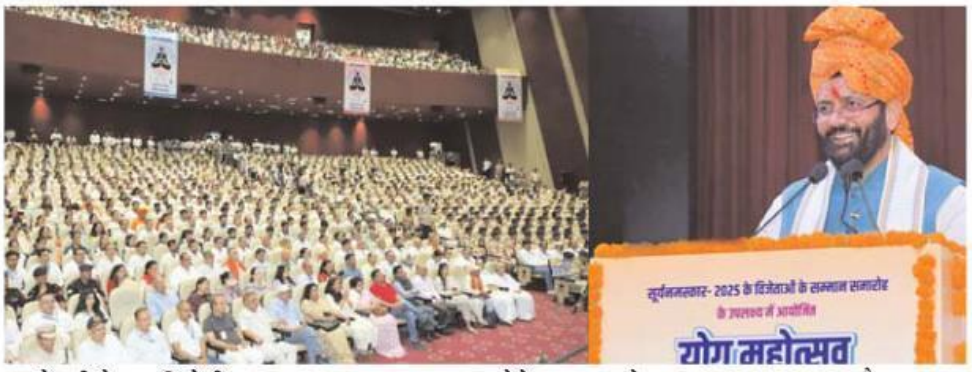
12 • PG | 396 • Sqcm | 29714 • AVE | 60K • Cir | Top Left

Delhi

हरियाणा सरकार दुर्घटना में मृत्यु होने पर आयुष योग सहायकों के परिवारों को देगी आर्थिक सहायता

चंडीगढ़, (पवन आश्री)। हरियाणा के मुख्यमंत्री श्री नायब सिंह सैनी ने योग को जन-जन तक पहुंचाने के लिए कार्य करने वाले आयुष योग सहायकों की सेवा के दौरान दुर्घटना में मृत्यु होने पर उनके परिजनों को अपने ऐच्छिक कोष से तीन-तीन लाख रुपए की आर्थिक सहायता प्रदान करने की घोषणा की। इसके अलावा, उन्होंने घोषणा करते हुए कहा कि अब योग व प्राकृतिक चिकित्सकों का भी पंजीकरण किया जाएगा, इसकी इसी वर्ष से शुरुआत की जाएगी।

मुख्यमंत्री ने कहा कि हरियाणा सरकार ने स्कूलों में पहली से 10वीं कक्षा तक योग को पाठ्यक्रम के रूप में शामिल किया हुआ है। अब एक कदम और आगे बढ़ाते हुए योग, खेल व अन्य विषयों को सम्मिलित करते हुए पाठ्यक्रम में शामिल कर औपचारिक रूप से इनकी परीक्षाएं भी आयोजित की जाएंगी। इससे बच्चों को बचपन से ही योग को समझने और जीवन का हिस्सा



बनाने की प्रेरणा मिलेगी।

मुख्यमंत्री ने ये घोषणाएं आज पंचकूला में आयोजित भव्य योग महोत्सव के दौरान की। इससे पहले, मुख्यमंत्री ने विशेष रूप से 'सूर्य नमस्कार अभियान 2025' के 264 उत्कृष्ट प्रदर्शन करने वाले प्रतिभागियों को सम्मानित किया। इस मौके पर स्वास्थ्य एवं परिवार कल्याण और आयुष मंत्री कुमारी आरती सिंह राव भी उपस्थित रहीं। मुख्यमंत्री ने विजेताओं को बधाई देते हुए उनके उज्ज्वल, स्वस्थ और सफल भविष्य की कामना की और कहा कि यह उपलब्धि इस बात का प्रमाण है कि हरियाणा की मिट्टी में प्रतिभा और परिश्रम की कोई कमी नहीं है। उन्होंने कहा कि सूर्य नमस्कार अभियान 2025 में योग संस्थानों, आयुष योग सहायकों, शैक्षणिक संस्थाओं, जेल विभाग, पुलिस, सेना और अर्ध सैनिक बलों की भागीदारी रही, जो हमारे लिए गौरव की बात है।

Virat Vaibhav • 21 Jun • Ministry of Ayush
Internationa Yoga Day, 2025

3 • PG | 206 • Sqcm | 247041 • AVE | 625K • Cir | Middle Right

Delhi

योग दिवस पर होगी दिल्ली के लाखों लोगों की भागीदारी: रेखा गुप्ता

वैभव न्यूज ■ नई दिल्ली

सीएम ने जारी किया योग दिवस पर योग थीम सॉन्ग

अंतरराष्ट्रीय योग दिवस के अवसर पर दिल्ली में लाखों लोग भागीदारी करेंगे। दिल्ली सरकार योग दिवस के अवसर पर तो भव्य आयोजन कर ही रही है, साथ ही दिल्ली की सैंकड़ों योग संस्थाएं, सामाजिक संगठन, शैक्षिक संस्थान, व सैकड़ों ग्रुप आदि शामिल हो रहे हैं। यह कहना है दिल्ली की मुख्यमंत्री रेखा गुप्ता का। शुक्रवार को योग थीम सांग भी जारी करते हुए मुख्यमंत्री ने यह बात कही। इस दौरान मुख्यमंत्री के अलावा दिल्ली सरकार के मंत्री आशीष सूद, मनजिंदर सिंह सिरसा, कपिल मिश्रा भी मौजूद थे। मुख्यमंत्री ने बताया कि सरकार 11 स्थानों पर योग कार्यक्रम आयोजित कर रही है। इसके अलावा अन्य संगठन भी ये कार्यक्रम आयोजित कर रहे हैं। उन्हें भरोसा है कि पूरी दिल्ली में लाखों लोग योग करते दिखेंगे, जो उनकी योग के प्रति रुचि को दिखाता है। उन्होंने बताया कि जिन 11 स्थानों पर योग कार्यक्रम आयोजित किए जा रहे हैं, उनमें यमुना तट, सोनिया विहार के योग कार्यक्रम वह खुद शामिल होंगी। इसके अलावा छत्रसाल स्टेडियम, त्यागराज स्टेडियम, स्पोर्ट्स कॉम्प्लेक्स ईस्ट विनोद नगर, स्पोर्ट्स कॉम्प्लेक्स झिलमिल, राजीव गांधी स्टेडियम बवाना, स्पोर्ट्स कॉम्प्लेक्स प्रहलादपुर, स्पोर्ट्स कॉम्प्लेक्स भारत नगर, नजफगढ़ स्टेडियम, क्रिकेट ग्राउंड सेक्टर 6 द्वारका, हॉकी स्टेडियम अशोक नगर शामिल हैं। इन सभी कार्यक्रमों में दिल्ली के सांसद, मंत्री, विधायक व अन्य जनप्रतिनिधि शामिल होंगे। मुख्यमंत्री ने जारी योग थीम सॉन्ग के बारे में भी जानकारी दी और बताया कि इसे जाने-माने गायक अमित त्रिवेदी ने स्वर दिया है। वह राष्ट्रीय पुरस्कार व फिल्म फेयर पुरस्कार भी प्राप्त कर चुके हैं। इस गीत के गीतकार शैलेंद्र सिंह शैली है। मुख्यमंत्री के अनुसार गीत के बोल हैं भारत ने ही सारे जग का योग परिचय कराया] दिल्ली के कोने कोने में योग दृश्य दिखलाया। उन्होंने यह भी बताया कि इस थीम सॉन्ग में दिल्ली के पर्यटन स्थलों की महत्ता को दर्शाया जा रहा है। इन पर्यटन स्थलों में प्रधानमंत्री संग्रहालय, कर्तव्य पथ, वार मेमोरियल, भारत मंडपम, यशोभूमि, अक्षरधाम, लोटस टेम्पल, पुराना किला, राष्ट्रीय चरखा संग्रहालय, दिल्ली हाट, कुतुब मीनार, बान्सेरा पार्क, असिता पार्क, वासुदेव घाट तथा भारत दर्शन पार्क जैसे मनोरम पर्यटन स्थलों को दिखाया गया है। यह वीडियो सॉन्ग दिल्ली की जनता एवं पर्यटकों को इन दर्शनीय स्थलों पर देखने के लिए प्रेरित करेगी।

Virat Vaibhav • 20 Jun • Ministry of Ayush

International Yoga Day

4 • PG | 77 • Sqcm | 92610 • AVE | 625K • Cir | Middle Center

Delhi

अंतरराष्ट्रीय योग दिवस की मेज़बानी के लिए जामिया तैयार

नई दिल्ली। जामिया में अंतर्राष्ट्रीय योग दिवस के सफल आयोजन के लिए खेल-कूद एवं क्रीड़ा विभाग तथा संस्कृत विभाग 21 जून को अंतिम समारोह के लिए तैयार होने के लिए विभिन्न योग प्रशिक्षण सत्र आयोजित कर रहे हैं। यह आयोजन जेएमआई के कुलपति प्रो मजहर आसिफ और जेएमआई के रजिस्ट्रार प्रो मोहम्मद महताब आलम रिजवी के निर्देशन और नेतृत्व में किया जा रहा है। इसी कड़ी में अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में जामिया योग परिक्रमा, नामक योगाभ्यास नियमित रूप से चल रहे हैं। इसका उद्देश्य कर्मचारियों के शारीरिक, मानसिक एवं भावनात्मक स्वास्थ्य को उतम बनाना तथा योग के प्रति जागरूकता फैलाना है। उन्होंने बताया कि इस योग सत्र में प्रतिभागियों को वैज्ञानिक पद्धति के अनुसार क्रमबद्ध अभ्यास कराए गए, जिनमें ग्रीवा संचालन, स्कंध शक्ति विकासक अभ्यास, ताड़ासन, त्रिकोणासन, पादहस्तासन, अर्ध चक्रासन, भुजंगासन जैसे प्रमुख आसनों के साथ-साथ अनुलोम-विलोम एवं भस्त्रिका प्राणायाम तथा ध्यान का अभ्यास शामिल था। जामिया योग परिक्रमा अभियान के अंतर्गत विभिन्न विभागों में योग सत्र नियमित रूप से आयोजित किए जा रहे हैं, जिनका उद्देश्य छात्रों, शोधार्थियों, शिक्षकों एवं कर्मचारियों को योग के शारीरिक एवं मानसिक लाभों से जोड़ना है। उन्होंने बताया कि यह अभियान न केवल शारीरिक स्वास्थ्य बल्कि कार्यस्थल पर सकारात्मक वातावरण निर्माण की दिशा में भी एक सराहनीय प्रयास है। कुर्सी पर बैठकर काम करने वाले नियमित अधिकारियो एवं कर्मचारियों के लिए ये योगाभ्यास बहुत ही लाभदायक होंगे।

Virat Vaibhav • 19 Jun • Ministry of Ayush
International Yoga Day

3 • PG | 165 • Sqcm | 198232 • AVE | 625K • Cir | Top Left

Delhi

एनबीसीसी ने योग महाकुंभ 2025 का आयोजन किया

वैभव न्यूज ■ नई दिल्ली

आवासन और शहरी कार्य मंत्रालय के अधीन आने वाले नवरत्न सीपीएसई एनबीसीसी (इंडिया) लिमिटेड ने 11वें अंतर्राष्ट्रीय योग दिवस (आईडीवाई) 2025 के तहत समारोह के रूप में प्रमुख कार्यक्रम योग महाकुंभ का आयोजन किया। इस वर्ष का अंतर्राष्ट्रीय योग दिवस का थीम, योग फॉर वन अर्थ, वन हेल्थ, एनबीसीसी की प्रतिबद्धता के साथ समग्र स्वास्थ्य, संधारणीयता और समावेशी विकास के प्रति गहराई से जुड़ा हुआ है। श्रीमती रितु पांडे, मुख्य सतर्कता अधिकारी, एनबीसीसी; डॉ. इंदु शर्मा, सहायक प्रोफेसर, मोरारजी देसाई योग संस्थान और ब्रह्मकुमारी के प्रतिनिधियों, एनबीसीसी के वरिष्ठ अधिकारीगणों एवं सर्व-साधारण की गरिमामयी उपस्थिति में श्री के.पी. महादेवास्वामी, अध्यक्ष एवं प्रबंध निदेशक, एनबीसीसी ने कार्यक्रम का उद्घाटन किया। योग महाकुंभ का आयोजन आयुष मंत्रालय के मार्गदर्शन में और मोरारजी देसाई राष्ट्रीय योग संस्थान (एमडीएनआईवाई) के समन्वयन में किदवई नगर, नई दिल्ली में किया जा रहा है और इसका समापन दिनांक 21.06.2025 को अंतर्राष्ट्रीय योग दिवस के साथ होगा। एनबीसीसी ने इस समारोह में अपने कार्मिकों, सर्व-साधारण और अन्य हितधारकों को सक्रिय रूप से शामिल किया है। 6 प्रतिभागी संगठन विभिन्न कार्यक्रमों और सत्रों के आयोजन के लिए एनबीसीसी और एमडीएनआईवाई के साथ साझेदारी कर रहे हैं, जिनमें सामान्य योग प्रोटोकॉल, ध्यान, विषयगत प्रदर्शनी, राज योग, योग निद्रा, संगीत प्रस्तुति, प्रश्नोत्तरी गतिविधियां, नाड़ी परीक्षा, स्वास्थ्य प्रबंधन पर जानकारीपूर्ण वार्ता, आनंद योग, पारलौकिक ध्यान, जीवनशैली विकार चिकित्सा आदि शामिल हैं। यह कार्यक्रम एनबीसीसी के उस राष्ट्रीय संचलन से जुड़ाव को दर्शाता है जिसमें भारत की सांस्कृतिक विरासत का जश्न मनाया जाता है और योग को वैश्विक कल्याण अभ्यास के रूप में बढ़ावा देने में इसके नेतृत्व को प्रदर्शित करता है।

Virat Vaibhav • 18 Jun • Ministry of Ayush
Yoga Day Week

9 • PG | 225 • Sqcm | 269855 • AVE | 625K • Cir | Middle Center

Delhi

योग दिवस सप्ताह में युवाओं की भागीदारी व पर्यावरण संरक्षण दो प्रमुख स्तंभ

वैभव न्यूज ■ लखनऊ

अंतरराष्ट्रीय योग दिवस के अवसर पर उत्तर प्रदेश में हफ्ते भर चलाए जा रहे अभियान में युवाओं की सक्रिय भागीदारी और पर्यावरण संरक्षण को दो प्रमुख स्तंभ के रूप में चुना गया है। एक सरकारी बयान के मुताबिक, प्रदेश सरकार 11वें अंतरराष्ट्रीय योग दिवस को सिर्फ एक दिन के आयोजन के रूप में नहीं, बल्कि सप्ताह भर चलने वाले सामाजिक और प्राकृतिक चेतना के पर्व के रूप में मना रही है। इसमें कहा गया है कि अभियान में युवाओं की भागीदारी और पर्यावरण की सुरक्षा को दो प्रमुख स्तंभ के रूप में चुना गया है और सरकार की दो नवाचारी पहल योग अनप्लग्ड और हरित योग इस दिशा में विशेष भूमिका निभा रहे हैं। अंतरराष्ट्रीय योग दिवस 21 जून को मनाया जाता है। बयान के मुताबिक, प्रदेश सरकार द्वारा शुरू की गई योग अनप्लग्ड पहल खास तौर पर युवा वर्ग को योग के प्रति आकर्षित और सक्रिय करने के लिए तैयार की गई है और इसे सोशल मीडिया से जोड़ा गया है जिससे छात्रों में उत्साह बना रहे और वे डिजिटल माध्यमों पर भी योग को प्रेरणा स्वरूप अपनाएं। इसमें कहा गया है कि राजकीय आयुष महाविद्यालयों, व्यवसायिक शिक्षण संस्थानों, विश्वविद्यालयों और डिग्री कॉलेजों में यह गतिविधियां जारी रही हैं। बयान में कहा गया है कि योग सप्ताह के इन आयोजनों से प्रदेश की नई पीढ़ी में अनुशासन, स्वास्थ्य और प्रकृति-प्रेम की भावना को नया बल मिलेगा। इसके अनुसार, राज्य सरकार ने सभी जिला अधिकारियों को निर्देशित किया है कि वे अपने-अपने जिलों में कम से कम दो-तीन स्थलों को हरित योग स्थल के रूप में विकसित करें, जहां योग, हरियाली और सामुदायिक भागीदारी एक साथ दिखे।

योग अभ्यास के लिए हर जिले में बनेंगे योग पार्क

योग को दिनचर्या का हिस्सा बनाने और सामूहिक योगाभ्यास को बढ़ावा देने के उद्देश्य से उत्तर प्रदेश सरकार ने पूरे प्रदेश में योग पार्क स्थापित करने की योजना बनाई है। सरकारी बयान में यह जानकारी दी गई। इस योजना के तहत स्थानीय निकायों जैसे नगर पालिकाओं और ग्राम पंचायतों की भागीदारी से प्रदेशभर में योगाभ्यास के लिए योगा पार्क विकसित किए जाएंगे। एक बयान के मुताबिक इस योजना के अंतर्गत मण्डलीय मुख्यालय वाले जिलों में तीन-तीन और अन्य जिलों में दो-दो योग पार्क चिह्नित कर उन्हें विशेष रूप से योग-अनुकूल स्थानों में परिवर्तित किया जाएगा। बयान में कहा गया कि जिलाधिकारियों को इस आशय के निर्देश जारी कर दिए गए हैं कि वे अपने-अपने जिलों में उपयुक्त स्थलों की पहचान कर आवश्यक प्रस्ताव नगर विकास विभाग के समन्वय से आगे बढ़ाएं। बयान के अनुसार इसके लिए ऐसे स्थानों का चयन किया जाएगा जो सार्वजनिक पहुंच में हों और जहां आसपास के नागरिक, बुजुर्ग, महिलाएं व युवा आसानी से एकत्र होकर सामूहिक रूप से योग कर सकें।

Virat Vaibhav • 18 Jun • Ministry of Ayush

Yoga Trainer ne logon ko karya yogabhyas

8 • PG | 91 • Sqcm | 108797 • AVE | 625K • Cir | Middle Right

Delhi

योग प्रशिक्षकों ने लोगों को कराया योगाभ्यास

वैभव न्यूज ■ ग्रेटर नोएडा

केंद्रीय आयुष मंत्रालय द्वारा निर्धारित कार्यक्रमानुसार डीएम मनीष कुमार वर्मा के नेतृत्व में एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित 11वें अंतर्राष्ट्रीय योग दिवस के उपलक्ष में 15 से 21 जून तक मनाये जा रहे योग सप्ताह में मंगलवार को तीसरे दिन ओखला बर्ड सैंक्चुरी में जिला होम्योपैथिक अधिकारी प्रीति सिंघल, आयुष विभाग अधिकारी एवं कर्मचारी, योग संस्थाओं के प्रतिनिधि आदि की उपस्थिति में योगाभ्यास कार्यक्रम संपन्न हुआ। योग प्रशिक्षकों ने कॉमन योग प्रोटोकॉल के अनुसार योगाभ्यास कराया तथा संवाद के माध्यम से योग से होने वाले लाभों से परिचित कराया। ग्राम पंचायत घोड़ी बछेड़ा के साथ अन्य ग्राम पंचायतों में भी योग सत्र एवं स्वास्थ्य प्रशिक्षण कैंप आयोजित किये गये।

Virat Vaibhav • 16 Jun • Ministry of Ayush

International Yoga Day

8 • PG | 61 • Sqcm | 73557 • AVE | 625K • Cir | Middle Center

Delhi

प्रधानाचार्य ने किया अंतरराष्ट्रीय योग दिवस का शुभारंभ

वैभव न्यूज /ऊंचागांव। विकासखंड ऊँचागाँव क्षेत्र के कस्बा अमरगढ़ स्थित जवाहर ज्योति इंटर कॉलेज में रविवार को प्रधानाचार्य अखिलेश कुमार तिवारी ने दीप प्रज्वलित कर योग दिवस का शुभारंभ किया। इस अवसर पर कॉलेज प्रधानाचार्य अखिलेश कुमार तिवारी ने बताया कि योगासन, प्राणायाम, अंतरराष्ट्रीय योग दिवस 21 जून तक चलेगा। उन्होंने उपस्थित सभी छात्र छात्राओं व कॉलेज के शिक्षक व स्टाफ को संबोधित करते कहा कि योग भारत की प्राचीन परम्परा का अमूल्य उपहार है। यह मनुष्य के दिमाग व शरीर की एकता का प्रतीक है। मनुष्य और प्रकृति के बीच ऐसा सामंजस्य है जो विचार और संयम की पूर्ति प्रदान करता है। स्वास्थ्य और भलाई के लिए योग एक समग्र दृष्टिकोण देने वाला है। बदलती जीवन शैली में यह चेतना बनकर, हमें जलवायु परिवर्तन से निपटने मे मदद करता है। उन्होंने विद्यार्थियों और अध्यापकों को नियमित योग करने की सलाह दी। इस मौके पर कॉलेज के सभी छात्र छात्राएं, शिक्षक एवं स्टाफ मौजूद रहा ।

Virat Vaibhav • 15 Jun • Ministry of Ayush

yoga abb waishvik jan andolan

1 • PG | 111 • Sqcm | 132933 • AVE | 625K • Cir | Middle Center

Delhi

योग अब वैश्विक जन आंदोलन, इसका श्रेय प्रधानमंत्री मोदी को जाता है : आयुष मंत्री जाधव

वैभव न्यूज ■ नई दिल्ली

केंद्रीय आयुष मंत्री प्रतापराव जाधव ने कहा कि प्रधानमंत्री नरेन्द्र मोदी के निरंतर प्रयासों से पिछले 10 वर्षों में योग व्यक्तिगत स्वास्थ्य दिनचर्या से वैश्विक जन आंदोलन में तब्दील हो गया है और अब 170 से अधिक देशों में इसे उत्साह के साथ अपनाया जा रहा है। जाधव ने 21 जून को अंतरराष्ट्रीय योग दिवस से पहले पीटीआई-भाषा को दिए एक साक्षात्कार में योग को विश्व स्तर पर लोकप्रिय बनाने का श्रेय प्रधानमंत्री को दिया। उन्होंने कहा, योग को वैश्विक स्तर पर व्यापक रूप से अपनाए जाने का श्रेय प्रधानमंत्री

नरेन्द्र मोदी के दूरदर्शी नेतृत्व को दिया जा सकता है, जिन्होंने न केवल 2014 में संयुक्त राष्ट्र महासभा में अंतरराष्ट्रीय योग दिवस के विचार का प्रस्ताव रखा, बल्कि सर्वसम्मति से इसके लिए समर्थन प्राप्त करने के वास्ते व्यक्तिगत रूप से वैश्विक नेताओं से संपर्क भी किया।

जाधव ने कहा कि इस प्रस्ताव को 177 देशों ने सह-प्रायोजित किया तथा इसे रिकॉर्ड 75 दिनों के भीतर अंगीकार किया गया, जिससे यह संयुक्त राष्ट्र के इतिहास में सबसे तेजी से पारित प्रस्तावों में से एक बन गया।केंद्रीय स्वास्थ्य राज्य मंत्री ने कहा कि तब से योग एक सांस्कृतिक सेतु के रूप में उभरा है, जो विभिन्न महाद्वीपों के लोगों को जोड़ता है तथा अंतरराष्ट्रीय योग दिवस का वार्षिक आयोजन एक वैश्विक आंदोलन बन गया है।उन्होंने कहा कि न्यूयॉर्क के टाइम्स स्क्वायर से लेकर प्रशांत महासागर के सुदूर द्वीपों तक, स्वास्थ्य और सद्भाव के उत्सव के रूप में अब योग के लिए चटाई बिछाई जा रही है।

Virat Vaibhav • 14 Jun • Ministry of Ayush

International Yoga Day

11 • PG | 121 • Sqcm | 144983 • AVE | 625K • Cir | Middle Right,Top Right

Delhi

योग के साथ अनुशासित जीवनशैली अपनाएं युवा: राव नरबीर सिंह

वैभव न्यूज ■ चंडीगढ़

हरियाणा के उद्योग एवं वाणिज्य मंत्री राव नरबीर सिंह ने आज गुरुग्राम के ताऊ देवीलाल स्टेडियम में आयोजित योग प्रशिक्षण कार्यक्रम में सहभागिता कर योग के प्रति अपने दृढ़ संकल्प और प्रतिबद्धता को दोहराया। यह प्रशिक्षण सत्र आगामी 21 जून को मनाए जाने वाले अंतरराष्ट्रीय योग दिवस की तैयारियों के तहत आयुष विभाग द्वारा आयोजित किया गया था।

गुरुग्राम में आयोजित इस कार्यक्रम में सैकड़ों योग साधकों, सामाजिक संगठनों तथा स्थानीय नागरिकों ने उत्साहपूर्वक भाग लिया। योग प्रशिक्षकों द्वारा प्रतिभागियों को विभिन्न योगासनों, प्राणायाम और ध्यान की विधियों का अभ्यास कराया गया। राव नरबीर सिंह ने उपस्थितजन को संबोधित करते हुए कहा कि योग न केवल भारत की सांस्कृतिक विरासत है, बल्कि यह सम्पूर्ण विश्व को स्वास्थ्य, समरसता और आत्मिक शांति का संदेश देने वाला विज्ञान है। प्रधानमंत्री श्री नरेंद्र मोदी के प्रयासों से आज योग वैश्विक पहचान बना चुका है। उन्होंने यह भी कहा कि योग को जन-जन तक पहुंचाने के लिए राज्य सरकार निरंतर प्रयासरत है और आयुष विभाग द्वारा किए जा रहे ऐसे आयोजनों से प्रदेश में स्वास्थ्य के प्रति जागरूकता में उल्लेखनीय वृद्धि हो रही है।

Virat Vaibhav • 12 Jun • Ministry of Ayush

Yoga Day Portal par panjikaran ki sankhya 50,000 ke paar

5 • PG | 74 • Sqcm | 88746 • AVE | 625K • Cir | Middle Center

Delhi

योग दिवस पोर्टल पर पंजीकरण की संख्या 50,000 के पार

वैभव न्यूज ■ नई दिल्ली

देशभर से 50,000 से अधिक संगठनों ने 11वें अंतरराष्ट्रीय योग दिवस समारोह के आयोजन के लिए पंजीकरण कराया है, जिससे सामूहिक भागीदारी के लिए एक नया मानक स्थापित हुआ है। राजस्थान इसमें अग्रणी रहा है, जहां 11,000 से अधिक संगठनों ने योग संगम 2025 के लिए पंजीकरण कराया है, जिसका आयोजन 21 जून को प्रात: 6.30 बजे से 7.45 बजे तक किया जाएगा। आयुष मंत्रालय ने एक बयान में कहा कि इस उल्लेखनीय भागीदारी के बाद तेलंगाना में 7,000 से अधिक पंजीकरण और मध्यप्रदेश में करीब 5,000 पंजीकरण हुए हैं। इस वर्ष की थीम एकपृथ्वी, एकस्वास्थ्य केलिए योग एकता और कल्याण के लिए एक सार्वभौमिकआह्वान को प्रतिध्वनित करती है। भारतीय प्रौद्योगिकी संस्थान (आईआईटी), भारतीय प्रबंध संस्थान (आईआईएम) और केंद्रीय विश्वविद्यालयों जैसे प्रमुख संस्थानों के साथ-साथ कई कॉरपोरेट और निजी कंपनियां सक्रिय रूप से पंजीकरण करा रही हैं तथा वैश्विक कल्याण के प्रति अपनी प्रतिबद्धता प्रदर्शित कर रही हैं। अंतरराष्ट्रीय योग दिवस के अवसर पर एक लाख से अधिक स्थानों पर योग संगम 2025 का आयोजन किए जाने की संभावना है। आयुष मंत्रालय ने नागरिकों, संस्थानों और समुदायों को भारत के शाश्वत ज्ञान के इस वैश्विक उत्सव में एकसाथ आने केलिए आमंत्रित किया है।

Virat Vaibhav • 09 Jun • Ministry of Ayush

Lakhs of peaple do Yoga in workshop

11 • PG | 75 • Sqcm | 89485 • AVE | 625K • Cir | Middle Right

Delhi

प्रदेश भर में विशेष योग पखवाड़ा कार्यशाला में 1,37,468 लोगों ने किया योगाभ्यास

वैभव न्यूज ■ चंडीगढ़

हरियाणा सरकार ने प्रदेश को एक स्वस्थ, नशामुक्त और पर्यावरण-संवेदनशील राज्य बनाने की कड़ी में एक महत्वपूर्ण कदम उठाया है। इसी के तहत अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में प्रदेशभर में खेल विभाग, आयुष विभाग, उच्चतर शिक्षा विभाग तथा पतंजलि योगपीठ के संयुक्त तत्वावधान में विशेष योग पखवाड़ा कार्यशाला का आयोजन किया जा रहा है। इस आयोजन में प्रदेश में अब तक लगभग 9.50 लाख प्रतिभागियों ने सक्रिय भागीदारी की जा चुकी है।

आज प्रदेशभर में 1,37,468 लोगों ने एक साथ योगाभ्यास किया तथा 2,640 पौधे लगाए गए। अब तक कुल 40,721 पौधे लगाए जा चुके हैं। बता दें कि 21 जून 2025 को मनाए जाने वाले अंतरराष्ट्रीय योग दिवस की प्रदेशभर में पूर्व तैयारियां की जा रही हैं। ताकि मुख्यमंत्री श्री नायब सिंह सैनी के योगयुक्त-नशामुक्त हरियाणा के विजन को साकार किया जा सके। हरियाणा खेल एवं आयुष विभाग के महानिदेशक श्री संजीव वर्मा ने इस अवसर पर कहा कि योग केवल शरीर की क्रियाओं तक ही सिमित नहीं है बल्कि यह एक पूर्ण जीवनशैली है।

Virat Vaibhav • 09 Jun • Ministry of Ayush

Yoga Day competition on 15 June

8 • PG | 80 • Sqcm | 95546 • AVE | 625K • Cir | Top Left

Delhi

योग दिवस को लेकर 15 जून से होंगी प्रतियोगिताएं

वैभव न्यूज ■ बुलंदशहर

11 वां अंतरराष्ट्रीय योग दिवस 21 जून को मनाया जाएगा। इससे पूर्व अंतरराष्ट्रीय योग दिवस को लेकर शहर मे विभिन्न प्रतियोगिताओ का आयोजन किया जायेगा। जिसमें पंजीकरण कराकर शामिल हो सकते है। विजेता को पुरस्कार एवं प्रशस्ति पत्र देकर सम्मानित किया जायेगा। क्षेत्रीय आयुर्वेद एवं यूनानी अधिकारी डॉ. बंदना रानी ने बताया कि 21 जून को 11 वां अंतरराष्ट्रीय योग दिवस है। योग दिवस को लेकर 16 जून से 20 जून तक शहर मे रंगोली, स्लोगन, निबंध लेखन, ड्राइंग एवं योगासन प्रदर्शन आदि प्रतियोगिता का आयोजन किया जायेगा। प्रतियोगिता प्रात 11 से दोपहर एक बजे तक होगी। प्रतियोगिता में शामिल होने के लिए इच्छुक प्रतिभागी अपना पंजीकरण करा लें। प्रतियोगिता के बाद विभिन्न विषयों पर गोष्ठी का भी आयोजन किया जायेगा।

Sandhya Times • 21 Jun • Ministry of Ayush
Internationa Yoga Day, 2025

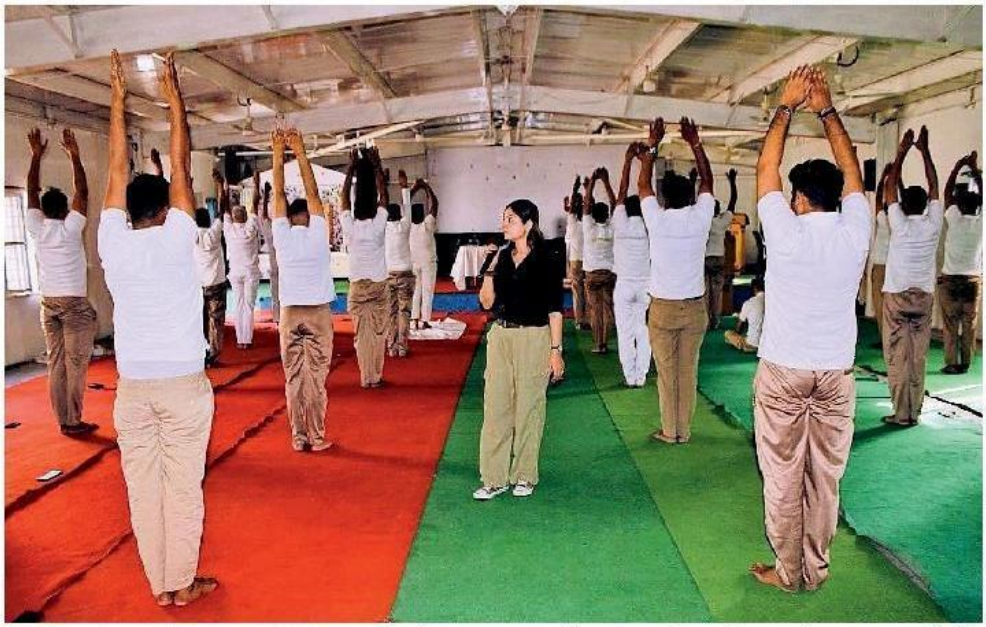
9 • PG | 833 • Sqcm | 220779 • AVE | 106.19K • Cir | Top Left

Delhi

पुलिस से लेकर कॉरपोरेट प्रफेशनल्स तक... योग से बदल डालीं जिंदगियां

योगगुरु मीनाक्षी कौशिक ने योग को बनाया पेशा और जीवन का मिशन

Priyanka.Singh5@timesofindia.com



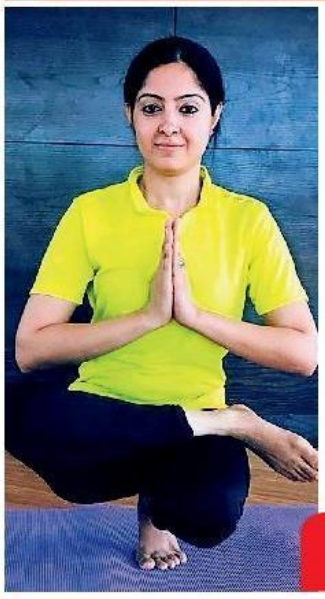
आज की भागदौड़ भरी जिंदगी में जहां तनाव और बीमारियां आम हो गई हैं, वहीं नोएडा की योग गुरु मीनाक्षी कौशिक योग के जरिए लोगों के जीवन में सकारात्मक बदलाव ला रही हैं। 2008 से योग का अभ्यास कर रहीं मीनाक्षी ने इसे अपना पेशा और जीवन का मिशन बना लिया है। वह न सिर्फ आम लोगों को, बल्कि पुलिस बटालियन के जवानों और कॉरपोरेट कर्मचारियों को भी स्वस्थ जीवनशैली अपनाने में मदद कर रही हैं।

जापान यात्रा से मिली प्रेरणा

मीनाक्षी बताती हैं कि योग उन्हें विरासत में मिला है, क्योंकि उनकी मां ने भी धीरेंद्र ब्रह्मचारी से योग सीखा था। लेकिन इस विरासत को मिशन बनाने की असली प्रेरणा उन्हें 2005 में जापान यात्रा के दौरान मिली। उन्होंने देखा कि कैसे तोक्यो में विदेशी लोग भारत की इस प्राचीन धरोहर को उत्साह से अपना रहे हैं। मीनाक्षी कहती हैं, जब मैंने देखा कि दूसरे देशों के लोग हमारी संस्कृति को इतना सम्मान दे रहे हैं, तो मुझे लगा कि हमें भी इसकी ताकत को पहचानना चाहिए। बस वहीं से मेरा यह सफर शुरू हुआ।

पुलिस जवानों की बदली जीवनशैली

मीनाक्षी पुलिस अधिकारियों के साथ काम कर रही हैं। उन्होंने यूपी पुलिस की 49वीं बटालियन के साथ अभी काम चल रहा है। इससे पहले 47वीं बटालियन में पुलिस जवानों के लाइफस्टाइल और स्लीप साइकल पर काम किया है। उन्होंने बताया, पुलिस जवानों का शेड्यूल बहुत व्यस्त होता है। मैंने देखा कि कई जवान साइटिका, हाई ब्लड प्रेशर (BP) और डायबिटीज जैसी समस्याओं से जूझ रहे थे। अपने अनुभव साझा करते हुए कहा, एक जवान का बीपी 170-180 रहता था, जो योग के नियमित अभ्यास से 110 पर आ गया। योग ने न केवल उनकी शारीरिक, बल्कि मानसिक और भावनात्मक सेहत में भी जबरदस्त सुधार किया है।



सही योग का ज्ञान है बेहद जरूरी

मीनाक्षी कौशिक इस बात पर जोर देती हैं कि हर किसी के लिए एक ही योगासन फायदेमंद नहीं होता। वह बीमारी और शरीर की जरूरत के हिसाब से योग सिखाती हैं। अगर किसी को हाई बीपी है और वह कपालभाति करता है, तो उसका बीपी और बढ़ जाएगा। यह जानना बहुत जरूरी है कि किस बीमारी में कौन सा आसन करना है और कौन सा नहीं। उदाहरण के लिए भुजंगासन पीठ दर्द और पेट के लिए फायदेमंद है, लेकिन हर्निया के मरीज को इसे करने से बचना चाहिए।

मीनाक्षी का योग सत्र, मंत्रों से ध्यान तक

उनका सत्र गायत्री मंत्र के साथ शुरू होता है। इसमें ताड़ासन, वृक्षासन, पादहस्तासन, वीरभद्रासन, मकरासन और गोमुखासन जैसे आसन शामिल होते हैं। तनाव और अनिद्रा (Insomnia) जैसी समस्याओं के लिए वह भ्रामरी प्राणायाम को बहुत प्रभावी मानती हैं। सत्र का अंत शवासन से होता है, जो मन को पूरी तरह शांत कर देता है। मीनाक्षी का मानना है कि आपके पास कितना भी पैसा हो, लेकिन अगर स्वास्थ्य अच्छा नहीं है तो सब व्यर्थ है। आज वह ऑनलाइन माध्यमों से भी योग की जागरूकता फैला रही हैं, ताकि महामारी जैसे मुश्किल समय में लोग डिप्रेशन से दूर रहें और अपनी इम्यूनिटी को मजबूत बना सकें।

अपनी बिजनेस स्टोरी शेयर करने के लिए सान्ध्य टाइम्स से संपर्क करें इस ईमेल पर : Sandhyatimes4u@gmail.com या वॉट्सऐप करें 9870532779

Sandhya Times • 20 Jun • Ministry of Ayush

International Yoga Day

6 • PG | 138 • Sqcm | 36534 • AVE | 106.19K • Cir | Bottom Left

Delhi

'योग से रहता है मन स्वस्थ और शरीर निरोग'

■ **सान्ध्य टाइम्स ब्यूरो।** उत्तर-पूर्वी दिल्ली के सोनिया विहार ढाई पुश्ते पर यमुना के किनारे नव जागृति योग समिति की ओर से योग अभ्यास शिविर लगाया गया। 21 जून को योग दिवस पर होने वाले कार्यक्रम से पहले अभ्यास शिविर का आयोजन किया गया था।

आज सुबह उत्तर-पूर्वी दिल्ली से सांसद मनोज तिवारी ने भी यहां पहुंचकर योग अभ्यास किया। उन्होंने कहा कि योग करने से मन स्वस्थ रहता है और नियमित योग अभ्यास से व्यक्ति शारीरिक रोग से मुक्त

रहता है। इसलिए हम सबको नियमित रूप से योग अभ्यास करना चाहिए। इस दौरान संस्था के पदाधिकारियों के अलावा मंडल अध्यक्ष संजीव मिश्रा, ज्योति चौहान, पूर्व मंडल अध्यक्ष राजेश राज, निगम पार्षद सोनी पांडे और बृजेश सिंह सहित बड़ी संख्या में लोग मौजूद रहे। **(नस)**

Sandhya Times • 19 Jun • Ministry of Ayush
International Yoga Day

2 • PG | 1241 • Sqcm | 328853 • AVE | 106.19K • Cir | Top Right

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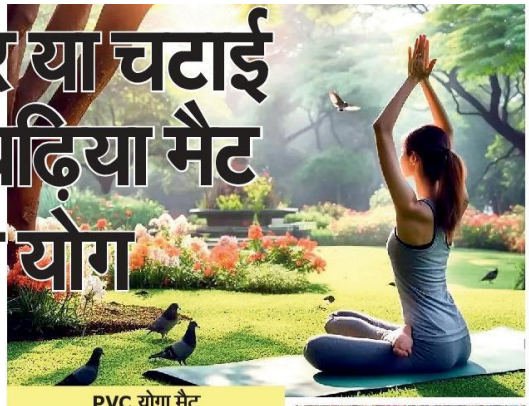
अब चादर या चटाई पर नहीं, बढ़िया मैट पर हो रहा योग



मार्केट में 3-4 क्वालिटी में आ रहा मैट, सबसे ज्यादा ईवा और टीपीई मैट की डिमांड : पंकज जैन

Suraj.Singh@timesofindia.com

■ 21 जून को दुनियाभर में अंतरराष्ट्रीय योग दिवस मनाया जाएगा। योग को लेकर लगातार जागरूकता बढ़ रही है। सरकार से लेकर धार्मिक, राजनीतिक, सामाजिक और आरडब्ल्यूए जैसी संस्थाएं योग को प्रमोट कर रही हैं। बाजार में भी योग की बढ़ती लोकप्रियता का असर देखा जा रहा है। अंतरराष्ट्रीय योग दिवस से पहले मैन्युफैक्चरिंग और बिक्री में इजाफा हुआ है।

कोस्को इंडिया लिमिटेड के डायरेक्टर पंकज जैन ने बताया कि योग के प्रति बढ़ी जागरुकता से मार्केट में सकारात्मक असर पड़ा है। पहले लोग योग क्रियाओं के समय पूरे संसाधनों का इस्तेमाल नहीं करते थे। चादर और चटाई पर योग करते थे। अब योग मैट, योग रोलर, योगा ब्रिक और योगा स्ट्रैप खरीद रहे हैं। सबसे ज्यादा योगा मैट बिकता है। ये भी 3-4 क्वालिटी में आता है। सबसे सस्ता पीवीसी का योगा मैट होता है। फिर ईवा मैटेरियल, टीपीई और रबड़ का मैट आता है। अब पीवीसी मैट का चलन कम हो गया है। सबसे ज्यादा ईवा और टीपीई मैट डिमांड में है। पंकज ने बताया कि प्रधानमंत्री नरेंद्र मोदी ने योग का खूब प्रचार-प्रसार किया है। कई योगा शो होते हैं। ऐसे में ऑनलाइन और ऑफलाइन मार्केट में योगा मैट जमकर बिक रहा है।

कई रंगों और डिजाइन में आए मैट

पंकज जैन ने बताया कि मार्केट में सभी तरह के कस्टमर्स का ध्यान रखना होता है। ऐसे में योगा मैट में भी कई रंग और डिजाइन आ गए हैं। सिंगल कलर, टू कलर टोन और डिजाइन के मैट तैयार हो गए हैं। महिलाओं और पुरुष की पसंद अलग होती है, ऐसे में सभी तरह के मैट्स बिकते हैं।

अब देश में बढ़ी मैन्युफैक्चरिंग

कुछ साल पहले तक चीन से बड़ी मात्रा में योगा मैट आते थे। पंकज जैन ने बताया कि कोरोना काल में चीन से इंपोर्ट पर पाबंदियां लगीं। लोगों ने स्वस्थ रहने के लिए योग किया। योगा मैट की मांग बढ़ी, तो देश में ही उद्यमियों ने मैट तैयार किए। अब 90 प्रतिशत योगा मैट भारत में बनते हैं। दिल्ली समेत कई शहरों में योगा मैट की फैक्ट्रियां लग गई हैं।

मोटाई के आधार पर

पतले मैट (1-3 मिमी)
हल्के, यात्रा के लिए उपयुक्त, लेकिन कम कुशनिंग

मध्यम मैट (4-6 मिमी)
संतुलित कुशनिंग और स्थिरता, सामान्य उपयोग के लिए

मोटे मैट (6 मिमी से अधिक)
अतिरिक्त कुशनिंग, रीढ़ और जोड़ों के लिए अच्छे

PVC योगा मैट

■ **विशेषताएं :** सस्ते, हल्के, और टिकाऊ। अच्छी पकड़ और कुशनिंग प्रदान करते हैं
■ **लाभ :** शुरुआती लोगों के लिए उपयुक्त, आसानी से उपलब्ध
■ **कमियां :** पर्यावरण के लिए कम अनुकूल, गंध हो सकती है

TPE योगा मैट

■ **विशेषताएं :** थर्मोप्लास्टिक इलास्टोमर से बने, पर्यावरण-अनुकूल, और रिसाइकल करने योग्य
■ **लाभ :** हल्के, गैर-विषैले और अच्छी पकड़
■ **कमियां :** पीवीसी की तुलना में कम टिकाऊ

रबर योगा मैट

■ **विशेषताएं :** प्राकृतिक रबर से बने, मजबूत और पर्यावरण-अनुकूल
■ **लाभ :** उत्कृष्ट पकड़, लंबे समय तक चलते हैं
■ **कमियां :** भारी और महंगे हो सकते हैं

कॉर्क योगा मैट

■ **विशेषताएं :** कॉर्क और रबर की परत से बने, प्राकृतिक और जीवाणुरोधी
■ **लाभ :** पसीने में भी अच्छी पकड़, पर्यावरण-अनुकूल
■ **कमियां :** महंगे और भारी

जूट योगा मैट

■ **विशेषताएं :** प्राकृतिक जूट फाइबर से बने, पर्यावरण-अनुकूल
■ **लाभ :** टिकाऊ और अच्छी बनावट
■ **कमियां :** कम कुशनिंग, खुरदरी सतह

कॉटन योगा मैट

■ **विशेषताएं :** पारंपरिक, प्राकृतिक कपास से बने, अक्सर योग के रूप में उपयोग
■ **लाभ :** नरम, धोने योग्य, पर्यावरण-अनुकूल
■ **कमियां :** कम पकड़, फिसलन हो सकती है

फोम योगा मैट

■ **विशेषताएं :** मोटे और नरम, जोड़ों के लिए अतिरिक्त समर्थन
■ **लाभ :** आरामदायक, जोड़ों के दर्द में उपयोगी
■ **कमियां :** कम पकड़, भारी

जितना मोटा मैट, उतना अच्छा

बाजार में 4 एमएम से 10 एमएम के योगा मैट मिलते हैं। 300 रुपये में 4 एमएम का योगा मैट मिल जाता है। वहीं, 10 एमएम का योगा मैट अच्छी क्वालिटी का होता है, तो 2 हजार रुपये का होता है। जितना मोटा मैट होगा, उतना अच्छा होगा। अच्छे मैट फिसलते नहीं हैं। 4, 6, 8 और 10 एमएम के योगा मैट होते हैं। ईवा मैट फोम की तरह होता है। कोहनी और घुटनों को आराम मिलता है। अब कई देसी और विदेशी कंपनियां योगा मैट बनाने लगी हैं। योगा और आसन सिर्फ भारत में ही नहीं, कई देशों में होने लगे हैं। इन दिनों मार्केट में पर्याप्त योगा मैट हैं। @ **नितिन गुप्ता, ओनर, प्रकाश नॉवल्टी, कमला नगर**

डिजाइनर मैट की मांग तेज

नितिन गुप्ता ने बताया कि डिजाइनर मैट की मांग तेज है। ये कई कलर्स में होते हैं। खास तौर से बच्चों और महिलाओं को डिजाइनर मैट काफी पसंद है। ये देखने में आकर्षक होते हैं। मार्केट में डबल साइड यूज, नॉन स्लिप योगा मैट भी मिलते हैं।

Sandhya Times • 18 Jun • Ministry of Ayush

90% people become yoga guru without and Guru

5 • PG | 595 • Sqcm | 157552 • AVE | 106.19K • Cir | Top Right

Delhi

90% लोग बिना गुरु के ही बन रहे 'योगी'

फायदे की जगह हो सकता है नुकसान!

Priyanka.Singh5@timesofindia.com

■ **आज की** भागदौड़ भरी जिंदगी में जब डायबिटीज, ब्लड प्रेशर, मोटापा और तनाव जैसी बीमारियां आम हो गई हैं, तब अच्छी सेहत के लिए योग का क्रेज तेजी से बढ़ रहा है। भारत सरकार के आयुष मंत्रालय और मोरारजी देसाई राष्ट्रीय योग संस्थान (MDNIY) ने हाल ही में एक सर्वे किया। यह सर्वे 34 राज्यों में किया गया, जिसमें पता चला कि देश में 10 में से 4 लोग (41.3%) नियमित रूप से योग को अपना रहे हैं। लेकिन, बात यहीं तक खत्म नहीं होगी। इस सर्वे में एक और सच्चाई सामने आई है, जिसे योग करने से लोगों को फायदा हो रहा हो या नहीं, लेकिन नुकसान जरूर हो रहा है। सर्वे के मुताबिक, योग करने वाले लगभग 90% लोग बिना किसी एक्सपर्ट और सर्टिफाइड गुरु की देखरेख के ही योग कर रहे हैं। वे या तो मोबाइल ऐप देखकर या किसी से सुनकर आसन करते हैं, जो फायदे की जगह नुकसान भी पहुंचा सकता है।

क्यों है बिना एक्सपर्ट के योग करना खतरनाक?

MDNIY के डायरेक्टर डॉ. ईश्वर बसवरड्डी ने बताया, योग अब सिर्फ एक आध्यात्मिक अभ्यास नहीं, बल्कि आधुनिक स्वास्थ्य चुनौतियों से निपटने का एक शक्तिशाली जरिया बन गया है। हालांकि, सर्वे यह भी दिखाता है कि सिर्फ 11.2% लोग ही सही मार्गदर्शन में योग करते हैं। एक्सपर्ट्स का मानना है कि गलत तरीके से आसन करने से मांसपेशियों में खिंचाव, चोट या अन्य स्वास्थ्य समस्याएं हो सकती हैं। आगे कहा कि योग भारत के 'साइलेंट हेल्थ क्राइसिस' का जवाब बन सकता है, लेकिन तभी जब इसकी पहुंच और सही जानकारी हर किसी तक हो।

भारत में 41.3% लोग वेलनेस के लिए करते हैं योग

बीमारियों के खिलाफ योग क्यों है जरूरी?

नैशनल हेल्थ प्रोफाइल 2023 के अनुसार, भारत में होने वाली 65% से ज्यादा मौतें दिल की बीमारी, स्ट्रोक, कैंसर और डायबिटीज जैसी बीमारियों (NCDs) के कारण होती हैं। योग, जिसमें आसन, प्राणायाम (सांसों का व्यायाम) और ध्यान शामिल है, इन बीमारियों से बचाव का एक सस्ता और प्रभावी तरीका है।

महिलाएं और युवा सबसे आगे, पर बाधाएं भी कम नहीं

सर्वे में यह बात भी सामने आई कि योग करने वालों में महिलाएं (खासकर 25-45 वर्ष की) और युवा सबसे आगे हैं। महिलाओं ने माना कि योग से उन्हें लचीलापन, भावनात्मक संतुलन और पीरियड्स की समस्याओं में राहत मिलती है। वहीं, छात्रों ने कहा कि योग से उनकी एकाग्रता बढ़ी है। हालांकि, सर्वे में शामिल 58.7% लोग आज भी नियमित योग नहीं करते। इसके पीछे उन्होंने समय की कमी, सही जानकारी का अभाव और मार्गदर्शन न मिलना सबसे बड़ी वजह बताई।

क्या करने की है जरूरत?

विशेषज्ञों का कहना है कि साल में एक बार 'योग दिवस' मना लेना ही काफी नहीं है। अगर हम योग का पूरा फायदा उठाना चाहते हैं तो इन तीन बातों पर ध्यान देना होगा

सही मार्गदर्शन : गांवों और छोटे शहरों में सर्टिफाइड योग प्रशिक्षकों को भेजना होगा ताकि लोग सुरक्षित तरीके से योग सीख सकें।

डिजिटल मदद : सरकार को स्थानीय भाषाओं में फ्री और डॉक्टर द्वारा प्रमाणित डिजिटल प्लैटफॉर्म बनाने चाहिए।

जागरूकता : योग को स्कूल, कॉलेज और दफ्तरों के रूटीन का हिस्सा बनाना होगा ताकि यह हमारी जीवनशैली में शामिल हो सके।

Dainik Jagran • 21 Jun • Ministry of Ayush
Internationa Yoga Day, 2025

4 • PG | 911 • Sqcm | 2304066 • AVE | 1.14M • Cir | Top Right

Delhi

वार्त्तीत

योग से तन-मन स्वस्थ होता है। इसीलिए 12 घंटे की शूटिंग करने वाले छोटे पर्दे के कई सितारों ने ऊर्जा के साथ बेहतर सेहत और मानसिक शांति की तलाश में योग का सहारा लिया। 11वें अंतरराष्ट्रीय योग दिवस के अवसर पर कुछ सितारों ने साझा किए अपने अनुभव...

योग की बदौलत है चेहरे पर चमक

धारावाहिक हाणू की उलटन पलटन में कटोरी अम्मा की भूमिका निभाने वाली 64 वर्षीय अभिनेत्री हिमानी शिवपुरी अपनी ऊर्जा और चेहरे की चमक का श्रेय योग को देती हैं। वह कहती हैं, 'मेरे जीवन में तो योग बचपन से ही शामिल हो गया था, जब मैं पापा को योग करते हुए देखती थी। उनके साथ योग किया, फिर जब एनएसडी (नेशनल स्कूल आफ ड्रामा) में आई तो वहां हमारी योग की क्लासेज होती थीं। उसके बाद सुबह उठकर योग करना एक आदत सी बन गई। सुबह उठने के बाद थोड़ा पानी पीती हूं, उसके बाद फ्रेश होकर योग करना शुरू करती हूं। जिस दिन योग नहीं करती हूं, उस दिन कुछ अधूरा-अधूरा सा लगता है। मुझे कोरोना हो गया था, उससे उबरने में योग ने बहुत मदद की। हमारे देश को ही नहीं, पूरी दुनिया को फिट बनाने के लिए योग महत्वपूर्ण है। अन्य व्यायाम भी हमें स्वस्थ बनाते हैं, लेकिन योग जीने का एक तरीका है। लोग मुझसे कहते हैं कि आपमें अभी भी इतनी ऊर्जा और चेहरे पर चमक है, उसका श्रेय मैं योग को दूंगी।'

• टीम ऐड टीवी

ध्यान लगाने से दूर होती है थकान

• टीम शेमारू उमंग

धारावाहिक बड़ी हवेली की छोटी ठकुराइन शो की अभिनेत्री दीक्षा धामी बताती हैं, 'जब मैं नौवीं कक्षा में थी, तब मम्मी को योग करते देख मुझे भी प्रेरणा मिली थी। मैंने कपालभाति और अनुलोम-विलोम से योग किया था। बीच में मैंने योग छोड़ दिया था, तब मुझे फर्क साफ महसूस हुआ। जल्दी थकान हो जाती थी। तब मैंने योग करना फिर से शुरू किया तो शरीर हल्का और दिमाग फ्रेश लगने लगा। उसके बाद से योग जीवन का अहम हिस्सा बन चुका है। एक बार शूटिंग सेट पर मुझे बहुत थकान महसूस हो रही थी, तब मैंने अपने कमरे में जाकर थोड़ा ध्यान लगाया। फिर ताजगी महसूस हुई और मन शांत हो गया। मैं सुबह आधे घंटे योग करती हूं, फिर शूटिंग सेट पर लंच के दौरान भी समय निकाल लेती हूं। फिट इंडिया और फिट वर्ल्ड का सपना योग के बिना अधूरा है।'

प्रियंका सिंह/दीपेश पांडेय

शांत रहना आ गया

धारावाहिक उफ्फ...ये लव है मुश्किल में कैरी शर्मा की भूमिका निभाने वाली अभिनेत्री आशी सिंह बताती हैं, 'पहले मैं योग को अधिक गंभीरता से नहीं लेती थी। कोरोना काल के दौरान दिमाग में बहुत सारी ऊटपटांग चीजें आती थीं, तब मैंने योग करना शुरू किया था। तीन महीने बाद मैंने अंदरूनी बदलाव देखा। मैं ज्यादा शांति और संयम महसूस करने लगी। उसके बाद योग मेरी जिंदगी का नियमित हिस्सा बन गया। सुबह उठने के बाद मैं गर्म पानी पीती हूं। इसके बाद फ्रेश होकर करीब एक घंटे योग करती हूं। मैं देखती हूं कि जिम या किसी और ट्रेनिंग में कराए जाने वाले वार्मअप, हैप्पी वार्मअप और ब्रिज जैसे ज्यादातर अभ्यास इसी से प्रेरित हैं, उन्हें बस अंग्रेजी नाम दे दिए गए हैं। हमारे 12-12 घंटे की शूटिंग शेड्यूल में, योग से हमें न सिर्फ ऊर्जा, बल्कि मानसिक रूप से बहुत शांति भी मिलती है।

• टीम सोनी

Dainik Jagran • 20 Jun • Ministry of Ayush
International Yoga Day

5 • PG | 448 • Sqcm | 1132057 • AVE | 1.14M • Cir | Bottom Center

Delhi

दैनिक जागरण के साथ मिल कल पूरी दिल्ली के चार हजार लोग करेंगे योग

जागरण संवाददाता, नई दिल्ली: विश्व योग दिवस पर 21 जून को दैनिक जागरण के साथ मिलकर दिल्ली भर में चार हजार से अधिक लोग योग करेंगे। इन आयोजनों में समाज के प्रबुद्ध जन, मंदिर, शिक्षण संस्थाओं, आरडब्ल्यूए, महिला संगठनों के साथ हर कोई भागीदार होगा। स्वस्थ तन-मन के साथ निरोग काया को लेकर यह मुहिम योग के विभिन आसनों के साथ सुबह संपन्न होगी।

दक्षिणी दिल्ली में दैनिक जागरण का यह अभियान भारत स्वाभिमान के साथ मिलकर मालवीय नगर स्थित किला राय पिथौरागढ़ में चलेगा। यहां योग दिवस कार्यक्रम आयोजित होगा यहां एक साथ डेढ़ हजार लोग लोग योग करेंगे। इसी तरह सिरी फोर्ट आडिटोरियम में स्पोर्ट्स कांप्लेक्स में डीडीए के सहयोग से कार्यक्रम होगा। यहां भी एक हजार

से अधिक लोगों की भागीदारी रहेगी।

पुरानी दिल्ली में आइएसबीटी के पास स्थित महाराणा प्रताप बाग (कुदेशिया पार्क), में दैनिक जागरण की भागीदारी से योग शिविर का आयोजन होगा। आयोजन में राष्ट्रीय स्वयंसेवक संघ, सिविल लाइंस, भारत योग आश्रम, सिविल लाइंस वेलफेयर एसोसिएशन व बड़ी पंचायत वैश्य बीसे अग्रवाल संस्थान के लोग बढ़चढकर हिस्सा लेंगे।

आयोजन से जुड़े त्रिलोक कुमार, सतबीर कोहली व सुमन कुमार गुप्ता ने बताया कि यहां 500 लोग एक साथ योग करेंगे। योगाचार्य जयनाथ के मार्गदर्शन में स्वस्थ तन मन के लिए योग का संदेश प्रसारित किया जाएगा। इस क्रम में दिल्ली तकनीकी विश्वविद्यालय (डीटीयू) में दैनिक जागरण के साथ योग दिवस पर कार्यक्रम आयोजित होगा। यहां पर 500 से अधिक लोगों के उपस्थित होने का अनुमान है।

पूर्वी दिल्ली के विवेक विहार में श्री हनुमान बालाजी मंदिर सेवा समिति और अनुभूति योग संस्था द्वारा योग दिवस का कार्यक्रम दैनिक जागरण के साथ मिलकर होगा। इसमें 500 से अधिक लोगों के उपस्थित रहने का अनुमान है। इस आयोजन में आरडब्ल्यूए विवेक विहार व महिला एसोसिएशन का सहयोग रहेगा। इसी तरह के आयोजन अन्य स्थानों पर होंगे।

Dainik Jagran • 19 Jun • Ministry of Ayush
International Yoga Day

4 • PG | 170 • Sqcm | 430909 • AVE | 1.14M • Cir | Middle Center

Delhi

अंतरराष्ट्रीय योग दिवस पर होगा भव्य आयोजन : चहल

जासं, नई दिल्ली: एनडीएमसी के उपाध्यक्ष कुलजीत सिंह चहल ने बताया कि अंतरराष्ट्रीय योग दिवस पर 21 जून को एनडीएमसी क्षेत्र के कई प्रतिष्ठित स्थलों पर आयोजन होंगे। ये आयोजन कर्तव्य पथ, लोधी गार्डन, तालकटोरा गार्डन, शांति पथ लान, कनाट प्लेस के सेंट्रल पार्क, पंडारा पार्क, न्यू मोती बाग (आइएएस रेजिडेंस) और लक्ष्मीबाई नगर स्थित संजय झील प्रमुख है। चहल ने बताया कि इन सत्रों का आयोजन मोरारजी देसाई राष्ट्रीय योग संस्थान, आर्ट आफ लिविंग, पतंजलि योग समिति, गायत्री परिवार सहित अन्य प्रतिष्ठित योग संस्थाओं के सहयोग से किया जाएगा। प्रत्येक स्थलों पर 300 से लेकर 2000 प्रतिभागियों के शामिल होने की उम्मीद है। उन्होंने कहा कि मुख्य योग दिवस से पहले 18 से 20 जून तक लोधी गार्डन और तालकटोरा गार्डन में पतंजलि योग समिति व गायत्री परिवार के सहयोग से विशेष योग शिविर लगेंगे।

कुलजीत चहल

Dainik Jagran • 18 Jun • Ministry of Ayush
Global Yoga professinal ke liye yoga praman board ka ho rha vistar

4 • PG | 442 • Sqcm | 1116624 • AVE | 1.14M • Cir | Bottom Center

Delhi

वैश्विक योग पेशेवरों के लिए योग प्रमाणन बोर्ड का हो रहा है विस्तार

जागरण संवाददाता, नई दिल्ली : वैश्विक स्तर पर प्रमाणित योग पेशेवरों की बढ़ती मांग को देखते हुए योग प्रमाणन बोर्ड (वाइसीबी) का विस्तार हो रहा है। आयुष मंत्रालय के सचिव वैद्य राजेश कोटेचा ने इसकी घोषणा करते हुए दूसरे देशों के प्रतिनिधियों को वाइसीबी के साथ जुड़कर परस्पर सहयोग व विकास के अवसरों का लाभ उठाने का आह्वान किया।

वैद्य राजेश कोटेचा

वे अंतरराष्ट्रीय योग दिवस को लेकर चल रहे आयोजना की शृंखला में मंगलवार को मोरारजी देसाई राष्ट्रीय योग संस्थान (एमडीएनआइवाइ) के तत्वावधान में आयोजित 'योग बंधन' कार्यक्रम को संबोधित कर रहे थे। कार्यक्रम में 15 देशों के प्रतिनिधियों ने भाग लिया। सभी ने योग से समृद्ध जीवन से जुड़े अनुभवों को साझा किया।

वैद्य राजेश कोटेचा ने कहा कि योग को पूरी दुनिया में व्यापक रूप से अपनाया गया है। उन्होंने योग दिवस को लेकर अन्य विशिष्ट आयोजनों जैसे 'हरित योग', 'योग कनेक्ट' और 'संयोग' की जानकारी देते हुए बताया कि अब तक विश्वभर में 3.3 लाख से अधिक कार्यक्रम आयोजित किए जा चुके हैं और 21 जून को होने वाले मुख्य कार्यक्रम तक यह संख्या पांच लाख तक पहुंचने की संभावना है। भारतीय सांस्कृतिक संबंध परिषद की महानिदेशक के. नंदिनी सिंगला ने अंतरराष्ट्रीय प्रतिनिधियों की भागीदारी की सराहना करते हुए कहा कि आप सभी शांति और सद्भाव के प्रतिनिधि हैं। उन्होंने कहा, 'हर योग प्रेमी वास्तव में योग का 'अंबेसडर' है, जो इसके लाभों को हर घर तक पहुंचाने में योगदान दे रहा है। दिल्ली, वाराणसी, जोधपुर और जयपुर जैसे स्थलों पर विदेशी प्रतिनिधियों की ओर से किए गए योग प्रदर्शन भारत की सांस्कृतिक कूटनीति की बड़ी सफलता है।

आयुष मंत्रालय की संयुक्त सचिव मोनालिसा दास ने कहा कि अब अंतरराष्ट्रीय योग दिवस वैश्विक आंदोलन बन चुका है, जो करोड़ों लोगों को स्वास्थ्य और समरसता की दिशा में जोड़ रहा है।

Dainik Jagran • 18 Jun • Ministry of Ayush

Yoga sang sehat bhra carrer

11 • PG | 1935 • Sqcm | 4893350 • AVE | 1.14M • Cir | Top Right

Delhi

योग दिवस (21 जून) पर विशेष...

हाल के वर्षों में भारत समेत दुनिया भर में योग की उपयोगिता और स्वीकार्यता दोनों बढ़ी है। इससे योग सिखाने वाले विशेषज्ञों की मांग शैक्षणिक संस्थानों से लेकर वेलनेस सेंटर्स तक में तेजी से बढ़ रही है। आइए जानें, कैसे आप भी 12वीं के बाद योग विशेषज्ञ या ट्रेनर बनकर इस क्षेत्र में अपना करियर बना सकते हैं...

योग संग सेहत भरा करियर

सेहत के प्रति बढ़ती जागरूकता के कारण आजकल केवल बड़े-बुजुर्ग ही नहीं, अधिकतर युवा भी दिन की शुरुआत योग से करते हैं, ताकि उनका पूरा दिन चुस्त और तंदुरुस्त रहे। योग के प्रति युवाओं की यह खास रुचि ही उन्हें मेडिकल, इंजीनियरिंग, मैनेजमेंट के करियर से हटकर योग के क्षेत्र में करियर बनाने के लिए भी आकर्षित कर रही है। कुछ साल पहले तक योग का मतलब बस जमीन पर बैठकर किए जाने वाले आसन ही समझे जाते थे, परंतु योग आज शारीरिक क्रिया से आगे बहुत कुछ है। यह अब लाखों भारतीयों के जीवन का हिस्सा बन चुका है। साल 2015 में यूजीसी द्वारा योग को सभी विश्वविद्यालयों और कालेजों में मान्यता देने के बाद से इससे संबंधित तमाम कोर्सेज इन दिनों संचालित हो रहे हैं। युवा इन कोर्सेज के जरिए योग में बेहतर करियर बनाने की दिशा में आगे बढ़ भी रहे हैं।

रोजगार के अवसर: योग की पढ़ाई के बाद आपके सामने कई रूपों में जाब के अवसर हैं, जैसे कि:

योग शिक्षक के रूप में: इन दिनों देश के तमाम कालेजों और विश्वविद्यालयों में योग से संबंधित कोर्सेज कराए जा रहे हैं। ऐसे में आप योग में स्नातक और परास्नातक डिग्री कोर्स के बाद यूजीसी नेट करके इन कालेजों/विश्वविद्यालयों में असिस्टेंट प्रोफेसर या योग विशेषज्ञ बन सकते हैं।

योग ट्रेनर/इंस्ट्रक्टर के रूप में: निजी क्षेत्र में योग ट्रेनर या योग इंस्ट्रक्टर के रूप में इन दिनों खूब अवसर देख जा रहे हैं। आप भी किसी भी संस्थान से योग में सर्टिफिकेशन आदि करके सर्टिफाइड योग ट्रेनर के रूप में लोगों को योग सिखाने या योग कराने का काम करके अच्छी कमाई कर सकते हैं। इसके लिए अपना योग स्टूडियो शुरू कर सकते हैं या फिर योग कराने की होम सर्विस दे सकते हैं। इसके अलावा, बड़ी-बड़ी कालोनियों और सोसाइटीज के हेल्थ क्लबों से भी जुड़ सकते हैं। बहुत से युवा इन दिनों अपने योग क्लासेज का वीडियो यूट्यूब/इंस्टा पर अपलोड करके भी कमाई के साथ ही लोकप्रियता भी पा रहे हैं।

योग में कोर्सेज: योग में लांग टर्म और शार्ट टर्म दोनों तरह के कोर्सेज किए जा सकते हैं। लांग टर्म कोर्स में बैचलर, मास्टर और पीएचडी किया जा सकता है। वहीं, शार्ट टर्म में एक से छह महीने के सर्टिफिकेशन वाले कोर्स किए जा सकते हैं। आप 12वीं के बाद ये कोर्सेज कर सकते हैं। साइंस वाले अगर योग में बैचलर डिग्री करना चाहते हैं तो उनके लिए यौगिक साइंस में बीएससी कोर्स है। बाद में इसी में एमएससी कर सकते हैं। वहीं जो लोग आर्ट्स से हैं, वे योग में बीए इन योग और फिर एमए इन योग जैसे डिग्री कोर्स कर सकते हैं। आयुष मंत्रालय की ओर से भी योग विशेषज्ञ बनने के लिए कई तरह की परीक्षाएं संचालित होती हैं। उन परीक्षाओं के कई स्तर होते हैं। आप जितने लेवल पास करते जाएंगे, उतने ही योग की गहराई में पहुंचते जाएंगे, जैसे-1-2-3 लेवल की परीक्षा देकर आप योगा टीचर, योगा इंस्ट्रक्टर बन सकते हैं, वहीं 4-5-6 लेवल पास करके आप योगा गुरु या योग चिकित्सक बन सकते हैं। 7वां लेवल सर्वोच्च होता है, जहां आप योग शिक्षा के चरम स्तर पर पहुंचकर योग थेरेपी के विशेषज्ञ बन सकते हैं। इससे संबंधित पंजीकरण आदि की जानकारी के लिए वेबसाइट https://www.yogaexam.in देखें।

कमाई के मौके: योग में स्नातक, परास्नातक व यूजीसी नेट करने के बाद कालेजों/विश्वविद्यालयों में योग विशेषज्ञ बनने पर असिस्टेंट प्रोफेसर के लिए निर्धारित वेतनमान मिलता है। वहीं सर्टिफाइड योग ट्रेनर या इंस्ट्रक्टर बनकर लोगों को उनके घरों पर योग कराने के लिए फीस के रूप में प्रति क्लाइंट हर महीने तीन से पांच हजार रुपये तक लिए जा रहे हैं। इस तरह की सेवाएं रोजाना आप भी सुबह-शाम कई लोगों को देकर महीने में 50 से 60 रुपये तक कमा सकते हैं। खुद का स्टूडियो खोलकर वहां पर लोगों को योग अभ्यास कराकर भी हर महीने अच्छी कमाई की जा सकती है। स्वतंत्र रूप से योग की ट्रेनिंग देने वालों की कारपोरेट कंपनियों में भी इन दिनों खूब मांग देखी जा रही है। यह भी कमाई का एक अच्छा माध्यम हो सकता है।

इनपुट: धीरेंद्र पाठक/सुमन अग्रवाल

प्रमुख संस्थान

- मोरारजी देसाई नेशनल इंस्टीट्यूट आफ योग, दिल्ली
  www.yogamdniy.nic.in
- पतंजलि विश्वविद्यालय, हरिद्वार
  https://patanjaliyogafoundation.com
- आइपी यूनिवर्सिटी, दिल्ली
  www.ipu.ac.in
- भारतीय विद्याभवन, दिल्ली
  www.bvbdelhi.org
- ईशा हठ योग स्कूल, कोयंबटूर
  https://isha.sadhguru.org

डिग्री नहीं, स्किल जरूरी

सुनीता शर्मा, योग विशेषज्ञ, कालिंदी कालेज, दिल्ली

योग में केवल ऊंची डिग्री लेकर युवा इस क्षेत्र में आगे नहीं बढ़ सकते। इसके लिए उन्हें डिग्री के साथ-साथ सिखाने की स्किल भी आनी चाहिए। इसलिए योग में जो आना चाहते हैं, वे इसे केवल शिक्षा की तरह पढ़ें नहीं, बल्कि उसका अभ्यास भी करें। इससे योग इंस्ट्रक्टर के रूप में करियर में आगे बढ़ना आसान होगा। इन दिनों योग में आफलाइन से ज्यादा आनलाइन कोर्सेज की मांग देखी जा रही है। तमाम युवा योग के छोटे कोर्सेज करके इस क्षेत्र में फ्रीलांस करके अच्छे पैसे कमा रहे हैं।

फोटो: फ्रीपिक

निजी प्रैक्टिस के लिए ज्यादा संभावनाएं

निराली हीर ठक्कर, योगा थेरेपिस्ट

मैं पिछले 30 सालों से योगा थेरेपिस्ट के रूप में सेवाएं दे रही हूं। निश्चित रूप से पहले की तुलना में अब योग का प्रसार बढ़ रहा है। योगा प्रैक्टिशनर, योगा टीचर और योग गुरु के तौर पर इसमें करियर के मौके भी बढ़ रहे हैं। समुक्ति कोर्स करने के बाद आप यहां निजी प्रैक्टिस के तौर पर अपना स्टूडियो चला सकते हैं, आनलाइन सेशन ले सकते हैं या फिर ग्रुप में क्लासेज लेकर भी अच्छी कमाई कर सकते हैं। इन दिनों कई लोग ऐसा कर रहे हैं। चूंकि अब योग सिर्फ आसन तक सीमित नहीं है। जैसे-जैसे योग विद न्यूट्रिशन, योग विद आयुर्वेद, योग विद डिप्रेशन, योग विद डांस आदि की मांग बढ़ रही है, इससे भी इस क्षेत्र में अवसर और बढ़ रहे हैं। आप चाहें तो यूट्यूब और इंस्टाग्राम पर वीडियोज बनाकर भी लाखों कमा सकते हैं। सबसे अच्छा तरीका जो आजकल अधिकतर योगा प्रैक्टिशनर अपना रहे हैं, वह है किसी शांत और प्राकृतिक वातावरण में योगा रिट्रीट आयोजित करना। इसके अलावा, आप 21 दिन के योग चैलेंज के माध्यम से भी कमाई कर सकते हैं। इस तरह के चैलेंजेज में हजारों की संख्या में लोग पंजीकरण कराते हैं।

भर्ती एलर्ट

एसएससी सीजीएल-2025

कर्मचारी चयन आयोग (एसएससी) की ओर से कंबाइंड ग्रेजुएट लेवल एग्जाम (सीजीएल-2025) के तहत विभिन्न पदों पर भर्ती के लिए आवेदन मांगा गया है।

कुल पदों की संख्या: 14582 पद
शैक्षिक योग्यता: न्यूनतम योग्यता ग्रेजुएशन
उम्र सीमा: 18 से 30 वर्ष के बीच होनी चाहिए।
टियर-1 परीक्षा तिथि: 13 से 30 अगस्त 2025 तक।
आनलाइन आवेदन की अंतिम तिथि: 4 जुलाई, 2025
कैसे करें आवेदन: इसके लिए आधिकारिक वेबसाइट ssc.gov.in देखें।

Dainik Jagran • 16 Jun • Ministry of Ayush
International Yoga Day

3 • PG | 220 • Sqcm | 556317 • AVE | 1.14M • Cir | Middle Right

Delhi

योग हमारी सनातन संस्कृति का मूल : अभिषेक

जागरण संवाददाता, दक्षिणी दिल्ली : अखिल भारतीय योग शिक्षक महासंघ की ओर से रविवार को लाजपत भवन सभागार में योग महाकुंभ का आयोजन हुआ। इसमें योग साधकों, शिक्षकों और समाजसेवियों ने बढ़-चढ़कर हिस्सा लिया। कार्यक्रम का उद्घाटन वैदिक मंत्रोच्चारण के साथ हुआ। इसके बाद उपस्थित लोगों को योग से निरोग रहने के तरीके बताए गए। मुख्य अतिथि डा. अभिषेक वर्मा ने कहा कि योग केवल शरीर को स्वस्थ रखने की विधि नहीं है, यह हमारी सनातन संस्कृति का मूल है। वेदों में भी योग को आत्मा की शुद्धि और चित्त की स्थिरता का माध्यम बताया गया है। आज जब दुनिया तनाव और भौतिकता से जूझ रही है, तब योग ही वह साधन है जो शरीर, मन और आत्मा को संतुलित करता है। इस दौरान आचार्य पवन दत्त मिश्रा महाराज, स्वामी अमित देव, डा. ईश्वर व योग गुरु मंगेश त्रिवेदी शामिल रहे।

रविवार को लाजपत भवन सभागार में हुए योग महाकुंभ में लोगों को संबोधित करते मुख्य अतिथि डा. अभिषेक वर्मा ● सौ.आयोजक

Dainik Jagran • 11 Jun • Ministry of Ayush

Naib sang mantri vidhayako v karamchariyo ne kiya yogabhyash

7 • PG | 226 • Sqcm | 358281 • AVE | 107.62K • Cir | Middle Left

Chandigarh

नायब संग मंत्री–विधायकों व कर्मचारियों ने किया योगाभ्यास

हरियाणा योग आयोग, हरियाणा विधानसभा एवं आयुष विभाग के संयुक्त तत्वावधान में अंतरराष्ट्रीय योग दिवस 2025 के आयोजन के निमित्त विधानसभा परिसर में योग प्रोटोकाल प्रशिक्षण शिविर में योग करते हरियाणा के मुख्यमंत्री नायब सिंह सैनी और सहकारिता मंत्री डा. अरविंद शर्मा समेत अन्य अधिकारी व विधायक • जागरण

राज्य ब्यूरो, जागरण • चंडीगढ़ : हरियाणा विधानसभा का परिसर मंगलवार को योगमय दिखाई दिया। मुख्यमंत्री नायब सिंह सैनी के साथ मंत्री, विधायकों और विधानसभा कर्मचारियों ने योग प्रोटोकाल के तहत आसन लगाए। प्राणायाम के साथ ध्यान भी लगाया। हरियाणा योग आयोग और आयुष विभाग की टीम ने यह योग प्रोटोकाल करवाया। विधानसभा अध्यक्ष हरविन्द्र कल्याण लोकसभा अध्यक्ष ओम बिरला के साथ जरूरी बैठक के कारण इस कार्यक्रम में सम्मिलित नहीं हो पाए। 21 जून को आयोजित होने वाले अंतरराष्ट्रीय योग दिवस में सभी लोग शामिल हों और योग को अपनी जीवनशैली का अभिन्न हिस्सा बनाएं।

Dabang Duniya • 21 Jun • Ministry of Ayush

Creation of new human and new world is possible through yoga revolution

6 • PG | 518 • Sqcm | 554697 • AVE | 605K • Cir | Top Right

Mumbai

योग-क्रांति से नए मानव एवं नए विश्व की संरचना संभव

हिंसा, युद्ध, आतंकवाद, आर्थिक प्रतिस्पर्धा के दौर में दुनिया शांति एवं अमन चाहती है और इसका सशक्त माध्यम है योग। इंसान से इंसान को जोड़ने, शांति का जीवन जीने एवं स्वस्थ जीवन के लिये भारतीय योग के महत्व को दुनिया ने स्वीकारा है। योग भारत की प्राचीन परम्परा का एक अमूल्य उपहार है, यह दिमाग और शरीर की एकता का प्रतीक है, मनुष्य और प्रकृति के बीच सामंजस्य का आधार है, संयम और अहिंसा प्रदान करने वाला तथा स्वास्थ्य और भलाई के लिए एक समग्र दृष्टिकोण है। योग के व्यापक मानवहितकारी महत्व के कारण ही प्रधानमंत्री नरेन्द्र मोदी के 11 दिसम्बर 2014 को संयुक्त राष्ट्र महासभा में दिये गये अंतर्राष्ट्रीय योग दिवस के प्रस्ताव को मंजूरी मिलने के बाद सर्वप्रथम इसे 21 जून 2015 को पूरे विश्व में मनाया गया। इस वर्ष 11वें अंतरराष्ट्रीय योग दिवस पर प्रधानमंत्री मोदी ने योग दिवस की थीम योगा फॉर वन अर्थ, वन हेल्थ रखी है। इसे आसान भाषा में समझें तो एक पृथ्वी, एक स्वास्थ्य के लिए योगा है। इसका मतलब है कि जिस तरह से पृथ्वी एक है ठीक उसी प्रकार से हमारा स्वास्थ्य भी एकमात्र है, जिसे हमें दुरुस्त रखने की जरूरत है। इसी से नये मानव एवं नये विश्व की संरचना संभव है।

आज जबकि मनुष्य जीवन अनेक असाध्य बीमारियों से जूझ रहा है, ऐसे जटिल स्वास्थ्य-संकट के दौर में इस थीम का मुख्य उद्देश्य है कि हमें हमारे स्वास्थ्य की देखभाल करनी चाहिए क्योंकि स्वास्थ्य एकमात्र ऐसी चीज है, जिसके सहारे आप अपना स्वस्थ जीवन जीते हुए न केवल परिवार, समाज, राष्ट्र बल्कि विश्व के लिये एक ऊर्जा, एक शक्ति एवं एक गति बन सकते हो। प्रधानमंत्री मोदी ने योग को शारीरिक, मानसिक और आध्यात्मिक स्वास्थ्य सुनिश्चित करने वाली जीवनशैली के रूप में स्वीकार किया। उन्होंने समाज के सभी वर्गों में योग की पहुंच बढ़ाने और स्वस्थ, खुशहाल और अधिक सामंजस्यपूर्ण विश्व के निर्माण के लिए योग को एक साधन के रूप में उपयोग करने की दिशा में संयुक्त प्रयासों की अपील की। योग केवल व्यायाम नहीं है, बल्कि अपने भीतर एकता की भावना, अहिंसा एवं शांति, दुनिया और प्रकृति की खोज है। हमारी बदलती जीवन-शैली में यह चेतना बनकर, हमें जलवायु परिवर्तन से उत्पन्न महासंकट से निपटने में मदद कर सकता है।

योग एवं ध्यान के माध्यम से भारत दुनिया में गुरु का दर्जा एवं एक अनूठी पहचान हासिल करने में सफल हो रहा है। आज हर व्यक्ति एवं परिवार अपने दैनिक जीवन में अत्यधिक तनाव/दबाव महसूस कर रहा है। हर आदमी संदेह, अंतर्द्वंद्व और मानसिक उथल-पुथल की जिंदगी जी रहा है। मनुष्य के सम्मुख स्वस्थ-शांतिपूर्ण जीवन का संकट खड़ा है। मानसिक संतुलन अस्त-व्यस्त हो रहा है। मानसिक संतुलन का अर्थ है विभिन्न परिस्थितियों में तालमेल स्थापित करना, जिसका सशक्त एवं प्रभावी माध्यम योग ही है। योग एक ऐसी तकनीक है, एक विज्ञान है जो हमारे शरीर, मन, विचार एवं आत्मा को स्वस्थ करती है। यह हमारे तनाव एवं कुंठा को दूर करती है। जब हम योग करते हैं, श्वासों पर ध्यान केन्द्रित करते हैं, प्राणायाम और कसरत करते हैं तो यह सब हमारे शरीर और मन को भीतर से खुश और प्रफुल्लित रहने के लिये प्रेरित करती है, जिसकी आज विश्व मानवता को सर्वाधिक अपेक्षा है।

अंतरराष्ट्रीय योग दिवस 21 जून पर विशेष

एक ऐसे विश्व में रहने की कल्पना करें जहां आपकी प्रत्येक सांस मानसिक शांति, शारीरिक शक्ति और हमारे साझा ग्रह पर सद्भाव को बढ़ावा देती हो। एक समय में एक मुद्रा, एक श्वास, एक क्षण, यह जानने के लिए कि योग किस प्रकार आपके जीवन और आपके आस-पास की दुनिया को बदल सकता है, योग दिवस का मुख्य ध्येय है। मनुष्य, पशु और पौधे सहित सभी जीवित प्राणी हमारे ग्रह को अपना घर मानते हैं। हमें प्राकृतिक दुनिया के साथ शांतिपूर्वक सह-अस्तित्व बनाए रखते हुए इसकी देखभाल करनी चाहिए। योग हमें सद्भावना से रहना, सचेत रहना और समझदारी-विवेक से निर्णय लेना सिखाता है। हम योग का अभ्यास करके पर्यावरण की रक्षा कर सकते हैं और अपने स्वास्थ्य को बेहतर बना सकते हैं। पर्यावरण की स्थिति का सीधा असर हमारे स्वास्थ्य पर भी पड़ता है। जब हम अपने पर्यावरण और खुद का ख्याल रखते हैं तो सभी को फायदा होता है। विश्व अनेक स्वास्थ्य एवं पारिस्थितिकी समस्याओं का सामना कर रहा है, जिनमें प्रदूषण, तनाव और जीवनशैली से जुड़ी बीमारियाँ शामिल हैं। योग शारीरिक, मानसिक और भावनात्मक स्वास्थ्य को बेहतर बनाने का एक त्वरित, प्राकृतिक साधन है।

अभी कुछ दिन पहले ही समाचारपत्रों में पढ़ा कि कैंसर क्यों होता है, इसके कई कारण हैं। एक कारण यह है कि जो लोग मस्तिष्क का सही उपयोग करना नहीं जानते, उनके कैंसर हो सकता है। मस्तिष्क विज्ञानी तो यह भी कहते हैं कि मस्तिष्क की शक्तियों का केवल चार या पांच प्रतिशत उपयोग आदमी करता है, शेष शक्तियां सुप्त पड़ी रहती है। यह भी कहा जाता है कि कोई मस्तिष्क की शक्तियों का उपयोग सात या आठ प्रतिशत करने में समर्थ हो जाए तो वह दुनिया का सुपर जीनियस बन सकता है। सबसे पहले हमारी जानकारी मस्तिष्क विद्या के बारे में होनी चाहिए। योग विद्या भारत की सबसे प्राचीन विद्या है। योगविद्या के आचार्यों ने मस्तिष्क विद्या से दुनिया का परिचय कराया था। हमारे मस्तिष्क में एक पर्त है एनीमल ब्रेन की। वह पर्त सक्रिय होती है तो आदमी का व्यवहार पशुवत हो जाता है। जितने भी हिंसक और नकारात्मक भाव हैं, वे इसी एनीमल ब्रेन की सक्रियता का परिणाम है। इसे संतुलित करने का माध्यम योग है।

हमें अपनी योग्यताओं और क्षमताओं को किसी दायरे में बांधने से बचना होगा। ऐसा तब होगा, जब हम अपनी कमजोरियों पर ही नहीं, बल्कि उनसे उबरने के रास्तों पर भी विचार करेंगे। यहीं से हमारी तरक्की का रास्ता खुलता है और इसके लिये योग ही प्रभावी माध्यम है। हम अपनी समस्या को समझें और अपना समाधान खोजें। समस्याएं परेशान करती हैं। जरूरत खुद को काबू में रखने की होती है, हम दूसरों को काबू में करने में जुटे रहते हैं। आज विश्व में जो आतंकवाद, हिंसा, युद्ध, साम्प्रदायिक विद्वेष की ज्वलंत समस्याएं खड़ी हैं, उसका कारण भी योग का अभाव ही है। विज्ञान ने यह प्रमाणित कर दिया है- जो व्यक्ति स्वस्थ रहना चाहता है, उसे योग को अपनाना होगा। बार-बार क्रोध करना, चिड़चिड़ापन आना, मूड का बिगड़ते रहना- ये सारे भाव हमारी समस्याओं से लडने की शक्ति को प्रतिहत करते हैं। इनसे ग्रस्त व्यक्ति बहुत जल्दी बीमार पड़ जाता है। हमें अपनी योग्यताओं और क्षमताओं को किसी दायरे में बांधने से बचना होगा। ऐसा तब होगा, जब हम योग को अपनी जीवनशैली बनायेंगे।

योग एवं ध्यान एक ऐसी विधा है जो हमें भीड़ से हटाकर स्वयं की श्रेष्ठताओं से पहचान कराती है। हममें स्वयं पुरुषार्थ करने का जज्बा जगाती है। स्वयं की कमियों से रू-ब-रू होने को प्रेरित करती है। स्वयं से स्वयं का साक्षात्कार कराती है। आज जरूरत है कि हम अपनी समस्याओं के समाधान के लिये औरों के मुंहताज न बने। ऐसी कोई समस्या नहीं है जिसका समाधान हमारे भीतर से न मिले। भगवान महावीर का यह संदेश जन-जन के लिये सीख बने- पुरुष! तू स्वयं अपना भाग्यविधाता है। औरों के सहारे मुकाम तक पहुंच भी गए तो क्या? इस तरह की मंजिलें स्थायी नहीं होती और न इस तरह का समाधान कारगर होता है। आधुनिक भौतिकवादी एवं सुविधावादी जिंदगी मनुष्य को अशांति, असंतुलन, तनाव, थकान तथा चिड़चिड़ाहट की ओर धकेल रही हैं, जिससे अस्त-व्यस्तता बढ़ रही है। ऐसी विषमता एवं विसंगतिपूर्ण जिंदगी को स्वस्थ तथा ऊर्जावान बनाये रखने के लिये योग एक ऐसी रामबाण दवा है जो माइंड को कूल तथा बॉडी को फिट रखता है। योग से जीवन की गति को एक संगीत एवं शांतिमय रफ्तार दी जा सकती है। योग में गहरी दिलचस्पी लेने वाले प्रधानमंत्री नरेन्द्र मोदी ने एक महान संकल्प लेकर उसे कार्यान्वित किया है। निश्चित ही उनकी योग-क्रांति विश्व मानवता के जीवन में विकास, अहिंसा, सुख और शांति का माध्यम बन रही है। आंतरिक व आत्मिक विकास, मानव कल्याण से जुड़ा यह विज्ञान सम्पूर्ण दुनिया के लिए एक महान तोहफा है।

Dabang Duniya • 21 Jun • Ministry of Ayush

Massive yoga sessions organised in Thane district on the occasion of International Yoga Day on June ...

2 • PG | 100 • Sqcm | 107443 • AVE | 605K • Cir | Bottom Right

Mumbai

21 जून को अंतर्राष्ट्रीय योग दिवस के अवसर पर ठाणे जिले में व्यापक योग सत्र आयोजित

ठाणे। सहायक निदेशक स्वास्थ्य विभाग डॉ. अशोक नंदापुरकर और जिला शल्य चिकित्सक डॉ. कैलास पवार, अतिरिक्त जिला शल्य चिकित्सक डॉ. धीरज महांगड़े और निवासी चिकित्सा अधिकारी डॉ. मृणाली राहुड़ ने किया आवाहन। 11वां अंतर्राष्ट्रीय योग दिवस 21 जून 2025 को पूरे देश में स्वास्थ्य के लिए एक पृथ्वी एक योग की अवधारणा के साथ मनाया जा रहा है। इस अवसर पर स्वास्थ्य विभाग द्वारा जिला सामान्य अस्पताल, ठाणे के अंतर्गत जिले भर के उपजिला अस्पतालों, ग्रामीण अस्पतालों और स्वास्थ्य संस्थाओं में विशेष योग सत्र आयोजित किए गए हैं। 21 जून को सुबह 7.30 बजे जिला सामान्य अस्पताल ठाणे में योग प्रदर्शन कार्यक्रम आयोजित किया गया है। कार्यक्रम का मार्गदर्शन अंबिका कुटीर ठाणे के योग शिक्षकों द्वारा किया जाएगा। स्वास्थ्य विभाग के सहायक निदेशक डॉ. अशोक नंदापुरकर और जिला चिकित्सा अधिकारी डॉ. कैलास पवार ने ठाणे जिले के नागरिकों, कर्मचारियों, छात्रों और गैर सरकारी संगठनों से इस कार्यक्रम में भाग लेने की अपील की है। योग दिवस की मुख्य विशेषताएं कार्यक्रम का प्रधानमंत्री नरेंद्र मोदी की उपस्थिति में आंध्र प्रदेश के विशाखापत्तनम से सीधा प्रसारण किया जाएगा। प्रत्येक भाग लेने वाले संगठन को पोर्टल पर पंजीकरण करना चाहिए और भागीदारी का प्रमाण पत्र प्राप्त करना चाहिए। योग का अर्थ है शरीर और मन की एकता, विचारों और कार्यों का जुड़ाव, इसलिए योग केवल एक व्यायाम नहीं है बल्कि बुरे विचारों और बीमारियों से बचकर स्वस्थ रहने का एक तरीका है। इसलिए जिला शल्य चिकित्सक डॉ. कैलास पवार ने ठाणे जिले के प्रत्येक नागरिक से इस राष्ट्रीय अभियान में सक्रिय रूप से भाग लेने की अपील की है।

Dabang Duniya • 21 Jun • Ministry of Ayush

One Earth, One Health: Towards Global Balance through Yoga

6 • PG | 319 • Sqcm | 342028 • AVE | 605K • Cir | Middle Right

Mumbai

एक पृथ्वी, एक स्वास्थ्यः योग से वैश्विक संतुलन की ओर

दुनिया भर के 170 से भी ज्यादा देश प्रतिवर्ष 21 जून को अंतर्राष्ट्रीय योग दिवस के रूप में मनाते हैं और योग को अपनी दिनचर्या का हिस्सा बनाने का संकल्प लेते हैं। संयुक्त राष्ट्र ने संयुक्त राष्ट्र महासभा के 69वें सत्र में प्रधानमंत्री नरेंद्र मोदी द्वारा रखे गए प्रस्ताव के जवाब में 11 दिसंबर 2014 को अंतर्राष्ट्रीय योग दिवस की स्थापना की थी और वैश्विक स्तर पर पहला अंतर्राष्ट्रीय योग दिवस 21 जून 2015 को मनाया गया था। इस वर्ष पूरी दुनिया एक पृथ्वी, एक स्वास्थ्य के लिए योग थीम के साथ 11वां अंतर्राष्ट्रीय योग दिवस मना रही है। इस वर्ष भारत में योग संगम 2025 के तहत आंध्र प्रदेश के विशाखापत्तनम में भव्य आयोजन हो रहा है, जिसमें प्रधानमंत्री मोदी के साथ-साथ आंध्र प्रदेश के मुख्यमंत्री और हजारों संगठनों के प्रतिनिधि भाग लेंगे। अनुमान है कि इस आयोजन में 5 लाख से अधिक लोग एक साथ योगाभ्यास करेंगे, जो अपने आप में एक नया रिकॉर्ड होगा।

प्रतिवर्ष यह दिवस मनाने का उद्देश्य योग को एक ऐसे आंदोलन के रूप में बढ़ावा देना है, जो व्यक्ति की तन्यकता को उन्नत करता है और समाज के प्रत्येक व्यक्ति के लिए कल्याण को बढ़ावा देता है। वैसे तो योग को विश्व स्तर पर प्रधानमंत्री नरेंद्र मोदी के सतत प्रयासों के चलते वर्ष 2015 में अपनाया गया था किंतु भारत में योग का इतिहास सदियों पुराना है। माना जाता रहा है कि पृथ्वी पर सभ्यता की शुरूआत से ही योग किया जा रहा है लेकिन साक्ष्यों की बात करें तो योग करीब पांच हजार वर्ष पुरानी भारतीय परंपरा है। करीब 2700 ईसा पूर्व वैदिक काल में और उसके बाद पतंजलि काल तक योग की मौजूदगी के ऐतिहासिक प्रमाण मिलते हैं। महर्षि पतंजलि ने अभ्यास तथा वैराग्य द्वारा मन की वृत्तियों पर नियंत्रण करने को ही योग बताया था।

हिंदू धर्म शास्त्रों में भी योग का व्यापक उल्लेख मिलता है। विष्णु पुराण में कहा गया है कि जीवात्मा तथा परमात्मा का पूर्णतया मिलन ही अद्वैतानुभूति योग कहलाता है। इसी प्रकार भगवद्गीता बोध में वर्णित है कि दुःख-सुख, पाप-पुण्य, शत्रु-मित्र, शीत-उष्ण आदि द्वंदों से अतीतय मुक्त होकर सर्वत्र समभाव से व्यवहार करना ही योग है। भारत में योग को निरोगी रहने की करीब पांच हजार वर्ष पुरानी मानसिक, शारीरिक और आध्यात्मिक पद्धति के रूप में मान्यता प्राप्त है, जो भारतीयों की जीवनचर्या का अहम हिस्सा है। सही मायनों में योग भारत के पास प्रकृति प्रदत्त ऐसी अमूल्य धरोहर है, जिसका भारत सदियों से शारीरिक और मानसिक लाभ उठाता रहा है, लेकिन कालांतर में इस दुर्लभ धरोहर की अनदेखी का ही नतीजा है कि लोग तरह-तरह की बीमारियों के मकड़जाल में जकड़ते गए। वैसे तो स्वामी विवेकानंद ने भी अपने शिकागो सम्मेलन के भाषण में सम्पूर्ण विश्व को योग का संदेश दिया था लेकिन कुछ वर्षों पूर्व योग गुरु स्वामी रामदेव द्वारा योग विद्या को घर-घर तक पहुंचाने के बाद ही इसका व्यापक प्रचार-प्रसार संभव हो सका और आमजन योग की ओर आकर्षित होते गए। देखते ही देखते कई देशों में लोगों ने इसे अपनाना शुरू किया। साल 2023 में ही लगभग 190 देशों में योग दिवस के तहत 25 करोड़ से अधिक लोगों ने भाग लिया था।

आज की भागदौड़ भरी जीवनशैली में योग का महत्व कई गुना बढ़ गया है। योग न केवल कई गंभीर बीमारियों से छुटकारा दिलाने में मददगार साबित होता है बल्कि मानसिक तनाव को खत्म कर आत्मिक शांति भी प्रदान करता है। दरअसल यह एक ऐसी साधना, ऐसी दवा है, जो बिना किसी लागत के शारीरिक एवं मानसिक बीमारियों का इलाज करने में सक्षम है। यह मस्तिष्क की सक्रियता बढ़ाकर दिनभर शरीर को ऊर्जावान बनाए रखता है। यही कारण है कि अब युवा एरोबिक्स व जिम छोड़कर योग अपनाने लगे हैं। माना गया है कि योग तथा प्राणायाम से जीवनभर दवाओं से भी ठीक न होने मधुमेह रोग का भी इलाज संभव है। यह वजन घटाने में भी सहायक माना गया है। योग की इन्हीं महत्ताओं को देखते हुए प्रधानमंत्री नरेंद्र मोदी ने 27 सितम्बर 2014 को संयुक्त राष्ट्र महासभा से आह्वान किया था कि दुनियाभर में प्रतिवर्ष योग दिवस मनाया जाए ताकि प्रकृति प्रदत्त भारत की इस अमूल्य पद्धति का लाभ पूरी दुनिया उठा सके। यह भारत के बेहद गर्व भरी उपलब्धि रही कि संयुक्त राष्ट्र महासभा में प्रधानमंत्री के इस प्रस्ताव के महज तीन माह के भीतर 177 देशों ने अंतरराष्ट्रीय योग दिवस मनाए जाने के प्रस्ताव पर स्वीकृति की मोहर लगा दी, जिसके उपरांत संयुक्त राष्ट्र महासभा द्वारा 11 दिसम्बर 2014 को घोषणा कर दी गई कि प्रतिवर्ष 21 जून का दिन दुनियाभर में अंतरराष्ट्रीय योग दिवस के रूप में मनाया जाएगा।

अंतरराष्ट्रीय योग दिवस के लिए 21 जून का ही दिन निर्धारित किए जाने की भी खास वजह रही। दरअसल यह दिन उत्तरी गोलार्ध का पूरे कैलेंडर वर्ष का सबसे लंबा दिन होता है। इस दिन की तिथि को ग्रीष्म संक्रांति के साथ मेल खाने के लिए बनाया गया था, जो उत्तरी गोलार्ध में वर्ष का सबसे लंबा दिन होता है और प्रकाश और स्वास्थ्य का प्रतीक है। भारतीय संस्कृति के नजरिये से देखें तो ग्रीष्म संक्रांति के बाद सूर्य दक्षिणायन हो जाता है तथा यह समय आध्यात्मिक सिद्धियां प्राप्त करने में लाभकारी माना गया है। आधुनिक चिकित्सा विज्ञान भी योग के महत्व को स्वीकारने लगा है। इसलिए स्वस्थ जीवन जीने के लिए जरूरी है कि योग को अपनी दिनचर्या का अटूट हिस्सा बनाया जाए। योग केवल एक व्यायाम नहीं है बल्कि यह शरीर और मन के साथ-साथ स्वयं को सशक्त बनाने का एक बेहतरीन तरीका है। यह भारत की उस धरोहर का पुनर्जागरण है, जिसे आज पूरा विश्व अपनाकर अपने तन, मन और आत्मा को संतुलन में ला रहा है।

Dabang Duniya • 21 Jun • Ministry of Ayush

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योग, जिसका शाब्दिक अर्थ है जोड़ या मिलन न केवल शारीरिक व्यायाम का एक रूप है, बल्कि यह जीवन को संतुलित, स्वस्थ और सार्थक ढंग से जीने की कला भी है। यह प्राचीन भारतीय दर्शन और अभ्यास है, जो शरीर, मन और आत्मा के बीच सामंजस्य स्थापित करता है। योग केवल आसन या शारीरिक मुद्राओं तक सीमित नहीं है; यह ध्यान, प्राणायाम, नैतिक अनुशासन और आध्यात्मिक विकास का एक समग्र मार्ग है। भारत की पुण्य सलिला भूमि अनादिकाल से योग भूमि के रूप में विख्यात रही है लेकिन संयुक्त राष्ट्र संघ द्वारा 2015 से हर वर्ष 21 जून को अंतरराष्ट्रीय योग दिवस के रूप में मनाये जाने की घोषणा के बाद लगभग पूरी दुनिया जान चुकी है कि जीवन जीने की कला का नाम योग है। स्वयं की स्वयं के माध्यम से स्वयं तक पहुँचने की यात्रा का नाम योग है। 21 जून को उत्तरी गोलार्ध पर सबसे बड़ा दिन होता है। इसी दिन सूर्य अपनी स्थिति बदल कर दक्षिणायन होते हैं। तपस्वियों की गहन तपस्या से यह माटी धन्य है जो अनेक साधना के शिखर पुरुषों की साक्षी हैं। प्रधानमंत्री नरेन्द्र मोदी के प्रयत्नों से आज भारत आज पूरे विश्व में भारत का योग एक बड़े वैश्विक फलक में उभर कर आया है जो सम्पूर्ण मानवता के लिए एक शुभ संकेत है।

योग का अभ्यास जीवन में शांति, संतुलन और आत्म-जागरूकता लाता है। आज की भागदौड़ भरी जिंदगी में जहां तनाव, चिंता और शारीरिक रोग आम हो गए हैं, योग एक ऐसी कला के रूप में उभरता है जो हमें इन चुनौतियों से निपटने में मदद करता है। यह न केवल शारीरिक स्वास्थ्य को बढ़ावा देता है, बल्कि मानसिक और भावनात्मक स्थिरता भी प्रदान करता है। योग के आसन शरीर को लचीला बनाते हैं और मांसपेशियों को मजबूत करते हैं। नियमित योग अभ्यास रक्त संचार को बेहतर बनाता है और प्रतिरक्षा प्रणाली को मजबूत करता है। पीठ दर्द, जोड़ों का दर्द और अन्य शारीरिक समस्याओं में योग से राहत मिलती है। प्राणायाम और ध्यान तनाव को कम करने और मन को शांत करने में मदद करते हैं। योग के अभ्यास से ध्यान केंद्रित करने की क्षमता बढ़ती है। योग आत्मविश्वास और भावनात्मक स्थिरता को बढ़ावा देता है, जिससे व्यक्ति जीवन की चुनौतियों का सामना बेहतर ढंग से कर सकता है। योगमय जीवन से सभी के मन में सकारात्मकता का संचार किया जा सकता है। योग कोई धार्मिक कर्मकांड नहीं है इसीलिए तो योगः कर्मसु कौशलम- कहा गया है। आज विदेश में योग के प्रति लोगों की रूचि अब बढ़ रही है। इसे घर- घर तक टेलीविजन माध्यम से पहुंचाने में बाबा रामदेव की भी बड़ी भूमिका है। अच्छी बात ये है कि आज तेजी से भागती दौड़ती जिंदगी में सारी दुनिया योग के महत्व को पहचान और जान रही है। योग से न सिर्फ तनाव कम होता है बल्कि मन में सकारात्मकता का संचार होता है। देश के अधिकांश युवा आज आधुनिक जीवन शैली और सोशल मीडिया के दौर में खराब खान पान की आदतों के कारण बहुत कम आयु में ही मधुमेह ,ब्लड प्रेशर, कैंसर, सरवाइकल जैसे रोगों के शिकार हो रहे हैं। उन्हें स्मार्ट फोन की रील्स ने इतना व्यस्त कर दिया है कि वे अपने स्वास्थ्य के प्रति चिंतन करने का समय तक नहीं निकाल पा रहे हैं। चलना -फिरना और घूमना भी लोगों का बहुत कम हो गया है और इंसान की जिंदगी ऑनलाइन लाइक्स पर ही मानो टिक गयी है। ऐसे में योग ही है जो सभी का जीवन संवार सकता है। योग मनुष्य को पवित्र बनाता है।योग जीवन का अन्तर्दर्शन कराता है। योग मनुष्य जीवन की विसंगतियों पर नियंत्रण का बेहतरीन माध्यम है। योग केवल एक शारीरिक अभ्यास नहीं, बल्कि जीवन जीने की कला है। यह हमें न केवल शारीरिक रूप से स्वस्थ रखता है, बल्कि मानसिक और आध्यात्मिक रूप से भी समृद्ध करता है। योग के नियमित अभ्यास से हम अपने जीवन में संतुलन, शांति और सकारात्मकता ला सकते हैं। यह एक ऐसा मार्ग है, जो हमें स्वयं से जोड़ता है और हमें जीवन के हर पहलू में उत्कृष्टता प्राप्त करने की प्रेरणा देता है।

यजुर्वेद में की गई पवित्रता-निर्मलता की यह कामना हर योगी के लिए काम्य है कि देवजन मुझे पवित्र करें, मन में सुसंगत बुद्धि मुझे पवित्र करें, विश्व के सभी प्राणी मुझे पवित्र करें, अग्नि मुझे पवित्र करे। इसलिए योग के पथ पर अविराम गति से वही साधक आगे बढ़ सकता है जो चित्त की पवित्रता एवं निर्मलता के प्रति पूर्ण जागरूक हो क्योंकि निर्मल चित्त वाला व्यक्ति ही योग की गहराई तक पहुंच सकता है। योग कोई धार्मिक कर्मकांड न नहीं है इसीलिए तो योगः कर्मसु कौशलम् कहा गया है। गीता योग क्षेम वहाम्यहं का उद्घोष करती है जिसका अर्थ है- अप्राप्त को प्राप्त करना और प्राप्त की रक्षा करना। सद्गुण को बांटना और दुर्गुण को नष्ट करना भारतीय संस्कृति की मूल है। योग कला, विज्ञान और दर्शन है, जो जनता को आत्मानुभूति कराने में मदद करता है। योग को अपने दैनिक जीवन में शामिल करना सरल है। सुबह के समय 15-20 मिनट का योग अभ्यास दिन की शुरूआत को ऊर्जावान और सकारात्मक बना सकता है। प्राणायाम जैसे अनुलोम-विलोम, भ्रामरी और कपालभाति मन को शांत करने में मदद करते हैं। इसके अतिरिक्त, योग के नैतिक सिद्धांत जैसे अहिंसा, सत्य, और संतोष को अपनाकर हम अपने जीवन को और अधिक अर्थपूर्ण बना सकते हैं। महर्षि पंतजलि के अनुसार, योगश्चित्त वृत्तिनिरोधः अर्थात् चित्त की वृत्तियों को रोकने का नाम योग है। हम सभी को भी अपने चित्त से योग के विरोध की वृत्ति का त्याग कर स्वस्थ, सुदीर्घ जीवन के लिए प्रयास अन्तर्राष्ट्रीय योग दिवस के मौके पर करने चाहिए।

Yashobhoomi • 21 Jun • Ministry of Ayush

International Yoga Day at LB Stadium in Hyderabad on Friday

12 • PG | 98 • Sqcm | 41164 • AVE | 482K • Cir | Middle Right

Mumbai

शुक्रवार को हैदराबाद के एलबी स्टेडियम में अंतरराष्ट्रीय योग दिवस की पूर्व संध्या पर एक कार्यक्रम के दौरान योग करती हुईं अभिनेत्री मीनाक्षी चौधरी। ■यशोभूमि/ पीटीआई

Yashobhoomi • 21 Jun • Ministry of Ayush

KDMC will conduct yoga

2 • PG	40 • Sqcm	16716 • AVE	482K • Cir	Bottom Center

Mumbai

केडीएमसी कराएगी योग

यशोभूमि/प्रतिनिधि

कल्याण। अंतर्राष्ट्रीय योग दिवस यानि 21 जून को कल्याण-डोंबिवली महानगरपालिका, आर्ट ऑफ लिविंग और एसकेडीसीएल ने संयुक्त रूप से योग दिवस का आयोजन किया है। मनपा आयुक्त अभिनव गोयल की उपस्थिति में कल्याण स्टेशन के पास स्व. दिलीप कपोटे वाहन अड्डे की छठी मंजिल पर सुबह 7 बजे से 8 बजे तक इस योग दिवस शिविर का आयोजन किया गया है। योग दिवस के दिन मनपा के अधिकारी और कर्मचारी योगाभ्यास का लाभ उठाएंगे। विशेष परियोजना विभाग की कार्यकारी अभियंता रोहिणी लोकरे ने बताया कि आर्ट ऑफ लिविंग के वरिष्ठ, अनुभवी प्रशिक्षक उपस्थित लोगों को योग प्रशिक्षण देंगे।

Yashobhoomi • 21 Jun • Ministry of Ayush

Rajnath will take part in Yoga Day celebrations

12 • PG	34 • Sqcm	14356 • AVE	482K • Cir	Middle Center

Mumbai

योग दिवस समारोह में हिस्सा लेंगे राजनाथ

यशोभूमि/भाषा

नयी दिल्ली। रक्षा मंत्री राजनाथ सिंह ने शुक्रवार को कहा कि वह 21 जून को जम्मू-कश्मीर में अंतरराष्ट्रीय योग दिवस समारोह में भाग लेंगे और उधमपुर छावनी में सशस्त्र बलों के जवानों से बातचीत भी करेंगे। सिंह ने सोशल मीडिया मंच 'एक्स' पर पोस्ट किया, (मैं) नयी दिल्ली से जम्मू कश्मीर के उधमपुर के लिए रवाना हो रहा हूं। वहां कल सुबह (मैं) अंतरराष्ट्रीय योग दिवस समारोह में भाग लूंगा। साथ ही, (मैं) उधमपुर छावनी में सशस्त्र बलों के जवानों से बातचीत करने के लिए भी उत्सुक हूं।

Yashobhoomi • 21 Jun • Ministry of Ayush

These 3 yogasanas will keep your eyes beautiful and healthy, you will not need glasses in old age

10 • PG | 192 • Sqcm | 80463 • AVE | 482K • Cir | Bottom Left

Mumbai

आंखों को सुंदर और हेल्दी बनाए रखेंगे ये 3 योगासन, बुढ़ापे में नहीं पड़ेगी चश्मे की जरूरत

आजकल गलत खानपान, मोबाइल और कंप्यूटर के साथ बढ़ता स्क्रीन टाइम, हर उम्र के व्यक्ति की आंखों की रोशनी को कमजोर बना रहा है। घंटों तक इन चीजों का उपयोग करने से बच्चे, बड़े और बुजुर्ग, ज्यादातर सभी लोगों की आंखों पर चश्मा लग रहा है। अगर आपको आजकल अपनी नजर धुंधली होती महसूस हो रही है तो अपने रूटीन में ये 3 योगासन को तुरंत शामिल कर लीजिए। बता दें, इन 3 योगासनों का अभ्यास आंखों की मांसपेशियों को मजबूत करने, फोकस में सुधार करने और आंखों पर पड़ने वाले तनाव को कम करने में असरदार हो सकता है।

आंखों की सेहत को दुरुस्त बनाए रखने के लिए करें ये योगासन

आई रोटेशन

आई रोटेशन आंखों की मांसपेशियों को लचीला बनाकर रक्त संचार को बेहतर करता है, जिससे आंखों में थकान और कमजोरी की समस्या में राहत मिलने के साथ दृष्टि बेहतर बनती है। आई रोटेशन करने के लिए सबसे पहले आराम से सीधा बैठकर आंखों को धीरे-धीरे क्लॉकवाइज और एंटीक्लॉकवाइज 10 बार घुमाएं। इसके बाद आंखों को ऊपर-नीचे और दाएं-बाएं भी आंखें घुमाएं। हर बार ऐसा करने के बाद 10 सेकेंड के लिए आंखें बंद कर दें।

पालमिंग

आंखों में महसूस होने वाले तनाव (खासकर स्क्रीन टाइम के बाद) को कम करने के लिए पालमिंग, एक सरल और प्रभावी तकनीक है। इसे करने के लिए आपको सबसे पहले एक शांत जगह पर बैठकर अपनी हथेलियों को तब तक रगड़ना है, जब तक वे गर्म न हो जाएं। इसके बाद अपनी हथेलियों को बंद आंखों पर हल्के से बिना दबाव डाले रखें। अब गहरी सांस लें और 2 मिनट तक आंखों को आराम दें। धीरे-धीरे अपनी हथेलियां हटाते हुए आंखों को खोल दें। यह आसन आंखों की मांसपेशियों को आराम, तनाव में कमी, और बेहतर रक्त संचार के लिए बेस्ट माना जाता है।

त्राटक

त्राटक ध्यान की एक तकनीक है जिसमें व्यक्ति किसी एक बिंदु (जैसे मोमबत्ती की लौ) पर अपना ध्यान एकाग्रता के साथ लगाते हुए देखता रहता है। यह तकनीक आंखों की मांसपेशियों को मजबूत बनाकर एकाग्रता बढ़ाती है। इसे करने के लिए सबसे पहले एक मोमबत्ती को आंखों के सामने करीब 3 फीट की दूरी पर रखें। इसके बाद सीधा बैठकर मोमबत्ती की लौ को बिना पलकें झपकाए एक मिनट तक देखते रहें। इसके बाद आंखें बंद करके लौ को मन में देखें। ऐसा 2-3 बार करें। ऐसा करने से आंखों की मांसपेशियों को मजबूती, दृष्टि में सुधार, और मानसिक एकाग्रता का विकास होता है।

Sanjevani • 21 Jun • Ministry of Ayush

Modi Yoga from 3 lakhs people in Andhra

8 • PG | 145 • Sqcm | 4779 • AVE | 50K • Cir | Top Right

Bengaluru

ನಾಳೆ ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ

ಆಂಧ್ರದಲ್ಲಿ 3 ಲಕ್ಷ ಜನರ ಜೊತೆ ಮೋದಿ ಯೋಗ

ಅಮರಾವತಿ, ಜೂ. 20– ನಾಳೆ ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ. ಈ ಹಿನ್ನೆಲೆಯಲ್ಲಿ ಆಂಧ್ರಪ್ರದೇಶದಲ್ಲಿ ಆಯೋಜಿಸಿರುವ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಪ್ರಧಾನ ಮಂತ್ರಿ ನರೇಂದ್ರ ಮೋದಿಯವರು ಪಾಲ್ಗೊಳ್ಳಲಿದ್ದಾರೆ. ವಿಶಾಖಪಟ್ಟಣದ ಆರ್‌ಕೆ ಬೀಚ್ ನಿಂದ ಭೋಗಪುರಂವರೆಗೆ 26 ಕಿಮೀ ಉದ್ದದ ಕಾರಿಡಾರ್ ನಲ್ಲಿ 11ನೇ ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ನಡೆಯುತ್ತಿದೆ. ಈ ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆಯ ಸಿದ್ಧತೆಗಳನ್ನು ಮುಖ್ಯಮಂತ್ರಿ ಚಂದ್ರಬಾಬುನಾಯ್ಡು ಪರಿಶೀಲಿಸಿದರು.

ಬಳಿಕ ಸುದ್ದಿಗಾರರೊಂದಿಗೆ ಮಾತನಾಡಿದ ಅವರು 26 ಕಿಮೀ ವ್ಯಾಪ್ತಿಯ ಪ್ರದೇಶದಲ್ಲಿ ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆಗೆ ಸಕಲ ವ್ಯವಸ್ಥೆಗಳನ್ನು ಮಾಡಲಾಗಿದೆ. ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ 3.19 ಲಕ್ಷ ಜನರು ಏಕಕಾಲಕ್ಕೆ ಯೋಗ ಮಾಡಬಹುದು ಎಂದರು.ನಾಳೆ ಬೆಳಿಗ್ಗೆ 6.30 ರಿಂದ 8 ಗಂಟೆಯವರೆಗೆ ನಿಗದಿಯಾಗಿರುವ ಈ ಯೋಗ ಕಾರ್ಯಕ್ರಮವನ್ನು ಗಿನ್ನಿಸ್ ವಿಶ್ವದಾಖಲೆ ಸೇರಿದಂತೆ ಹಲವು ದಾಖಲೆಗಳನ್ನು ನಿರ್ಮಿಸಿ ರೀತಿಯಲ್ಲಿ ಆಯೋಜಿಸಲಾಗುವುದು ಎಂದರು.ಬುಡಕಟ್ಟು ಸಮುದಾಯಕ್ಕೆ ಸೇರಿದ 25 ಸಾವಿರ ವಿದ್ಯಾರ್ಥಿಗಳು 108 ನಿಮಿಷ ಸೂರ್ಯ ನಮಸ್ಕಾರ ಮಾಡಲಿದ್ದಾರೆ. ಏಕಕಾಲದಲ್ಲಿ ಅತೀ ಹೆಚ್ಚು ಮಂದಿ ಸೂರ್ಯ ನಮಸ್ಕಾರ ಮಾಡಿದ ದಾಖಲೆ ಬರೆಯುವುದೇ ಪ್ರಮುಖ ಉದ್ದೇಶವಾಗಿದೆ ಎಂದು ನಾಯ್ಡು ವಿವರಿಸಿದರು.

ವಿಶಾಕಪಟ್ಟಣದಲ್ಲಿ 5 ಲಕ್ಷ ಜನರನ್ನು ಸೇರಿಸುವ ಗುರಿಯನ್ನು ರಾಜ್ಯ ಸರ್ಕಾರ ಹೊಂದಿದೆ.ರಾಜ್ಯದಾದ್ಯಂತ 1 ಲಕ್ಷ ಕೇಂದ್ರದಲ್ಲಿ ಏಕಕಾಲಕ್ಕೆ ಯೋಗ ಚಟುವಟಿಕೆಗಳನ್ನು ಆಯೋಜಿಸಲಾಗಿದೆ.

Sanjevani • 11 Jun • Ministry of Ayush

International Yoga day in Palace grounds

5 • PG | 184 • Sqcm | 6085 • AVE | 50K • Cir | Middle Right

Bengaluru

ಜೂ.21ರಂದು ಅಂಬಾವಿಲಾಸ ಅರಮನೆ ಮೈದಾನದಲ್ಲಿ ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ

ಮೈಸೂರು: ಜೂ.10:– ನಗರದ ಅಂಬಾವಿಲಾಸ ಅರಮನೆ ಮೈದಾನದಲ್ಲಿ ವಿವಿಧ ಇಲಾಖೆಗಳ ಸಮನ್ವಯದೊಂದಿಗೆ ಜೂ.21ರಂದು ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆಯನ್ನು ಆಯೋಜಿಸಲಾಗುವುದು. ಇದಕ್ಕೆ ಬೇಕಾದ ಎಲ್ಲ ಸಿದ್ಧತೆಗಳನ್ನು ವ್ಯವಸ್ಥಿತವಾಗಿ ಮಾಡಿಕೊಳ್ಳಬೇಕು' ಎಂದು ಅಪರ ಜಿಲ್ಲಾಧಿಕಾರಿ ಡಾ ಪಿ.ಶಿವರಾಜು ಸೂಚಿಸಿದರು.

ಜಿಲ್ಲಾಧಿಕಾರಿಗಳ ಕಚೇರಿ ಸಭಾಂಗಣದಲ್ಲಿ ಮಂಗಳವಾರ ನಡೆದ ಪೂರ್ವಭಾವಿ ಸಭೆಯ ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿ ಡಾ.ಪಿ. ಶಿವರಾಜು ಅವರು ಮಾತನಾಡಿದರು. ಮೈಸೂರು ಯೋಗಕ್ಕೆ ಪ್ರಸಿದ್ಧವಾಗಿದ್ದು ಈ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಹೆಚ್ಚು ಸಾರ್ವಜನಿಕರು ಭಾಗವಹಿಸುವುದು ಮುಖ್ಯವಾಗಿದೆ. ಅಂದು ಬೆಳಿಗ್ಗೆ 6 ಕ್ಕೆ ಕಾರ್ಯಕ್ರಮ ಪ್ರಾರಂಭವಾಗಲಿದ್ದು, 15 ಸಾವಿರ ಯೋಗಪಟುಗಳು ಭಾಗವಹಿಸುವರು. ಸರ್ಕಾರದ ಶಿಷ್ಟಾಚಾರದಂತೆ ಕಾರ್ಯಕ್ರಮ ನಡೆಸಲಾಗುವುದು. ಇದಕ್ಕೆ ಬೇಕಾದ ಸಿದ್ಧತೆಯನ್ನು ಅಧಿಕಾರಿಗಳು ಮಾಡಿಕೊಳ್ಳಬೇಕು ಎಂದು ನಿರ್ದೇಶನ ನೀಡಿದರು.

ಯೋಗದಲ್ಲಿ ಭಾಗವಹಿಸುವವರು ಟೀ ಶರ್ಟ್ ಮತ್ತು ಟ್ರ್ಯಾಕ್ ಪ್ಯಾಂಟ್ ಧರಿಸಿರಬೇಕು. ಯೋಗ ಮ್ಯಾಟ್ ಅವರೇ ತರಬೇಕು. ಜೂನ್ 15 ರಂದು ಪೂರ್ವಾಭ್ಯಾಸ ನಡೆಯಲಿದ್ದು, ಆಸಕ್ತರು ಭಾಗವಹಿಸಬಹುದು ಎಂದು ಹೇಳಿದರು. ಜಿ.ಎಸ್.ಎಸ್ ಸಂಸ್ಥೆ, ಸಿಸ್ಕಾಮ್ ಸ್ಕೂಲ್ ಮ್ಯಾನೇಜಮೆಂಟ್, ಯೋಗ ಫೆಡರೇಷನ್, ಯೋಗ ಒಕ್ಕೂಟ, ಯೋಗ ತರಬೇತಿ ಸಂಸ್ಥೆ, ಎನ್.ಸಿ.ಸಿ, ಎನ್.ಎಸ್.ಎಸ್ ಹಾಗೂ ಶಾಲಾ ಕಾಲೇಜುಗಳಿಂದ ಯೋಗದಿಂದ

ಜನರು ಯೋಗ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಭಾಗವಹಿಸುವರು ಎಂದು ತಿಳಿಸಿದರು. ಯೋಗ ನಡೆಯುವ ಸ್ಥಳದಲ್ಲಿ ಆಂಬುಲೆನ್ಸ್, ಫೈಯರ್, ಕುಡಿಯುವ ನೀರು ಹಾಗೂ ಇನ್ನಿತರ ಮೂಲಸೌಕರ್ಯಗಳನ್ನು ಒದಗಿಸಬೇಕು. ಮಹಾನಗರ ಪಾಲಿಕೆಯಿಂದ ಸ್ವಚ್ಛತೆ ಹಾಗೂ ನೀರಿನ ವ್ಯವಸ್ಥೆ, ಕೆ.ಎಸ್.ಆರ್.ಟಿ.ಸಿ ವತಿಯಿಂದ ಯೋಗಾಸಕ್ತರಿಗೆ ಬಸ್ಸಿನ ವ್ಯವಸ್ಥೆ ಹಾಗೂ ಅರಮನೆ ಮಂಡಳಿಯಿಂದ ಅರಮನೆ ಆವರಣದಲ್ಲಿ ಸ್ಥಳಾವಕಾಶ ವ್ಯವಸ್ಥೆ ಹಾಗೂ ವ್ಯವಸ್ಥಿತವಾಗಿ ಕಾರ್ಯಕ್ರಮ ನಡೆಯಲು ಹೆಚ್ಚಿನ ಸ್ವಯಂ ಸೇವಕರನ್ನು ನೇಮಿಸಲು ಅಗತ್ಯ ಕ್ರಮಗಳನ್ನು ಕೈಗೊಳ್ಳವಂತೆ ತಿಳಿಸಿದರು. ಯೋಗದಲ್ಲಿ ಭಾಗವಹಿಸಿದವರಿಗೆ ಸರ್ಟಿಫಿಕೇಟ್ ನೀಡಬೇಕು. ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಅಗತ್ಯವಾದ ಪ್ರಚಾರ ನೀಡುವಂತೆ ಅಪರ ಜಿಲ್ಲಾಧಿಕಾರಿಗಳು ತಿಳಿಸಿದರು.

ಈ ಸಂದರ್ಭದಲ್ಲಿ ಯೋಗ ದಿನದ ಪ್ರಚಾರ ಸಾಮಗ್ರಿಯನ್ನು ಅಪರ ಜಿಲ್ಲಾಧಿಕಾರಿಗಳು ಬಿಡುಗಡೆ ಮಾಡಿದರು. ಸಭೆಯಲ್ಲಿ ಅರಮನೆ ಮಂಡಳಿಯ ಉಪ ನಿರ್ದೇಶಕ ಸುಬ್ರಹ್ಮಣ್ಯ, ಡಿಡಿಪಿಐ ಜವರೇಗೌಡ, ಆಯುಷ್ ಅಧಿಕಾರಿ ರೇಣುಕಾ ದೇವಿ, ಯೋಗ ಒಕ್ಕೂಟದ ಪದಾಧಿಕಾರಿಗಳು ಹಾಗೂ ಜಿಲ್ಲಾ ಮಟ್ಟದ ಅಧಿಕಾರಿಗಳು ಉಪಸ್ಥಿತರಿದ್ದರು.

Sakshi • 21 Jun • Ministry of Ayush

Tribal people hungry in Yogandhra

10 • PG | 463 • Sqcm | 64883 • AVE | 61.57K • Cir | Top Center

Bengaluru

యోగాంధ్రలో గిరిజన విద్యార్థుల ఆకలి కేకలు

- ఏయూ ఇంజినీరింగ్ కళాశాలలో 25 వేల మంది విద్యార్థులతో యోగాసనాలు
- శుక్రవారం రాత్రి అరకొర భోజనాలు అందజేత
- ఆకలితో అలమటించిన విద్యార్థులు
- లంబసింగి నుంచి వచ్చిన చిన్నారులకు వసతి లేక ఇబ్బందులు
- ఏయూ మైదానం, బస్సుల్లోనే నిద్ర
- పట్టించుకోని కూటమి ప్రజాప్రతినిధులు

యోగాంధ్ర కార్యక్రమానికి వచ్చిన విద్యార్థులకు సరైన వసతులు కల్పించకపోవడంతో బస్సులోనే కునికిపాట్లు పడుతున్న దృశ్యం

విశాఖ సిటీ: కూటమి ప్రభుత్వం విశాఖలో ఆట్టహాసంగా నిర్వహిస్తున్న యోగాంధ్ర కార్యక్రమంలో గిరిజన విద్యార్థులు నిద్రాహారాలకు అలమటించారు. శుక్రవారం రాత్రి భోజనాలు సరిపోక.. ఆకలి కేకలతో హాహాకారాలు చేశారు. వసతి ఏర్పాట్లు లేకపోవడంతో మైదానం, బస్సుల్లో నిద్రపోయారు. ప్రభుత్వం గిన్నిస్ రికార్డుపై పెట్టిన శ్రద్ధ.. చిన్నారులకు భోజనం, వసతి ఏర్పాట్లపై పెట్టలేదు. దీంతో యోగాసనాలు చేయడానికి అల్లూరి జిల్లా నుంచి వచ్చిన గిరిజన విద్యార్థులు తీవ్ర ఇబ్బందులు పడ్డారు.

భోజనాల కోసం గలాటా..

యోగాంధ్ర వేడుకల్లో భాగంగా అల్లూరి జిల్లా నుంచి 25 వేల మంది విద్యార్థులను ప్రభుత్వం విశాఖకు తరలించింది. శుక్రవారం తెల్లవారుజామునే అధికారులు ఏర్పాటు చేసిన ప్రత్యేక బస్సుల్లో చిన్నారులను ఎక్కించి మధ్యాహ్నం 12 గంటలకు ఏయూ ఇంజనీరింగ్ కాలేజ్ గ్రౌండ్‌కు తీసుకొచ్చారు. వారికి ఆక్కడ సరిపడా మరుగుదొడ్లు లేకపోవడంతో తీవ్ర ఇబ్బందులు పడ్డారు. అనంతరం ఏయూలోని రోడ్డు మీదే భోజనాలు పెట్టారు. ప్లేటు తీసుకోవడం నుంచి తిన్నాక చేతులు కడుక్కోవడం వరకు క్యూలైన్లలో వేచి ఉండాల్సి వచ్చింది. తాగునీటి కోసం ఎండలో లైన్లలో వేచి ఉండాల్సిన దుస్థితి ఏర్పడింది. దీంతో మధ్యాహ్నం 3.30 గంటలకు ప్రారంభమ వ్వాల్సిన యోగాసనాల కార్యక్రమం ఆలస్యమైంది. సాయంత్రం 4.45కు విద్యార్థులతో 108 నిమిషాల పాటు 108 సూర్య నమస్కారాలు చేయించారు.

రాత్రి భోజనాలకూ అవే తిప్పలు..

బస్సుల్లో నిద్రపోయిన విద్యార్థులను పట్టించుకున్న నాథుడే కరువయ్యారు. రాత్రి 8 గంటల వరకు పిల్లలు గ్రౌండ్‌లోనే ఉండిపోయారు. అనంతరం ఆక్కడకు భోజనాలు తీసుకురాగా, అవి సరిపోలేదు. సగం మందికి భోజనాలు అందలేదు. దీంతో 30 నిమిషాల పాటు భోజనాల కోసం విద్యార్థులు ఎగబడ్డారు. ఈ సమయంలో గలాటా జరిగింది. కొంత సేపటికి మళ్లీ భోజనాలు తీసుకొచ్చి వారికి అందించారు. అనంతరం వారిలో కొంత మందిని విశాఖ వ్యాలీ, పెందుర్తి ప్రాంతంలోని కళ్యాణ మండపానికి తరలించారు. లంబసింగితో పాటు మరికొన్ని ఏజెన్సీ ప్రాంతాల నుంచి వచ్చిన విద్యార్థులకు వసతి సౌకర్యాలు కల్పించలేదు. దీంతో వందల మంది విద్యార్థులు గ్రౌండ్‌లో, బస్సుల్లోనే నిద్ర పోవాల్సి వచ్చింది. వీరందరినీ శనివారం వేకువజామున 4 గంటలకే సిద్ధంగా ఉండాలని అధికారులు ఆదేశించడం గమనార్హం.

ప్రజాప్రతినిధులు, అధికారుల సేవల్లో జిల్లా యంత్రాంగం..

యోగాంధ్ర కార్యక్రమానికి ప్రధాని మోదీ, సీఎం చంద్రబాబుతో పాటు కేంద్ర, రాష్ట్ర మంత్రులు విశాఖకు వచ్చారు. అన్ని శాఖల ప్రభుత్వ ప్రధాన కార్యదర్శుల నుంచి ముఖ్య కార్యదర్శులు, ఇతర ఉన్నతాధికారులు 3రోజులు ముందుగానే నగరానికి చేరుకున్నారు. దీంతో జిల్లా అధికారులందరూ వారి సేవలోనే తరిస్తున్నారు. యోగాంధ్ర ఏర్పాట్లు, తరలించిన విద్యార్థుల పరిస్థితులను పట్టించుకునే దిక్కు లేదు. ఇదిలా ఉంటే అంతర్జాతీయ యోగా దినోత్సవ కార్యక్రమం శనివారం ఉదయం 6.30 గంటల నుంచి 7.50 వరకు జరగనుంది. ప్రధాని పాల్గొనే కార్యక్రమానికి కేవలం గంటలకు ముందు సిబ్బంది, ఎన్‌సీసీ, ఎన్ఎస్ఎస్, వలంటీర్లకు శిక్షణ ఇవ్వడం గమనార్హం. యోగాంధ్ర కార్యక్రమంలో తీసుకోవాల్సిన జాగ్రత్తలు, క్యూఆర్ కోడ్ స్కానింగ్, ఇతర విషయాలను వివరించేందుకు 2 వేల మందికి శుక్రవారం రాత్రి శిక్షణ కార్యక్రమాన్ని నిర్వహించారు. రెండు, మూడు రోజులకు ముందే శిక్షణ ఇవ్వాల్సి ఉండగా.. అధికారులందరూ కార్యదర్శులు, ప్రజాప్రతినిధుల సేవలో తరించడంతో ఈ కార్యక్రమంలో జాప్యం జరిగిందన్న విమర్శలు వినిపిస్తున్నాయి.

యోగాంధ్రకు వచ్చిన విద్యార్థుల అవస్థల వీడియో కోసం క్యూఆర్ కోడ్ స్కాన్ చేయండి

ఆకలికి తట్టుకోలేక ఆహారం కోసం ఎగబడుతున్న విద్యార్థులు

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యోగా.. ఆరోగ్యానికి మంచిదేగా.!

యోగాసనాలు ప్రదర్శిస్తున్న నాగరాజు

- 12 ఏళ్లుగా యోగా శిక్షణ అందిస్తున్న నాగరాజు
- కేరళలో యోగా గురువు ఆనంద్‌తో శిక్షణ
- నేడు అంతర్జాతీయ యోగా దినోత్సవం సందర్భంగా ప్రత్యేక కథనం

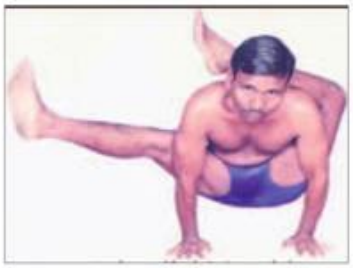
సాక్షి,బళ్లారి: పురాతన కాలం నుంచి యోగాకు విశిష్ట గుర్తింపు ఉంది. శాస్త్ర సాంకేతిక రంగం కొత్త పుంతలు తొక్కుతున్న తరుణంలో వైద్య రంగంలో కూడా ఎన్నో మార్పులు చేర్పులు చోటు చేసుకున్నాయి. ఈ నేపథ్యంలో ఎలాంటి డబ్బులు ఖర్చు పెట్టకపోయినా, మన పుట్టుక నుంచి వచ్చిన ఎన్నో రోగాలు, ప్రస్తుతం మారిన ఆహారపు అలవాట్ల ద్వారా వచ్చిన రోగాలను సైతం యోగా ద్వారా దూరం చేస్తున్న హఠయోగ నాగరాజు అడ్వాన్స్ హఠయోగా ద్వారా బీపీ, సుగర్, థైరాయిడ్, న్యూరాలాజికల్ డిజార్డర్స్, కిడ్నీ, ఊపిరితిత్తులు, గుండె సమస్యలు, లైఫ్ స్టైయిల్ డిజార్డర్స్‌తో వచ్చే అనారోగ్యాలను దూరం చేస్తున్నారు. నగరంలోని మోకా రోడ్డులోని ఎంఆర్‌వీ లేఅవుట్‌లో ఆదర్శ యోగా సెంటర్‌లో విశిష్టమైన యోగాను నేర్పుతూ ఎందరికో ఆరోగ్య సమస్యలను పరిష్కరిస్తున్నారు. ఈసందర్భంగా ఆయన సాక్షితో మాట్లాడుతూ కేరళలో అడ్వాన్స్ యోగా నేర్చుకున్నానన్నారు. అక్కడ వినూత్నశైలిలో యోగా నేర్పిన గురువు ద్వారా

తాను యోగా శిక్షణ ఇస్తున్నానన్నారు. యోగా నేర్పుతూ ఎన్నో ఏళ్లుగా వెంటాడుతున్న రోగాలను సైతం దూరం చేస్తున్నానన్నారు.

ప్రతి ఒక్కరికీ యోగా అవసరం

మారుతున్న కాలానుగుణంగా, ఆహారపు అలవాట్లు మారిపోవడంతో పాటు తగిన శారీరక శ్రమ లేకపోవడం తదితర కారణాలతో రోజురోజుకు ప్రతి ఒక్కరి ఆరోగ్యంపై ఏదో రకమైన ప్రభావం చూపుతోందని పలువురు వక్తలు పేర్కొన్నారు. శుక్రవారం నగరంలో మోకా రోడ్డులోని ఎంఆర్‌వీ లేఅవుట్‌లో ఆదీశ యోగా సెంటర్ ఆధ్వర్యంలో ఏర్పాటు చేసిన యోగా కార్యక్రమాన్ని అసిస్టెంట్ కమిషనర్ ప్రమోద్ కుమార్, యోగా శిక్షకుడు నాగరాజు తదితరులు ప్రారంభించి మాట్లాడారు. ప్రతి రోజు యోగా నిర్వహించడం దినచర్యలో భాగం కావాలన్నారు. వాకింగ్, క్రీడలతో పాటు యోగా కూడా ఎంతో అవసరం అన్నారు. యోగా ద్వారా ఎన్నో ఆరోగ్య సమస్యలకు చెక్ పెట్టవచ్చన్నారు. ఆరోగ్యంతో పాటు మానసిక ప్రశాంతత కూడా ఏర్పడుతుందన్నారు. పురాతన కాలం నుంచి యోగాకు ఎంతో ఘనమైన చరిత్ర ఉందన్నారు. ఇటీవల యోగా చేయడంపై ప్రజల్లో ఆసక్తి పెరుగుతోందన్నారు. ఇంకా ఇంటింటా యోగా కార్యక్రమాలు చేపట్టాలన్నారు. పిల్లలకు చిన్నప్పటి నుంచి యోగా చేయించాలన్నారు. నగరంలో వివిధ ప్రాంతాల్లో ఆయా యోగా సెంటర్ల వద్ద పెద్ద సంఖ్యలో జనం చేరి

యోగా సాధన చేస్తున్న మహిళలు, పురుషులు



ఏకపాద శిరటిట్టిభాసనం ప్రదర్శిస్తున్న దృశ్యం

యోగా రిహార్సల్స్ చేశారు. వివిధ యోగాసనాలు వేసి ఆకట్టుకున్నారు.

యోగా సాధనతో ఏదైనా సాధ్యం

రాయచూరు రూరల్: పేదరికంలో పుట్టి కష్టాలను అనుభవించినా యోగా ద్వారా పేరు ప్రఖ్యాతులు సాధించిన డాక్టర్ వడ్డేపల్లి తిమ్మప్ప పలువురికి యోగా నేర్పిస్తూ దిశా నిర్దేశం చేస్తున్నారు. కర్ణాటకతో పాటు ఇతర రాష్ట్రాల్లో తిమ్మప్ప యోగా సాధకుడిగా మంచి పేరు సాధించారు. ఆరోగ్యాన్ని కాపాడుకోవడానికి యోగా ఎంతో ఉపయోగపడుతుందని యోగాతో నలుగురికి సహాయ పడాలనే ఉద్దేశ్యంతో యోగా శిక్షణ

చతుష్కోణాసనం ప్రదర్శిస్తున్న తిమ్మప్ప

ప్రారంభించారు. పాఠశాల విద్యార్థులకు, జైళ్లలో ఖైదీలకు, అనాథ పిల్లలకు, సామాన్య ప్రజలకు ఉచితంగా యోగాసన శిబిరాలను నిర్వహిస్తున్నారు. డాక్టర్ వడ్డేపల్లి తిమ్మప్ప జిల్లా స్థాయి నుంచి అంతర్జాతీయ స్థాయి వరకు యోగాబ్యాస పోటీల్లో పాల్గిని పలు అవార్డులు పొందారు.

Sakshi • 21 Jun • Ministry of Ayush

Don't attribute religion to yoga

14 • PG | 261 • Sqcm | 468995 • AVE | 1.22M • Cir | Bottom Left

Hyderabad

యోగాకు మతాన్ని ఆపాదించొద్దు

ప్రజలందరూ ఆరోగ్యంగా ఉండాలన్నదే లక్ష్యం: వెంకయ్యనాయుడు • ఎల్‌బీ స్టేడియంలో అట్టహాసంగా ప్రపంచ యోగా దినోత్సవం

శుక్రవారం ఎల్‌బీ స్టేడియంలో నిర్వహించిన యోగా డేలో పాల్గొన్న బేత్వాహికులు

సాక్షి, హైదరాబాద్: యోగాకు మతాన్ని ఆపాదించొద్దని మాజీ ఉపరాష్ట్రపతి వెంకయ్యనాయుడు పేర్కొన్నారు. శుక్రవారం ఉదయం ఎల్‌బీ స్టేడియంలో అట్టహాసంగా నిర్వహించిన అంతర్జాతీయ యోగా దినోత్సవానికి ఆయన హాజరయ్యారు. ఈ సందర్భంగా వెంకయ్యనాయుడు మాట్లాడుతూ 'యోగా యువత జీవితంలో భాగం కావాలి. భారతదేశాన్ని మరింత శక్తివంతంగా ముందుకు తీసుకెళ్లాలి. ఒకే భూమి, ఒకే ఆరోగ్యం కోసం ప్రధాని ఇచ్చిన పిలుపు మేరకు ఈ కార్యక్రమాలు మొదలయ్యాయి. ఆంధ్రప్రదేశ్‌లో శనివారం ప్రధాని పాల్గొంటారు. ముందస్తుగా హైదరాబాద్‌లో కార్యక్రమం నిర్వహించడం సంతోషంగా ఉంది. ఈ రోజు ప్రపంచ ప్రజలంతా శాంతి, ఆరోగ్యంగా ఉండాలన్నదే యోగా లక్ష్యం. యోగా మార్గంలో ప్రపంచాన్ని ఏకం చేయాలి'అన్నారు. భారత్‌తో పాటు పాశ్చాత్య దేశాల ప్రజలు పని ఒత్తిడితో సతమతమవుతున్నారని, వారందరికీ యోగా ఒక థెరపీ, మెడిసిన్, రెమిడి, సాయం చేస్తుంది, నేర్పిస్తుందని, అన్ని సమస్యలకు పరిష్కారం చూపిస్తుందన్నారు.

- గవర్నర్ జిష్ణుదేవ్‌వర్మ మాట్లాడుతూ భారత్‌లో పుట్టిన యోగా ప్రపంచమంతా వ్యాపించిందన్నారు. కరోనా సమయంలో ప్రాణాయామం ఎందరినో కాపాడిందని, ప్రమిక్షణగా జీవించాలంటే యోగా అవసరమని తెలిపారు. ప్రపంచానికి ఎన్నో విలువలు పంచి పెట్టాం...అద్భుతమైన యోగాను పరిచయం చేశామన్నారు.
- కేంద్రమంత్రి కిషన్‌రెడ్డి మాట్లాడుతూ మోదీ ప్రధాని అయిన తర్వాత ప్రపంచానికి వచ్చిన బహుమతి యోగా అన్నారు. 200 దేశాలు యోగాను గుర్తించాయి..ఆచరిస్తున్నాయన్న అంశం భారతీయుడిగా గర్విస్తున్నానని చెప్పారు. యోగా ప్రతి ఒక్కరి జీవితంలో భాగం కావాలని, మానసికంగా, శారీరకంగా బాగుంటే మన ఆరోగ్యం బాగుంటుంది.. మన కుటుంబం, సమాజం, ప్రపంచం బాగుంటుందన్నారు. ఈ కార్యక్రమంలో కేంద్ర మంత్రి శ్రీనివాస వర్మ, పలువురు ఎంపీలు, ఎమ్మెల్యేలు, ఎమ్మెల్సీలు, సినీ నటులు ఖుష్బూ, మీనాక్షి చౌదరి, సాయిదుర్గ తేజ్, విద్యా, సామాజిక సంస్థలు పాల్గొన్నాయి.

Sakshi • 21 Jun • Ministry of Ayush

Let's do yoga

25 • PG | 261 • Sqcm | 469671 • AVE | 1.22M • Cir | Top Left

Hyderabad

చిత్రం చెప్పిన కథ

యోగా చేద్దామా

పిల్లలూ... యోగా అంటే శరీరాన్ని, మనసును ఆరోగ్యంగా ఉంచగలిగే గొప్ప వ్యాయామ కళ. యోగ మన దేశంలో పుట్టింది. యోగా నేర్చిన వారు, యోగాసనాలను సాధన చేసే వారు ఇతరుల కంటే చురుగ్గా, ఆరోగ్యంగా ఉండటం ప్రూవ్ అయ్యింది. హైస్కూల్ వయసు నుంచే యోగాలో ప్రవేశం ఉంటే, యోగాను అలవాటుగా మార్చుకుంటే చదువుకు మంచిది... ఆరోగ్యానికి ఇంకా మంచిది. జూన్ 21 ఇంటర్నేషనల్ యోగా డే. దేశవ్యాప్తంగా అనేక ఈవెంట్స్ జరుగుతున్నాయి. ఇక్కడ మీరు చూస్తున్నది యోగా డే కోసం అమృత్‌సర్‌లో సాధన చేస్తున్న బాలలు. వీరి ఆసనాలు సూపర్బ్‌గా ఉన్నాయి కదూ. మీరు యోగా నేర్చుకోవడం మొదలెట్టండి.

Sakshi • 21 Jun • Ministry of Ayush

Yoga

14 • PG | 318 • Sqcm | 573090 • AVE | 1.22M • Cir | Bottom Right

Hyderabad

Sakshi • 21 Jun • Ministry of Ayush

Yoga.. good..

8 • PG | 458 • Sqcm | 825058 • AVE | 1.22M • Cir | Top Left

Hyderabad

Sakshi • 19 Jun • Ministry of Ayush

4 lakhs registration fir 'Yoga sangam

14 • PG | 87 • Sqcm | 12176 • AVE | 61.57K • Cir | Middle Right

Bengaluru

'యోగా సంగం'కు 4 లక్షల రిజిస్ట్రేషన్లు

వివరాలు వెల్లడించిన కేంద్ర ఆయుష్ శాఖ

సాక్షి, న్యూఢిల్లీ: దేశ వ్యాప్తంగా జూన్ 21న జరగనున్న 11వ అంతర్జాతీయ యోగా దినోత్సవంలో పాల్గొనే వారి సంఖ్య 4 లక్షలు దాటిందని కేంద్రం తెలిపింది. 'యోగా సంగం' పేరుతో దేశంలోని వివిధ ప్రదేశాల్లో ఉదయం 6.30 నుంచి 7.45 వరకు ఈ కార్యక్రమం జరుగుతుందని కేంద్ర ఆయుష్ మంత్రిత్వ శాఖ బుధవారం ఒక ప్రకటనలో పేర్కొంది. ఏపీలోని విశాఖపట్నంలో నిర్వహించనున్న ఈ విశిష్ట కార్యక్రమానికి ప్రధాని మోదీ నేతృత్వం వహిస్తారని, ముఖ్యమంత్రి చంద్రబాబు, కేంద్ర ఆయుష్ మంత్రిత్వ శాఖ సహాయ మంత్రి ప్రతాపరావు జాదవ్ సహా ఐదు లక్షల మందికి పైగా యోగా ఔత్సాహికులు పాల్గొంటారని వెల్లడించింది. ఇప్పటి వరకు జరిగిన అతిపెద్ద సామూహిక యోగా కార్యక్రమాల్లో ఇది ఒకటిగా నిలువనుందని పేర్కొంది. యోగా సంగం వెబ్ పోర్టల్‌లో ఇప్పటి వరకు ఆంధ్రప్రదేశ్ నుంచి 1,38,038 రిజిస్ట్రేషన్లు జరగ్గా, రాజస్థాన్-1,38,033, ఉత్తర్‌ప్రదేశ్-1,01,767, మధ్యప్రదేశ్-26,159, గుజరాత్-19,951, హిమాచల్ ప్రదేశ్ నుంచి 12,000 మంది రిజిస్ట్రేషన్లు చేసుకున్నట్లు స్పష్టం చేసింది. యోగా సంగంలో పాల్గొనేందుకు ఐఐటీలు, ఐఐఎంల నుంచి క్షేత్రస్థాయిలోని ఎన్జీవోలు, దిగ్గజ కార్పొరేట్ సంస్థలు, వివిధ రంగాలకు చెందిన అనేక సంస్థలు సానుకూలంగా స్పందిస్తున్నాయని తెలిపింది. ఈ చారిత్రక క్షణాల్లో ప్రతి ఒక్కరూ భాగం కావాలని కోరింది.

Sakshi • 16 Jun • Ministry of Ayush

Yoga laughter

7 • PG | 247 • Sqcm | 34542 • AVE | 61.57K • Cir | Top Right

Bengaluru

యోగాట్టహాసం ఆదివారం మైసూరులో ప్యాలెస్ ఆవరణలో యోగా ఆచరిస్తున్న నగరవాసులు. త్వరలో జరిగే యోగా డే కోసం సాధన చేశారు

Prajavani • 21 Jun • Ministry of Ayush

Yoga day

1 • PG	28 • Sqcm	51695 • AVE	1.29M • Cir	Top Right

Bengaluru

Prajavani • 21 Jun • Ministry of Ayush

Yoga day special

4 • PG | 112 • Sqcm | 208083 • AVE | 1.29M • Cir | Bottom Right

Bengaluru

ಯೋಗ ದಿನದ ವಿಶೇಷ

ಸಾಮೂಹಿಕ ಯೋಗಾಭ್ಯಾಸ: ಉಪಸ್ಥಿತಿ: ಥಾವರಚಂದ್ ಗೆಹಲೋತ್, ಉದ್ಘಾಟನೆ: ಸಿದ್ದರಾಮಯ್ಯ, ಉಪಸ್ಥಿತಿ: ಡಿ.ಕೆ. ಶಿವಕುಮಾರ್, ಬಸವರಾಜ ಎಸ್. ಹೊರಟ್ಟಿ, ಯು.ಟಿ. ಖಾದರ್, ದಿನೇಶ್ ಗುಂಡೂರಾವ್, ಅಧ್ಯಕ್ಷತೆ: ರಿಜ್ವಾನ್ ಅರ್ಷದ್, ಅತಿಥಿಗಳು: ಅನಿರುದ್ಧ, ಶ್ರುತಿ ಹರಿಹರನ್, ಶೈನ್ ಶೆಟ್ಟಿ, ಆಯೋಜನೆ: ಆಯುಷ್ ಇಲಾಖೆ, ಸ್ಥಳ: ವಿಧಾನಸೌಧದ ಮುಂಭಾಗ: ಬೆಳಿಗ್ಗೆ 6ರಿಂದ 9

ಸಾಮೂಹಿಕ ಯೋಗಾಭ್ಯಾಸ, ಯೋಗ ಮತ್ತು ಧ್ಯಾನದ ಬಗ್ಗೆ ವಿಚಾರಸಂಕಿರಣ, ಆಯೋಜನೆ: ರೇವಾ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಇಂಡಿಯನ್ ಯೋಗ ಅಸೋಸಿಯೇಷನ್, ಮಹಾವತಾರ್ ಫೌಂಡೇಷನ್, ಸ್ಥಳ: ರೇವಾ ವಿಶ್ವವಿದ್ಯಾಲಯ, ರುಕ್ಮಿಣಿ ನಾಲೆಡ್ಜ್ ಪಾರ್ಕ್, ಯಲಹಂಕ, ಬೆಳಿಗ್ಗೆ 6.30ರಿಂದ

ಯೋಗಾಭ್ಯಾಸ: ಅತಿಥಿಗಳು: ಶಿವರುದ್ರ ಸ್ವಾಮೀಜಿ, ಮಿಲಿಂದ ಗೋಖಲೆ, ಪಿ.ಸಿ. ಮೋಹನ್, ಜಗ್ಗೇಶ್, ಆಯೋಜನೆ: ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನ ಸಮಿತಿ, ಪಂಡಿತ್ ಶ್ರೀ ದಿನದಯಾಳ್ ಸೇವಾ ಸಮಿತಿ, ಸ್ಥಳ: ಚಿಕ್ಕಲಾಲ್‌ಬಾಗ್ ಆವರಣದ ಮೈದಾನ, ಬೆಳಿಗ್ಗೆ 6.30

ಯೋಗದ ಜತೆಗೆ ಸಂಗೀತ-ನೃತ್ಯ ಪ್ರದರ್ಶನ, ವಿಶ್ವ ದಾಖಲೆ ಪ್ರಯತ್ನ: ಮುಖ್ಯ ಅತಿಥಿಗಳು: ಪ್ರತಾಪ್‌ರಾವ್ ಜಾಧವ್, ಶೋಭಾ ಕರಂದ್ಲಾಜೆ, ಡಾ.ಸಿ.ಎನ್. ಮಂಜುನಾಥ್, ಸಂತೋಷ್ ಶುಕ್ಲಾ, ನಮ್ರತಾ ಗೌಡ, ರಿಕಿ ಕೇಜ್, ಆಯೋಜನೆ: ಲೈಫ್ ಎಟರ್ನಲ್ ಟ್ರಸ್ಟ್, ಸಹಜ ಯೋಗ ಕರ್ನಾಟಕ, ಸ್ಥಳ: ತ್ರಿಪುರವಾಸಿನಿ, ಆರಮನೆ ಮೈದಾನ, ಬಳ್ಳಾರಿ ರಸ್ತೆ, 7.30

ಯೋಗಾಸನಗಳಲ್ಲಿ 12 ಗಿನ್ನಿಸ್ ದಾಖಲೆ ಪ್ರಯತ್ನ: ಆಯೋಜನೆ: ಅಕ್ಷರ ಯೋಗ ಕೇಂದ್ರ, ಸ್ಥಳ:ಪ್ರಿನ್ಸೆಸ್ ಶೈನ್, ಗೇಟ್ ನಂ. 9, ಆರಮನೆ ಮೈದಾನ, ಬೆಳಿಗ್ಗೆ 8

ಯೋಗಾಭ್ಯಾಸ: ಉದ್ಘಾಟನೆ: ಕಾಮೇಶ್ವರ ರಾವ್, ಅತಿಥಿಗಳು: ಅನು ಶಿವರಾಮನ್, ಕೆ.ಎಸ್. ಮುದ್ದಲ್, ಆಯೋಜನೆ ಹಾಗೂ ಸ್ಥಳ: ಹೈಕೋರ್ಟ್, ಬೆಳಿಗ್ಗೆ 8.30

ಯೋಗಾಭ್ಯಾಸ: ಆಯೋಜನೆ ಹಾಗೂ ಸ್ಥಳ: ಆರ್ಟ್ ಆಫ್ ಲಿವಿಂಗ್ ಇಂಟರ್‌ನ್ಯಾಷನಲ್ ಆಶ್ರಮ, ಕನಕಪುರ ರಸ್ತೆ, ಬೆಳಿಗ್ಗೆ 8.45

ಯೋಗಾಭ್ಯಾಸ: ಅಧ್ಯಕ್ಷತೆ: ಪ್ರೊ.ಕೆ.ಆರ್. ಜಲಜಾ, ತರಬೇತುದಾರರು: ಪ್ರಕಾಶ್ ಯೋಗ ಗುರೂಜಿ, ಸ್ಥಳ: ಬೆಂಗಳೂರು ನಗರ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಸೆಂಟ್ರಲ್ ಕಾಲೇಜು ಆವರಣ, ಬೆಳಿಗ್ಗೆ 9.30

Prajavani • 20 Jun • Ministry of Ayush

International Day of Yoga

4 • PG | 65 • Sqcm | 119941 • AVE | 1.29M • Cir | Top Center

Bengaluru

ವಿಶ್ವ ಯೋಗ ದಿನ: 2 ಸಾವಿರ ಜನ ಭಾಗಿ

ದೊಡ್ಡಬಳ್ಳಾಪುರದ ಭಗತ್‌ಸಿಂಗ್ ಕ್ರೀಡಾಂಗಣದಲ್ಲಿ ಸಕಲ ಸಿದ್ಧತೆ

ಮುಖ್ಯಾಂಶಗಳು

- 5 ಮಿಷನ್‌ಗಳ ಕುರಿತು ಜಾಗೃತಿ ಮೂಡಿಸಲಾಗಿದೆ
- ಇಂದು ಪ್ರಾತ್ಯಕ್ಷಿಕೆ ಪ್ರಾರಂಭ
- ಪ್ರೇಕ್ಷಣೆಯಿಂದ ಕೆಸರು ಬದ್ಧ ಹೇಳಿಕೆ

ದೇಶಾದ್ಯಂತ ಯೋಗ ಪ್ರದರ್ಶನ ಕಾರ್ಯಕ್ರಮ

ನಾಳೆ ಯೋಗ ದಿನಾಚರಣೆ

Prajavani • 20 Jun • Ministry of Ayush

Tomorrow International Day of Yoga

7 • PG	10 • Sqcm	18619 • AVE	1.29M • Cir	Top Center

Bengaluru

ನಾಳೆ ಯೋಗ ದಿನಾಚರಣೆ

Prajavani • 18 Jun • Ministry of Ayush

Yoga day; 5 lakhs people Yoga

7 • PG	46 • Sqcm	84551 • AVE	1.29M • Cir	Top Center

Bengaluru

‘ಯೋಗ ದಿನ: 5 ಲಕ್ಷ ಮಂದಿ ಯೋಗಾಭ್ಯಾಸ’

ಆಯುಷ್ ಇಲಾಖೆಯಿಂದ ವಿವಿಧ ಕಾರ್ಯಕ್ರಮ ಆಯೋಜನೆ: ಸಚಿವ

Prajavani • 18 Jun • Ministry of Ayush

Preparations for International Yoga day

2 • PG | 40 • Sqcm | 74871 • AVE | 1.29M • Cir | Middle Center

Bengaluru

ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆಗೆ ಸಿದ್ಧತೆ

Prajavani • 02 Jun • Ministry of Ayush

Yoga Dhanush...

9 • PG | 121 • Sqcm | 223977 • AVE | 1.29M • Cir | Middle Center

Bengaluru

ಯೋಗ ಧನುಷ್...

ಮೈಸೂರಿನ ಲಲಿತಮಹಲ್ ಹೋಟೆಲ್ ಆವರಣದಲ್ಲಿ ಆಯುಷ್ ಇಲಾಖೆ, ಜಿಲ್ಲಾದಳಿತ, ಜಿಲ್ಲಾ ಪಂಚಾಯಿತಿ ಮತ್ತು ವಿವಿಧ ಸಂಸ್ಥೆಗಳ ಸಹಯೋಗದಲ್ಲಿ 11ನೇ ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ಅಂಗವಾಗಿ ಭಾನುವಾರ ನಡೆದ 'ಯೋಗ ಧನುಷ್' ಕಾರ್ಯಕ್ರಮದ ಪೂರ್ವಾಭ್ಯಾಸದಲ್ಲಿ ಸಾರ್ವಜನಿಕರು ಪಾಲ್ಗೊಂಡರು ಚಿತ್ರ: ಅನೂಪ್‌ರಾಘ ಟಿ.

Andhra Prabha • 21 Jun • Ministry of Ayush

World Yoga Celebrations at Gachibowli Stadium today

8 • PG | 96 • Sqcm | 39251 • AVE | 308K • Cir | Middle Left

Hyderabad

గచ్చిబౌలి స్టేడియంలో నేడు ప్రపంచ యోగా వేడుకలు

● పాల్గొననున్న సీఎం రేవంత్‌రెడ్డి, గవర్నర్ జిష్ణుదేవ్ వర్మ

కేంద్ర మంత్రి కిషన్‌రెడ్డి తదితరులు

హైదరాబాద్, ఆంధ్రప్రభ : ఇంటర్నేషనల్ డే ఆఫ్ యోగ కార్యక్రమాన్ని తెలంగాణ ఆయుష్ శాఖ ఆధ్వర్యంలో గచ్చిబౌలిలోని బాలయోగి స్టేడియంలో ఘనంగా నిర్వహించనున్నట్లు రాష్ట్ర వైద్య, ఆరోగ్యశాఖ మంత్రి దామోదర రాజనర్సింహ తెలిపారు. ఈ వేడుకకు ముఖ్య అతిథిలుగా సీఎం రేవంత్‌రెడ్డి, గవర్నర్ జిష్ణుదేవ్‌వర్మతోపాటు కేంద్ర మంత్రి కిషన్‌రెడ్డి పాల్గొంటారని వివరించారు. ఈ మేరకు యోగా డే వేడుకల ఏర్పాట్లపై శుక్రవారం సచివాలయంలోని తన చాంబర్‌లో మంత్రి దామోదర ప్రత్యేకంగా సమీక్షించారు. ఇంటర్నేషనల్ డే ఆఫ్ యోగ నిర్వహణ ఏర్పాట్ల బాధ్యతలను ఆయుష్ శాఖ అధికారులకు అప్పగించారు. ఈ మేరకు యోగ డే కార్యక్రమాన్ని విజయవంతంగా నిర్వహించాలని ఆదేశించారు. ఈ యోగ కార్యక్రమంలో ఆయుష్ శాఖ కు చెందిన యోగ శిక్షకులు, మెడికోలు, వివిధ పాఠశాలలకు చెందిన 5500 విద్యార్థులు పాల్గొంటారని తెలిపారు. కాగా.. యోగ డే కార్యక్రమంలో భాగంగా ఉదయం 6.20 నుండి 6.30 వరకు స్టేడియంలో యోగ ఫోటో ఎగ్జిబిషన్ ఉండనుంది. ఉదయం 6.30 నుండి 7.00 ప్రధాన మంత్రి నరేంద్ర మోడీ వర్చువల్ ప్రసంగం ను విక్షేందుకు స్టేడియం లో ఏర్పాట్లు చేశారు. అనంతరం 7.00 నుండి 7.45 వరకు యోగ ఆసనాలను వేయనున్నారు. అటుపిమ్మట ఉదయం 8.05 నుండి 8.15 వరకు రాష్ట్ర ముఖ్యమంత్రి రేవంత్‌రెడ్డి ప్రసంగిస్తారు. ఆ తర్వాత 8.15 నుండి 8.20 వరకు రాష్ట్ర గవర్నర్ జిష్ణుదేవ్ వర్మ ప్రసంగిస్తారు. మంత్రులు శ్రీధర్‌బాబు, వాకిటి శ్రీహరి, మేయర్ విజయలక్ష్మీ తదితరులు పాల్గొననున్నారు.

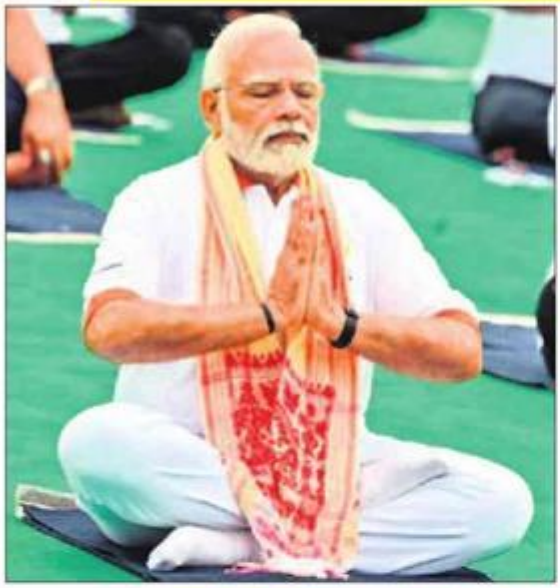
Andhra Prabha • 21 Jun • Ministry of Ayush

Yoga in 1 lakh centers today

1,8 • PG | 806 • Sqcm | 328758 • AVE | 308K • Cir | Top Center,Top Right

Hyderabad

సమాజ ఆరోగ్యం.. పర్యావరణ స్థిరత్వం కోసం



నేడు లక్ష కేంద్రాల్లో యోగా

విశాఖలో నేడు ప్రధాని మోడీ యోగా

- 5 లక్షల మందికి పైగా పాల్గొనే అవకాశం
- బీచ్ రోడ్డులో 26 కి.మీ.లలో... 326 కంపార్ట్‌మెంట్లుగా ఏర్పాట్లు • 9,995 వాహనాల వినియోగం • 10 వేల మంది పోలీసులతో బందోబస్తు • ఉ. 6.30 గం.లకు ప్రారంభం

దేశవ్యాప్తంగా కోట్లాదిమంది యోగాసనాలు

- 2015లోనే రెండు గిన్నిస్ రికార్డులు • నేడు 12 గిన్నిస్ రికార్డులు నమోదయ్యే అవకాశం
- బెంగళూరు కేంద్రంగా 30 దేశాలకు చెందిన 2500 మంది యోగాసనాలు

శరీరం, ఆత్మల కలయిక యోగా... దేహాన్ని చైతన్యపరిచి, మనసుకు ఉత్తేజాన్ని కల్గించేది యోగా... సంపూర్ణ ఆరోగ్యాన్ని అందించడమే ఈ ప్రాచీన విద్య పరమావధి... ఈ అపూర్వ యోగ విద్యను సామాన్యుల దరికి చేర్చడం ద్వారా ప్రజలందరినీ ఆరోగ్యవంతులుగా తీర్చిదిద్దే లక్ష్యంతో దేశవ్యాప్తంగా ఈ కార్యక్రమం జరుగుతోంది...

సమాజ ఆరోగ్యం.. పర్యావరణ స్థిరత్వం కోసం

నేడు లక్ష కేంద్రాల్లో యోగా

● దేశ వ్యాప్తంగా కోట్లాదిమంది యోగాసనాలు ● 2015లోనే రెండు గిన్నిస్ రికార్డులు ● నేడు 12 గిన్నిస్ రికార్డులు నమోదయ్యే అవకాశం ● బెంగళూరు కేంద్రంగా 30 దేశాలకు చెందిన 2500 మంది యోగాసనాలు

న్యూఢిల్లీ: అంతర్జాతీయ యోగా దినోత్సవాన్ని ఏటా జూన్ 21న జరుపుకుంటాము. ఈ సంవత్సరం యోగా దినోత్సవం థీమ్ 'ఒక భూమి కోసం యోగా, ఒక ఆరోగ్యం'. ఈ థీమ్ వ్యక్తిగత శ్రేయస్సు, సమాజ ఆరోగ్యం, పర్యావరణ స్థిరత్వం కోసం యోగా సమగ్ర ప్రయోజనాలను నొక్కి చెబుతుంది. శారీరక శక్తి, పర్యావరణ మైండ్‌ఫుల్‌నెస్.. రెండింటినీ పెంపొందించడం ద్వారా మహమ్మారులతో పాటు వాతావరణ మార్పు, జీవనశైలి సంబంధ వ్యాధులు వంటి ప్రపంచ సవాళ్లను యోగా ఎలా ఎదుర్కోగలదో ఈ థీమ్ ప్రధానోద్దేశం. అవగాహన కల్పించడంతో పాటు జాతీయ భాగస్వామ్యాన్ని ప్రోత్సహించడానికి భారతదేశం అంతటా 1,00,000 కేంద్రాలలో సామూహిక యోగా ప్రదర్శనల కోసం ఏర్పాట్లు చేశారు. 2015లో యోగా డే ప్రారంభాన - 35,985 మంది పాల్గొన్న అతిపెద్ద యోగా సెషన్‌తో పాటు ఒకే యోగా కార్యక్రమంలో అత్యధిక (84) దేశాలకు చెందినవారు ప్రాతినిధ్యం వహించి రెండు గిన్నిస్ రికార్డులను సొంతం చేసుకున్నాం. 2025లో బెంగళూరులోని అక్షర్ యోగా కేంద్రం అంతర్జాతీయ యోగా దినోత్సవాన్ని పురస్కరించుకుని స్థానిక ప్యాలెస్ గ్రౌండ్స్‌లో 30కి పైగా దేశాలకు చెందిన 2,500 మంది వ్యక్తులు పాల్గొనే యోగాసనాల్లో 12 గిన్నిస్ వరల్డ్ రికార్డ్‌లను సొంతం చేసుకోవాలని యోచిస్తోంది.

విశాఖలో నేడు ప్రధాని మోడీ యోగా

● 5 లక్షల మందికి పైగా పాల్గొనే అవకాశం
● బీచ్ రోడ్డులో 26 కి.మీ.లు... 326 కంపార్ట్‌మెంట్లలో ఏర్పాట్లు ● 9,995 వాహనాల వినియోగం ● 10 వేల మంది పోలీసులతో బందోబస్తు ● ఉ. 6.30 గంటలకు ప్రారంభం

విశాఖపట్నం, ఆంధ్రప్రభ బ్యూరో: శరీరం, ఆత్మల కలయిక యోగా... దేహాన్ని చైతన్యవరిచి, మనసుకు ఉత్తేజాన్ని కల్పించేది యోగా... సంపూర్ణ ఆరోగ్యాన్ని అందించడమే ఈ ప్రాచీన విద్య పరమావధి... ఈ అపూర్వ యోగ విద్యను సామాన్యులందరికీ చేర్చడం ద్వారా ప్రజలందరినీ ఆరోగ్యవంతులుగా తీర్చిదిద్దే లక్ష్యంతో యోగాంధ్ర కార్యక్రమాన్ని ప్రభుత్వం ప్రారంభించింది... అంతర్జాతీయ యోగా దినోత్సవం సందర్భంగా మహా ప్రదర్శనకు విశాఖ సాగర నగరం ముస్తాబైంది.

రాష్ట్రంలో మే 21న యోగాంధ్ర కార్యక్రమానికి ప్రభుత్వం శ్రీకారం చుట్టింది. సామాన్యుల చెంతకు దరిచేర్చడమే లక్ష్యంగా నెల రోజులపాటు వివిధ వర్గాల ప్రజల భాగస్వామ్యంతో యోగా శిక్షణ పూర్తయ్యింది. యోగాంధ్ర చివరిరోజు కార్యక్రమంలో రాష్ట్రవ్యాప్తంగా లక్షలాది ప్రదేశాల్లో యోగా ప్రదర్శన జరుగుతుంది. దీనిలో భాగంగా విశాఖపట్నం సముద్ర తీరంలో గిన్నిస్ రికార్డు సాధనే లక్ష్యంగా సుమారు 5 లక్షల మందితో శనివారం యోగా ప్రదర్శన నిర్వహించేందుకు ప్రభుత్వం యంత్రాంగం ఏర్పాట్లు పూర్తి చేసింది. ఈ మెగా కార్యక్రమంలో ప్రధాని నరేంద్ర మోదీ, ఏపీ సీఎం చంద్రబాబు, ఉప ముఖ్యమంత్రి పవన్ కల్యాణ్, ఇతర మంత్రులు, ఉన్నతాధికారులు, ప్రముఖులు, ఉత్తరాంధ్ర జిల్లాలనుంచి తరలివచ్చే ప్రజలంతా భాగస్వాములు కానున్నారు.

విశాఖ సముద్ర తీరంలో అంతర్జాతీయ యోగా దినోత్సవ కార్యక్రమానికి భారీ ఏర్పాట్లు చేశారు. బీచ్ రోడ్డులోని కాళీమాత

ఆలయం నుంచి భీమునిపట్టణం వరకు మొత్తం 26 కిలోమీటర్ల మేర యోగాభ్యాస ప్రదర్శనను నిర్వహిస్తారు. దీనికోసం మొత్తం 326 కంపార్ట్‌మెంట్లను సిద్ధం చేసారు. ఒక్కో కంపార్ట్‌మెంట్‌కు గెజిటెడ్ స్థాయి అధికారిని ఇన్‌చార్జిగా నియమించారు. ప్రతీ కంపార్ట్‌మెంట్‌లో యోగా శిక్షకులు, ముగ్గురు ప్రదర్శకులు, పదిమంది వాలంటీర్లు, ఒక ఏఎన్ఎం, ఆశా వర్కర్, పోలీసు అధికారి, గిన్నిస్ రికార్డు నమోదు కోసం కంపార్ట్‌మెంట్‌కు 10 మంది చొప్పున మొత్తం 4,600 మంది ప్రతినిధులు, ఫుడ్ ఇన్‌చార్జి ఒకరు, ఇద్దరు సూపర్‌వైజర్లు, పారిశుద్ధ్య పర్యవేక్షకులు, నలుగురు పారిశుద్ధ్య పనివారు ఉంటారు. యోగా ప్రదర్శకులు 1,438 మంది, శిక్షకులు 907 మంది ఈ కంపార్ట్‌మెంట్లలో సిద్ధంగా ఉంటారు. మొత్తం 4,280 మరుగుదొడ్లను ఏర్పాటు చేశారు. ముందు జాగ్రత్త చర్యగా 35 మంది పాములు పట్టేవారితో పాటు పెద్ద సంఖ్యలో గజ ఈతగాళ్లను సిద్ధం చేశారు. పర్యవేక్షణకు డిప్యూటీ కలెక్టర్లతో పాటు, అఖిల భారత అధికారులు సైతం బాధ్యత తీసుకున్నారు.

సకల సదుపాయాలు

ప్రతీ కంపార్ట్‌మెంట్‌లో తాగునీరు, 100 మందికి ఒకటి చొప్పున మరుగుదొడ్లు, స్ట్రెచర్, ఫస్ట్ ఎయిడ్ కిట్, స్నాక్స్ బాక్సులు సిద్ధంగా ఉంటాయి. ప్రదర్శనలో పాల్గొనే ప్రతీ ఒక్కరికీ యోగా మ్యాట్, టి షర్ట్ పంపిణీ చేస్తారు. యోగా ప్రదర్శన అనంతరం సాధకులు వీటిని తీసుకువెళ్లిపోవచ్చు. కంపార్ట్‌మెంట్‌లో ప్రవేశించడానికి, బయటకు వెళ్లేందుకు వేర్వేరు మార్గాలను ఏర్పాటు చేశారు. అందరికీ కనిపించే విధంగా ఎల్ఈడీ స్క్రీన్‌లు, సౌండ్ సిస్టమ్ కూడా ఏర్పాటు చేశారు. అవసరమైన అత్యవసర మందులు, 104 వాహనాలతో పాటు ప్రతీ ఐదు కిలోమీటర్లకు ఒక 5 పడకల ఆసుపత్రిని సిద్ధం చేశారు. అధికారులను, ప్రజలను వేదికల వద్దకు తరలించడానికి మొత్తం 9,995 వాహనాలను వినియోగిస్తున్నారు. వీటిలో 7,295 బస్సులు, 2,500 ఆటోలు, 200 మెక్సీ క్యాబ్‌లు ఉన్నాయి. మొత్తం 75 పార్కింగ్ ప్రదేశాలను ఏర్పాటు చేశారు. మొత్తం 10,000 మంది పోలీసు లు అధికారులు, సిబ్బంది బందోబస్తు విధుల్లో పాల్గొంటున్నారు.

26 కిలోమీటర్ల సాగర తీరంతోపాటు మరో 18 క్రీడా మైదానాల్లో కూడా యోగా ప్రదర్శనలు నిర్వహించేందుకు ఏర్పాట్లు పూర్తయ్యాయి. ఏయూ మైదానం, వినగడిలి గోల్ఫ్‌కోర్టు, పీఎం పాలెం క్రికెట్ స్టేడియం, కొమ్మాది స్టేడియం, ఫోర్ట్ స్టేడియం, రైల్వే ఎగ్జిబిషన్ గ్రౌండ్, సర్వజ్ఞానరతి ఇండోర్ స్టేడియం తదితర 18 క్రీడా మైదానాలు, మరో 30 ప్రాంతాల్లో కూడా యోగా నిర్వహిస్తారు.

ప్రధాని రాక షెడ్యూల్

ప్రధానమంత్రి నరేంద్ర మోదీ శుక్రవారం సాయంత్రమే నగరానికి చేరుకున్నారు. శనివారం ఉదయం 6.25కి ఆర్కే బీచ్‌లోని ప్రధాన వేదిక వద్దకు చేరుకుంటారు. అక్కడ ముఖ్యమంత్రి, గవర్నర్ తదితరులు ప్రధానిని స్వాగతిస్తారు. 6.30 నుంచి 7 గంటల వరకు ప్రసంగాలు ఉంటాయి. 7 నుంచి 7.45 వరకు అంతర్జాతీయ యోగా దినోత్సవ వేదుకల్లో ప్రధాని పాల్గొని యోగాసనాలు వేస్తారు. ప్రధానితో పాటు కేంద్ర ఆయుష్ శాఖామంత్రి ప్రతాప్‌రావ్ జాదవ్, రాష్ట్ర ముఖ్యమంత్రి నారా చంద్రబాబునాయుడు, ఉప ముఖ్యమంత్రి పవన్ కల్యాణ్, ఇంకా ఇతర కేంద్ర, రాష్ట్ర మంత్రులు పాల్గొంటారు.

Andhra Prabha • 21 Jun • Ministry of Ayush

Yoga... a way of life

7 • PG | 339 • Sqcm | 138247 • AVE | 308K • Cir | Top Left

Hyderabad

యోగా... జీవన విధానం

- మతాన్ని ఆపాదించొద్దు
- యోగా ఓ థెరపీ, మెడిసిన్, అన్ని సమస్యలకూ రెమిడీ
- ఎల్బీ స్టేడియం యోగా కౌంట్‌డౌన్ వేడుకల్లో మాజీ ఉపరాష్ట్రపతి వెంకయ్యనాయుడు
- ప్రపంచానికి భారత్ ఇచ్చిన గొప్ప బహుమతి యోగా
- కేంద్ర మంత్రి కిషన్‌రెడ్డి

హైదరాబాద్, ఆంధ్రప్రభ : పని ఒత్తిడితో సతమతమవుతూ పలు వ్యాధులు, మానసిక రుగ్మతల బారిన పడుతున్న ఈ రోజుల్లో ప్రతీ ఒక్కరికి యోగా ఒక థెరపీ, మెడిసిన్ అని, అన్నీ సమస్యలకూ రెమిడీ అని మాజీ ఉపరాష్ట్రపతి వెంకయ్యనాయుడు స్పష్టం చేశారు. నో అబ్సెన్స్.. నో రిటెన్షన్.. యోగా అన్నింటికీ ప్రాబ్లెమ్స్ అని సూచించారు. ప్రపంచ ప్రజలందరూ ఆరోగ్యంగా ఉండాలన్నదే భారత సనాతన లక్ష్యమని చెప్పారు. యోగా అంతిమ లక్ష్యం మానవత్వం సాధించడమన్నారు. యోగాకు మతం లేదని, కొంతమంది దానికి మతం ఆపాదించాలని చూస్తున్నారని తప్పుబట్టారు. యోగా అనేది భారతదేశ జీవన విధానం అని చెప్పారు. మన పూర్వీకుల నుండి ఇది వచ్చిందని, మన పిల్లకు కూడా దీనిని అందించాలని పిలుపునిచ్చారు. ఈనెల 21న అంతర్జాతీయ యోగా డేను పురస్కరించుకుని 24 గంటల ముందు హైదరాబాద్‌లోని ఎల్బీ స్టేడియంలో చేపట్టిన యోగా కౌంట్‌డౌన్ వేడుకలు ఘనంగా జరిగాయి. ఈ కార్యక్రమానికి సినీ, రాజకీయ ప్రముఖులతోపాటు భారీగా ప్రజలు తరలివచ్చారు.ఈ సందర్భంగా ఆయన మాట్లాడుతూ... యోగా విషయంలో రాజకీయాలు కూడా చేయవద్దని కోరారు. ఆది యోగి పతంజలి మహర్షి సూత్రాలు సర్వకాలలకు ఆచరణీయమని చెప్పారు. యోగా అంటే మనస్సు, వృత్తి, ప్రవృత్తులను నిగ్రహించడమే అని ఇది చాలా ముఖ్యమని తెలిపారు. మానసికంగా, శారీరకంగా అనవసరమైనవి వదిలిపెట్టాలని అన్నారు. దేశంపై విదేశాలు చేసిన దాడులనుండి తేరుకుని అభివృద్ధి పథంలో ముందుకు వెళుతున్నామని చెప్పారు. ఆపరేషన్ సిందూర్ అంటే ప్రపంచమంతా విస్తరిపోతుందన్నారు. ఉగ్రవాద స్థావరాలను పక్కవాళ్లకు ఎలాంటి హాని కలిగించకుండా పేల్చివేశారని అన్నారు. దేశానికి అలాంటి టెక్నాలజీ అందించిన శాస్త్రవేత్తలతోపాటు ముందుండి పోరాడిన యోధులను గుర్తుంచుకోవాలన్నారు. ఎల్బీ స్టేడియంలో పెద్దఎత్తున యోగా కౌంట్ డౌన్ వేడుకలను నిర్వహిస్తున్నందుకు కేంద్రమంత్రి కిషన్‌రెడ్డిని అభినందిస్తున్నట్లు చెప్పారు. యోగా అనేది వన్ డే ఈవెంట్, ప్రోగ్రాం కాదని, ప్రతీ ఒక్కరి జీవితంలో యోగా భాగస్వామ్యం కావాలని పిలుపునిచ్చారు. ఏపీలో శనివారం నిర్వహించనున్న యోగా డే కార్యక్రమంలో ప్రధానమంత్రి నరేంద్ర మోదీ పాల్గొననున్నారని తెలిపారు. యోగా అంటే ఇంద్రియాలను వశం చేసుకోవడం, మానసిక శక్తులను ఏకం చేయడం, ఏకాగ్రతను సాధించి, ఆత్మశక్తిని మేల్కొల్పడం, సాధన చేయడం.. అంతిమంగా మానవత్వాన్ని సాధించడమని వివరించారు.

ప్రపంచానికి భారత్ ఇచ్చిన కానుక యోగా: కిషన్‌రెడ్డి

దేశ ప్రధానిగా మోదీ బాధ్యతలు చేపట్టాక ప్రపంచానికి భారత్ ఇచ్చిన అద్భుతమైన బహుమతి యోగా అని కేంద్రమంత్రి కిషన్‌రెడ్డి అన్నారు. నేడు 200 దేశాలు భారతీయ సంస్కృతి అయిన యోగాను గుర్తించడం గర్వించాల్సిన విషయమని చెప్పారు. యోగాను ప్రపంచానికి పరిచయం చేసిన ప్రధానికి కృతజ్ఞతలు తెలిపారు. ప్రతి వ్యక్తి జీవితంలో యోగా భాగం కావాలన్నారు. యోగా వల్ల మానసిక, శారీరక ఆరోగ్యం లభిస్తుందని వ్యాఖ్యానించారు. యోగా నే మన ప్రథమ డాక్టర్ అని చెప్పారు. భారత్‌లో పుట్టిన యోగాను ప్రపంచ దేశాలు గుర్తించాయని, ఇది భారతీయులు గర్వించాల్సిన విషయమన్నారు. 24 గంటల కౌంట్ డౌన్ ప్రారంభ మైందని ప్రజలందరి జీవితాలలో యోగా భాగం కావాలని పిలుపునిచ్చారు. యోగాతో ప్రపంచం అంతా బాగుంటుందని, అది సర్వరోగ నివారిణి అని చెప్పారు. శుక్రవారం ఎల్బీ స్టేడియంలో నిర్వహించిన యోగా కౌంట్ డౌన్ వేడుకల్లో ప్రముఖ యోగా సంస్థలు, విద్యాసంస్థలు, సామాజిక సంస్థలు భాగస్వామ్యమయ్యాయి. ఈ కార్యక్రమంలో ముఖ్య అతిథులుగా గవర్నర్ జిష్ణుదేవ్‌వర్మ, కేంద్ర మంత్రి శ్రీనివాస వర్మ, పలువురు ఎంపీలు, ఎమ్మెల్యేలు, ఎమ్మెల్సీలు, ప్రముఖ నటీనటులు సాయిధరమ్‌తేజ్, ఖుష్బూ, మీనాక్షి చౌదరి తదితరులు పాల్గొని పలు యోగాసనాలు వేశారు.

Namaste Telangana • 21 Jun • Ministry of Ayush

Yoga Day

10 • PG	297 • Sqcm	524079 • AVE	281.55K • Cir	Bottom Center

Hyderabad

హైదరాబాద్‌లోని ఎల్బీస్టేడియంలో యోగా చేస్తున్న గవర్నర్ జిష్ణుదేవ్ వర్మ, కేంద్ర మంత్రి కిషన్‌రెడ్డి, సినీ నటులు తేజ సజ్జా, మీనాక్షిచౌదరి

Chetna Manch • 21 Jun • Ministry of Ayush

NDFC ke yog shivir mein bachho ne kiya yogashan

3 • PG | 503 • Sqcm | 25128 • AVE | 177.76K • Cir | Bottom Left

Noida

NDRF के योग शिविर में बच्चों ने किया योगासन

गाजियाबाद (चेतना मंच)। अंतर्राष्ट्रीय योग दिवस 2025 के अवसर पर 8वीं बटालियन राष्ट्रीय आपदा मोचन बल (NDRF) गाजियाबाद आयुष मंत्रालय एवं जिला प्रशासन गाजियाबाद द्वारा संयुक्त योग शिविर का आयोजन किया गया।

अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में 8वीं बटालियन राष्ट्रीय आपदा मोचन बल (NDRF), कमला नेहरू नगर, गाजियाबाद, आयुष मंत्रालय, एवं जिला प्रशासन गाजियाबाद के संयुक्त तत्वावधान में एक भव्य योग शिविर का आयोजन किया गया। इस अवसर पर प्रवीण कुमार तिवारी, उप महानिरीक्षक, 8वीं बटालियन राष्ट्रीय आपदा मोचन बल मुख्य अतिथि के रूप में उपस्थित रहे।

इस आयोजन में जिला प्रशासन से मनीष कुमार, IRS, विकाश कश्यप, ADM, जिला होमियोपैथी चिकित्सालय से डॉ. पंकज त्यागी, चिकित्सा अधिकारी, 8वीं NDRF से डॉ. मालिक नासिर अहमद, मुख्य चिकित्सा अधिकारी, डॉ. सूर्य कुमार मौर्या, मुख्य पशु चिकित्सा अधिकारी और अन्य अधिकारीगण के साथ 381 रेस्क्यूर्स भी उपस्थित रहे।

इस वर्ष योग दिवस की थीम "Yoga for One Earth, One Health" रही। श्री तिवारी ने बताया कि योग एक स्वस्थ जीवन शैली का महत्वपूर्ण हिस्सा है और इसके वैश्विक महत्व को समझना आवश्यक है। योग गुरु आचार्य यश परासर और ह0/जी0डी -अनुज कुमार द्वारा योग शिविर संचालित किया गया।

कार्यक्रम के सफल आयोजन में कुणाल तिवारी, उप सेनानी, नरेश कुमार नामदेव, स0से0, नि0 संजय कुमार, ह0/जी0डी- के0के0 शर्मा, प्रवीण कुमार तिवारी और बटालियन के रेस्क्यूर्स का अहम योगदान रहा।

Chetna Manch • 20 Jun • Ministry of Ayush

21 june ko jain samaj karega yoga mahasangam

8 • PG | 303 • Sqcm | 15165 • AVE | 177.76K • Cir | Middle Right

Noida

21 जून को जैन समाज करेगा योगा महासंगम

नोएडा (चेतना मंच)। अंतर्राष्ट्रीय योग दिवस 2025 के उपलक्ष्य में नोएडा में श्री दिगम्बर जैन भगवान पार्श्वनाथ प्रभावना समिति द्वारा 'योग संगम' का भव्य आयोजन किया जाएगा। इस मौके पर जैन समाज के लोग बड़ी संख्या में उपस्थित होंगे।

विश्व जैन संगठन के अध्यक्ष के.के. जैन ने बताया कि अर्ह ध्यान योग एक प्राचीन भारतीय ध्यान एवं योग पद्धति है, जिसका प्रणयन समाधि सम्राट, संत शिरोमणि आचार्य श्री 108 विद्यासागर जी महाराज के शिष्य मुनि श्री 108 प्रणम्यसागर जी महाराज द्वारा किया गया है। अर्ह ध्यान योग को आयुष मंत्रालय, भारत सरकार द्वारा अंतर्राष्ट्रीय योग दिवस के प्रचार-प्रसार के लिए वरीयता प्राप्त सहयोगी संस्था के रूप में मान्यता प्राप्त है। विगत वर्षों में अर्ह ध्यान योग ने देश के अनेक प्रतिष्ठित स्थलों पर सफल योग सत्र आयोजित किए है।

इसी श्रृंखला में आगामी 21 जून 2025 को अंतर्राष्ट्रीय योग दिवस के अवसर पर अर्ह ध्यान योग द्वारा एक भव्य 'योग महासंगम' कार्यक्रम का आयोजन मोरारजी देसाई राष्ट्रीय योग संस्थान, आयुष मंत्रालय, भारत सरकार, जैन समाज, सेक्टर 50, विश्व जैन संगठन, एवं स्याद्वाद युवा क्लब, नौएडा, के संयुक्त तत्वावधान में किया जा रहा है। यह आयोजन नोएडा के शिवालिक पार्क, सेक्टर 33ए (नौएडा हाट के सामने) प्रातः 5 बजे से 7 बजे तक किया जाएगा।

Vishvavani • 21 Jun • Ministry of Ayush

Andhra outfit for Yoga guiness record

8 • PG | 226 • Sqcm | 13573 • AVE | 25K • Cir | Middle Center

Bengaluru

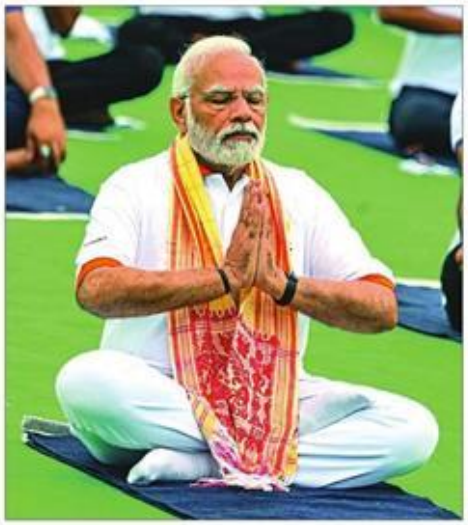
ಮೋದಿ ಭಾಗಿ, ಮೈಸೂರಿನ ಯೋಗ ದಾಖಲೆ ಮುರಿಯಲು ಚಂದ್ರಬಾಬು ಸರಕಾರ ಸಿದ್ಧತೆ

ಯೋಗ ಗಿನ್ನೆಸ್ ದಾಖಲೆಗೆ ಆಂಧ್ರ ಸಜ್ಜು

ಅಮರಾವತಿ: ವಿಶ್ವಯೋಗ ದಿನದ ಅಂಗವಾಗಿ ಆಂಧ್ರಪ್ರದೇಶ ಶನಿವಾರ ಆಯೋಜಿಸಿರುವ ಬೃಹತ್ ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆಯಲ್ಲಿ ಪ್ರಧಾನಿ ನರೇಂದ್ರ ಮೋದಿ ಭಾಗವಹಿಸಲಿದ್ದಾರೆ. ಬಂದರು ನಗರಿ ವಿಶಾಖಪಟ್ಟಣಂನ ಆರ್‌ಕೆ ಬೀಚ್‌ನಿಂದ ಭೋಗಪುರಂವರೆಗೆ 26 ಕಿ.ಮೀ ಉದ್ದದ ಕಾರಿಡಾರ್‌ನಲ್ಲಿ ಈ ಕಾರ್ಯ ಕ್ರಮ ನಡೆಯಲಿದ್ದು, 3 ಲಕ್ಷಕ್ಕೂ ಹೆಚ್ಚು ಜನರು ಏಕಕಾಲದಲ್ಲಿ ಯೋಗ ಮಾಡಲು ಅವಕಾಶವಿದೆ. ಈ ಮೂಲಕ ಚಂದ್ರಬಾಬು ನಾಯ್ಡು ಸರಕಾರ ಹೊಸ ಗಿನ್ನೆಸ್ ದಾಖಲೆ ಸ್ಥಾಪಿಸಲು ಮುಂದಾಗಿದೆ.

ಈ ಹಿಂದೆ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನದಂದು ಲಕ್ಷಕ್ಕೂ ಹೆಚ್ಚು ಯೋಗಪಟುಗಳ ಮೂಲಕ ಯೋಗ ತಾಲೀಮು ನಡೆಸಿ ಸಾಂಸ್ಕೃತಿಕ ನಗರಿ ಮೈಸೂರು ಮಾಡಿದ್ದ ದಾಖಲೆಯನ್ನು ಮುರಿದು ಹೊಸ ದಾಖಲೆ ಮುರಿಯಲು ಆಂಧ್ರ ಸರಕಾರ ಮುಂದಾಗಿದೆ.

ಬೆಳಗ್ಗೆ 6:30 ರಿಂದ 8:00 ಗಂಟೆಯವರೆಗೆ ನಡೆಯಲಿರುವ ಈ ಕಾರ್ಯಕ್ರಮವನ್ನು ಗಿನ್ನೆಸ್ ವಿಶ್ವ ದಾಖಲೆ ಸೇರಿದಂತೆ ಹಲವಾರು ದಾಖಲೆಗಳನ್ನು ಸ್ಥಾಪಿಸುವ ಮತ್ತು ಮನ್ನಣೆ ಪಡೆಯುವ ರೀತಿಯಲ್ಲಿ ಆಯೋಜಿಸಲಾಗುವುದು ಎಂದು ಮುಖ್ಯಮಂತ್ರಿ ಎನ್ ಚಂದ್ರಬಾಬು ನಾಯ್ಡು ಹೇಳಿದ್ದಾರೆ. ಜೂನ್ 21 ರಂದು ವಿಶಾಖಪಟ್ಟಣಂನಲ್ಲಿ ಮಾತ್ರವಲ್ಲದೆ ರಾಜ್ಯಾದ್ಯಂತ ಏಕಕಾಲದಲ್ಲಿ ಚಟುವಟಿಕೆಗಳನ್ನು ಆಯೋಜಿಸುವ ಮೂಲಕ ಹಲವಾರು ಲಕ್ಷ



ಜನರನ್ನು ಸಜ್ಜುಗೊಳಿಸುವ ಮೂಲಕ ಆಂಧ್ರಪ್ರದೇಶ ಸರಕಾರವು ಯೋಗದಲ್ಲಿ ದಾಖಲೆಗಳ ಸರಮಾಲೆಯನ್ನು ಸ್ಥಾಪಿಸುವ ಗುರಿಯನ್ನು ಹೊಂದಿದೆ. ವಿಶ್ವದಾದ್ಯಂತ ಹಲವಾರು ದೇಶಗಳು ಆಚರಿಸುವ 11 ನೇ ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನವನ್ನು 'ಒಂದು ಭೂಮಿಗಾಗಿ, ಒಂದು ಆರೋಗ್ಯಕ್ಕಾಗಿ' ಎಂಬ ಥೀಮ್ ನೊಂದಿಗೆ ಆಚರಿಸಲಾ ಗುತ್ತಿದೆ. ಸುಮಾರು 25,000 ಬುಡಕಟ್ಟು ವಿದ್ಯಾರ್ಥಿಗಳು 108 ನಿಮಿಷಗಳ ಕಾಲ ಸೂರ್ಯ ನಮಸ್ಕಾರಗಳನ್ನು ಪ್ರದರ್ಶಿಸಲಿದ್ದಾರೆ.

ಏಕಕಾಲದಲ್ಲಿ ಸೂರ್ಯ ನಮಸ್ಕಾರಗಳನ್ನು ಪ್ರದರ್ಶಿಸುವ ಅತಿ ದೊಡ್ಡ ಸಮೂಹ ಮತ್ತು ಅತಿ ಹೆಚ್ಚು ಜನರ ದಾಖಲೆಗಳನ್ನು ನಿರ್ಮಿಸುವುದು ಇದರ ಉದ್ದೇಶವಾಗಿದೆ ಎಂದು ನಾಯ್ಡು ಹೇಳಿದ್ದಾರೆ. ರಾಜ್ಯಾದ್ಯಂತ ಒಂದು ಲಕ್ಷ ಕೇಂದ್ರಗಳಲ್ಲಿ ಯೋಗ ಅವಧಿಗಳನ್ನು ಆಯೋಜಿಸುವುದು ಮತ್ತು ವಿಶಾಖಪಟ್ಟಣದಲ್ಲಿ ಯೋಗ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ಭಾಗವಹಿಸಲು ಐದು ಲಕ್ಷ ಜನರನ್ನು ಆಕರ್ಷಿಸುವುದು ಸರ್ಕಾರದ ಗುರಿಯಾಗಿದೆ. ವಿಶಾಖಪಟ್ಟಣಂನ ಆರ್‌ಕೆ ಬೀಚ್‌ನಿಂದ ಭೋಗಪುರಂವರೆಗಿನ 26 ಕಿಮೀ ವ್ಯಾಪ್ತಿಯಲ್ಲಿ ವಿಸ್ತಾರವಾದ ವ್ಯವಸ್ಥೆಗಳನ್ನು ಮಾಡಲಾಗಿದೆ. ಏಕಕಾಲದಲ್ಲಿ 3.19 ಲಕ್ಷ ಜನರು ಯೋಗ ಮಾಡಬಹುದು ಎಂದು ಚಂದ್ರಬಾಬು ನಾಯ್ಡು ಹೇಳಿದರು. ರಾಜ್ಯದ ಯೋಗ ದಿನದ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ಭಾಗವಹಿಸಲು 2.39 ಕೋಟಿ ಮಂದಿ ನೋಂದಣಿ ಮಾಡಿಕೊಂಡಿದ್ದಾರೆ ಎಂದು ಅವರು ಹೇಳಿದರು.ಯೋಗ ದಿನದ ಪೂರ್ವಭಾವಿಯಾಗಿ, ದಕ್ಷಿಣ ರಾಜ್ಯವು ಯೋಗಾಂಧ್ರ ಅಭಿಯಾನವನ್ನು ಪ್ರಾರಂಭಿಸಿದೆ.

Vishvavani • 21 Jun • Ministry of Ayush
Internationa Yoga day

10 • PG | 913 • Sqcm | 54759 • AVE | 25K • Cir | Top Center

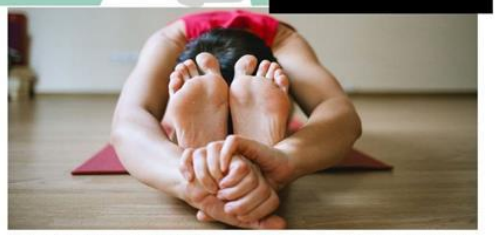
Bengaluru

ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗದಿನ

ನಿ ಜಯಶ್ರೀ ಕಾಲ್ಕುಂದ್ರಿ, ಬೆಂಗಳೂರು

ವಿಶ್ವಸಂಸ್ಥೆಯು ಜೂನ್ 21ರಂದು ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನವನ್ನಾಗಿ ಆಚರಿಸಲು ಘೋಷಣೆ ಮಾಡಿದ ದಿನದಿಂದ ಭಾರತ ಮಾತ್ರವಲ್ಲ, ವಿಶ್ವದೆಲ್ಲೆಡೆ ಯೋಗದ ಕಂಪು ಪಸರಿಸಿದೆ. ವಿಶ್ವದ ಪ್ರಮುಖ ನಗರಗಳಲ್ಲಿ ಯೋಗ ಪ್ರದರ್ಶನಗಳನ್ನು ನಡೆಸಲಾಗುತ್ತದೆ. ಇಷ್ಟು ಮಾತ್ರವಲ್ಲ, ಯೋಗದಿಂದ ಜನತೆಯನ್ನು ನಿರೋಗಿಗಳಾಗುವ ದಿಶೆಯಲ್ಲಿ, ಕೇಂದ್ರದ ಆಯುಷ್ ಮಂತ್ರಾಲಯವು ಕಾರ್ಯೋನ್ಮುಖವಾಗಿದೆ. ವಿಶ್ವಸಂಸ್ಥೆಯ ಮಹಾ ಪ್ರಧಾನ ಕಾರ್ಯದರ್ಶಿಗಳಾದ ಆಂಟೋನಿಯೋ ಗುಟೆರಸ್ ಅವರು, 'ಯೋಗ ಜನರನ್ನು ಒಗ್ಗೂಡಿಸುತ್ತದೆ. ದೇಹ ಮತ್ತು ಮನಸ್ಸನ್ನು ಬೆಸೆಯುತ್ತದೆ. ಶಿಸ್ತು ಮತ್ತು ಶಾಂತಿಯನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಲು, ಮಾರ್ಗ ದರ್ಶಕವಾಗಿದೆ. ಮಾನವೀಯತೆ ಮತ್ತು ಪ್ರಕೃತಿಯನ್ನು ಸಂಗಮಿಸುವ ಯೋಗ, ಬಲ, ಸೌಹಾರ್ದ ಮತ್ತು ಶಾಂತಿಗೆ ಮೂಲವಾಗಿದೆ. ವಿಶ್ವ ವಿಘಟನೆಯಾಗುತ್ತಿರುವ ಈ ಸಂದರ್ಭಕ್ಕೆ, ವ್ಯಾಚೀನ ಅಭ್ಯಾಸವಾದ ಯೋಗ ಮದ್ದಾಗಿದೆ' ಎಂದು ಅಭಿಪ್ರಾಯಪಡುತ್ತಾರೆ. ವಿಶ್ವದ ಬೇರೆ ಬೇರೆ ದೇಶಗಳಲ್ಲಿ ಭಾರತೀಯ ಮೂಲದ ಯೋಗ ಜನಪ್ರಿಯವಾಗಿದೆ. ಯೋಗದ ಮಹತ್ವ, ವೇದ, ಉಪನಿಷತ್ತು, ಭಗವದ್ಗೀತೆ ಹೀಗೆ ಇನ್ನೂ ಅನೇಕ ಧಾರ್ಮಿಕ ಗ್ರಂಥಗಳಲ್ಲಿ ಪ್ರಸ್ತಾಪಿಸಲ್ಪಟ್ಟಿದೆ.

ಐಹಿಕ ಕಾಮನೆಗಳಿಂದ ಮನಸ್ಸನ್ನುವಿಮೋಚನೆಗೊಳಿಸುವ ಯೋಗವು, ಪ್ರಪಂಚಕ್ಕೆ ಭಾರತದ ಕೊಡುಗೆ ಯೆಂಬುದು ಪ್ರತಿಯೊಬ್ಬ ಭಾರತೀಯನಿಗೂ ಹೆಮ್ಮೆ ತರುವಂತಹ ವಿಷಯ. ಪತಂಜಲಿ ಮುನಿಗಳು ಯೋಗದ ಪಿತಾಮಹರೆನಿಸಿದ್ದಾರೆ. ಸಂಸ್ಕೃತ ಪದ ವಾದ ಯೋಗದ ಮೂಲ ಪದ ಯುಜ ಎನ್ನಲಾಗಿದೆ. ಪತಂಜಲಿ ಮುನಿಗಳು, ಯೋಗ ಸಂಸ್ಥಾಪಕರು ಮಾತ್ರ ವಲ್ಲ, ಆಧ್ಯಾತ್ಮಿಕ ಚಿಂತಕರಾಗಿದ್ದರು. ಪತಂಜಲಿ ಯೋಗ ಸೂತ್ರ, ಹಿಂದೂ ತತ್ವಶಾಸ್ತ್ರದ ಪರಮ ಪವಿತ್ರ ಗ್ರಂಥವೆಂದೇ ಪರಿಗಣಿಸಲಾಗುತ್ತದೆ. 2014ರಲ್ಲಿ ಭಾರತದ ಪ್ರಧಾನಿ ನರೇಂದ್ರ ಮೋದಿಯವರಿಂದ ವಿಶ್ವ ಸಂಸ್ಥೆಯ ಮಹಾಸಭೆಯಲ್ಲಿ, ಜೂನ್ 21ರಂದು ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿವಸವೆಂದು ಘೋಷಿಸಲು ಬೇಕೆಂಬ ಪ್ರಸ್ತಾಪಕ್ಕೆ ಮನ್ನಣೆ ದೊರೆತು, ಭಾರತದ ಯೋಗದ ಹಿರಿಮೆಯ ಮುಕುಟಕ್ಕೆ ಗರಿ ಮೂಡಿರುವದು ನಿಜಕ್ಕೂ ಪ್ರಶಂಶಾರ್ಹ. ಜೂನ್ 21ರಂದು ಆತ್ಯಂತ ಹೆಚ್ಚು ಸಮಯ ಹಗಲಿರುವ ದಿನವೂ ಹೌದು. ಆರೋಗ್ಯಪೂರ್ಣ ಬದುಕು ಯಾರಿಗೆ ಬೇಡ? ಇಂದಿನ ನಿರಂತರ ಬದಲಾವಣೆಯ ವೇಗದಲ್ಲಿ, ನಮೀಕತೆ, ವೈವಿಧ್ಯ ಮತ್ತು ಏಕಿಕ ಸುಖಗಳನ್ನು ಅರಸುತ್ತಾ ಬರುತ್ತಿರುವ ಮಾನವನನ್ನು ಅನೇಕ ರೀತಿಯ ಚಿಂತೆ, ಒತ್ತಡ ಗಳು ಸುತ್ತುವರಿದಿದೆ. ಆಧುನಿಕ ಜೀವನಶೈಲಿ, ಮಾನವ ನನ್ನು ಆನಾರೋಗ್ಯ ಮಾತ್ರವಲ್ಲ, ಕಷ್ಟ-ಕಾರ್ಪಣ್ಯಗಳ ಸಮುದ್ರದಲ್ಲಿ ಓಲಾಡುವಂತೆ ಮಾಡಿದೆ ಎನ್ನಬಹುದು. ಒತ್ತಡಗಳಿಂದ ಮಾನವನ ಮನಸ್ಸು, ದೇಹಗಳೆರಡೂ ಕುಸಿಯುತ್ತಿವೆ. ನಮ್ಮ ಪೂರ್ವಜರು, ಸ್ವಚ್ಛ ಮನಸ್ಸು, ದೇಹಾರೋಗ್ಯ ಹಾಗೂ ಆಧ್ಯಾತ್ಮಿಕ ಸಾಧನೆಗಾಗಿ ಸಂಶೋಧಿಸಿದ ಯೋಗಶಾಸ್ತ್ರದಲ್ಲಿ ಬಳಲಿ ಬೆಂಡಾದ ಆಸ್ವತ್ತನ್ನಿದೆ. ಯೋಗದ ಒಂದು ಭಾಗವೇ ಯೋಗಾಸನವೆನ್ನಬಹುದು. ಮನಸ್ಸಿನಿಂದ ಯಾವುದೇ ಸಾಧನೆ ಮಾಡಬೇಕೆಂದರೆ ಮೊದಲು ದೇಹವನ್ನು ಸುಸ್ಥಿತಿಯಲ್ಲಿರಿಸಿಕೊಳ್ಳುವ ಅಗತ್ಯ. ಯೋಗವೆಂದರೆ ಧ್ಯಾನವೆಂದು ಸಂತವ್ಯಾಸರು ನುಡಿಯುತ್ತಾರೆ. ದಿರ್ಘ ಧ್ಯಾನ ಮುದ್ರೆಗಳಿಂದ ಮನಸ್ಸಿಗೆ ಅನಿರ್ವಚನೀಯ ಶಾಂತಿ ದೊರೆತು, ಆತ್ಮ ಮತ್ತು ಪರಮಾತ್ಮ ಗಳೆರಡೂ ಒಂದೇ ಎನಿಸುತ್ತವೆ. ಆಜ್ಞಾನ, ಐಭೌಗದ ಲಾಸೆ, ಕಳವಳ, ಆತಂಕಗಳು ಮರೆಯಾಗಿ ನೆಮ್ಮದಿಯ ಭಾವ ಮೂಡುತ್ತದೆ. ಧ್ಯಾನವನ್ನು ದಿನದಲ್ಲಿ ಒಂದು ಬಾರಿ ಅಥವಾ ಎರಡು ಬಾರಿ (ಸುಮಾರು 20 ನಿಮಿಷಗಳ ಕಾಲ) ಮಾಡುವದರಿಂದ ಹಲವಾರು ಪ್ರಯೋಜನಗಳವೆ. ಧ್ಯಾನದಿಂದ ಕ್ರಿಯಾಶೀಲತೆ, ವಿಕಾಗ್ರತೆ, ಚುರುಕುತನ, ನೆನಪಿನ ಶಕ್ತಿ ಮತ್ತು ದೈಹಿಕ ಶಕ್ತಿಗಳನ್ನು ಹೆಚ್ಚಿಸಿಕೊಳ್ಳಬಹುದು. ಆತ್ಯಂತ ಆತಂಕಭರಿತ ಸನ್ನಿವೇಶಗಳು ಎದುರಾದಾಗ, ಧ್ಯಾನದ ಮೂಲಕ ಮನಸ್ಸಿನಲ್ಲಿ ಮೂಡುವ ಇತ್ಯಾತ್ಮಕ ಭಾವನೆಗಳನ್ನು ನಿರ್ವಹಣೆ ಮಾಡಲು ಸಾಧ್ಯ. ಇಷ್ಟು ಮಾತ್ರವಲ್ಲ, ದಿರ್ಘಕಾಲದಿಂದ ಕಾಡುವ ದೈಹಿಕ ಮತ್ತು ಮಾನಸಿಕ ಸಮಸ್ಯೆಗಳೆನಿಸಿದ ಮೈಗ್ರೇನ್, ಖಿನ್ನತೆ, ಮಾದಕದ್ರವ್ಯ ವ್ಯಸನ, ನಿದ್ರಾರಾಹಿತ್ಯಗಳನ್ನು ಪ್ರಾಣಾಯಾಮ, ಪ್ರತ್ಯಾಹಾರ, ಧಾರಣ, ಧ್ಯಾನ ಮತ್ತು ಸಮಾಧಿ. ಯಮಸೂತ್ರದಲ್ಲಿ, ಪಾಲಿಸಬೇಕಾದ ನಿಯಮಗಳೆಂದರೆ, ಅಹಿಂಸೆ, ಸತ್ಯ, ಅಸ್ತೇಯ, ಬ್ರಹ್ಮಚರ್ಯ ಮತ್ತು ಅಪರಿಗ್ರಹಗಳು. ಯಾವುದೇ ಕಾಲದಲ್ಲಿ ಯಾರಿಗೂ ನೋವುಂಟು ಮಾಡದಿರುವದು ಅಹಿಂಸೆ, ಕೆಲಸ-ಕಾರ್ಯಗಳಲ್ಲಿ ಯಥಾರ್ಥತೆ ತೋರುವದು ಸತ್ಯ, ಧರ್ಮರಹಿತ ಹಣವನ್ನು ಗಳಸದಿರುವದು ಅಸ್ತೇಯ, ಧರ್ಮಾನುಸಾರ ವಿವಾಹ ವಾದ ಸಂಗಾತಿಗೆ ನಿಷ್ಠೆಯಿಂದಿರುವದು ಬ್ರಹ್ಮಚರ್ಯ ಮತ್ತು ಅಗತ್ಯಕ್ಕಿಂತಲೂ ಹೆಚ್ಚಾಗಿ ವಿನ್ನೂ ಸ್ಥಿಕರಿಸದಿರುವದು. ಆಪರಿಗ್ರಹಗಳು ಯಮ ನಿಯಮಗಳೆನಿಸಿವೆ. ಪತಂಜಲಿ ಮುನಿಗಳ ಉಪದೇಶಾಮೃತ ದಂತೆ, ಈ ಐದೂ ನಿಯಮಗಳನ್ನು ಪರಿಪಾಲಿಸಿದ ಮನುಜ ದೇವಮಾನವನೆನಿಸುತ್ತಾನೆ. ಮಾನವನ ದೇಹವೇ ದೇಗುಲವೆನಿಸಿದೆ. ಇದರಲ್ಲಿ ವ್ಯಾಣ ಸ್ವರೂಪ ನಾದ ಭಗವಂತ ನೆಲೆಸಿರುವದರಿಂದ. ಈ ದೇಹವನ್ನು ಶುಚಿಗೊಳಿಸಿಕೊಳ್ಳುವುದರ ಜತೆಗೆ ಋಣಾತ್ಮಕ ಭಾವನೆಗಳನ್ನು ಹೊರತಳ್ಳಬೇಕು. ಮನಸ್ಸಿನಿಂದ ಸಾಧನೆ ಮಾಡಲು ದೇಹದ ಆರೋಗ್ಯವೂ ಆತಿ ಮುಖ್ಯ. ದೇಹವನ್ನು ವಿವಿಧ ಭಂಗಿಗಳಲ್ಲಿ ತಿರುಗಿಸಿ, ಯೋಗಾಸನ ಮಾಡುವುದರಿಂದ ದೇಹದಲ್ಲಿ, ರಕ್ತದ ಪರಿಚಲನೆ ಉತ್ತಮವಾಗಿ, ಸ್ನಾಯು ಬಲ ಸುಧಾರಿಸುವುದರಿಂದ ದೈಹಿಕ ಸಾಮರ್ಥ್ಯ ಹೆಚ್ಚುತ್ತದೆ ಮತ್ತು ಉತ್ತಮ ನಿದ್ರೆ ಬರುತ್ತದೆ. ಯೋಗಾಭ್ಯಾಸಗಳೂ ಮತ್ತು ವ್ಯಾಯಾಮಗಳೂ ಹಲವಾರು ಅಂತರಗಳವೆ. ಯೋಗಾಭ್ಯಾಸಗಳನ್ನು ಮಾಡುವಾಗ ಮಿತವಾದ ಶಕ್ತಿ ವ್ಯಯವಾದರೆ, ವ್ಯಾಯಾಮಗಳನ್ನು ಮಾಡುವಾಗ ಹೆಚ್ಚಿನ ಶಕ್ತಿಯ ವ್ಯಯವಾಗುತ್ತದೆ. ಯೋಗಾಭ್ಯಾಸ ಗಳು ಆಯಾಸವನ್ನುಂಟು ಮಾಡದೆ, ದೇಹವನ್ನು ಹಗುರವಾಗಿಸುತ್ತದೆ. ಇದಕ್ಕೆ ಪೂರಕವಾಗಿ ವ್ಯಾಯಾಮಗಳು, ಆಯಾಸದ ಜತೆಗೆ ದೈಹಿಕ ಲಕ್ಷಸ್ಥತೆ ಯನ್ನುಂಟು ಮಾಡುತ್ತವೆ. ಯೋಗಾಭ್ಯಾಸಗಳಿಗೆ ವಯಸ್ಸು ಹೆಚ್ಚಾದಂತೆ ವ್ಯಾಯಾಮಗಳನ್ನು ಮಾಡುವುದು ಕಷ್ಟ ವೆನಿಸುತ್ತದೆ. ಯೋಗಾಸನಗಳು, ಶಾರೀರಿಕ, ಮಾನಸಿಕ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ ಆರೋಗ್ಯ ಸುಧಾರಣೆಯ ಗುರಿ ಹೊಂದಿದರೆ, ವ್ಯಾಯಾಮಗಳು ಶಾರೀರಿಕ ಮತ್ತು ಮಾನಸಿಕ ಆರೋಗ್ಯ ಸುಧಾರಣೆಯ ಗುರಿ ಹೊಂದಿವೆ. ಇಂದಿನ ದಿನಗಳಲ್ಲಿ ವಿಶ್ವದಾದ್ಯಂತ ಸುಮಾರು ಏಮ ಕೋಟಿಗೂ ಮಿಕ್ಕು ಜನರು ಯೋಗಾಭ್ಯಾಸ ಮಾಡುತ್ತಿ ದ್ದಾರೆ. ಗಮನಾರ್ಹ ವಿಷಯವೆಂದರೆ, ಅಮೆರಿಕದಲ್ಲಿ ಯೋಗ ವಾಣಿಜ್ಯ ಉದ್ಯಮವಾಗಿದೆ. ಯೋಗ ಸಾಧನೆಗೆ ಪೂರಕ ವಾಗಿರುವ ಯೋಗ ಮ್ಯಾಟ್, ಯೋಗ ಮ್ಯಾಟ್, ಯೋಗ ಕ್ಷುಲ್ಲು ಹೀಗೆ ಎಲ್ಲವೂ ವಾಣಿಜ್ಯ ಚರಿತ್ರ ಗೊಂಡಿವೆ. ಶಾಲೆಗಳಲ್ಲಿ, ಯೋಗಾ ಭ್ಯಾಸವನ್ನು ಕಡ್ಡಾಯಗೊಳಿಸುವುದು ಸೂಕ್ತ. ಶಾಲೆ ಗಳಲ್ಲಿ ಯೋಗ ಕಡ್ಡಾಯವಾದರೆ ಸ್ವಸ್ಥ ಸಮಾಜದ ನಿರ್ಮಾಣವಾಗುತ್ತದೆ. ಸರಿಯಾದ ಆಸನಗಳನ್ನು ಸರಿಯಾದ ಕ್ರಮ ಗಳಲ್ಲಿ ಮಾಡುವುದರಿಂದ ಮಕ್ಕಳಲ್ಲಿ ದೇಹಾಲಸ್ಯ ದೂರವಾಗಿ ಲವಲವಿಕೆ, ಉತ್ಸಾಹ, ಶುದ್ಧ ರಕ್ತ ಪರಿಚಲನೆ, ಉದ್ವೇಗರಹಿತ ಶಾಂತ ಮನಸ್ಥಿತಿ ಮೂಡುತ್ತವೆ. ಯೋಗವನ್ನು ಕುರಿತು ಕೆಲವರಲ್ಲಿ ಭಯ ಮತ್ತು ಭ್ರಮೆಗಳು ಮನೆ ಮಾಡಿವೆ. ಅಂತರಂಗದ ಕನ್ನಡಿಯಾದ ಯೋಗ ಹಿಂದೂ ಧರ್ಮವನ್ನು ಪ್ರಚುರಪಡಿಸುತ್ತದೆ ಎಂಬ ಆಪಾದನೆ, ಆಕ್ಷೇಪ, ಆರೋಪಗಳು ತೇಲಿ ಬರುತ್ತಿರುವುದು ವಿಷಯಾಸದ ಸಂಗತಿ. ಯೋಗ ಸಾಧನೆ ಚಿಂತನೆಯನ್ನಾಧರಿಸಿದ್ದೇ ಹೊರತು ಧರ್ಮವನ್ನಾಧರಿಸಿದ್ದಲ್ಲವೆಂಬ ಮಾತಿನಲ್ಲಿ ಸತ್ಯಾಂಶವಿಲ್ಲವಿಲ್ಲ. ಯೋಗ ವ್ಯಕ್ತಿಯ ವಿಕಸನಕ್ಕೆ ಸಾಧನವೆಂದು ಸ್ವಾಮಿ ವಿವೇಕಾನಂದರು ಪ್ರತಿಪಾದಿಸಿದ್ದಾರೆ. ಆರೋಪ-ಪ್ರತ್ಯಾರೋಪಗಳೇನೇ ಇರಲಿ, ಯೋಗಾಭ್ಯಾಸದ ಜನಪ್ರಿಯತೆ ಹೆಚ್ಚುತ್ತಲೇ ಇರುವುದು ಸಮಾಧಾನಕರ ಸಂಗತಿ. ಪ್ರಧಾನಿ ಮೋದಿಯವರು, ಅಭ್ಯಾಯ ಪಡುವಂತೆ, ಭಯೋಗ ಪ್ರೀತಿಯನ್ನು ಧಾರೆಯೆರೆಯುತ್ತಿದೆ. ಯೋಗದ ಮೂಲಕ ಏಕ ಭಾರತ, ಶ್ರೇಷ್ಠ ಭಾರತ ಎಂಬುದನ್ನು ಜಗತ್ತಿನ ಮುಂದೆ ನಾವು ಸಾದರಪಡಿಸುಬಹುದು. ವಿಶ್ವಾದಾದ್ಯಂತ ಜನರು ಸ್ವಸ್ಥರಣಶೀಲತೆಯಿಂದ ಭಾಗಿಯಾಗಿರುವುದು ಯೋಗ ಶಕ್ತಿಯ ವಿಸ್ತರಣಶೀಲತೆಯನ್ನು ತೋರುತ್ತದೆ. ಹೀಗಾಗಿಯೇ 'ವಸುಧೈವ ಕುಟುಂಬಕಮ್'ನಾಗಿ ಯೋಗ ಅವಶ್ಯವಾಗಿದೆ. ಯೋಗಾಭ್ಯಾಸಗಳಂದ ಜಾಗತಿಕ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳು ಪರಿಹಾರವಾಗಿ, ವಿಶ್ವದೆಲ್ಲೆಡೆ ಜನತೆ ಆರೋಗ್ಯ ವಂತರಾಗಲೆಂಬ ಸದಾಶಯ ಭಾರತೀಯರದು.



ಯೋಗಕ್ಕೀಗ ಸುಯೋಗ

ಮಾನವನ ನೋವು, ಅಶಾಂತಿಗಳಿಗೂ ಸಂಪೂರ್ಣ ಪರಿಹಾರವಿದೆ. ನುರಿತ ವೈದ್ಯರಿಂದಲೂ ಗುಣಪಡಿಸಲಾಗದ ಶಾರೀರಿಕ ಮತ್ತು ಮಾನಸಿಕ ವ್ಯಾಧಿಗಳಿಂದ ಬಳಲುತ್ತಿರುವ ಜನಸಾಮಾನ್ಯರು, ಈ ಸಮಸ್ಯೆಯ ಪರಿಹಾರಕ್ಕಾಗಿ ಯೋಗಾಭ್ಯಾಸದ ಮೊರೆ ಹೋಗುತ್ತಿದ್ದಾರೆ. ಲಿಂಗ, ವಯಸ್ಸು, ಜಾತಿ ಮತ್ತು ಧರ್ಮಗಳನ್ನು ಮೀರಿ ಜನತೆ ಯೋಗದ ಪ್ರಯೋಜನ ಪಡೆದುಕೊಳ್ಳುತ್ತಿದ್ದಾರೆ. ತಪ್ಪೋಬುದಂತೆ ಸತತ ಯೋಗಾಭ್ಯಾಸದಿಂದಲೂ ಒಬ್ಬ ವ್ಯಕ್ತಿಯು ಆತ್ಯಂತ ಸೂಕ್ಷ್ಮರೂಪವನ್ನು ಪಡೆದು ಅದೃಶ್ಯನಾಗಬಹುದಾಂತಹ ಶಕ್ತಿಯನ್ನು ಪಡೆಯಬಹುದು ಎನ್ನಲಾಗಿದೆ.

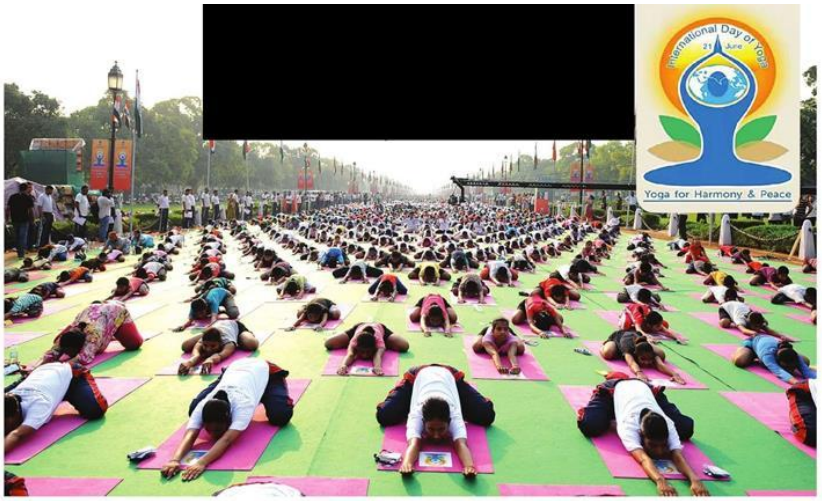
ನಾವು ಸೇವಿಸುವ ಆಹಾರ, ಜೀವಕೋಶಗಳನ್ನು ತಲುಪಿ, ದೇಹದ ಅಂಗಗಳು, ಉತ್ತಮ ಕಾರ್ಯಕ್ಷಮತೆಯನ್ನು ಹೊಂದಿರುವುದೇ ಆರೋಗ್ಯವೆಂಬ ಭಾವನೆ ಜನಸಾಮಾನ್ಯರಲ್ಲಿ ಮನೆಮಾಡಿದೆ. ಶಾರೀರಿಕ ಆರೋಗ್ಯದ ಜತೆಗೆ, ಉತ್ತಮ ಮಾನಸಿಕ ಸ್ಥಿತಿಯೂ ಪೂರಕವಾಗಿದ್ದಾಗ ಮಾತ್ರ ಬದುಕು ಸುಗಮವಾಗಿ ಸಾಗಬಲ್ಲದು. ಯೋಗದ ವ್ಯಷ್ಟಿಯಲ್ಲಿ, ಪ್ರತಿ ವ್ಯಕ್ತಿ, ಶಾರೀರಿಕ-ಮಾನಸಿಕ ಆರೋಗ್ಯಗಳ ಜತೆಗೆ ಆಧ್ಯಾತ್ಮಿಕವಾಗಿಯೂ ಆರೋಗ್ಯವಾಗಿದ್ದರೆ ಮಾತ್ರ ಆರೋಗ್ಯಪೂರ್ಣನೆನಿಸಿಕೊಳ್ಳುತ್ತಾನೆ ಎನ್ನಲಾಗಿದೆ. ರೋಗ ನಿವಾರಣೆಯಲ್ಲಿ ಯೋಗದ ಪಾತ್ರ ಏಕಿಷ್ಟವೆನಿಸಿದೆ. ವರ್ತಮಾನದ ವ್ಯಾಧಿಗಳು ಮಾತ್ರವಲ್ಲ, ಮುಂದೆ ಕಾಡಲಿರುವ ರೋಗಗಳನ್ನು ನಿಗ್ರಹಿಸುವ ಮಾಂತ್ರಿಕ ಶಕ್ತಿ ಯೋಗಕ್ಕಿದೆ. ಯೋಗವೆಂಬುದು ರೋಗ ಸಂಸ್ಕಾರವನ್ನೇ ಕಿತ್ತು ಬಿಸಾಡುವಷ್ಟು ಪ್ರಬಲ ಆಸ್ತ್ರವೆನಿಸಿದೆ. ಯೋಗವೆಂದರೆ ಯೋಗವೂ ಹೌದು, ಅದೇ ರೀತಿ ಪ್ರಾಣಾಯಾಮವೂ ಹೌದು. ನಮ್ಮ ಉಸಿರಿನಲ್ಲಿ ಪ್ರಾಣ ಶಕ್ತಿ ಹರಿಯುತ್ತದೆ. ಈ ಪ್ರಾಣ ಶಕ್ತಿಯನ್ನು ವ್ಯವಸ್ಥಿತವಾಗಿ ನಿಯಂತ್ರಿಸುವದರಿಂದ ದೇಹದಲ್ಲಿ ಹರಿಯುವ ಚೈತನ್ಯವನ್ನೂ ಕ್ರಮ ಬದ್ಧಗೊಳಿಸಬಹುದು. ಯೋಗವು ಎಂಟು ಅಂಗಗಳನ್ನು ಹೊಂದಿದೆ. ಅದೇ ಅಷ್ಟಾಂಗ ಯೋಗ. ಪ್ರಾಚೀನ ಋಷಿ-ಮುನಿಗಳು ಪ್ರತಿಪಾದಿಸಿದ ಎಂಟು ಯೋಗ ಸೂತ್ರಗಳೆಂದರೆ, ಯಮ, ನಿಯಮ, ಆಸನ, ಪ್ರಾಣಾಯಾಮ, ಪ್ರತ್ಯಾಹಾರ, ಧಾರಣ, ಧ್ಯಾನ ಮತ್ತು ಸಮಾಧಿ. ಯಮಸೂತ್ರದಲ್ಲಿ, ಪಾಲಿಸಬೇಕಾದ ನಿಯಮಗಳೆಂದರೆ, ಅಹಿಂಸೆ, ಸತ್ಯ, ಅಸ್ತೇಯ, ಬ್ರಹ್ಮಚರ್ಯ ಮತ್ತು ಅಪರಿಗ್ರಹಗಳು. ಯಾವುದೇ ಕಾಲದಲ್ಲಿ ಯಾರಿಗೂ ನೋವುಂಟು ಮಾಡದಿರುವದು ಅಹಿಂಸೆ, ಕೆಲಸ-ಕಾರ್ಯಗಳಲ್ಲಿ ಯಥಾರ್ಥತೆ ತೋರುವದು ಸತ್ಯ, ಧರ್ಮರಹಿತ ಹಣವನ್ನು ಗಳಸದಿರುವದು ಅಸ್ತೇಯ, ಧರ್ಮಾನುಸಾರ ವಿವಾಹ ವಾದ ಸಂಗಾತಿಗೆ ನಿಷ್ಠೆಯಿಂದಿರುವದು ಬ್ರಹ್ಮಚರ್ಯ ಮತ್ತು ಅಗತ್ಯಕ್ಕಿಂತಲೂ ಹೆಚ್ಚಾಗಿ ವಿನ್ನೂ ಸ್ಥಿಕರಿಸದಿರುವದು. ಆಪರಿಗ್ರಹಗಳು ಯಮ ನಿಯಮಗಳೆನಿಸಿವೆ. ಪತಂಜಲಿ ಮುನಿಗಳ ಉಪದೇಶಾಮೃತ ದಂತೆ, ಈ ಐದೂ ನಿಯಮಗಳನ್ನು ಪರಿಪಾಲಿಸಿದ ಮನುಜ ದೇವಮಾನವನೆನಿಸುತ್ತಾನೆ. ಮಾನವನ ದೇಹವೇ ದೇಗುಲವೆನಿಸಿದೆ. ಇದರಲ್ಲಿ ವ್ಯಾಣ ಸ್ವರೂಪ ನಾದ ಭಗವಂತ ನೆಲೆಸಿರುವದರಿಂದ. ಈ ದೇಹವನ್ನು ಶುಚಿಗೊಳಿಸಿಕೊಳ್ಳುವುದರ ಜತೆಗೆ ಋಣಾತ್ಮಕ ಭಾವನೆಗಳನ್ನು ಹೊರತಳ್ಳಬೇಕು. ಮನಸ್ಸಿನಿಂದ ಸಾಧನೆ ಮಾಡಲು ದೇಹದ ಆರೋಗ್ಯವೂ ಆತಿ ಮುಖ್ಯ. ದೇಹವನ್ನು ವಿವಿಧ ಭಂಗಿಗಳಲ್ಲಿ ತಿರುಗಿಸಿ, ಯೋಗಾಸನ ಮಾಡುವುದರಿಂದ ದೇಹದಲ್ಲಿ, ರಕ್ತದ ಪರಿಚಲನೆ ಉತ್ತಮವಾಗಿ, ಸ್ನಾಯು ಬಲ ಸುಧಾರಿಸುವುದರಿಂದ ದೈಹಿಕ ಸಾಮರ್ಥ್ಯ ಹೆಚ್ಚುತ್ತದೆ ಮತ್ತು ಉತ್ತಮ ನಿದ್ರೆ ಬರುತ್ತದೆ. ಯೋಗಾಭ್ಯಾಸಗಳೂ ಮತ್ತು ವ್ಯಾಯಾಮಗಳೂ ಹಲವಾರು ಅಂತರಗಳವೆ. ಯೋಗಾಭ್ಯಾಸಗಳನ್ನು ಮಾಡುವಾಗ ಮಿತವಾದ ಶಕ್ತಿ ವ್ಯಯವಾದರೆ, ವ್ಯಾಯಾಮಗಳನ್ನು ಮಾಡುವಾಗ ಹೆಚ್ಚಿನ ಶಕ್ತಿಯ ವ್ಯಯವಾಗುತ್ತದೆ. ಯೋಗಾಭ್ಯಾಸ ಗಳು ಆಯಾಸವನ್ನುಂಟು ಮಾಡದೆ, ದೇಹವನ್ನು ಹಗುರವಾಗಿಸುತ್ತದೆ. ಇದಕ್ಕೆ ಪೂರಕವಾಗಿ ವ್ಯಾಯಾಮಗಳು, ಆಯಾಸದ ಜತೆಗೆ ದೈಹಿಕ ಲಕ್ಷಸ್ಥತೆ ಯನ್ನುಂಟು ಮಾಡುತ್ತವೆ. ಯೋಗಾಭ್ಯಾಸಗಳಿಗೆ ವಯಸ್ಸು ಹೆಚ್ಚಾದಂತೆ ವ್ಯಾಯಾಮಗಳನ್ನು ಮಾಡುವುದು ಕಷ್ಟ ವೆನಿಸುತ್ತದೆ. ಯೋಗಾಸನಗಳು, ಶಾರೀರಿಕ, ಮಾನಸಿಕ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ ಆರೋಗ್ಯ ಸುಧಾರಣೆಯ ಗುರಿ ಹೊಂದಿದರೆ, ವ್ಯಾಯಾಮಗಳು ಶಾರೀರಿಕ ಮತ್ತು ಮಾನಸಿಕ ಆರೋಗ್ಯ ಸುಧಾರಣೆಯ ಗುರಿ ಹೊಂದಿವೆ. ಇಂದಿನ ದಿನಗಳಲ್ಲಿ ವಿಶ್ವದಾದ್ಯಂತ ಸುಮಾರು ಏಮ ಕೋಟಿಗೂ ಮಿಕ್ಕು ಜನರು ಯೋಗಾಭ್ಯಾಸ ಮಾಡುತ್ತಿ ದ್ದಾರೆ. ಗಮನಾರ್ಹ ವಿಷಯವೆಂದರೆ, ಅಮೆರಿಕದಲ್ಲಿ ಯೋಗ ವಾಣಿಜ್ಯ ಉದ್ಯಮವಾಗಿದೆ. ಯೋಗ ಸಾಧನೆಗೆ ಪೂರಕ ವಾಗಿರುವ ಯೋಗ ಮ್ಯಾಟ್, ಯೋಗ ಮ್ಯಾಟ್, ಯೋಗ ಕ್ಷುಲ್ಲು ಹೀಗೆ ಎಲ್ಲವೂ ವಾಣಿಜ್ಯ ಚರಿತ್ರ ಗೊಂಡಿವೆ. ಶಾಲೆಗಳಲ್ಲಿ, ಯೋಗಾ ಭ್ಯಾಸವನ್ನು ಕಡ್ಡಾಯಗೊಳಿಸುವುದು ಸೂಕ್ತ. ಶಾಲೆ ಗಳಲ್ಲಿ ಯೋಗ ಕಡ್ಡಾಯವಾದರೆ ಸ್ವಸ್ಥ ಸಮಾಜದ ನಿರ್ಮಾಣವಾಗುತ್ತದೆ. ಸರಿಯಾದ ಆಸನಗಳನ್ನು ಸರಿಯಾದ ಕ್ರಮ ಗಳಲ್ಲಿ ಮಾಡುವುದರಿಂದ ಮಕ್ಕಳಲ್ಲಿ ದೇಹಾಲಸ್ಯ ದೂರವಾಗಿ ಲವಲವಿಕೆ, ಉತ್ಸಾಹ, ಶುದ್ಧ ರಕ್ತ ಪರಿಚಲನೆ, ಉದ್ವೇಗರಹಿತ ಶಾಂತ ಮನಸ್ಥಿತಿ ಮೂಡುತ್ತವೆ. ಯೋಗವನ್ನು ಕುರಿತು ಕೆಲವರಲ್ಲಿ ಭಯ ಮತ್ತು ಭ್ರಮೆಗಳು ಮನೆ ಮಾಡಿವೆ. ಅಂತರಂಗದ ಕನ್ನಡಿಯಾದ ಯೋಗ ಹಿಂದೂ ಧರ್ಮವನ್ನು ಪ್ರಚುರಪಡಿಸುತ್ತದೆ ಎಂಬ ಆಪಾದನೆ, ಆಕ್ಷೇಪ, ಆರೋಪಗಳು ತೇಲಿ ಬರುತ್ತಿರುವುದು ವಿಷಯಾಸದ ಸಂಗತಿ. ಯೋಗ ಸಾಧನೆ ಚಿಂತನೆಯನ್ನಾಧರಿಸಿದ್ದೇ ಹೊರತು ಧರ್ಮವನ್ನಾಧರಿಸಿದ್ದಲ್ಲವೆಂಬ ಮಾತಿನಲ್ಲಿ ಸತ್ಯಾಂಶವಿಲ್ಲವಿಲ್ಲ. ಯೋಗ ವ್ಯಕ್ತಿಯ ವಿಕಸನಕ್ಕೆ ಸಾಧನವೆಂದು ಸ್ವಾಮಿ ವಿವೇಕಾನಂದರು ಪ್ರತಿಪಾದಿಸಿದ್ದಾರೆ. ಆರೋಪ-ಪ್ರತ್ಯಾರೋಪಗಳೇನೇ ಇರಲಿ, ಯೋಗಾಭ್ಯಾಸದ ಜನಪ್ರಿಯತೆ ಹೆಚ್ಚುತ್ತಲೇ ಇರುವುದು ಸಮಾಧಾನಕರ ಸಂಗತಿ. ಪ್ರಧಾನಿ ಮೋದಿಯವರು, ಅಭ್ಯಾ

Vishvavani • 21 Jun • Ministry of Ayush

Yoga to save earth !

12 • PG | 675 • Sqcm | 40502 • AVE | 25K • Cir | Top Center

Bengaluru



• ಶಿವಣ್ಣ ಗಾಣಗಟ್ಟಿ

ಭೂಮಿಯನು ರಕ್ಷಿಸಲು ಯೋಗ!

ಯೋಗ ಮಾಡಿ ರೋಗ ದೂರ ತಳ್ಳಿ ಎಂಬ ಮಾತು ಜಗಜನಿತವಾಗಿದ್ದು, ಯೋಗವು ದಿನ ಕಳೆದಂತೆ ತನ್ನ ಮಹತ್ವವನ್ನೂ, ಪ್ರಭಾವವನ್ನು ಭಾರತದಿಂದ ಕಡಲಾಚೆಯ ನೂರಾರು ದೇಶಗಳಿಗೆ ಹಬ್ಬಿಸಿದೆ. ಪ್ರತಿವರ್ಷ ಜೂನ್ 21ರಂದು ಜಗತ್ತಿನಾದ್ಯಂತ ಸದೃಢ ಮನಸ್ಸು ಮತ್ತು ಸದೃಢ ಆರೋಗ್ಯಯುತ ದೇಹದ ನಿರ್ಮಾಣಕ್ಕಾಗಿ ವಿಶ್ವ ಯೋಗ ದಿನವನ್ನು ಆಚರಿಸುತ್ತಿದ್ದಾರೆ.

ಜಂಜಾಟಗಳಿಂದ ತುಂಬಿದ, ಸಂಕೀರ್ಣ ಜೀವನ ಶೈಲಿಯನ್ನು ಹೊಂದಿರುವ ಇಂದಿನ ಜನಾಂಗ, ಚಿಕ್ಕ ವಯಸ್ಸಿನಲ್ಲಿಯೇ, ಹೃದಯ ಸ್ತಂಭನ, ಡಯಾಬಿಟಿಸ್ ನಂತಹ ಅಸಾಂಕ್ರಾಮಿಕ ರೋಗಗಳಿಗೆ ತುತ್ತಾಗಿ ಜೀವದುಸಿರು ಚೆಲ್ಲುತ್ತಿದ್ದಾರೆ; ಇಂತಹ ಸಂದರ್ಭದಲ್ಲಿ ಪ್ರತಿದಿನ ಮಾಡುವ ಯೋಗ ಆರೋಗ್ಯಯುತ ಜೀವನಕ್ಕೆ ಮದ್ದಾಗಿ ಜಗತ್ತಿಗೆ ಹೊಸ ಭರವಸೆಯಾಗಿ ಪ್ರಾಮುಖ್ಯತೆ ಪಡೆದಿದೆ.

ಅಷ್ಟಾಂಗ ಯೋಗ

ಅಂದಹಾಗೆ ಇಡೀ ಜಗತ್ತಿಗೆ ಯೋಗದ ಪರಿಚಯ ಮಾಡಿದ ದೇಶ ನಮ್ಮ ಭಾರತ; ಅಷ್ಟಾಂಗ ಯೋಗವನ್ನು ರೂಪಿಸಿದವರು ಪತಂಜಲಿಯವರು. ಅವರು ಬರೆದ ಯೋಗ ಸೂತ್ರಗಳು ಎಂಬ ಕೃತಿ ನಾಲ್ಕು ಅಧ್ಯಾಯಗಳನ್ನು ಹೊಂದಿದ್ದು 195 ಸೂತ್ರಗಳ ಮೂಲಕ ಯೋಗವನ್ನ ವಿವರಿಸುತ್ತದೆ. ಪತಂಜಲಿ ಅವರ ಅಷ್ಟಾಂಗ ಯೋಗವು, ಆದು ಯಮ (ನೈತಿಕ ನಿಯಮಗಳು), ನಿಯಮ (ವೈಯಕ್ತಿಕ ಶಿಸ್ತು), ಆಸನ (ದೇಹದ ನಿಯಂತ್ರಣ), ಪ್ರಾಣಾಯಾಮ , ಪ್ರತ್ಯಾಹಾರ (ಇಂದ್ರಿಯಗಳ ಹಿಮ್ಮೆಟ್ಟಿಸುವಿಕೆ), ಧಾರಣ (ಏಕಾಗ್ರತೆ), ಧ್ಯಾನ ಎಂಬ ಎಂಟು ಹಂತದ ಯೋಗಗಳನ್ನ ಒಳಗೊಂಡಿದೆ.

ಯೋಗಾಭ್ಯಾಸವು ಇಪ್ಪತ್ತನೆಯ ಶತಮಾನದಲ್ಲೇ ಪಾಶ್ಚಾತ್ಯ ದೇಶಗಳನ್ನು ತಲುಪಿತ್ತು; ಅಲ್ಲಿನ ಜನರು ಯೋಗಾಭ್ಯಾಸವನ್ನು ಅಭ್ಯಾಸ ಮಾಡಿ, ಇದರಿಂದ ಆರೋಗ್ಯ ಉತ್ತಮವಾಗುತ್ತದೆ ಎಂದು ಕಂಡುಕೊಂಡರು. ದೇಹದ ತೂಕ ಇಳಿಸಲು, ದೇಹಕ್ಕೆ ಅಂದ ತುಂಬಲು, ಆರೋಗ್ಯದ ಸಮಸ್ಯೆಗಳನ್ನು ದೂರವಿಡಲು ಯೋಗಾಭ್ಯಾಸವನ್ನು ಕಲಿಯುವ ಪ್ರವೃತ್ತಿಯು ಇಪ್ಪತ್ತನೆಯ ಶತಮಾನದ ಕೊನೆಯಲ್ಲಿ ನಮ್ಮ ದೇಶದ ವಿವಿಧ ನಗರಗಳಲ್ಲಿ, ಪಟ್ಟಣಗಳಲ್ಲಿ ಆರಂಭವಾಯಿತು. ಬಾಬಾ ರಾಮದೇವ್ ಅವರು ದೂರದರ್ಶನದ ಮೂಲಕ ಸಾಮೂಹಿಕ ಯೋಗಾಭ್ಯಾಸವನ್ನು ಜೀವಕೊಟ್ಟು, ಯೋಗಾಭ್ಯಾಸವು ಹಳ್ಳಿ ಹಳ್ಳಿಗಳನ್ನು ತಲುಪುವಂತೆ ಮಾಡಿದರು.

ಯುದ್ಧ ನಿಲ್ಲಿಸಲು ಯೋಗ!

ಇಂದು ಆಚರಣೆಗೊಳ್ಳುತ್ತಿರುವ ವಿಶ್ವ ಯೋಗ ದಿನದ ಧ್ಯೇಯ ವಾಕ್ಯ 'ಒಂದು ಭೂಮಿ ಒಂದು ಆರೋಗ್ಯಕ್ಕಾಗಿ ಯೋಗ' (ಯೋಗಾ ಫಾರ್ ಒನ್ ಅರ್ತ್, ಒನ್ ಹೆಲ್ತ್); ಆರೋಗ್ಯದ ಜೊತೆ ಭೂಮಿಯ ಸ್ವಾಸ್ಥ್ಯವನ್ನು ರಕ್ಷಿಸುವ ಸುಸ್ಥಿರ ಅಭಿವೃದ್ಧಿಯ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ಈ ವರ್ಷದ ಯೋಗ ದಿನ ಎತ್ತಿ ತೋರಿಸಿದೆ. ಜಗತ್ತಿನ ಹಲವು ಭಾಗಗಳಲ್ಲಿ ನಡೆಯುತ್ತಿರುವ ವಿನಾಶಕಾರಿ ಯುದ್ಧದ ಹಿನ್ನೆಲೆಯಲ್ಲಿ ಈ ವರ್ಷದ ಯೋಗ ದಿನದ ಧ್ಯೇಯವಾಕ್ಯದ ಇನ್ನಷ್ಟು ಅರ್ಥವನ್ನು ಪಡೆದುಕೊಂಡಿದೆ.

ಈ ವರ್ಷದ ವಿಶ್ವ ಯೋಗ ದಿನದ ಧ್ಯೇಯವಾಕ್ಯವು ಭೂಮಿಯ ಆರೋಗ್ಯವನ್ನು ರಕ್ಷಿಸುವ ಕಾಳಜಿಯನ್ನು ಹೊಂದಿದೆ. ಜಗತ್ತಿನ ವಿವಿಧ ಭಾಗಗಳಲ್ಲಿ ನಡೆಯುತ್ತಿರುವ ಭೀಕರ ಯುದ್ಧದ ಹಿನ್ನೆಲೆಯಲ್ಲಿ, ಈ ಭೂಮಿಯನ್ನು ಆರೋಗ್ಯಕರವಾಗಿ ರಕ್ಷಿಸುವುದು ನಮ್ಮೆಲ್ಲರ ಹೊಣೆಯಾಗಿದೆ ಎಂದು ಈ ವರ್ಷದ ವಿಶ್ವ ಯೋಗ ದಿನವು ಒತ್ತಿ ಹೇಳುತ್ತಿದೆ.

ವಿಶ್ವ ಯೋಗ ದಿನ

ಯೋಗಾಭ್ಯಾಸದ ಮಹತ್ವವನ್ನು ವಿಶ್ವಕ್ಕೆ ಸಾರಲು, ಭಾರತದ ಪ್ರಧಾನ ಮಂತ್ರಿಗಳು, 2014 ಸೆಪ್ಟೆಂಬರ್ 27ರಂದು ವಿಶ್ವಸಂಸ್ಥೆಯ ಸಾಮಾನ್ಯ ಸಭೆಯಲ್ಲಿ ವಿಶ್ವ ಯೋಗ ದಿನವನ್ನು ಆಚರಿಸಲು ಪ್ರಸ್ತಾವನೆಯನ್ನು ನೀಡಿದರು.ಈ ಪ್ರಸ್ತಾವನೆಯನ್ನು ಆಧರಿಸಿ ವಿಶ್ವಸಂಸ್ಥೆಯು ಡಿಸೆಂಬರ್ 11 2014ರಂದು ಯುಎನ್ ಸಾಮಾನ್ಯ ಸಭೆಯು177 ಸದಸ್ಯರೊಂದಿಗೆ ಈ ನಿರ್ಣಾರವನ್ನು ಅಂಗೀಕರಿಸಿತು. ವಿಶ್ವ ಯೋಗದಿನ ಆಚರಣೆಗೆ ಜೂನ್ 21 ನಿಗದಿ ಮಾಡಿದ್ದರ ಹಿನ್ನೆಲೆಯನ್ನ ನೋಡುವುದಾದರೆ, ಅಂದು ಅತಿ ದೀರ್ಘ ಹಗಲನ್ನು ಹೊಂದಿರುವ ದಿನ. ವಿಶ್ವಸಂಸ್ಥೆಯ ಸಾಮಾನ್ಯ ಸಭೆಯ ಒಪ್ಪಿಗೆಯ ನಂತರ ವಿಶ್ವ ಯೋಗ ದಿನವನ್ನು ಮೊದಲ ಬಾರಿಗೆ 2015 ಜೂನ್ 21ರಂದು ನವದೆಹಲಿಯ ರಾಜ ಪಥದಲ್ಲಿ ಪ್ರಧಾನಮಂತ್ರಿಯ ನೇತೃತ್ವದಲ್ಲಿ ನಡೆಯಿತು. ಭಾರತದ ಅಂದಿನ ರಾಷ್ಟ್ರಪತಿಗಳಾದಂತಹ ಪ್ರಣಬ್ ಮುಖರ್ಜಿ ಸೇರಿದಂತೆ ವಿಶ್ವದ ವಿವಿಧ ದೇಶಗಳ 112 ಪ್ರತಿನಿಧಿಗಳು ಸೇರಿದ್ದರು.

39,985 ಜನರು ಒಂದೇ ವೇದಿಕೆಯಲ್ಲಿ ಸಾಮೂಹಿಕ ಯೋಗಾಭ್ಯಾಸ ಮಾಡಿದ್ದರಿಂದ ಗಿನ್ನಿಸ್ ದಾಖಲೆಗೆ ಸೇರ್ಪಡೆಯಾಯಿತು!

ಸಾಮರಸ್ಯಕ್ಕಾಗಿ ಯೋಗಾಭ್ಯಾಸ

ಪ್ರತಿ ವರ್ಷ ಸಾಮೂಹಿಕವಾಗಿ ವಿಶ್ವದಾದ್ಯಂತ ನಡೆಯುವ ಯೋಗವು ಪ್ರತಿಬಾರಿ ಒಂದೊಂದು ಧ್ಯೇಯ ವಾಕ್ಯದಡಿ ಆಚರಿಸಲಾಗುತ್ತದೆ. ಮೊದಲ ಬಾರಿ 2015 ರಲ್ಲಿ 'ಸಾಮರಸ್ಯ ಮತ್ತು ಶಾಂತಿಗಾಗಿ ಯೋಗ' ಎಂಬ ಧ್ಯೇಯ ವಾಕ್ಯದಡಿ ಆಚರಿಸಲಾಯಿತು. ಅಂದಿನಿಂದಲೂ ಪ್ರತಿವರ್ಷ ಒಂದೊಂದು ಧ್ಯೇಯವಾಕ್ಯದೊಂದಿಗೆ ವಿಭಿನ್ನ ಸ್ಥಳಗಳಲ್ಲಿ ವಿಶ್ವಯೋಗ ದಿನವನ್ನು ಆಚರಿಸಲಾಗುತ್ತದೆ.

ಯೋಗಾಭ್ಯಾಸದ ಪ್ರಯೋಜನಗಳನ್ನ ಮೂರು ವಿಭಾಗಗಳಾಗಿ ನೋಡಬಹುದು.

1. ಶಾರೀರಿಕ ಪ್ರಯೋಜನಗಳು ಇಲ್ಲಿನಮಗೆ ಯೋಗದಿಂದ ದೇಹದ ಲವಲವಿಕೆ ಹೆಚ್ಚಾಗುತ್ತದೆ, ರೋಗ ಪ್ರತಿರೋಧಕ ಶಕ್ತಿ ಬೆಳೆಯುತ್ತದೆ, ರಕ್ತದ ಒತ್ತಡ ಕಡಿಮೆಯಾಗುತ್ತದೆ, ನಿದ್ರಾಹೀನತೆಯನ್ನು ಹೊಡೆದೋಡಿಸುತ್ತದೆ.
2. ಮಾನಸಿಕ ಪ್ರಯೋಜನಗಳು ಮಾನಸಿಕ ಒತ್ತಡ ಕಡಿಮೆಯಾಗುತ್ತದೆ, ಏಕಾಗ್ರತೆ ಸುಧಾರಿಸುತ್ತದೆ, ಮಾನಸಿಕ ತುಮಲ ಮತ್ತು ಚಿಂತೆಗಳು ದೂರವಾಗುತ್ತವೆ, ಮಾನಸಿಕ ದೌರ್ಬಲ್ಯಗಳು ಕಡಿಮೆಯಾಗುತ್ತವೆ, ಆನಂದ ಮತ್ತು ಉತ್ಸಾಹ ಭರಿತ ಮನಸ್ಸು ನಿರ್ಮಾಣವಾಗುತ್ತದೆ.
3. ಸಾಮಾಜಿಕ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ ಪ್ರಯೋಜನಗಳು

ಎಲ್ಲರ ಮಾನಸಿಕ ಒಳನೋಟ ಸುಧಾರಣೆಯಾಗಿ ಜಾಗತಿಕ ಶಾಂತಿಗೆ ಕಾರಣವಾಗುತ್ತದೆ.

ವರ್ಷದಿಂದ ವರ್ಷಕ್ಕೆ ಯೋಗದ ಮಹತ್ವ ಪ್ರಭಾವ ಹೆಚ್ಚಾಗುತ್ತಾ ಸಾಗುತ್ತಿದೆ, ಪ್ರತಿಯೊಬ್ಬರು ದೈಹಿಕ ಮತ್ತು ಮಾನಸಿಕ ಆರೋಗ್ಯಕ್ಕಾಗಿ ಯೋಗದತ್ತ ತಮ್ಮ ಮುಖ ಮಾಡುತ್ತಿದ್ದಾರೆ.

Vishvavani • 21 Jun • Ministry of Ayush

Smart Yoga, Digipin century came !

9 • PG | 371 • Sqcm | 22257 • AVE | 25K • Cir | Top Right

Bengaluru

ಅಂಚೆಗೂ ಸ್ಮಾರ್ಟ್ ಯೋಗ, ಬಂತು ಡಿಜಿಪಿನ್ ಯುಗ!

21ನೇ ಶತಮಾನವು 'ತಂತ್ರಜ್ಞಾನ ಯುಗ'. ದೈನಂದಿನ ಜೀವನದಲ್ಲಿ ಉಪಯೋಗಿಸುವ ಬಹುತೇಕ ವಸ್ತುಗಳು, ಸೇವೆಗಳು ಮತ್ತು ಮಾನವ ವಿಜ್ಞಾನಗಳು ತಂತ್ರಜ್ಞಾನದ ಒತ್ತಾಸೆಯೊಂದಿಗೆ 'ಸ್ಮಾರ್ಟ್' ಆಗುತ್ತಿವೆ. ಈಗ ಮನೆಯಲ್ಲೇ ಕುಳಿತು ಅದುನಿಕ ತಂತ್ರಜ್ಞಾನದ ನೆರವಿನಿಂದ ದೇಶ-ವಿದೇಶದ ಯಾವುದೇ ಮೂಲೆಯಲ್ಲಿರುವವರಿಗೆ ಹಣ, ಆಡಿಯೋ-ವಿಡಿಯೋ ಕಳಿಸುವುದಾಗಿದೆ, ಸಂವಹನವಾಗಿದೆ. ಆಮೆಜಾನ್, ಫ್ಲಿಪ್‌ಕಾರ್ಟ್ ಮುಂತಾದ ಆನ್‌ಲೈನ್ ಮಳಿಗೆಗಳಿಂದ ಬೇಕಾದುದನ್ನು ಖರೀದಿಸಿ ಮನೆಗೆ ಬರುವಂತೆ ಮಾಡಬಹುದಾಗಿದೆ. ನಗರವಾಸಿಗಳಾಗಿದ್ದರಂತೂ ತಿಂಡಿ-ತಿನಿಸುಗಳನ್ನು ಆರ್ಡರ್ ಮಾಡಬಹುದು. ಆಪ್ತರಮಟ್ಟಿಗೆ ತಂತ್ರಜ್ಞಾನವು ನಮ್ಮ ಬದುಕಲ್ಲಿ 'ಸ್ಮಾರ್ಟ್' ಆಗಿ ಹಾಸುಹೊಕ್ಕಾಗಿದೆ.

ಈ ಅಂಚೆಗಳ ಜತೆಗೆ ಮತ್ತೊಂದು ತಂತ್ರಜ್ಞಾನ ಅಧುನಿಕ, ಏನೋದ ಯೋಗ 'ಸ್ಮಾರ್ಟ್' ವಿಜಾರವೆಂದರೆ 'ಡಿಜಿಪಿನ್' (ಡಿಜಿಟಲ್ ಪೋಸ್ಟಲ್ ಇಂಡೆಕ್ಸ್ ನಂಬರ್). ಈ ವಿನೂತನ 'ವಿಳಾಸಕ್ಕಾಂತಿ'ಯನ್ನು ಅರಂಭಿಸಲು ವುದರೊಂದಿಗೆ ಭಾರತವು ಸ್ಮಾರ್ಟ್ ವಿಳಾಸಗಳನ್ನು ಕ್ರಾಂತಿಕಾರಿ ಹೆಜ್ಜೆಯನ್ನು ಟ್ಟಿದೆ. ಈ ನಿಖರ ಡಿಜಿಟಲ್ ವಿಳಾಸ ವ್ಯವಸ್ಥೆಯನ್ನು ಭಾರತೀಯ ಅಂಚೆ ವಿಭಾಗವು ಇತ್ತೀಚೆಗೆ ಆರಂಭಿಸಿದೆ. ಅಂಚೆ ಮತ್ತು ಸರಕುಗಳನ್ನು ದೇಶಾದ್ಯಂತ ತಲುಪಿಸುವ ಸಮೃದ ಆಧಾರಸ್ತಂಭವಾಗಿದ್ದು 19720ರಿಂದ ಜಾರಿಯಲ್ಲಿರುವ ಆರು ಅಂಕೆಗಳ ಪಿನ್‌ಕೋಡ್ ಮುಂದಿನ ದಿನಗಳಲ್ಲಿ ಬದಲಾಗಿ, 10 ವಿಶಿಷ್ಟ ಸಂಖ್ಯಾಕ್ಷರಗಳ (alpha numeric) 'ಡಿಜಿಪಿನ್' ತಂತ್ರಜ್ಞಾನ ವ್ಯವಸ್ಥೆ ರಾಷ್ಟ್ರಾದ್ಯಂತ ತಂತ್ರಜ್ಞಾನವಾಗಿ ಜಾರಿಯಾಗಲಿದೆ.

ಐಐಟಿ ಹೈದರಾಬಾದ್ ಮತ್ತು ಇಸ್ರೋದ 'ನ್ಯಾಷನಲ್ ರಿಮೋಟ್ ಸೆನ್ಸಿಂಗ್ ಸೆಂಟರ್' (NRSC) ಸಂಸ್ಥೆಗಳು ಒಟ್ಟಾಗಿ 'ಜಿಯೋ ಕೋಡ್ ಗ್ರಿಡ್' ಆಧರಿತ ಡಿಜಿಪಿನ್ ಉಪಕ್ರಮವನ್ನು ಅಭಿವೃದ್ಧಿಪಡಿಸಿವೆ. ಇದು ಜಿಪಿಎಸ್ ಮತ್ತು ಜಿಎಸ್‌ಎಸ್‌ಎಸ್ (ಗ್ಲೋಬಲ್ ನ್ಯಾವಿಗೇಷನ್ ಸೆಟಲೈಟ್ ಸಿಸ್ಟಮ್) ತಂತ್ರಜ್ಞಾನ ವ್ಯವಸ್ಥೆ ನೀಡುವ ವಿವರಗಳನ್ನು ಬಳಸಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತದೆ. ಮೊಬೈಲ್‌ಆಪ್ ಮತ್ತು ಅಂಚೆ ವ್ಯವಸ್ಥೆಯನ್ನು ಕಾರಾರುವಾಕ್ಕಾಗಿ ನಿರ್ವಹಿಸುವಲ್ಲಿ ಇದು ಮಹತ್ತರ ಪಾತ್ರ ವಹಿಸಲಿದೆ.

ಏನಿದು ಡಿಜಿಪಿನ್?: ಡಿಜಿಪಿನ್ ರಚನೆಯೇ ಒಂದು ವಿಶಿಷ್ಟ ವಿಜ್ಞಾನ. ಇದರಲ್ಲಿ ದೇಶದ ಭೂಪ್ರದೇಶವನ್ನು 3.8 ಮೀ. ಉದ್ದ ಮತ್ತು 3.8 ಮೀ. ಅಗಲದ ಲಕ್ಷಾಂತರ ಚೌಕಗಳಾಗಿ ವಿಭಜಿಸಿ, ಅಂಥ ಪ್ರತಿ ಚೌಕಕ್ಕೂ ಒಂದೊಂದು ವಿಶಿಷ್ಟ ಕ್ರಮಸಂಖ್ಯೆ ನೀಡಲಾಗಿದೆ. ಉದಾಹರಣೆಗೆ, ನಾವು ವಾಸಿಸುವ ಸ್ಥಳ/ಕಟ್ಟಡದ ನುತ್ತಲಿನ ಕೆಲವಮ್ಟು ಅಡಿ ಜಾಗವನ್ನು ಹತ್ತನೆಯ ಅಂಕಿಯು ಸೂಚಿಸುತ್ತದೆ. ಈ ಹತ್ತು ಅಂಕಿಗಳು 2, 3, 4, 5, 6, 7, 8, 9, C, J, K, L, M, P, F, T ಎಂಬ 16 ಸಂಖ್ಯಾಕ್ಷರಗಳ ಪೈಕಿ ಯಾವುದಾದರೊಂದು ಆಗಿರುತ್ತದೆ.

ಮೊದಲಿಗೆ ಭಾರತ ದೇಶದ ಭೂಭಾಗವನ್ನು 16 ವಿವಿಧ ವಿಭಾಗಗಳಾಗಿ ವಿಂಗಡಿಸಿ, ಒಂದೊಂದು ಭಾಗವನ್ನೂ ಮತ್ತೆರಿಷ್ಟು ಇದೇ 16 ಸಂಖ್ಯೆಗಳ ವಿಭಾಗಗಳನ್ನಾಗಿ ವಿಭಜಿಸಲಾಗುತ್ತದೆ. ಹೀಗೆ ನಿರಂತರ ಹತ್ತು ಬಾರಿ ಮಾಡಿ ಒಂದೊಂದು ನಿಗದಿತ ಸಂಖ್ಯೆಯನ್ನು ಆ ಸ್ಥಳಕ್ಕೆ ನೀಡಿದಾಗ, ಸಂಖ್ಯಾಕ್ಷರಗಳು ಒಂದೊಕ್ಕೊಂದು ಸೇರುತ್ತಾ ಹೋಗುತ್ತವೆ. ಮೊದಲ ಆಂಕೆ 1000 ಕಿ.ಮೀ. ವ್ಯಾಪ್ತಿಯಷ್ಟು ಪ್ರದೇಶವನ್ನು ಸೂಚಿಸಿದರೆ, 2ನೇ ಆಂಕೆ 250 ಕಿ.ಮೀ. ವ್ಯಾಪ್ತಿಗೆ ನಿರ್ದೇಶಕವಾಗಿರುತ್ತವೆ. ಇದೇ ರೀತಿ 3ನೇ (62.5 ಕಿ.ಮೀ.), 4ನೇ (15.6 ಕಿ.ಮೀ.), 5ನೇ (3.9 ಕಿ.ಮೀ.), 6ನೇ (1 ಕಿ.ಮೀ.), 7ನೇ (250 ಮೀ.), 8ನೇ (60 ಮೀ.), 9ನೇ (15 ಮೀ.) ಹಾಗೂ 10ನೇ (3.8 ಮೀ) ಅಂಕೆಗಳು ಪೂರ್ವನಿರ್ದೇಶಿತ ವ್ಯಾಪ್ತಿಯನ್ನು ಸೂಚಿಸುತ್ತವೆ. ಉದಾಹರಣೆಗೆ ನಮ್ಮ ನೆಲೆಯು 4 ಮೀ. ವ್ಯಾಪ್ತಿಯಲ್ಲಿ ಇದ್ದರೆ, ಪಕ್ಕದ ಮನೆಯ ವಿಳಾಸದ ಡಿಜಿಪಿನ್‌ನ ಮೊದಲ 9 ಮತ್ತು ನಮ್ಮ ನೆಲೆಯ ಡಿಜಿಪಿನ್‌ನಲ್ಲಿನ ಮೊದಲ 9 ಸಂಖ್ಯಾಕ್ಷರಗಳು ಒಂದೇ ಆಗಿದ್ದು, ಕೊನೆಯ ಸಂಖ್ಯಾಕ್ಷರ ಮಾತ್ರ ಭಿನ್ನವಾಗಿರುತ್ತದೆ.

ಈ ಅಂಕೆಗಳು ಕೂಡ ಒಂದು ವಿಭಾಗದ ಮಧ್ಯಮ ಕ್ರಮಾಂಕ ದಿಂದ ಮೊದಲ್ಗೊಂಡು ಅಪ್ರದಕ್ಷಿಣಾಕಾರವಾಗಿ ಸಾಗುತ್ತವೆ. ಹೀಗೆ ನಿರ್ಧರಿತವಾದ ಸಂಖ್ಯಾಕ್ಷರಗಳು ಒಂದು ಪ್ರದೇಶದ 'ಜಿಯೋ ಲೊಕೇಶನ್' ಅನ್ನು ನಿಖರವಾಗಿ ಹೇಳುತ್ತವೆ. ಹಿಂದೆ ಕೂಡ ಇಂಥ ಕೆಲವು ಯತ್ನಗಳು ಖಾಸಗಿ ವಲಯದಿಂದ ನಡೆದಿದ್ದವು; ಆದರೆ ಅವ್ಯಾವುವೂ ಯಶಸ್ವಿಯಾಗಿಲ್ಲ ಮತ್ತು ಅವನ್ನು ಸಾರ್ವಜನಿಕ ಬಳಕೆಗೆ ತೆರೆದಿರಲಿಲ್ಲ.

ನಮ್ಮ ಇದುವ ಪಿನ್‌ಕೋಡ್, ದೊಡ್ಡದೊಂದು ಭೂಪ್ರದೇಶಕ್ಕೆ/ಆ ಭಾಗದಲ್ಲಿ ಕಾರ್ಯನಿರ್ವಹಿಸುವ ಅಂಚೆ ಕಚೇರಿಯ ವ್ಯಾಪ್ತಿಗೆ ಮಿಸಲಾಗಿದೆ. ಮೇಪಮೊದಲು ಪಿನ್‌ಕೋಡ್, ಬದಲಿಸುವ್ಯದು ವಿಳಾಸಗಳಲ್ಲಿದರೆ ಅಂಚೆ/ಪಾರ್ಸಲ್ ತಲುಪಿಸಲು ಸಾಕಾಗುತ್ತಿತ್ತು. ದೊಡ್ಡನಗರಗಳಲ್ಲಿ ನಗರಗಳು ವಿಸ್ತರಿಸಿದಾಗಲೆಲ್ಲ ಪಿನ್‌ಕೋಡ್‌ಗಳ ಪರಿಷ್ಕರಣೆ ಮಾಡಲಾಗುತ್ತಿತ್ತು. ಬೆಂಗಳೂರಿನಲ್ಲಿ ಹೀಗಾಗಿ ಮುಖ್ಯ ಪೋಸ್ಟ್ ಆಫೀಸ್‌ಗಳ ಹೆಸರುಗಳು, ಪೋಸ್ಟಲ್ ಪಿನ್‌ಕೋಡ್‌ಗಳು ಬದಲಾಗಿವೆ. ಇಷ್ಟೆಲ್ಲಾ ಪರಿಷ್ಕರಣೆಗಳ ನಡುವೆಯೂ ಪಿನ್‌ಕೋಡ್ ಇತೆಗೆ ವಿಳಾಸದಲ್ಲಿ ಸೇರಿಸಬೇಕಾದ ಅನಿವಾರ್ಯತೆ ಎದುರಾಯಿತು. ಇಷ್ಟೆಲ್ಲಾ ಕೆಲವೊಂದು ಪ್ರದೇಶ ಮತ್ತು ವಿಳಾಸಗಳನ್ನು ನಿಖರವಾಗಿ ತಲುಪಲಾಗದೆ, ಹಲವಾರು ಅಂಚೆ/ಪಾರ್ಸಲ್‌ಗಳು ವಿಳಾಸದೋಷ ಗದೇ ಅಂಚೆ ಕಚೇರಿಗಳಲ್ಲಿ ಧೂಳು ತಿನ್ನುತ್ತಿವೆ. ವಿಳಾಸ ಸಿಗದ ಕಾರಣಕ್ಕೆ ಅವು ಮೂಲವಿಳಾಸಕ್ಕೆ ಮರಳಿಸಲ್ಪಡುವ ಪ್ರಕ್ರಿಯೆ ಈಗಿನ ನಮ್ಮ ಅಂಚೆ ವ್ಯವಸ್ಥೆಯಲ್ಲಿ ಸ್ವಾಭಾವಿಕ. ಡಿಜಿಪಿನ್ ವ್ಯವಸ್ಥೆಯು ಇಂಥ ಅವ್ಯವಸ್ಥೆಯನ್ನು ಸಂಪೂರ್ಣ ಹೋಗಲಾಡಿಸುವ ವಿಶ್ವಾಸವಿದೆ.

ಹೀಗೆ ದಕ್ಕುತ್ತೆ ಡಿಜಿಪಿನ್

ನಾವಿರುವ ಪ್ರದೇಶದ ಡಿಜಿಪಿನ್ ಅರಿಯಲು/ಪಡೆಯಲು ಕೇಂದ್ರ ಸರಕಾರವು https://dac.indiapost.gov.in/mydigipin/home ಎಂಬ ಜಾಲತಾಣವನ್ನು ಸಿದ್ಧಪಡಿಸಿದೆ. ಇದಲ್ಲದೆ Know Your DIGIPIN ಮತ್ತು Know Your PINCODE ಎಂಬ ಎರಡು ಡಿಜಿಟಲ್ ಪ್ಲಾಟ್‌ಫಾರ್ಮ್‌ಗಳನ್ನು ಬಿಡುಗಡೆ ಮಾಡಿದೆ. ಈ ಪೈಕಿ ಯಾವುದೇ ಮಾರ್ಗದಲ್ಲಿ ನಮ್ಮ ಪ್ರದೇಶದ ಡಿಜಿಪಿನ್ ಪಡೆಯಬಹುದು. ಯಾವುದೇ ಸ್ಪಷ್ಟ ವಿಳಾಸವಿಲ್ಲದ ಮನೆ/ಪ್ರದೇಶಗಳೂ ಈ ತಂತ್ರಜ್ಞಾನದಿಂದ ನಿಖರ ವಿಳಾಸವನ್ನು ಹೊಂದಬಹುದು.

ದೇಶಾದ್ಯಂತ ಲೊಕೇಶನ್ ಆಧರಿತ ಸೇವೆಗಳು ಮತ್ತಷ್ಟು ಸ್ಮಾರ್ಟ್ ಆಗಿ ಸುಲಭಗೊಳ್ಳಲು ಡಿಜಿಪಿನ್ ನೆರವಾಗಲಿದೆ. ಡಿಜಿಪಿನ್ ಸಹಾಯದಿಂದ ಇನ್ನು ಮುಂದೆ ತುರ್ತು ಸೇವೆಗಳು, ಅಂಬುಲೆನ್ಸ್, ಅಗ್ನಿಶಾಮಕ ಮತ್ತು ಪೊಲೀಸ್ ವ್ಯವಸ್ಥೆಗಳು ತ್ವರಿತವಾಗಿ, ನಿಖರವಾಗಿ ನಿರ್ದಿಷ್ಟ ವಿಳಾಸಗಳನ್ನು ತಲುಪಬಹುದು. ವಿವಿಧ ಯೋಜನೆಗಳ ಫಲಾನುಭವಿಗಳಿಗೆ, ಪಡಾರಿ ಕಾರ್ಯಕರ್ತರಿಗಳಿಗೆ ಕೇಂದ್ರ ಮತ್ತು ರಾಜ್ಯ ಸರಕಾರಗಳು ಡಿಜಿಪಿನ್ ವ್ಯವಸ್ಥೆಯನ್ನು ಪರಿಣಾಮ ಕಾರಿಯಾಗಿ ಬಳಸಬಹುದು. ಡಿಜಿಪಿನ್ ಪಡೆಯಲು ನಾವು ನೀಡುವ ಮಾಹಿತಿಯು ಗೌಪ್ಯವಾಗಿರಲಿದ್ದು, ನೀಡಿದ ವಿವರಗಳಲ್ಲಿ ಜಿಪಿನ್ ಲೊಕೇಶನ್ ಮಾತ್ರ ವಿವಿಧೆಡೆ ಬಳಕೆಯಾಗಲಿದೆ.

''ಹೆಸರು/ಸಂಪರ್ಕ ಸಂಖ್ಯೆಯನ್ನು ಸಾರ್ವಜನಿಕವಾಗಿ ಬಳಸುವುದಿಲ್ಲ, ಆ ಮಾಹಿತಿ ಸೋರಿಕೆಯಾಗಲಾರದು'' ಎಂಬ ಭರವಸೆಯನ್ನು ಕೇಂದ್ರ ಸರಕಾರ ನೀಡಿದೆ. ಇಷ್ಟೆಲ್ಲಾ ಗೌಪ್ಯತಾ ಒತ್ತಡದ ಅಂಶಗಳಿದ್ದರೂ ಡಿಜಿಪಿನ್ 'ಓಪನ್ ಸೋರ್ಸ್' ವ್ಯವಸ್ಥೆಯ ತಂತ್ರಜ್ಞಾನ. ಹಾಗಾಗಿ ಇದಲ್ಲಿರುವ ಅಂಕೆ-ಅಂಶಗಳನ್ನು ಯಾರು ಬೇಕಾದರೂ ಬಳಸಿ ಒಂದಷ್ಟು ಕೆಲಸವನ್ನು ಮಾಹಿತಿ ಸೋರಿಕೆಯಾಗುವ ಆತಂಕ ಇದೇ ಇಲ್ಲ. ಹಾಗಾಗಿ ಗೌಪ್ಯತೆ ಕಾಪಾಡುವ ನಿಟ್ಟಿನಲ್ಲಿ ಸೂಕ್ತ ಮಾರ್ಗದರ್ಶಿಗಳನ್ನು ಹೊರತರುವ ಕೆಲಸಕ್ಕೂ ಸರಕಾರ ಮುಂದಾಗಬೇಕು.

ಮುಂದೇನಾಗುತ್ತದೆ?: ದೇಶದ ಯಾವುದೇ ಮೂಲೆಗೆ, ನಾಗರದಷ್ಟಿರುವ ನಗರಗಳ ಮನೆಗಳು ಮತ್ತು ಕಚೇರಿ ಕಟ್ಟಡಗಳಿಗೆ ಅಂಚೆ ಮತ್ತಿತರ ಪಾರ್ಸಲ್‌ಗಳನ್ನು ನಿಖರವಾಗಿ ತಲುಪಿಸುವಲ್ಲಿ ಈ ವ್ಯವಸ್ಥೆ ವಿಂಡಿತ ನೆರವಾಗಲಿದೆ. ಒಬ್ಬ ಮಾಹಿತಿಗಿಳ ಪ್ರಕಾರ, ಈ ವ್ಯವಸ್ಥೆಯು ಈಗಿರುವ ಆರು ಅಂಕೆಗಳ ಪಿನ್‌ಕೋಡ್ ವ್ಯವಸ್ಥೆ ಯನ್ನು ಬದಲಿಸುವುದಿಲ್ಲ. ಆಥವಾ ಮೂಲೆಗುಂಪಾಗಿಸುವುದಿಲ್ಲ; ಬದಲಿಗೆ ದೇಶದೊಳಗಿನ ಅಷ್ಟೂ ವಿಳಾಸಗಳಿಗೆ ನಿಖರ ವಿವರಗಳನ್ನು ಸೇರಿಸಿ ವಿಳಾಸಗಳನ್ನು ಮತ್ತಷ್ಟು ಸ್ಪಷ್ಟವಾಗಿಸಲಿದೆ. ತ್ವರಿತ ಗ್ರಾಹಕರು ತಮ್ಮ ಅಂಚೆ/ಪಾರ್ಸಲ್/ಸರಕುಗಳನ್ನು ಕ್ಷುದ್ರ ಸಮಯಕ್ಕೆ ಕಳಿಸಿಸಲು/ಸ್ವೀಕರಿಸಲು ಸಾಧ್ಯವಾಗಲಿದೆ.

ನಮ್ಮ ಬಂದ್ರು-ವಿಶ್ವರ ಮೊಬೈಲ್ ಸಂಖ್ಯೆಯನ್ನು ನೆನಪಿಟ್ಟುಕೊಳ್ಳುವಂತೆಯೇ, ನಮ್ಮ ನೆಲೆಯ ಡಿಜಿಪಿನ್ ಅನ್ನು ನಾವು ಸುಲಭವಾಗಿ, ಸದಾಕಾಲ ನೆನಪಿಟ್ಟುಕೊಳ್ಳಬಹುದು. ನಮ್ಮ ಕಿಟಿಸಿರ ಸ್ಥಳಗಳ ಬಗ್ಗೆ ನಮಗಿರುವ ಬಾಂಧವ್ಯವನ್ನೆ ಈ ಡಿಜಿಪಿನ್ ಇತೆಗೆ ವಿಳೆಸಿಬಹುದು. ಇನ್ಯಾಕೆ ತಡ? ನಿಮ್ಮ ನಿಮ್ಮ ಪ್ರದೇಶಗಳ ಡಿಜಿಪಿನ್ ತಿಳಿದುಕೊಂಡು ಬಳಸಲು ಶುರುಮಾಡಿ.

(ಲೇಖಕರು ಪ್ರಚಲಿತ ವಿದ್ಯಮಾನಗಳ ವಿಶ್ಲೇಷಕರು)

Vishvavani • 20 Jun • Ministry of Ayush

International Day of Yoga

10 • PG | 46 • Sqcm | 2746 • AVE | 25K • Cir | Bottom Right

Bengaluru

ನಾಳೆ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ

ಬೆಂಗಳೂರು: ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ಕಾರ್ಯಕ್ರಮ ಶನಿವಾರ ಕ್ಷೇಮವನ ನ್ಯಾಚುರೋಪಥಿ ಮತ್ತು ಯೋಗ ಕೇಂದ್ರದಲ್ಲಿ ನಡೆಯಲಿದೆ. ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ವಿಭಿನ್ನ ಶಾಲೆಗಳ 100ಕ್ಕೂ ಹೆಚ್ಚು ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾಗವಹಿಸಲಿದ್ದಾರೆ. ಮಕ್ಕಳಲ್ಲಿ ಆರೋಗ್ಯದ ಮಹತ್ವ, ಜಾಗೃತಿ ಹಾಗೂ ಪ್ರತಿ ದಿನ ಯೋಗ ಅಭ್ಯಾಸ ಮಾಡುವ ಅಗತ್ಯವನ್ನು ತಿಳಿಸಲಾಗುತ್ತದೆ. ಕ್ಷೇಮವನದ ಅನುಭವಸಂಪನ್ನ ಯೋಗ ಗುರುಗಳು ಮತ್ತು ಚಿಕಿತ್ಸೆ ತಜ್ಞರು ಮಕ್ಕಳಿಗೆ ಮಾರ್ಗದರ್ಶನ ನೀಡಲಿದ್ದಾರೆ. ವಾರ್ಮ್-ಅಪ್ ಕ್ರಿಯೆಗಳು, ಮೂಲ ಯೋಗಾಸನ, ಉಸಿರಾಟ ತಂತ್ರ ಮತ್ತು ಧ್ಯಾನದ ಪರಿಚಯ ಒಳಗೊಂಡಿರುತ್ತದೆ. ಯೋಗದಿಂದ ದೈಹಿಕ ಆರೈಕೆ, ಮಾನಸಿಕ ಸ್ಪಷ್ಟತೆ ಮತ್ತು ಭಾವನಾತ್ಮಕ ಸ್ಥಿರತೆಯನ್ನು ಹೇಗೆ ಸಾಧಿಸಬಹುದು ಎಂಬ ಕುರಿತು ಸಂವಾದ ನಡೆಯಲಿದೆ ಎಂದು ಪ್ರಕಟಣೆಯಲ್ಲಿ ತಿಳಿಸಿದೆ.

Samyuktha Karnataka • 21 Jun • Ministry of Ayush

Modi Yoga with 5 lakhs people

1 • PG | 138 • Sqcm | 55109 • AVE | 84.88K • Cir | Top Right

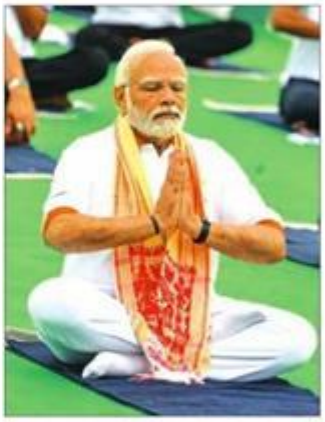
Bengaluru

5 ಲಕ್ಷ ಜನರ ಜತೆ ಮೋದಿ ಯೋಗ

ಆಂಧ್ರಪ್ರದೇಶದಲ್ಲಿ ಇಂದು ಕಾರ್ಯಕ್ರಮ ಸಿಎಂ ಚಂದ್ರಬಾಬಾಬು ನಾಯ್ಡು ಸಾಥ್

ವಿಶಾಖಪಟ್ಟಣಂ: ಈ ಬಾರಿ 'ಒಂದು ಭೂಮಿ, ಎಲ್ಲರ ಆರೋಗ್ಯಕ್ಕಾಗಿ ಯೋಗ' ಎನ್ನುವ ಘೋಷವಾಕ್ಯದೊಂದಿಗೆ 11ನೇ ಯೋಗ ದಿನಾಚರಣೆಯ ಪ್ರಮುಖ ಕಾರ್ಯಕ್ರಮ ಆಂಧ್ರಪ್ರದೇಶದ ವಿಶಾಖಪಟ್ಟಣಂನಲ್ಲಿ ನಡೆಯಲಿದೆ. ಪ್ರಧಾನಿ ನರೇಂದ್ರ ಮೋದಿ ಇದರಲ್ಲಿ ಭಾಗವಹಿಸಲಿದ್ದು, 5 ಲಕ್ಷ ಜನರ ಜತೆ ಯೋಗ ಮಾಡಲಿದ್ದಾರೆ. ಆಯುಷ್ ಇಲಾಖೆಯ ಸಹಕಾರದೊಂದಿಗೆ ಹಮ್ಮಿ ಕೊಂಡಿರುವ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಮುಖ್ಯ ಮಂತ್ರಿ ಚಂದ್ರಬಾಬು ನಾಯ್ಡು, ಕೇಂದ್ರ ಸಚಿವ ಪ್ರತಾಪರಾವ್ ಜಾಧವ್ ಕೂಡ ಪಾಲ್ಗೊಳ್ಳಲಿದ್ದಾರೆ.

ಇದಕ್ಕಾಗಿ ಆರ್.ಕೆ.ಬೀಚ್‌ನ 26 ಕಿ.ಮೀ. ಉದ್ದದ ಜಾಗದಲ್ಲಿ ಕಾರ್ಯಕ್ರಮ ಏರ್ಪಡಿಸಲಾಗಿದೆ. ಬೆಳಗ್ಗೆ 6.30ರಿಂದ 7.45ರವರೆಗೆ ಕಾರ್ಯಕ್ರಮ ನಡೆಯಲಿದೆ. ಒಂದೇ ಅವಧಿಯಲ್ಲಿ ಒಂದೇ ಕಡೆ ಇಷ್ಟೊಂದು ಜನ ಒಟ್ಟಿಗೆ ಯೋಗಾಸನ ಮಾಡುವುದು ಗಿನ್ನಿಸ್ ದಾಖಲೆಯಾಗಲಿದೆ. ಪ್ರತಿ ಕಿಲೋ ಮೀಟರ್‌ಗೆ ಒಂದರಂತೆ ವೈದ್ಯಕೀಯ ಕೇಂದ್ರಗಳನ್ನು ತೆರೆಯಲಾಗಿದೆ. 9,500 ಪೊಲೀಸ್ ಸಿಬ್ಬಂದಿಯಿಂದ ಬಿಗಿ ಭದ್ರತೆ ಏರ್ಪಡಿಸಲಾಗಿದೆ. ಪುಟ 6



- ಬೆಳಗ್ಗೆ 6.30 ರಿಂದ 7.45ರವರೆಗೆ ಜನರ ಜತೆ ಮೋದಿ ಯೋಗಾಸನ
- ಕೇಂದ್ರ ಸರ್ಕಾರದ ಯೋಗ ಸಂಗಮಕ್ಕೆ 11 ಲಕ್ಷ ಸಂಘಟನೆಗಳು, ಗುಂಪುಗಳಿಂದ ನೋಂದಣಿ
- ರಾಜಸ್ಥಾನ ಒಂದರಲ್ಲೇ 2.25 ಲಕ್ಷ ಸಂಘಟನೆಗಳ ಸಾವಿರಾರು ಜನರಿಂದ ಯೋಗ ದಿನಾಚರಣೆ

Samyuktha Karnataka • 21 Jun • Ministry of Ayush

Yoga medicine for people health

9 • PG | 350 • Sqcm | 139917 • AVE | 84.88K • Cir | Bottom Center

Bengaluru

ಜನರ ಆರೋಗ್ಯಕ್ಕೆ ಯೋಗ ದಿವ್ಯ ಔಷಧ

ಡಾ. ಆರ್.ಆರ್ ಬಿರಾದಾರ
ಕುಲಸಚಿವರು
ಕರ್ನಾಟಕ ಕೇಂದ್ರೀಯ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಕಲಬುರಗಿ

ಮಾನಸಿಕ ಒತ್ತಡ, ಡಿಪ್ರೆಷನ್, ಹೆಚ್ಚಿದ ತೂಕ, ರಕ್ತದೊತ್ತಡ, ಕ್ಯಾನ್ಸರ್, ಅಸ್ತಮಾ, ಮಧುಮೇಹ, ಹೃದಯಾಘಾತ, ಹೃದಯ ಸಂಬಂಧಿತ ಕಾಯಿಲೆಗಳು ಮುಂತಾದ ಮಾನಸಿಕ, ದೈಹಿಕ ಮತ್ತು ಜೀವನಶೈಲಿ ಸಂಬಂಧಿತ ರೋಗಗಳ ಶಾಶ್ವತ ನಿವಾರಣೆಗಾಗಿ ಯೋಗಾಭ್ಯಾಸವು ಒಂದು ಪ್ರಮುಖ ಔಷಧಿ. ಇತ್ತೀಚಿನ ದಿನಮಾನಗಳಲ್ಲಿ ಜಗತ್ತಿನಾದ್ಯಂತ ಈ ರೋಗಗಳು ತ್ವರಿತವಾಗಿ ಹೆಚ್ಚಾಗುತ್ತಿರುವುದರಿಂದ, ಯೋಗಾಭ್ಯಾಸಕ್ಕೆ ಜಾಗತಿಕ ಮಟ್ಟದಲ್ಲಿ ಹೆಚ್ಚಿನ ಪ್ರಾಶಸ್ತ್ಯ ದೊರೆತಿದೆ. ಯೋಗವು ಸಾಮಾನ್ಯವಾಗಿ ಎಲ್ಲ ರೋಗಗಳಿಂದ ಮುಕ್ತಿಗೊಳಿಸಿ ದೇಹವನ್ನು ಬಲಪಡಿಸುತ್ತದೆ, ಮನಸ್ಸನ್ನೂ ಸದೃಢಗೊಳಿಸುತ್ತದೆ. ದಿನನಿತ್ಯದ ಜೀವನದಲ್ಲಿ ಜಾಗೃತಿ ಮತ್ತು ಹೊಣೆಗಾರಿಕೆಯಿಂದ ಕೂಡಿದ ಜೀವನ ಸಾಗಿಸಲು ಸ್ಫೂರ್ತಿ ನೀಡುತ್ತದೆ. ಆರೋಗ್ಯಕರ ಮತ್ತು ಸುಸ್ಥಿರ ಜೀವನಶೈಲಿಗಳನ್ನು ಆಯ್ಕೆ ಮಾಡಲು ಇದರಿಂದ ಸಾಧ್ಯವಿದೆ. ನಾವು ನಮ್ಮನ್ನು ಆರೈಸಿಕೊಳ್ಳುವುದರಿಂದ, ಭೂಮಿಯನ್ನೂ ಆರೈಸಲು ಇದು ದಾರಿಮಾಡಿಕೊಡುತ್ತದೆ. ಯೋಗವು 'ವಸುಧೈವ ಕುಟುಂಬಕಂ' ಎಂಬ ಭಾರತೀಯ ಸಂಸ್ಕೃತಿಯನ್ನು ಪ್ರತಿಬಿಂಬಿಸುತ್ತದೆ, ಅಂದರೆ ವಿಶ್ವವೇ ಒಂದು ಕುಟುಂಬ ಎಂಬ ಸಂದೇಶ ಇದು ನೀಡುತ್ತದೆ. ಯೋಗ ಎನ್ನುವುದು ಭಾರತೀಯ ಪ್ರಾಚೀನ ದೈಹಿಕ, ಮಾನಸಿಕ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ ಅಭ್ಯಾಸ. ಮಾನವನ ದೈಹಿಕ, ಮಾನಸಿಕ ಮತ್ತು ಆತ್ಮೀಯ ಆರೈಕೆಗಾಗಿ ಮಾಡಿದ ಆಧ್ಯಾತ್ಮಶಾಸ್ತ್ರೀಯ ಅಭ್ಯಾಸ. ದೇಹ ಮತ್ತು ಮನಸ್ಸಿನ ಏಕತೆ, ಚಿಂತನೆ ಮತ್ತು ಕ್ರಿಯೆಯ ಸಮ್ಮಿಲನವನ್ನು ಪ್ರತಿಬಿಂಬಿಸುತ್ತದೆ.

ಯೋಗದ ಮುಖ್ಯ ಉದ್ದೇಶ ವ್ಯಕ್ತಿಯನ್ನು ತನ್ನ ಆಂತರಿಕ ಚೇತನ ಹಾಗೂ ಪ್ರಕೃತಿಯೊಂದಿಗೆ ಸಂಯೋಜಿಸುವುದು. ಯೋಗ ಕೇವಲ ವ್ಯಾಯಾಮವಲ್ಲ, ಬದಲಾಗಿ ಮಾನಸಿಕ ಶಾಂತಿ, ದೈಹಿಕ ಆರೋಗ್ಯ, ಆತ್ಮಸಾಕ್ಷಾತ್ಕಾರ ಮತ್ತು ಜೀವನದ ನಿಜವಾದ ಅರ್ಥವನ್ನು ಕಾಣುವ ಪ್ರಮುಖ ಮಾರ್ಗ. ಪ್ರಾಣಾಯಾಮ ಮತ್ತು ಮನಸ್ಸಿನ ಏಕಾಗ್ರತೆಯ ಮೂಲಕ ಸಮಗ್ರ ಆರೋಗ್ಯವನ್ನು ಸಾಧಿಸುವ ಒಂದು ಶಕ್ತಿಶಾಲಿ ಸಾಧನ.

ಯೋಗದ ಜಾಗತಿಕ ಮಹತ್ವವನ್ನು ಗುರುತಿಸಿ 2014ರ ಡಿಸೆಂಬರ್ 11ರಂದು ಭಾರತದ ಪ್ರಧಾನಿ ನರೇಂದ್ರ ಮೋದಿ ಅವರು ಸಂಯುಕ್ತ ರಾಷ್ಟ್ರಗಳ 69ನೇ ಜನರಲ್ ಅಸೆಂಬ್ಲಿಯ ಉದ್ಘಾಟನಾ ಭಾಷಣದಲ್ಲಿ ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆಯ ಕುರಿತಾಗಿ ಪ್ರಸ್ತಾಪಿಸಿದರು. ಪ್ರಯುಕ್ತವಾಗಿ ಸಂಯುಕ್ತ ರಾಷ್ಟ್ರಗಳ ಸಂಘವು ಪ್ರತಿವರ್ಷ ಜೂನ್ 21ರಂದು ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನವೆಂದು ಆಚರಣೆ ಮಾಡಲು ಘೋಷಿಸಿತು. ಪರಿಣಾಮವಾಗಿ, ಮೊದಲ ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನವನ್ನು 2015ರ ಜೂನ್ 21ರಂದು ಭಾರತದ ನವದೆಹಲಿ ಸೇರಿದಂತೆ ನ್ಯೂಯಾರ್ಕ್, ಪ್ಯಾರಿಸ್, ಬೀಜಿಂಗ್, ಬ್ಯಾಂಕಾಕ್, ಕೌಲಾಲಂಪುರ್, ಸಿಯೋಲ್ ಜಗತ್ತಿನಾದ್ಯಾಂತ ಅನೇಕ ದೇಶಗಳು ಯಶಸ್ವಿಯಾಗಿ ಆಚರಿಸಿದವು. ಜೂನ್ 21ನ್ನು ಯೋಗ ದಿನವೆಂದು ಸೂಚಿಸುವಾಗ ಪ್ರಧಾನಿ ಮೋದಿ ಅವರು ಈ ದಿನವು ವರ್ಷದಲ್ಲಿಯೇ ಅತಿ ದೀರ್ಘ ದಿನವಾಗಿದ್ದು, ಇದು ಜಗತ್ತಿನ ಅನೇಕ ಭಾಗಗಳಲ್ಲಿ ಒಂದು ಮಹತ್ವದ ದಿನವಾಗಿದೆ

ಎಂದು ತಿಳಿಸಿದ್ದಾರೆ. ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನದ ಉದ್ದೇಶವೆಂದರೆ, ಯೋಗಾಭ್ಯಾಸದಿಂದ ಉಂಟಾಗುವ ಅನೇಕ ಲಾಭಗಳ ಕುರಿತು ಜಾಗತಿಕ ಮಟ್ಟದಲ್ಲಿ ಜನರಿಗೆ ಅರಿವು ಮೂಡಿಸುವುದಾಗಿದೆ.

ಈ ವರ್ಷ 'ಒಂದು ಭೂಮಿ, ಒಂದು ಆರೋಗ್ಯ' ಎಂಬ ಪ್ರಮುಖ ವಿಷಯದೊಂದಿಗೆ 11ನೇ ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನ ಇಂದು ಭಾರತ ಸೇರಿದಂತೆ ಜಗತ್ತಿನ ಅನೇಕ ದೇಶಗಳು ಬಹು ವಿಜೃಂಭಣೆಯಿಂದ ಆಚರಿಸುತ್ತಿವೆ. ಇದು ವೈಯಕ್ತಿಕ ಆರೋಗ್ಯ ಮತ್ತು ಭೂಮಿಯ ಆರೋಗ್ಯ ಇವು ಎರಡೂ ಅವಿಭಾಜ್ಯವಾಗಿ ಸಂಪರ್ಕ ಹೊಂದಿರುವ ಮಹತ್ವದ ಸತ್ಯವನ್ನು ಪ್ರತಿಧ್ವನಿಸುತ್ತದೆ.

ಯೋಗ ಒಂದು ವೈಜ್ಞಾನಿಕ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ ಮಾರ್ಗವಾಗಿದೆ. ಇದು ದೈಹಿಕ ಹಾಗೂ ಮಾನಸಿಕ ಆರೋಗ್ಯವನ್ನು ಸಮಗ್ರವಾಗಿ ನಿಭಾಯಿಸುವ ಒಂದು ಅಭ್ಯಾಸ. ವಿಶೇಷವಾಗಿ ಜೀವನಶೈಲಿ, ಮಾನಸಿಕ ಒತ್ತಡ ಮತ್ತು ಕೆಟ್ಟ ನಡವಳಿಕೆಯೊಂದಿಗೆ ಸಂಬಂಧಿಸಿದ ಹಲವಾರು ಸಾಮಾನ್ಯ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳನ್ನು ಯೋಗದ ಮೂಲಕ ತಡೆಗಟ್ಟಬಹುದು, ನಿರ್ವಹಿಸಬಹುದು ಅಥವಾ ಸುಧಾರಿಸಬಹುದು. ಯೋಗವು ಎಲ್ಲ ಸಮಸ್ಯೆಗಳಿಗೆ ಪರಿಹಾರವಲ್ಲದಿದ್ದರೂ, ಇದು ಪರಿಣಾಮಕಾರಿ ಪೂರಕ ಚಿಕಿತ್ಸೆ.

ಇಂದು ಜಾಗತಿಕ ಮಟ್ಟದಲ್ಲಿ 300 ದಶಲಕ್ಷ ಜನರು ಯೋಗಾಸನ ಮಾಡುತ್ತಾರೆಂದು ಅಂದಾಜಿಸಲಾಗಿದೆ. ಇದರಲ್ಲಿ ಶೇ.72ರಷ್ಟು ಮಹಿಳೆಯರಿದ್ದರೆ, ಶೇ. 28ರಷ್ಟು ಮಾತ್ರ ಪುರುಷರಿದ್ದಾರೆ. ಜಗತ್ತಿನ ಒಟ್ಟು ಜನಸಂಖ್ಯೆಯಲ್ಲಿ ಶೇ. 4.5ರಷ್ಟು ಮಾತ್ರ ಯೋಗಾಭ್ಯಾಸದಲ್ಲಿ ತೊಡಗಿಕೊಂಡಿದ್ದಾರೆ.

ಭಾರತಲ್ಲಿ ಯೋಗಾಸನ ಒಂದು ಯೋಗಕ್ಷೇಮ ಉದ್ಯಮವಾಗಿ ಹೊರಹೊಮ್ಮುತ್ತಿದೆ. ಏಕೆಂದರೆ ಇದರಿಂದ ಕೇವಲ ಜನರ ಯೋಗಕ್ಷೇಮವಷ್ಟೆ ಹೆಚ್ಚಾಗುತ್ತಿಲ್ಲ ಜೊತೆಗೆ ದೇಶದ ಜಿಡಿಪಿ ಮತ್ತು ಉದ್ಯೋಗ ಸೃಷ್ಟಿಯಲ್ಲಿಯೂ ಕೂಡ ಮಹತ್ವದ ಪಾತ್ರವಹಿಸುತ್ತದೆ. ಯೋಗ ಅಭ್ಯಾಸಕರ ಒಂದು ಸಮೀಕ್ಷೆಯ ಪ್ರಕಾರ, ಶೇ.77ರಷ್ಟು ಜನರ ನೋವು ಮತ್ತು ಜಡ್ಡು ಕಡಿಮೆಯಾಗಿ ಶಾರೀರಿಕ ಶಕ್ತಿ ಮತ್ತು ಸಹನಶೀಲತೆಯಲ್ಲಿ ಹೆಚ್ಚಳ, ಶೇ. 82ರಷ್ಟು ಜನರು ಉರಿಯೂತದಲ್ಲಿ ಕಡಿತ, ಶೇ. 80ರಷ್ಟು ಜನರು ಬೆನ್ನುನೋವು ನಿವಾರಣೆ, ಶೇ. 47ರಷ್ಟು ಜನರು ಹೃದಯ ಸಂಬಂಧಿತ ಸಮಸ್ಯೆಗಳು ಕಡಿಮೆಯಾಗಿವೆ ಎಂದು ಹೇಳಿದ್ದಾರೆ.

ಶಿಕ್ಷಣದ ವಿವಿಧ ಹಂತಗಳಲ್ಲಿ ಯೋಗಾಸನವು ಒಂದು ಕಡ್ಡಾಯ ವಿಷಯವಾಗಿ ಇಂದಿನ ಯುವಕರು ಅಭ್ಯಾಸ ಮಾಡಿ ಜೀವನದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಳ್ಳಬೇಕಿದೆ. ಇದರಿಂದ ಸ್ವಾಸ್ಥ್ಯ, ಸದೃಢ ಮತ್ತು ಶ್ರೇಷ್ಠ ಸಮಾಜವನ್ನು ನಿರ್ಮಾಣ ಮಾಡುವುದರ ಮೂಲಕ 2047ರೊಳಗೆ ವಿಕಸಿತ ಭಾರತ ಕನಸು ನನಸಾಗಿಸುವಲ್ಲಿ ಪ್ರತಿಯೊಬ್ಬರೂ ಸಕ್ರಿಯವಾಗಿ ಪಾಲ್ಗೊಳ್ಳಬೇಕಿದೆ. ■

Samyuktha Karnataka • 21 Jun • Ministry of Ayush

Yoga wave throughout the world

9 • PG | 796 • Sqcm | 318488 • AVE | 84.88K • Cir | Top Center

Bengaluru

Prabhat Khabor • 21 Jun • Ministry of Ayush

International Yoga Day

6 • PG | 770 • Sqcm | 134772 • AVE | 326.11K • Cir | Top Left

Kolkata

Prabhat Khabor • 21 Jun • Ministry of Ayush

International Yoga Day of 2025

1 • PG	189 • Sqcm	33120 • AVE	326.11K • Cir	Top Left

Kolkata

Prabhat Khabor • 20 Jun • Ministry of Ayush

International yoga day

8 • PG | 36 • Sqcm | 6382 • AVE | 326.11K • Cir | Middle Left

Kolkata

योग दिवस पर 46 स्थानों पर कार्यक्रम करेगा जीएसआइ

कोलकाता. खान मंत्रालय के अधीन जियोलॉजिकल सर्वे ऑफ इंडिया (जीएसआइ) पूरे देश में भागीदारी के साथ 21 जून 2025 को 11वां अंतरराष्ट्रीय योग दिवस (आइडीवाई) मनाने जा रहा है. इस वर्ष की थीम, हएक पृथ्वी, एक स्वास्थ्य के लिए योगह को चिह्नित करते हुए, जीएसआइ ने अपने कर्मियों और जनता के बीच समग्र स्वास्थ्य और स्वस्थ जीवन शैली को बढ़ावा देने के लिए देशभर में 46 स्थानों पर 50 कार्यक्रमों की योजना बनायी है. देश के प्रधानमंत्री के दृष्टिकोण के अनुरूप, जीएसआई कोलकाता में अपने केंद्रीय मुख्यालय, क्षेत्रीय और राज्य इकाई कार्यालयों, 12 भू-विरासत स्थलों, छह ड्रिलिंग फील्ड कैंपों और तीन प्रशिक्षण केंद्रों में निर्देशित योग सत्र आयोजित करेगा. इस पहल में जीएसआइ कर्मियों, स्कूली छात्रों और स्थानीय समुदायों के सदस्यों सहित 3,000 से अधिक प्रतिभागियों के भाग लेने की उम्मीद है. जीएसआइ अंतरराष्ट्रीय योग दिवस 2025 के लिए एक दिवसीय काउंटडाउन कार्यक्रम में भी भाग लेगा, जो माननीय केंद्रीय कोयला और खान मंत्री जी. किशन रेड्डी के साथ एक लाइव योग सत्र है, जो 20 जून 2025 को हैदराबाद में होनेवाला है.

Udayavani • 21 Jun • Ministry of Ayush

Modi Yoga in Andhra : 3 lakhs people part

9 • PG | 179 • Sqcm | 53690 • AVE | 374.88K • Cir | Bottom Center

Bengaluru

11ನೇ ಯೋಗ ದಿನಾಚರಣೆಗೆ ವಿಶಾಖಪಟ್ಟಣದಲ್ಲಿ ಸಿದ್ಧತೆ | ಹಲವು ವಿಶ್ವ ದಾಖಲೆ ಬರೆಯಲು ಆಂಧ್ರ ಸನ್ನದ್ಧ

ಆಂಧ್ರದಲ್ಲಿಂದು ಮೋದಿ ಯೋಗ: 3 ಲಕ್ಷ ಜನ ಭಾಗಿ?

ಅಮರಾವತಿ: 11ನೇ ವರ್ಷದ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಕ್ಕೆ ಜಗತ್ತು ಸಜ್ಜಾಗಿದೆ. ಶನಿವಾರ ಆಂಧ್ರಪ್ರದೇಶದ ವಿಶಾಖಪಟ್ಟಣದಲ್ಲಿ ಪ್ರಧಾನ ಕಾರ್ಯಕ್ರಮ ನಡೆಯಲಿದ್ದು, ಇಲ್ಲಿಯೇ ಪ್ರಧಾನಿ ಮೋದಿ ಯೋಗಾಭ್ಯಾಸ ಕೈಗೊಳ್ಳಲಿದ್ದಾರೆ.

ಈ ನಿಟ್ಟಿನಲ್ಲಿ ರಾಜ್ಯ ಸರ್ಕಾರವು ಸಕಲ ಸಿದ್ಧತೆಗಳನ್ನು ನಡೆಸಿದ್ದು, ಹಲವು ದಾಖಲೆಗಳನ್ನು ನಿರ್ಮಿಸಲೂ ಸಜ್ಜಾಗಿದೆ. ಯೋಗ ದಿನದ ಅಂಗವಾಗಿ ಕಳೆದ ಒಂದು ತಿಂಗಳಿನಿಂದ ಆಂಧ್ರಪ್ರದೇಶದಲ್ಲಿ 'ಯೋಗಾಂಧ್ರ' ಅಭಿಯಾನ ನಡೆಸಲಾಗಿದೆ. ವಿಶಾಖಪಟ್ಟಣದಲ್ಲಿನ ಆರ್‌ಕೆ ಬೀಚ್‌ನಿಂದ ಭೋಗಪುರಂವರೆಗಿನ 26 ಕಿ.ಮೀ. ವ್ಯಾಪ್ತಿಯಲ್ಲಿ ಯೋಗಾಭ್ಯಾಸಕ್ಕೆ ವೇದಿಕೆ ಸಜ್ಜುಗೊಂಡಿದೆ. ಪ್ರಧಾನಿ ಮೋದಿ ಜತೆಗೆ ಕೇಂದ್ರದ ಹಲವು ಸಚಿವರು, ರಾಜ್ಯದ ನಾಯಕರು ಸೇರಿ 3.19 ಲಕ್ಷ ಜನರು ಇದರಲ್ಲಿ ಭಾಗಿಯಾಗುವ ನಿರೀಕ್ಷೆಯಿದೆ. ಬೆಳಗ್ಗೆ 6.30ರಿಂದ 8ರವರೆಗೆ ಕಾರ್ಯಕ್ರಮ ನಡೆಯಲಿದ್ದು, ಗಿನ್ನೆಸ್ ಸೇರಿ ಹಲವು ವಿಶ್ವ ದಾಖಲೆಗೆ ಸಜ್ಜಾಗಿದ್ದೇವೆ ಎಂದು ಆಂಧ್ರಪ್ರದೇಶ ಮುಖ್ಯಮಂತ್ರಿ ಚಂದ್ರಬಾಬು ನಾಯ್ಡು ಹೇಳಿದ್ದಾರೆ.

ಹಲವು ದಾಖಲೆಗಳಿಗೆ ಸಿದ್ಧತೆ: ರಾಜ್ಯಾದ್ಯಂತ 1.3 ಲಕ್ಷ ಸ್ಥಳಗಳಲ್ಲಿ ಯೋಗಾಭ್ಯಾಸ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ. ಇದೇ ವೇಳೆ 25,000 ಮಂದಿ ಬುಡಕಟ್ಟು ವಿದ್ಯಾರ್ಥಿಗಳು ಒಟ್ಟಾಗಿ 108 ನಿಮಿಷಗಳ ಕಾಲ ಸೂರ್ಯ ನಮಸ್ಕಾರ ಮಾಡುವ ಮೂಲಕ ವಿಶ್ವ ದಾಖಲೆ ನಿರ್ಮಿಸಲು ಮುಂದಾಗಿದ್ದಾರೆ. ವಿಶ್ವಾದ್ಯಂತ 8 ಲಕ್ಷಕ್ಕೂ ಹೆಚ್ಚು ಸ್ಥಳಗಳಲ್ಲಿ ಯೋಗಾಭ್ಯಾಸ ನಡೆಯುವ ನಿರೀಕ್ಷೆಯಿದ್ದು, 2.39 ಕೋಟಿ ಮಂದಿ ಯೋಗ ದಿನದ ಕಾರ್ಯಕ್ರಮಗಳಿಗೆ ನೋಂದಣಿ ಮಾಡಿಕೊಂಡಿದ್ದಾರೆ.

ಇಂದು ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನ

3.19 ಲಕ್ಷ ಜನ ಭಾಗಿ ನಿರೀಕ್ಷೆ

5 ಲಕ್ಷ ಯೋಗ ಮ್ಯಾಟ್‌ಗಳು ಸಿದ್ಧ

3.32 ಲಕ್ಷ ವಿಶೇಷ ಟಿ-ಶರ್ಟ್ ಸಿದ್ಧ

26 ಕಿ.ಮೀ. ವ್ಯಾಪ್ತಿಯಲ್ಲಿ ಯೋಗ ಕಾರ್ಯಕ್ರಮ

10000 ಪೊಲೀಸರು: ಭದ್ರತೆಗೆ ನಿಯೋಜನೆ

3000 ಬಸ್‌ಗಳು ಜನರನ್ನು ಕರೆತರಲು ಬಸ್ ವ್ಯವಸ್ಥೆ

191 ದೇಶ, 1300 ನಗರದಲ್ಲಿ ಯೋಗ

ಒಟ್ಟು 191 ದೇಶಗಳ 1,300 ನಗರಗಳಲ್ಲಿ ಯೋಗ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು (ಪಾಕ್ ಸೇರಿದಂತೆ) ಭಾರತ ಆಯೋಜಿಸಿದೆ. ಜತೆಗೆ 'ಯೋಗ ಬಂಧನ'ದ ಭಾಗವಾಗಿ 15 ದೇಶಗಳಿಂದ ಆಗಮಿಸಿದ 15 ಯೋಗಗುರುಗಳು ದೇಶಾದ್ಯಂತ ವಿವಿಧೆಡೆ ಕಾರ್ಯಕ್ರಮ ನಡೆಸಲಿದ್ದಾರೆ.

Udayavani • 21 Jun • Ministry of Ayush

Capital mcity outfit for World yoga day

3 • PG | 145 • Sqcm | 43421 • AVE | 374.88K • Cir | Middle Center

Bengaluru

ವಿಶ್ವ ಯೋಗ ದಿನಾಚರಣೆಗೆ ರಾಜಧಾನಿ ಸಜ್ಜು

'ಒಂದು ಭೂಮಿ, ಒಂದು ಆರೋಗ್ಯಕ್ಕಾಗಿ ಯೋಗ' ಘೋಷ ವಾಕ್ಯ | ವಿಧಾನಸೌಧ ಮೆಟ್ಟಿಲು ಮೇಲೆ ಯೋಗಾಭ್ಯಾಸ

■ ಉದಯವಾಣಿ ಸಮಾಚಾರ

ಬೆಂಗಳೂರು: ವಿಶ್ವ ಯೋಗ ದಿನಾಚರಣೆಗಾಗಿ ಸಿಲಿಕಾನ್ ಸಿಟಿ ಬೆಂಗಳೂರು ಸಜ್ಜಾಗಿದೆ. 'ಒಂದು ಭೂಮಿ ಒಂದು ಆರೋಗ್ಯಕ್ಕಾಗಿ ಯೋಗ' ಎಂಬ ಘೋಷವಾಕ್ಯದೊಂದಿಗೆ ಈ ಬಾರಿಯ ವಿಶ್ವ ಯೋಗ ದಿನವನ್ನು ಆಚರಿಸಲಾಗುವುದು. ಶನಿವಾರ ಮುಂಜಾನೆ 6 ಗಂಟೆಯಿಂದ 8 ಗಂಟೆಯವರೆಗೆ 5000 ಜನರು ವಿಧಾನ ಸೌಧದ ಮೆಟ್ಟಿಲುಗಳ ಎದುರು ಯೋಗಾಭ್ಯಾಸ ನಡೆಸಲಿದ್ದು, ರಾಜ್ಯಪಾಲ ರಾದ ಥಾವರ್ ಚಂದ್ ಗೆಹಲೋತ್ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಚಾಲನೆ ನೀಡಲಿದ್ದಾರೆ. ಸಿಎಂ ಸಿದ್ದರಾಮಯ್ಯ, ಡಿಸಿಎಂ ಡಿ.ಕೆ ಶಿವಕುಮಾರ್ ಸೇರಿದಂತೆ ಶಾಸಕರು, ಸಂಸದರು, ಕ್ರೀಡಾಪಟುಗಳು, ತಾರೆಯರು ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳಲಿದ್ದಾರೆ.

ಶ್ವ ಸಂಗೀತ ದಿನದ ಪ್ರಯುಕ್ತ ಸಮರ್ಥನಂ ಟ್ರಸ್ಟ್ ಫಾರ್‌ದಿ ಡಿಸೇಬಲ್ಡ್ ಸಹಯೋಗದೊಂದಿಗೆ ಲೈಫ್ ಎಟರ್ನಲ್ ಟ್ರಸ್ಟ್ ಬೆಂಗಳೂರು ವತಿಯಿಂದ ಬೃಹತ್

ಅರಮನೆ ಮೈದಾನದಲ್ಲಿ ಹೊಸ ಗಿನ್ನೆಸ್ ದಾಖಲೆ?

ಅಕ್ಷಯ್ ಯೋಗಾ ಕೇಂದ್ರದಿಂದಲೂ ಅರಮನೆ ಮೈದಾನದ ಗೇಟ್ ನಂ.9ರಲ್ಲಿ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ನಡೆಯಲಿದೆ. 12 ಗಿನ್ನಿಸ್ ದಾಖಲೆಗಳು ನಿರ್ಮಾಣವಾಗಲಿವೆ. ಆಧೋ ಮುಕ್ತ ಶವಾಸನ ಸೇರಿದಂತೆ ವಿವಿಧ ಆಸನಗಳ ಭಂಗಿಗಳ ಪ್ರದರ್ಶನವಾಗಲಿದೆ.

ಮಟ್ಟದಲ್ಲಿ ಯೋಗ ಹ್ಯಾಪ್ಪೂ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮ ಅರಮನೆ ಮೈದಾನದ ತ್ರಿಪುರವಾಸಿನಿಯಲ್ಲಿ ಆಯೋಜಿಸಲಾಗಿದೆ. ಬೆಳಗ್ಗೆ 7.30 ರಿಂದ 9.30ರ ವರೆಗೆ ಕಾರ್ಯಕ್ರಮ ನಡೆಯಲಿದ್ದು, ಸಾರ್ವಜನಿಕರ ವೀಕ್ಷಣೆಗೆ ಸಂಪೂರ್ಣ ಉಚಿತ ಮತ್ತು ಮುಕ್ತ ಅವಕಾಶವನ್ನು ಕಲ್ಪಿಸಲಾಗಿದೆ.

ಜತೆಗೆ ವಿವಿಧ ಸಂಘ-ಸಂಸ್ಥೆಗಳು ಮತ್ತು ಶಾಲಾ ಕಾಲೇಜುಗಳಲ್ಲಿ ಕೂಡ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗಾ ದಿನಾಚರಣೆ ನಡೆಯಲಿದೆ. ಕೇಂದ್ರ ಗಣಗಾರಿಕೆ ಇಲಾಖೆವತಿಯಿಂದಲೂ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗಾ ದಿನಾಚರಣೆ ಆಚರಿಸಲಾಗುತ್ತಿದೆ. ಕುಮಾರಸ್ವಾಮಿ ಲೇಔಟ್‌ನಲ್ಲಿರುವ ಕೇಂದ್ರ ಗಣಗಾರಿಕೆ ಇಲಾಖೆಯಲ್ಲಿ ಬೆಳಗ್ಗೆ 6.30ಕ್ಕೆ ಯೋಗಾ ದಿನಾಚರಣೆ ಕಾರ್ಯಕ್ರಮ ಆಯೋಜಿಸಲಾಗಿದೆ.

1,700 ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾಗಿ: ಕನಕಪುರ ರಸ್ತೆಯಲ್ಲಿರುವ ಆರ್ಟ್ ಆಫ್ ಲಿವಿಂಗ್ ಇಂಟರ್ ನ್ಯಾಷನಲ್ ಆಶ್ರಮದಲ್ಲಿ ಕೂಡ ಯೋಗಾ ದಿನಾಚರಣೆ ಜರುಗಲಿದೆ.ಸುಮಾರು 1700 ವಿದ್ಯಾರ್ಥಿಗಳು ಸ್ಥಳದಲ್ಲಿಯೇ ಒಂದೇ ಸಮಯದಲ್ಲಿ ಯೋಗಾಸನ ಅಭ್ಯಾಸ ನಡೆಸಲಿದ್ದು, 17000ಕ್ಕೂ ಹೆಚ್ಚು ವಿದ್ಯಾರ್ಥಿಗಳು ದೇಶದ ವಿವಿಧ ನಗರಗಳಿಂದ ಆನ್‌ಲೈನ್ ಮೂಲಕ ಯೋಗದಿನಾಚರಣೆಯಲ್ಲಿ ಭಾಗವಹಿಸಲಿದ್ದಾರೆ.

Udayavani • 21 Jun • Ministry of Ayush

State outfit for 'Yoga Sangama

6 • PG | 116 • Sqcm | 34839 • AVE | 374.88K • Cir | Bottom Left

Bengaluru

'ಯೋಗ ಸಂಗಮ'ಕ್ಕೆ ರಾಜ್ಯ ಸಜ್ಜು

ಮೈಸೂರು ಅರಮನೆ, ಗೋಳಗುಮ್ಮಟದಲ್ಲಿ ಇಂದು ಯೋಗ

■ ಉದಯವಾಣಿ ಸಮಾಚಾರ

ಹುಬ್ಬಳ್ಳಿ/ಮಣಿಪಾಲ/ಬೆಂಗಳೂರು: ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ಹಿನ್ನೆಲೆಯಲ್ಲಿ ಇಂದು (ಶನಿವಾರ) ಬೆಳಗ್ಗೆ ರಾಜ್ಯದ ಐತಿಹಾಸಿಕ, ಪ್ರತಿಷ್ಠಿತ ಸ್ಥಳಗಳಲ್ಲಿ ಸಾಮೂಹಿಕ ಯೋಗ ಪ್ರದರ್ಶನ ನಡೆಯಲಿದ್ದು, ಜಿಲ್ಲಾಡಳಿತ ಸೇರಿ ವಿವಿಧ ಸಂಘಸಂಸ್ಥೆಗಳ ನೇತೃತ್ವದಲ್ಲಿ ನಡೆಯುವ ಯೋಗ ಪ್ರದರ್ಶನದಲ್ಲಿ ಯೋಗಾಸಕ್ತರು ಪಾಲ್ಗೊಳ್ಳಲಿದ್ದಾರೆ.

ರಾಜಧಾನಿ ಬೆಂಗಳೂರಿನ ವಿಧಾನ ಸೌಧದ ಮೆಟ್ಟಿಲುಗಳ ಮೇಲೆ 5000 ಜನರು ಯೋಗಾಭ್ಯಾಸ ನಡೆಸಲಿದ್ದಾರೆ. ಕೇಂದ್ರ ಸರ್ಕಾರ ಪ್ರಥಮ ಬಾರಿಗೆ ದೇಶದ 189 ಐತಿಹಾಸಿಕ ಸ್ಮಾರಕಗಳು ಹಾಗೂ ಪ್ರತಿಷ್ಠಿತ ಸ್ಥಳಗಳಲ್ಲಿ ಯೋಗ ದಿನಾಚರಣೆ ಸಂಘಟಿಸಿದೆ. ಇದರಲ್ಲಿ ವಿಜಯಪುರ ನಗರದ ಐತಿಹಾಸಿಕ, ವಿಶ್ವವಿಖ್ಯಾತ ಗೋಳಗುಮ್ಮಟ ಸಹ ಸೇರಿದ್ದು, ಇಲ್ಲಿನ ಉದ್ಯಾನವನದಲ್ಲಿ ಬೆಳಗ್ಗೆ 5:30ಕ್ಕೆ ಯೋಗ ಪ್ರದರ್ಶನ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ. ಮೈಸೂರು ಅರಮನೆ ಆಂಗಳದಲ್ಲಿ ಆಯೋಜಿಸಿರುವ ಯೋಗ ಪ್ರದರ್ಶನದಲ್ಲಿ 15 ಸಾವಿರ ಮಂದಿ ಸೇರುವ ನಿರೀಕ್ಷೆಯಿದೆ. ಬೆಳಗ್ಗೆ 6.30ರಿಂದ 8 ರವರೆಗೆ ಯೋಗ ದಿನದ ಸಭಾ ಕಾರ್ಯಕ್ರಮ ನಡೆಯಲಿದೆ. ಶಂಖನಾದದೊಂದಿಗೆ ಪ್ರಾರಂಭಗೊಳ್ಳುವ ಯೋಗ ಪ್ರದರ್ಶನ ಧ್ಯಾನದೊಂದಿಗೆ ಅಂತ್ಯಗೊಳ್ಳಲಿದೆ.

'ಯೋಗ ವಿತ್ ಯೋಧ': ಸೋಮೇಶ್ವರ ಕಡಲ ತೀರದಲ್ಲಿ ಮಧ್ಯಾಹ್ನ 3 ಗಂಟೆಯಿಂದ 'ಯೋಗ ವಿತ್ ಯೋಧ' ಕಾರ್ಯಕ್ರಮ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ. ದ.ಕ.ದಲ್ಲಿ ಪ್ರವಾಸೋದ್ಯಮವನ್ನು ಉತ್ತೇಜಿಸುವ ಸಲುವಾಗಿ ಈ ಕಾರ್ಯಕ್ರಮ ನಡೆಯಲಿದೆ. ಮಂಗಳೂರು ಪಾಲಿಕೆ ಈಜುಕೊಳದಲ್ಲಿ ಬೆಳಗ್ಗೆ 8.15 ರಿಂದ 9 ಗಂಟೆಯವರೆಗೆ ಲತೀಶ್ ಪೂಜಾರಿ ನೇತೃತ್ವದಲ್ಲಿ ನೀರಿನಲ್ಲಿ ಯೋಗ ನಡೆಯಲಿದೆ. ಉಡುಪಿಯ ಅಜ್ಜರಕಾಡು ಜಿಲ್ಲಾ ಕ್ರೀಡಾಂಗಣದಲ್ಲಿ 3 ಸಾವಿರ ಮಂದಿ ಸಾಮೂಹಿಕ ಯೋಗ ಮಾಡಲಿದ್ದಾರೆ. ಪರ್ಯಾಯ ಪುತ್ತಿಗೆ ಮಠ ಶ್ರೀ ಕೃಷ್ಣಮಠದ ರಾಜಾಂಗಣದಲ್ಲಿ ಶ್ರೀ ಸುಗುಣೇಂದ್ರತೀರ್ಥ ಶ್ರೀಪಾದರಿಂದ ಯೋಗ ಪ್ರಾತ್ಯಕ್ಷಿಕೆ ನಡೆಯಲಿದೆ. ಮಣಿಪಾಲ ಮಾಹೆ ವಿ.ವಿ.ಯ ವಿದ್ಯಾರ್ಥಿಗಳಿಂದ ಯೋಗ ನಡೆಯಲಿದೆ. ಬೆಂಗಳೂರು ದಕ್ಷಿಣದ ರಾಮದೇವರ ಬೆಟ್ಟ, ರೇವಣಸಿದ್ದೇಶ್ವರ ಬೆಟ್ಟ, ಮಾಗಡಿಯ ಸಾವನದುರ್ಗ ಬೆಟ್ಟ, ಕನಕಪುರದ ಸಂಗಮ, ಚನ್ನಪಟ್ಟಣದ ಕೂರಣಗೆರೆ ಬೆಟ್ಟದಲ್ಲಿ ಯೋಗ ದಿನ ಆಚರಿಸಲಾಗುತ್ತಿದೆ. ಕೊಪ್ಪಳದ ಕ್ರೀಡಾಂಗಣದಲ್ಲಿ 2500 ಮಂದಿ ಪಾಲ್ಗೊಳ್ಳುವ ನಿರೀಕ್ಷೆಯಿದ್ದು, ಎಲ್ಲರಿಗೂ ಅಮೃತ ಬಳ್ಳಿ ವಿತರಿಸಲಾಗುತ್ತದೆ.

Eenadu • 21 Jun • Ministry of Ayush

International yoga day

6 • PG | 4396 • Sqcm | 1749755 • AVE | 147.23K • Cir | Top Center

Bengaluru

యోగా గురువు నాగేంద్రతో కరచాలనం చేస్తున్న అప్పటి రాష్ట్రపతి రామనాథ్ కోవింద్

యోగా భంగిమలో ధ్యానం చేస్తున్న జీకేఎస్ అయ్యంగార్

కలిన అభ్యాసంలో డాక్టర్ రాజ్‌కుమార్

డాక్టర్ రాజ్ కుమార్ పూర్తిస్థాయి యోగాభ్యాసం చేస్తున్న ఫొటో బిబ్లియోథెక్ ఫొటో కార్నర్ ఫీల్ ప్రకాశ్

మైసూరు ప్యాలెస్ మైదానంలో యోగాభ్యాసంలో ప్రధాని నరేంద్ర మోదీ

అనంత శక్తిమంతం.. అపూర్వ యోగభాగ్యం

- మొదటి నుంచి ప్రాధాన్యం
- నేడు రాష్ట్రవ్యాప్తంగా సామూహిక అభ్యాసం

మనసు, శరీరాలను ఏకం చేసి మనిషిని మహోన్నతంగా మలిచే ఏకైక మార్గం యోగాభ్యాసం.. అంతటి ఘనమైన ఈ క్రీయకు అంతర్జాతీయ స్థాయి కీర్తిని సంపాదించి పెట్టిన భారతావని తన కోట్లాది హృదయాలను దోచుకుంది. ఐరాస దశాబ్ద కిందట అంతర్జాతీయ గుర్తింపునివ్వడంతో యోగాభ్యాసం ఎల్లలుదాటింది. శనివారం అంతర్జాతీయ యోగా దినోత్సవం సందర్భంగా 'న్యూస్‌టుడే' అందిస్తున్న ప్రత్యేక కథనాల సమాహారం..

బెంగళూరు (మల్లేశ్వరం), న్యూస్‌టుడే: పాత మైసూరు జిల్లాల్లోని కన్నడిగులు మొదటి నుంచి యోగాభ్యాసం, ధ్యానం, ప్రాణాయామం చేసేందుకు ప్రాధాన్యత ఇస్తూ వచ్చారు. కన్నడిగుల జీవితంలో యోగాభ్యాసం, ధ్యానం నిత్యకృత్యాలయ్యాయి. దైహిక, మానసిక ఆరోగ్యాన్ని కాపాడుకునేందుకు యోగా కీలక పాత్ర పోషిస్తుంది. వీరిలో ఎక్కువ మందికి దివంగత నటుడు డాక్టర్ రాజ్‌కుమార్ స్ఫూర్తిగా నిలిచారు. ఉత్తమ నటునిగానే కాకుండా, యోగాభ్యాసం చేసే యోగిగానూ ఆయన గుర్తింపు దక్కించుకున్నారు. కామనబిల్లు చిత్రంలో రాజ్‌కుమార్ యోగాభ్యాసం చేసే సన్నివేశాలను చిత్రీకరించేందుకు దర్శకుడు సిద్ధమయ్యారు. ఉదయం వరిగా ఉండడంతో చిత్ర యూనిట్ తమ గదుల నుంచి బయటకు రాలేదు. రాజ్‌కుమార్ మాత్రం సెట్‌కు వచ్చి యోగాభ్యాసం చేస్తూ కనిపించారు. ఏడో దశకం చివర్లో ఆయన చిత్రీకరణల్లో పాల్గొంటూ, విరామం లేని జీవితాన్ని గడిపారు. మోకాలి నొప్పి రావడంతో యోగాభ్యాసం చేయాలని పరిచయం ఉన్న వారు సూచించారు. అప్పటికే చక్కని గుర్తింపు తెచ్చుకున్న యోగాచార్యుడు బీకేఎస్ అయ్యంగార్‌ను స్ఫూర్తిగా తీసుకుని యోగాభ్యాసాలను చేశారు. నూతన ఆసనాలను 'అయ్యంగార్ యోగా' పేరిట ఆయన పరిచయం చేశారు. అయ్యంగార్ 95వ ఏట మరణించగా, అప్పటి వరకు యోగా చేస్తూ వచ్చారు. రాజ్‌కుమార్ యోగా చేస్తున్న చిత్రాలు బయటకు వచ్చినప్పటి నుంచి గత ఐదు దశాబ్దాలుగా కన్నడిగులు యోగాసనాలను తమ జీవితంలో భాగంగా చేసుకున్నారు. అంతర్జాతీయ యోగా దినోత్సవాన్ని ప్రకటించక మునుపే ఎస్ వ్యాస యోగ అనుసంధాన కేంద్రం, జీవన కళ ఆశ్రమం యోగాభ్యాస శిబిరాలను నగరంలోని ఉద్యానాల్లో, కల్యాణ మండపాల్లో ఉచితంగా బోధిస్తూ వచ్చాయి. యోగా దినోత్సవాన్ని పెద్ద ఎత్తున చేసేందుకు మైసూరు ప్యాలెస్, ప్యాలెస్ మైదానం, విధానసౌధ ఆవరణల్లో నిర్వహిస్తూ వస్తున్నారు. మాజీ ప్రధాని దేవేగౌడ, మాజీ ముఖ్యమంత్రి యడియూరప్ప, ముఖ్యమంత్రి సిద్ధరామయ్య నిత్యం యోగా చేస్తూ ఒత్తిళ్లను అధిగమిస్తున్నామని పలు సందర్భాల్లో ప్రకటించుకున్నారు. యోగా దినోత్సవం రోజు ప్రజల్లో స్ఫూర్తి నింపేందుకు ప్రధాని మోదీ కూడా మైసూరు ప్యాలెస్ ఆవరణలో యోగాసనాలు వేశారు. పాఠశాలల్లో యోగాను ప్రాధాన్యంగా ప్రవేశపెట్టాలని నిపుణులు చేసిన సూచనలను జారీ చేసేందుకు గత కొన్నేళ్లుగా విపలయత్నాలు జరుగుతూనే ఉన్నాయి. కొన్ని ప్రైవేటు విద్యా సంస్థలు, గ్రామీణ ప్రాంతాల్లోని ప్రభుత్వ పాఠశాలల్లో బోధకులే ఆసక్తి చూపించి, శిక్షణ ఇస్తున్నారు. జాతీయ, అంతర్జాతీయ స్థాయిలో పోటీల్లో పాల్గొని పతకాలను తీసుకు వస్తున్నారు. పవర్ యోగా, సుదర్శన క్రియ, నీటిలో యోగాసనాలు వేస్తూ కొత్త రకం వ్యాయామాన్ని, ప్రాణాయామాన్ని యువత అభ్యసిస్తున్నారు. సాఫ్ట్‌వేర్ కంపెనీల్లో తమ ఉద్యోగులకు వారంలో ఒకరోజు ప్రత్యేకంగా యోగాను బోధిస్తున్నారు. ప్రధాన ఉద్యానాల్లో యోగా అభ్యాసం చేసేందుకు కుటీరాలను ఏర్పాటు చేశాయి. నేటి అంతర్జాతీయ యోగా దినోత్సవం రోజు యోగాభ్యాసం చేసేందుకు అన్ని మైదానాల్లో ఏర్పాట్లు ఇప్పటికే పూర్తయ్యాయి.

పెట్టెలో యోగా .. భలేగా!

యోగాభ్యాసం చేస్తున్న రిబ్బి

సాధించిన పతకాలు, ట్రోఫీలు

ఉదయం 4 నుంచి 6 వరకు యోగాసనాలు చేయడంతోనే ఆమె నిత్యకృత్యాలు ప్రారంభం అవుతాయి. మైసూరు, ఉత్తర కన్నడ, మధ్యకర్ణాటక, బెంగళూరులో పాటు ఆంధ్ర, తెలంగాణ, ఉత్తరప్రదేశ్, దిల్లీ, హిమాచల్ ప్రదేశ్‌లో జరిగిన పోటీల్లో పాల్గొని పతకాలు సాధించింది. మైసూరులో ఇటీవల నిర్వహించిన యోగా స్పోర్ట్స్ ఛాంపియన్‌షిప్-2025లో వెండి పతకాన్ని దక్కించుకుంది. కరూరుకు చెందిన యోగా శిక్షకుడు డాక్టర్ నవీన్ కుమార్ వద్ద ఆమె గత ఐదేళ్లుగా ఆన్‌లైన్‌లో శిక్షణ పొందుతోంది. ఆసక్తి ఉన్న వారికి యోగాభ్యాసం చేయడంలో సహకారాన్ని అందిస్తోంది. జీవనశైలి మార్పులతో ఆరోగ్య సమస్యలను ఎదుర్కొంటున్న వారికి యోగా చక్కని ఔషధమని ఆమెకు శిక్షణ ఇస్తున్న నవీన్ కుమార్ తెలిపారు.

శభాష్ .. శరణ్య

మంగళూరు, న్యూస్‌టుడే: ఎక్కువ సమయం కపోతాసనం వేసి వర్ల్డ్ రికార్డ్స్ సెయింట్ మేరీస్ విద్యా సంస్థలో మూడో తరగతి చదువుతున్న శరణ్య శరత్ అనే బాలిక రెండు రికార్డులను తన సొంతం చేసుకుంది. ఒక గంట రెండున్నర నిమిషాల పాటు కపోతాసనం వేసి ఇండియా బుక్ ఆఫ్ రికార్డ్స్, వరల్డ్ వైడ్ బుక్ ఆఫ్ రికార్డ్స్‌లో తన పేరు నమోదు చేసుకుంది. తమిళనాడుకు చెందిన హరిజిత బీఎస్ పావు గంట కపోతాసనం వేసి సృష్టించిన రికార్డును ఆమె తుడిచి పెట్టింది. పావురం భంగిమలో చేసే కపోతాసనాన్ని ఒక నిమిషం కన్నా ఎక్కువ సమయం చేయడం కష్టమని శరణ్య శరత్‌కు శిక్షణ ఇచ్చిన ఉపాధ్యాయురాలు కవితా అశోక్ తెలిపారు. నిత్యం అభ్యాసం చేస్తూ శరణ్య ఎక్కువ సమయం ఈ ఆసనం వేయగలిందని చెప్పారు. అంతర్జాతీయ యోగా దినోత్సవానికి తన వద్ద శిక్షణ పొందుతున్న విద్యార్థులు కొత్తరికార్డులను నెలకొల్పే దిశలో సన్నాహాలు చేసుకుంటున్నామని తెలిపారు. ఇప్పటికే తన వద్ద శిక్షణ పొందిన వారిలో ఐదుగురు వేర్వేరు రికార్డులు సొంతం చేసుకున్నారని ఆమె పేర్కొన్నారు.

వేదికపై ధ్యానం చేస్తున్న సిద్ధరామయ్య, సంతోశ్ లాడ్ తదితరులు

ఇప్పటికీ యోగాభ్యాసం వీడని మాజీ ప్రధాని దేవేగౌడ

యోగాసనం వేస్తున్న కేంద్ర మంత్రి హెచ్‌డీ కుమారస్వామి

యోగాపోటీల్లో ప్రతిభ చూపిస్తున్న విద్యార్థి

కపోతాసనంలో శరణ్య శరత్

పతకాలతో శరణ్య

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యోగా.. ఆరోగ్య కవచంగా!

- రాష్ట్రమంతటా కార్యక్రమాలతో ఆరోగ్య జాగృతికి సన్నాహకాలు
- వారసత్వ ప్రాంతాల్లో చైతన్యం

మూడేళ్ల కిందట మైసూరులో యోగాసనాలతో స్ఫూర్తి నింపిన ప్రధాని

ఈనాడు, బెంగళూరు: ఆరోగ్య పర్యాటక రాష్ట్రంగా ఇప్పటికే దేశం గుర్తిస్తున్న కన్నడనాడు యోగా జాగృతిలోనూ సై అంటోంది. దేశంలో ఏ రాష్ట్రంలోనూ లేనంతగా 5 వేలకు పైగా యోగా పర్యాటక క్షేత్రాలున్న చందనసీమ నేడు సరికొత్త యోగా జాగృతికి సిద్ధమవుతోంది. మూడేళ్ల కిందట ప్రధాని నరేంద్ర మోదీ 8వ అంతర్జాతీయ యోగా కార్యక్రమంలో భాగంగా మైసూరులోని ప్యాలెస్ మైదానంలో నిర్వహించిన సామూహిక యోగాసన సాధనలో పాల్గొని రాష్ట్రాన్ని ప్రపంచం గుర్తించేలా చేశారు. ఆ తర్వాత పాఠశాలలు, ఆస్పత్రులు, ప్రభుత్వ కార్యాలయాలు..ఇలా ప్రతి చోటా కేవలం యోగా దినోత్సవం రోజున కాకుండా నిత్య జీవితంలో యోగా ఆరోగ్య పరిరక్షణ సాధనగా ఆచరించే కార్యక్రమాలు కొనసాగిస్తున్నారు. నేడు (శనివారం) 11వ అంతర్జాతీయ యోగా దినోత్సవం సందర్భంగా ఆరోగ్య శాఖ మరింత విస్తృతమైన కార్యక్రమాలతో యోగా ప్రాధాన్యతను మరింత పెంచే ప్రయత్నం చేస్తోంది.

ప్రతి జిల్లాలో సాధన

రాష్ట్ర ఆరోగ్య, ఆయుష్ శాఖల ఆధ్వర్యంలో నేడు నిర్వహించే యోగా కార్యక్రమాలు సందేశాత్మకంగా ఆచరిస్తున్నారు. ప్రభుత్వ ఆస్పత్రుల నేతృత్వంలో ఆచరించే యోగా కార్యక్రమాలకు ప్రత్యేక నినాదాలతో నిర్వహించాలని నిర్ణయించారు. వీటితో పాటు 30 జిల్లాల్లో ప్రతి చోటా కనీసం 5వేల మందికి తగ్గకుండా జిల్లా ఆరోగ్యశాఖ నేతృత్వంలో 45 నిమిషాల పాటు యోగా సాధన చేస్తారు. కేవలం ఆచరణ కోసం కాకుండా ఆయా జిల్లాల్లోని యోగా గురువులతో ప్రత్యేక ప్రసంగాలు, పాఠశాలల విద్యార్థులతో ప్రత్యేక ప్రదర్శనలతో యోగా ప్రాధాన్యతపై అవగాహన కల్పిస్తారు. ఇకపై ప్రతి పాఠశాల, ఆస్పత్రి, ప్రభుత్వ కార్యాలయం విధిగా కనీసం 20 నిమిషాల పాటు యోగాసనాలు వేయాలన్న కొత్త నిబంధన నేటి నుంచి అమలు చేయనున్నారు.

సందేశ 'యోగ'ం

వినూత్న కార్యక్రమాలతో యోగాను ఓ సందేశాత్మక ప్రక్రియగా చేయాలన్న సంకల్పంతో 'గ్రీన్ యోగా' ద్వారా లక్ష మొక్కలను నాటడం, 'యోగా ధనుష్' ద్వారా 5 లక్షల మంది విద్యార్థులతో యోగాసనాలు, 'యోగా పార్క్' ద్వారా ప్రతి ప్రభుత్వ పార్కుల్లో యోగాసనాలకు అవసరమైన ఆసనాలు సిద్ధం చేయటం, 'యోగా అన్‌ప్లగ్డ్' పేరిట 25 వేల మంది యువకులతో యోగా పోటీలు, 'యోగా సంగమ' పేరిట విధానసౌధ వద్ద కనీసం 5 వేల మందితో యోగాసనాలు..ఈ కార్యక్రమంలో గవర్నర్ థావర్‌చంద్ గహ్లోత్‌తో పాటు ముఖ్యమంత్రి సిద్ధరామయ్య, ఉప ముఖ్యమంత్రి డీకే శివకుమార్, ఆరోగ్య, ఆయుష్ శాఖల మంత్రులు, ఎంపీలు, ఎమ్మెల్యేలు పాల్గొంటారు. ఉదయం 6 గంటల నుంచి 8గంటల వరకు ఈ కార్యక్రమాన్ని నిర్వహిస్తారు. నిమ్హాన్స్‌లో మానస యోగా, జయదేవ కార్డియాలజీ కేంద్రంలో కార్డియో యోగ, కిద్వాయ్ క్యాన్సర్ ఆస్పత్రిలో కార్కినో యోగా, ఇక ఒకే ప్రపంచం ఒకే ఆరోగ్యానికి యోగా పాత్ర పేరిట జాతీయ సదస్సును మైసూరు విశ్వవిద్యాలయంలో నిర్వహిస్తారు.

యోగా జిల్లా..రాచనగరి

మైసూరు జిల్లాను యోగా జిల్లాగా ప్రకటించాలని రాష్ట్ర ప్రభుత్వం కేంద్రానికి మనవి చేసింది. ప్రతి ఇంటి నుంచి ఒకరు తప్పనిసరిగా యోగా కార్యక్రమాల్లో పాల్గొని ఆరోగ్య రక్షణపై సందేశాన్నివ్వాలన్నదే ఈ ప్రత్యేక జిల్లా లక్ష్యం. ఇక కేంద్రం ఇప్పటికే గుర్తించిన 8 యోగా వారసత్వ ప్రాంతాల్లో భాగంగా మైసూరులోని చాముండేశ్వరి దేవాలయం, ఐహోలె, బాదామి గుహలు, విజయపురలోని గోల్ గుంబజ్, చిక్కమగళూరులోని హళేబీడు దేవాలయం, పట్టదకల్ దేవాలయం, బెంగళూరులోని టిప్పు సుల్తాన్ కోట, శ్రీరంగపట్టణంలోని దేవాలయాల్లో పురావస్తు శాఖ నేతృత్వంలో నేడు ప్రత్యేక యోగా కార్యక్రమాలు నిర్వహిస్తారు.

ఏడాదంతా యోగా

యోగాను కేవలం ప్రత్యేక దినోత్సవంగా కాకుండా ఏడాదంతా ఆరోగ్య రక్షణ కోసం అనివార్యంగా నిర్వహించే ప్రక్రియగా మారుస్తాం. ఇందుకోసమే ప్రత్యేక పాఠ్యాంశం రూపొందించాలని సర్కారు యోచిస్తోంది. ఆస్పత్రులు, పాఠశాలల్లో యోగా సాధన రాష్ట్రాన్ని ఆరోగ్య కేంద్రంగా మార్చాలన్నది లక్ష్యం. ఇప్పటికే వంద రోజుల మారథాన్ యోగా కార్యక్రమాలు కొనసాగుతుండగా, నేటి నుంచి మరో ఏడాదికి పునాది వేసేలా యోగా కార్యక్రమాలు ప్రారంభిస్తాం.

- దినేశ్ గుండూరావ్, ఆరోగ్య శాఖ మంత్రి

యోగాతో యువతలో మానసిక చైతన్యం

హంపీ ఆలయ పరిసరాల్లో విదేశీయుల యోగాసనాలు

Eenadu • 21 Jun • Ministry of Ayush

Yoga..records !

12 • PG | 2511 • Sqcm | 999293 • AVE | 147.23K • Cir | Middle Center

Bengaluru

యుద్ధనౌకపై యోగా భేరీ!

నేడు నిర్వహించనున్న అంతర్జాతీయ యోగా దినోత్సవం నేపథ్యంలో నౌకాదళం యుద్ధ నౌకలపై సన్నాహక కార్యక్రమాలు నిర్వహించింది. శుక్రవారం తూర్పు, పశ్చిమ, దక్షిణ కమాండ్ల పరిధిలోని నేవల్ యూనిట్ల వద్ద, యుద్ధ నౌకలపై, డాక్యార్డుల్లోని జెట్టీలపై నావికా సిబ్బంది, అధికారులు యోగా సాధన చేసినట్లు నేవీ వర్గాలు వెల్లడించాయి. నౌకా దళ అధికారులు, ఉద్యోగుల నివాస సముదాయాల వద్ద కూడా వారి కుటుంబీకులు యోగాసనాలు వేసినట్లు వివరించాయి.

- న్యూస్‌టుడే, విశాఖపట్నం (సింధియా)

యోగాసనం.. రికార్డుల సంబరం!

- ప్రతి ఏడాది పెరుగుతున్న భాగస్వామ్యం
- చిన్న, పెద్దా, గర్భిణులు కూడా..
- వివిధ రకాల విన్యాసాలతో ప్రాచుర్యం

ఈనాడు, అమరావతి: భారతీయ సంస్కృతికి ప్రతీకగా ఉన్న యోగాసనాల సాధనలో కుల, మత, లింగ భేద భావనలు లేకుండా అన్ని వయసుల వారు భాగస్వాములవుతున్నారు. ప్రతి ఏటా కొత్త రికార్డులు నెలకొల్పుతున్నారు. ఈ క్రమంలోనే జూన్ 21 అంతర్జాతీయ యోగా దినోత్సవాన్ని పురస్కరించుకుని ఆంధ్రప్రదేశ్‌లో యోగా ఉద్యమం నడుస్తోంది. కూటమి ప్రభుత్వం ప్రతి వర్గాన్ని యోగాంధ్రలో భాగస్వామ్యం చేస్తోంది. 26 రకాల ఇతివృత్తాలతో 26 జిల్లాల్లో యోగాసన కార్యక్రమాలు నిర్వహించింది. విజయనగరం పట్టణంలో రామనారాయణ ఆధ్యాత్మిక క్షేత్రంలో 15 ఎకరాల విస్తీర్ణంలో రామధనుస్సు ఆకారంలో 1,500 మంది యోగాసనాల ప్రదర్శన నిర్వహించారు. విజయవాడలో కృష్ణా నదితీరాన 2000 మంది పడవలపై యోగాసనాలు వేసి వరల్డ్ రికార్డు సృష్టించారు. ఆదికవి నన్నయ్య విశ్వవిద్యాలయంలో యోగా సాధనలో ఆఫ్‌లైన్, ఆన్‌లైన్ ద్వారా 16,213 మంది పాల్గొన్నారు. ఇది తెలుగు బుక్ ఆఫ్ వరల్డ్ రికార్డ్స్‌లో స్థానం దక్కించుకుంది.

- యోగాంధ్ర-2025 కార్యక్రమంలో చివరి ఘట్టం విశాఖలో జరగబోతోంది. ప్రధానమంత్రి నరేంద్ర మోదీ, ముఖ్యమంత్రి చంద్రబాబు సమక్షంలో 5 లక్షల మంది యోగాసనాల్లో పాల్గొనేలా అన్ని ఏర్పాట్లు జరిగాయి. రెండు గిన్నిస్ రికార్డులు, 22 ప్రపంచ రికార్డుల లక్ష్యంగా సన్నాహాలు చేశారు.

విశాఖలో ప్రధాని మోదీ పాల్గొననున్న వేదిక

- ప్రాచీన యోగాసనాల ప్రాధాన్యతను ప్రజల్లోకి తీసుకువెళ్లేందుకు ప్రధాని మోదీ కృషిచేస్తున్నారు. గత పదేళ్ల నుంచి రికార్డుల సాధన ధోరణి పెరిగింది. గిన్నిస్ వరల్డ్ రికార్డ్స్, గోల్డెన్ బుక్ ఆఫ్ వరల్డ్ రికార్డ్ (జీబీడబ్ల్యూఆర్)లో సుమారు 50 చొప్పున రికార్డులు నమోదయ్యాయి.
- అంతర్జాతీయ యోగా దినోత్సవం సందర్భంగా ప్రధాని నరేంద్రమోదీ నేతృత్వంలో 2023 జూన్ 21న న్యూయార్క్‌లోని ఐక్యరాజ్య సమితి ప్రధాన కార్యాలయం వద్ద నిర్వహించిన కార్యక్రమం గిన్నిస్ వరల్డ్ రికార్డులో చోటు దక్కించుకుంది. అత్యధిక దేశాల ప్రతినిధులు భాగస్వామ్యం కావడంతో ఈ రికార్డు నమోదైంది. ఐరాస ఉన్నతాధికారులు, వివిధ దేశాల దౌత్యవేత్తలతోపాటు 180 దేశాలకు చెందిన ప్రముఖులు, ప్రవాస భారతీయులు పాల్గొన్నారు.
- గుజరాత్‌లోని సూరత్‌లో ఒకేచోట 1.53 లక్షల మంది నిర్వహించిన యోగా సెషన్ గిన్నిస్ వరల్డ్ రికార్డులో చోటుదక్కించుకుంది. అంతకుముందు 2018లో రాజస్థాన్‌లోని కోటలో 1,00,984 మందితో నిర్వహించిన యోగా సెషన్ రికార్డును ఇది తిరిగరాసినట్టయింది.
- కేరళకు చెందిన అభిజ్ఞ అనే 5వ తరగతి విద్యార్థి 2020 అక్టోబరులో యోగాలో ప్రపంచ రికార్డు నెలకొల్పింది. మూడు నిమిషాల వ్యవధిలో 53 రకాల యోగాసనాలు ప్రదర్శించి అమెరికా గోల్డెన్ బుక్ ఆఫ్ రికార్డులో చోటు దక్కించుకుంది.
- అనకాపల్లికి చెందిన చిన్నారి సాహితి స్విమ్మింగ్‌పూల్‌లో యోగాసనాలు వేస్తూ ఔరా అనిపిస్తోంది. గత ఏడాది జూన్‌లో ఏకంగా 22 గంటలపాటు నీటిలో ఉండి ఆసనాలు వేసింది.
- 2022లో ఉత్తరాఖండ్‌లోని హరిద్వార్‌లో వైద్యురాలు ప్రియా ఆహుజా అష్ట వక్రాసనాన్ని 3 నిమిషాల 29 సెకన్లపాటు వేసి, ప్రపంచ గిన్నిస్ బుక్ రికార్డు సాధించారు.
- తిరుపతికి చెందిన సీహెచ్ వసంతలక్ష్మి కాళ్లూ, చేతులూ సమానంగా 180 డిగ్రీలో ఉండేలా సమకోణ ఆసనాన్ని 3గంటల 42 నిమిషాలపాటు వేసి గిన్నిస్ రికార్డులో స్థానం సంపాదించారు.
- 2016లో గుజరాత్ రాష్ట్రం రాజ్‌కోటలో 1,632 మంది గర్భిణులతో నిర్వహించిన యోగాసనాల శిబిరం గిన్నిస్ వరల్డ్ రికార్డులో నమోదైంది.
- ఉత్తర్‌ప్రదేశ్‌లో అభిషేక్ అనే వ్యక్తి నేతృత్వంలో ఓ బృందం 2022 నవంబరులో 51 గంటల రెండు నిమిషాలపాటు యోగాసనాలు వేసి గిన్నిస్ వరల్డ్ రికార్డులో స్థానం సంపాదించింది.

Eenadu • 19 Jun • Ministry of Ayush

World record traget in 'Yoga Andhra

16 • PG | 688 • Sqcm | 273967 • AVE | 147.23K • Cir | Bottom Right

Bengaluru

'యోగాంధ్ర'లో ప్రపంచ రికార్డులపై గురి

• సాగరతీరంలో 5 లక్షల మందితో ఆసనాలు

ఈనాడు-విశాఖపట్నం, వన్‌టౌన్-న్యూస్‌టుడే: విశాఖ వేదికగా ఈ నెల 21న నిర్వహిస్తున్న అంతర్జాతీయ యోగా దినోత్సవం సందర్భంగా ప్రభుత్వం ప్రపంచ రికార్డులపై గురి పెట్టింది. సాగరతీరంలో ఒకేసారి ఐదు లక్షల మంది యోగాసనాలు వేసేలా సర్వం సిద్ధం చేస్తోంది. గతంలో సూరత్ నగరంలో 1.87 లక్షలమందితో నమోదైన రికార్డును తిరగరాసేలా యోగాంధ్ర-2025కు సన్నద్ధం చేస్తున్నారు. ఆర్కేబీచ్ నుంచి భోగాపురం వరకు 326 కంపార్ట్‌మెంట్లలో 3.26 లక్షలమంది, ఇతర ప్రదేశాల్లో 1.74 లక్షలమంది ఒకేసారి యోగాసనాలు వేయనున్నారు. అలాగే 25 వేలమంది గిరిజన విద్యార్థులు సూర్యనమస్కారాలతో మరో రికార్డుకు సన్నద్ధమవుతున్నారు. గిన్నిస్ బుక్ ఆఫ్ వరల్డ్ రికార్డ్స్ ప్రతినిధులు ఆ రోజు విశాఖలో పర్యటించి యోగాసనాలను ఏఐ సాంకేతికత, డ్రోన్‌లతో లెక్కించి నమోదు చేయనున్నారు. గురు, శుక్రవారాల్లో బీచ్‌లో నమూనా యోగాసనాలు నిర్వహించనున్నారు. యోగాంధ్ర కార్యక్రమం కోసం వచ్చే ప్రముఖులు, అతిథుల కోసం విశాఖలో హోటళ్లు, రిసార్టుల్లో అధికారులు గదులు సిద్ధం చేశారు. రాష్ట్ర మంత్రులంతా గురువారం నుంచి ఇక్కడే ఉండనున్నారు. ప్రధాని మోదీ 20న విశాఖకు చేరుకుని నౌకాదళ అతిథి గృహంలో బస చేస్తారు.

ప్రధాన వేదికకు సమీపంలో బీచ్‌లో యోగా కోసం ఏర్పాటు చేసిన వేదిక

Eenadu • 19 Jun • Ministry of Ayush
Yogandgra..Swarnandhra

2 • PG | 744 • Sqcm | 295918 • AVE | 147.23K • Cir | Top Left

Bengaluru

యోగాంధ్ర.. స్వర్ణాంధ్రకు సోపానం

• మంత్రి సత్యకుమార్

ఈనాడు, అమరావతి: 'యోగాను ప్రజలు తమ జీవన విధానంలో అంతర్భాగం చేసుకోవాలి. యోగాంధ్ర ద్వారా ఆరోగ్య ఆంధ్రా సాధ్యమై స్వర్ణాంధ్ర సాకారమవుతుంది' అని మంత్రి సత్యకుమార్ తెలిపారు. విజయవాడలోని తుమ్మలపల్లి క్షేత్రయ్య కళాక్షేత్రంలో బుధవారం రాష్ట్రస్థాయి యోగా పోటీల విజేతలకు బహుమతులు ప్రదానం చేశారు. ఈ కార్యక్రమంలో మంత్రి మాట్లాడారు. ప్రధాని కృషితో 175 దేశాలకు యోగా చేరువైందని, సీఎం చంద్రబాబు మరో అడుగు ముందుకేసి మాసోత్సవాలతో మరింత ప్రాచుర్యం తెస్తున్నారని వెల్లడించారు. యోగాంధ్రలో భాగంగా 103 పర్యాటక ప్రదేశాల్లో ప్రత్యేక కార్యక్రమాలు చేపట్టి ఆయా ప్రాంతాలకు ప్రాధాన్యం తీసుకొచ్చామన్నారు. పర్యాటక, సాంస్కృతిక శాఖ మంత్రి కందుల దుర్గేష్ మాట్లాడుతూ.. యోగాను ప్రజలు నిత్యం అనుసరించడం వల్ల మానసిక ప్రశాంతత, ఆరోగ్యం పొందవచ్చని తెలిపారు. 3 రోజుల పాటు 15 విభాగాలు 42 అంశాల్లో నిర్వహించిన పోటీల్లో 526 మంది పాల్గొన్నారు. విజేతలుగా నిలిచిన 193 మందికి బహుమతులు అందించారు. కార్యక్రమంలో ఆయుష్ డైరెక్టర్ కె.దినేశ్‌కుమార్, సెకండరీ హెల్త్ డైరెక్టర్ సిరి, కలెక్టర్ జి.లక్ష్మీశా తదితరులు పాల్గొన్నారు.

యోగా స్కిట్ రోల్‌ప్లే విభాగంలో రాష్ట్రస్థాయిలో మొదటి బహుమతి సాధించిన ఎన్టీఆర్ జిల్లాకు చెందిన బి.శిరీష బృందంతో మంత్రులు కందుల దుర్గేష్, సత్యకుమార్, చిత్రంలో కలెక్టర్ లక్ష్మీశా

Eenadu • 17 Jun • Ministry of Ayush

Yoga is game changer...in health matter

3 • PG | 2837 • Sqcm | 1129210 • AVE | 147.23K • Cir | Top Left

Bengaluru

సమీక్ష సమావేశంలో మాట్లాడుతున్న సీఎం చంద్రబాబు. చిత్రంలో స్పీకర్ అయ్యన్నపాత్రుడు, మంత్రులు దుర్గేష్, అనిత, లోకేశ్, డోలా శ్రీబాల వీరాంజనేయస్వామి, పి.నారాయణ, గుమ్మిడి సంధ్యారాణి

ఆరోగ్య రంగంలో.. గేమ్‌ఛేంజర్ యోగా

(మొదటి పేజీ తరువాయి)

ప్రాచుర్యంలోకి తీసుకొచ్చారు. ఆయన కృషిని, ఫలితాలను భావితరాలకు అందించాలి. ప్రధానిని ఓ సందర్భంలో కలిసినప్పుడు యోగా దినోత్సవాన్ని ప్రారంభించి పదేళ్లయిందని గుర్తు చేశారు. 11వ కార్యక్రమానికి విశాఖ అనువైంది, అక్కడ కార్యక్రమం చేపడితే బాగుంటుందనడంతో ఇక్కడ యోగాంధ్ర నిర్వహిస్తున్నాం. ఈ నెల 21 ఆర్‌కే బీచ్ నుంచి భోగాపురం వరకు బీచ్ రోడ్డులో జరిగే కార్యక్రమంలో 5 లక్షలమంది పాల్గొంటారు. యోగా దినోత్సవం రోజున సాధన చేయడానికి ఇతర రాష్ట్రాలన్నీ కలిపి మొత్తం లక్ష స్థలాలను గుర్తిస్తే ఒక్క ఏపీలోనే లక్ష స్థలాలను ఎంపిక చేశాం. ఏకంగా 2.17 కోట్లమంది పేర్లు నమోదు చేసుకున్నారు.

రెండు రకాల ప్రణాళికలతో

ఈ కార్యక్రమాన్ని విజయవంతం చేసేందుకు రెండు ప్రణాళికలు రూపొందించాం. ప్లాన్-1లో 3.50 లక్షలమందికి సరిపడేలా 340 కంపార్ట్‌మెంట్‌లు ఏర్పాటు చేస్తున్నాం. ఒక్కో కంపార్ట్‌మెంట్‌లో 1000 మంది సాధన చేసేలా ఏర్పాట్లు చేశాం. ప్రతిచోట ఒక శిక్షకుడు, వైద్యుడు, పది మంది వాలంటీర్లు ఉంటారు. వాతావరణం అనుకూలించకపోతే ప్లాన్-బి కింద ఏయూ మైదానాన్ని ప్రత్యామ్నాయ వేదికగా ఉపయోగిస్తాం. ఎవరెవరు ఎక్కడ కూర్చుంటారో ముందే చెప్పి నంబరు ఇస్తారు. 3.50 లక్షల మందికి మ్యాట్లు, 5 లక్షల మందికి టీషర్టులు పంపిణీ చేస్తాం. శాంతిభద్రతలకు ఎక్కడా విఘాతం కలగకూడదు.

యోగా ప్రాధాన్యంపై 'విశాఖ డిక్లరేషన్'

యోగాంధ్ర తర్వాత ప్రజల ఆలోచనలో మార్పు వస్తుంది. ఇది నా జీవితంలోనే ఓ గొప్ప కార్యక్రమంగా నిలిచిపోతుంది. యోగా ప్రాధాన్యం గురించి ఆరోజు 'విశాఖ డిక్లరేషన్' ప్రకటిస్తాం. కేంద్ర, రాష్ట్ర ప్రభుత్వాలు కలిసి దీన్ని తీసుకొస్తున్నాయి. యోగా దినోత్సవం రోజున ఎక్కడికీ వెళ్లలేకపోతే ఉదయం 7 నుంచి 8 గంటల మధ్య ఇంట్లోనే సాధన చేయండి. రాష్ట్రంలో మెరుగైన ఆరోగ్య ప్రమాణాల పెంపునకు బిల్‌గేట్స్ ఫౌండేషన్‌తో కలిసి పనిచేస్తున్నాం. అనారోగ్యం రాకుండా ముందస్తు జాగ్రత్తలు తీసుకోవడం, ఖర్చులు తగ్గించడంపై పరిశోధనలు జరుగుతున్నాయి. మెరుగైన ఆరోగ్యాన్ని పెంపొందించడంపై ప్రయోగాత్మకంగా కుప్పంను ఎంపిక చేశాం. ఆరు నెలల్లో చిత్తూరులో పూర్తవుతుంది. రెండేళ్లలో ఏపీ అంతటా జరుగుతుంది. కలుషిత ఆలోచనలు చేస్తే కలుషిత పనులే చేస్తారు. స్వచ్ఛమైన ఆలోచనలుంటే మంచి పనులు చేస్తారు. చెడు ఆలోచనలు చేసేవారిని సమాజానికి దూరంగా పెట్టాలి' అని చంద్రబాబు పేర్కొన్నారు.

క్షేత్రస్థాయి పరిశీలన.. సమీక్షలు:

సోమవారం మధ్యాహ్నం ప్రత్యేక విమానంలో విశాఖకు చేరుకున్న ముఖ్యమంత్రి చంద్రబాబు.. ఆర్కేబీచ్‌లో ఏర్పాటు చేసిన ప్రత్యేక వేదిక వద్దకు చేరుకొని ఏర్పాట్లను పరిశీలించి అధికారులకు సూచనలు చేశారు. రుషికొండ వరకు మంత్రులు, ప్రజాప్రతినిధులు, అధికారులను బస్సులో ఎక్కించుకొని సీఎం తన పర్యటన కొనసాగించారు. ఈ కార్యక్రమ రాష్ట్ర నోడల్ అధికారి ఎంటీ కృష్ణబాబు, విశాఖ కలెక్టర్ ఎంఎన్ హరేంధిరప్రసాద్ ఏర్పాట్ల గురించి సీఎంకు వివరించారు. స్పీకర్ అయ్యన్నపాత్రుడు, మంత్రులు లోకేశ్, అనగాని సత్యప్రసాద్, పి.నారాయణ, వంగలపూడి అనిత, అచ్చెన్నాయుడు, డోలా శ్రీబాలవీరాంజనేయస్వామి, కొల్లు రవీంద్ర, జి.సంధ్యారాణి, ఎంపీలు శ్రీభరత్, సీఎం రమేష్, కలిశెట్టి అప్పలనాయుడు, రాష్ట్ర ప్రభుత్వ ప్రధాన కార్యదర్శి విజయానంద్, డీజీపీ హరీష్‌కుమార్ గుప్తా తదితరులు పాల్గొన్నారు.

సమీక్షలో పాల్గొన్న మంత్రులు అచ్చెన్నాయుడు, అనగాని సత్యప్రసాద్, కొల్లు రవీంద్ర, ఎమ్మెల్యేలు సుందరపు విజయకుమార్, పంచకర్ల రమేష్‌బాబు, కళా వెంకట్రావు, రామకృష్ణబాబు తదితరులు

సమీక్షలో పాల్గొన్న సీఎస్ విజయానంద్, డీజీపీ హరీష్‌కుమార్ గుప్తా, యోగాంధ్ర నోడల్ అధికారి కృష్ణబాబు, విశాఖ కలెక్టర్ హరేంధిర ప్రసాద్, కుటుంబ సంక్షేమ శాఖ కమిషనర్ వీరపాండియన్, విశాఖ సీపీ శంఖబ్రత బాగ్చీ తదితరులు

Eenadu • 17 Jun • Ministry of Ayush

Yoga festival in 'Kia

10 • PG | 624 • Sqcm | 248358 • AVE | 147.23K • Cir | Middle Center

Bengaluru

Eenadu • 07 Jun • Ministry of Ayush

Preparations for Yoga day

10 • PG | 1027 • Sqcm | 408795 • AVE | 147.23K • Cir | Middle Center

Bengaluru

యోగా దినోత్సవానికి ముమ్మర ఏర్పాట్లు

- విశాఖలో పాల్గొననున్న 5 లక్షల మంది
- ఉత్తరాంధ్ర జిల్లాల నుంచి జనసమీకరణ
- 8 వేల బస్సుల ఏర్పాటుకు ప్రణాళికలు

విశాఖపట్నం(వన్‌టౌన్), న్యూస్‌టుడే: విశాఖలో ఈ నెల 21న అంతర్జాతీయ యోగా దినోత్సవాన్ని భారీ ఎత్తున నిర్వహించేందుకు అధికార యంత్రాంగం ముమ్మర ఏర్పాట్లు చేస్తోంది. యోగా సాధకుల సమీకరణ, రవాణా, వసతి, యోగాసనాలకు అనువైన ప్రదేశాల ఎంపిక.. తదితర ఏర్పాట్లపై కసరత్తు చేస్తోంది. రాష్ట్ర ప్రభుత్వం అత్యంత ప్రతిష్ఠాత్మకంగా తీసుకున్న ఈ కార్యక్రమాన్ని.. అత్యంత ఘనంగా నిర్వహించి ప్రపంచం దృష్టిని ఆకర్షించేలా ఏర్పాట్లు జరుగుతున్నాయని విశాఖ జిల్లా కలెక్టర్ హరేంధిరప్రసాద్ తెలిపారు.

29 కిలోమీటర్ల పొడవున..

★ ఆర్కే బీచ్ నుంచి భీమిలి బీచ్ వరకు ఉన్న 29 కిలోమీటర్ల పొడవునా ప్రజలు, అధికారులు, రాజకీయ నాయకులు యోగాసనాలు వేయనున్నారు. అదనంగా మరో నాలుగు ఇండోర్ స్టేడియాలతో పాటు 29 ప్రదేశాల్లో వేడుకల నిర్వహణకు ఏర్పాట్లు జరుగుతున్నాయి.

★ తొలుత 2.40 లక్షల మందితో కార్యక్రమం చేపట్టాలని భావించినా, ఇప్పుడు ఆ సంఖ్య 5 లక్షలకు చేరింది.

★ అనకాపల్లి జిల్లా నుంచి లక్ష మందిని, శ్రీకాకుళం జిల్లా నుంచి 20 వేలు, విజయనగరం జిల్లా నుంచి 40 వేల మందిని తీసుకొచ్చేలా ఏర్పాట్లు జరుగుతున్నాయి. మిగిలిన 3.40 లక్షల మంది విశాఖ జిల్లా నుంచి తరలించనున్నారు. వారికి రెండు వేల ప్రైవేటు బస్సులు, ఆరు వేల ఆర్టీసీ బస్సులు, పది వేల ఆటోలు, కార్లు అవసరమవుతాయని అధికారులు అంచనా వేస్తున్నారు.

విశాఖ సాగర తీరంలో యోగా సాధన చేస్తున్న ప్రభుత్వ ఉద్యోగులు, ప్రజలు

మ్యాట్‌లు- టీషర్టులు: యోగాసనాలు వేసేవారికి కేంద్ర ఆయుష్ మంత్రిత్వశాఖ ఆధ్వర్యంలో 5లక్షల మ్యాట్‌లు, 5లక్షల టీషర్టులు సిద్ధం చేశారు. రెండు రోజుల్లో దిల్లీ నుంచి విశాఖ చేరే సామగ్రిని ఏయూ జిమ్నాస్టిక్ మైదానంలో భద్రపరచనున్నారు.

★ గిరిజన విశ్వవిద్యాలయం స్నాతకోత్సవంలో పాల్గొనేందుకు ఈ నెల 10న విశాఖ రానున్న ముఖ్యమంత్రి చంద్రబాబు.. ఆ రోజు మధ్యాహ్నం యోగా దినోత్సవ ఏర్పాట్లపై అధికారులతో సమీక్షించే అవకాశం ఉంది.

Eenadu • 02 Jun • Ministry of Ayush

Preparatory Yoga Festival at Thotlakonda Buddhist Temple

3 • PG | 948 • Sqcm | 377279 • AVE | 147.23K • Cir | Top Right

Bengaluru

తొట్లకొండ బౌద్ధారామం వద్ద సన్నాహక యోగా ఉత్సవం

గ్రామీణ భీమిలి, న్యూస్‌టుడే: పర్యాటక శాఖ, ఆయుష్ విభాగాల ఆధ్వర్యంలో విశాఖ బీచ్‌రోడ్డులోని ప్రఖ్యాత తొట్లకొండ బౌద్ధారామం మహాస్తూపం వద్ద యోగాంధ్ర ఉత్సవాన్ని ఆదివారం ఉదయం నిర్వహించారు. కలెక్టర్ హరేంధిర ప్రసాద్ ముఖ్యఅతిథిగా హాజరై ఈ కార్యక్రమాన్ని ప్రారంభించి మాట్లాడారు. "ఈ నెల 21న విశాఖలో నిర్వహించనున్న అంతర్జాతీయ యోగా దినోత్సవానికి ప్రధాని మోదీ హాజరవుతారు. ఆ కార్యక్రమం సన్నాహకంలో భాగంగా తొట్లకొండపై ఈరోజు వేడుక నిర్వహించాం" అని పేర్కొన్నారు. అంతకుముందు కొందరు బౌద్ధ భిక్షువులను సత్కరించారు.

Hosadigantha • 21 Jun • Ministry of Ayush

Today International Yoga day

1 • PG	111 • Sqcm	22164 • AVE	194.64K • Cir	Top Right

Bengaluru

Hosadigantha • 20 Jun • Ministry of Ayush
International Day of Yoga 2025

14 • PG | 463 • Sqcm | 92696 • AVE | 194.64K • Cir | Top Center

Bengaluru

ಯೋಗ ಪ್ರಾಣೋತ್ಸವ-2025 ಕುರಿತು ರಾಜ್ಯಮಟ್ಟದ ವಿಚಾರ ಸಂಕಿರಣ

ಯೋಗಕ್ಕೆ ಯಾವುದೇ ಚೌಕಟ್ಟಿಲ್ಲ

• **ಮೈಸೂರು:** ಯೋಗವು ಯಾವುದೇ ಜಾತಿ, ಧರ್ಮ, ಮತ ಪಂಥಕ್ಕೆ ಸೀಮಿತವಾಗದೇ ಎಲ್ಲವನ್ನೂ ಎಲ್ಲರನ್ನೂ ಮೀರಿಸುವ ವಿಶ್ವಕುಟುಂಬಿಯಾಗಿದೆ ಎಂದು ಭಾರತದ ವಾಯು ಪಡೆಯ ನಿವೃತ್ತ ವೈಲಟ್ ಸ್ಕ್ವಾಡ್ರನ್ ಲೀಡರ್ ಪರಿಧಿ ಸಿಂಗ್ ಕಾರ್ತಿಕ್ ಹೇಳಿದರು.

ನಗರದ ಮೇಟಗಳ್ಳಿಯ ಕೆಆರ್ ಎಸ್ ರಸ್ತೆಯಲ್ಲಿರುವ ಜೆಎಸ್ ಎಸ್ ಎಂಜಿನಿಯರಿಂಗ್ ಮತ್ತು ತಂತ್ರಜ್ಞಾನ ಮಹಿಳಾ ಮಹಾವಿದ್ಯಾಲಯದ ಸಭಾಂಗಣದಲ್ಲಿ ವೈಜ್ಞಾನಿಕ ಪ್ರಾಣಾಯಾಮ ಫೌಂಡೇಷನ್ ಟ್ರಸ್ಟ್, ಜೆಎಸ್ಎಸ್ ಎಂಜಿನಿಯರಿಂಗ್ ಮತ್ತು ತಂತ್ರಜ್ಞಾನ ಮಹಿಳಾ ಮಹಾವಿದ್ಯಾಲಯ, ಎಟಿಎಂಇ ಕಾಲೇಜ್ ಎಂಜಿನಿಯರಿಂಗ್, ಬೆಂಗಳೂರಿನ ಆರ್. ಐ ಕಾಲೇಜ್ ಆಫ್ ಎಂಜಿನಿಯರಿಂಗ್ ಮತ್ತು ಕರ್ನಾಟಕದ ಭಾರತೀಯ ಯೋಗ ಅಸೋಸಿಯೇಷನ್ ಸಹಯೋಗದಲ್ಲಿ ಅಂತರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ಅಂಗವಾಗಿ ಏರ್ಪಡಿಸಿದ್ದ ಯೋಗ ಪ್ರಾಣೋತ್ಸವ-2025 ವಿಷಯದ ಕುರಿತು ಎರಡು ದಿನಗಳ ರಾಜ್ಯ ಮಟ್ಟದ ವಿಚಾರ ಸಂಕಿರಣ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಪಾಲ್ಗೊಂಡು ಅವರು ಮಾತನಾಡಿದರು.

ಯೋಗಕ್ಕೆ ಯಾವುದೇ ಜಾತಿ-ಧರ್ಮದ ಚೌಕಟ್ಟಿಲ್ಲ, ಆರೋಗ್ಯದ ದೃಷ್ಟಿಯಿಂದ ಯೋಗಾಸನ ಒಳ್ಳೆಯದು. ಮನುಷ್ಯನ ದೈಹಿಕ ಮತ್ತು ಮಾನಸಿಕ ಆರೋಗ್ಯಕ್ಕೆ ಯೋಗ ಮಾಡುವುದು ಸಹಕಾರಿಯಾಗಲಿದೆ. ಯೋಗದಿಂದ ದೈಹಿಕ, ಮಾನಸಿಕ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕವಾಗಿ ಆರೋಗ್ಯವನ್ನು ಸುಸ್ಥಿತಿಯಲ್ಲಿ ಇಟ್ಟುಕೊಳ್ಳಲು ಸಾಧ್ಯವಾಗಲಿದೆ. ಯೋಗವು ವಿಶ್ವ ಆರೋಗ್ಯಕ್ಕಾಗಿ ಇದೆ ಎನ್ನುವ ನಿಟ್ಟಿನಲ್ಲಿ ಸಾಕಾರಗೊಂಡಿದೆ. ಯೋಗ ನಮ್ಮ ದೇಶದ ಆಸ್ತಿ, ಇದನ್ನು ಪ್ರಪಂಚಕ್ಕೆ ಪಸರಿಸಬೇಕು ಎಂದರು.

ಭಾರತೀಯ ಯೋಗ ಸಂಘದ ಘಟನೆ ಕಾರ್ಯದರ್ಶಿ ಡಾ.ಎ. ಸುಬ್ರಹ್ಮಣ್ಯನ್ ಮಾತನಾಡಿ, ''ಯೋಗದ ನಿಯಮಗಳನ್ನು ಪಾಲಿಸುವಲ್ಲಿ ಭಾರತ ಪ್ರಪಂಚದ ಇತರ ರಾಷ್ಟ್ರಗಳಿಗಿಂತ ಮುಂಚೂಣಿಯಲ್ಲಿದೆ. ಯೋಗ ಮಾಡುವುದರಿಂದ ನಮ್ಮ ದೇಹದ ನಿಯಂತ್ರಣ, ಅಂಗಾಂಗಗಳ ಪರಿಪೂರ್ಣ ಮತ್ತು ಕ್ರಮಬದ್ಧವಾದ ಕಾರ್ಯ ಚಟುವಟಿಕೆ, ಮನಸ್ಸಿನ ಸಮತೋಲನ ಆರೋಗ್ಯದ ವೃದ್ಧಿಯಾಗುತ್ತದೆ ಎಂದು ಮಾಹಿತಿ ನೀಡಿದರು.

ಕ್ಯಾನ್ಸರ್ ಕೇರ್ ಇಂಡಿಯಾದ ನ್ಯೂರೋ ಸರ್ಜನ್ ಡಾ. ರಾಜಶೇಖರ್‌ರೆಡ್ಡಿ ಪೊರೆಡ್ಡಿ ಮಾತನಾಡಿ, ಜಾಗತಿಕ ಮಟ್ಟದಲ್ಲಿ ಯೋಗದ ಮಹತ್ವ ಅರಿತು ಪಾಶ್ಚಿಮಾತ್ಯ ದೇಶಗಳು ಯೋಗದ ಬೆಳವಣಿಗೆಗೆ ಸಹಕರಿಸುತ್ತಿದ್ದಾರೆ. 'ಯೋಗಕ್ಕೆ ಭಾರತದ ಕೊಡುಗೆ ಜತೆಗೆ ಮೈಸೂರು ಸಹ ಯೋಗದ ಭೂಪಟದಲ್ಲಿ ತನ್ನದೇ ಆದ ಛಾಪುವನ್ನು ಮೂಡಿಸಿರುವುದು ಹೆಮ್ಮೆಯ ಸಂಗತಿ ಎಂದು ಹೇಳಿದರು.

ವೈಜ್ಞಾನಿಕ ಪ್ರಾಣಾಯಾಮ ಫೌಂಡೇಷನ್ ಟ್ರಸ್ಟ್ ಸಂಸ್ಥಾಪಕ ಅಧ್ಯಕ್ಷರಾದ ಡಾ ದೇವಕಿ ಮಾಧವ್ ಮಾತನಾಡಿ, ಮೈಸೂರಿನಲ್ಲಿ ಯೋಗ ದಿನಾಚರಣೆಯನ್ನು ಪ್ರತಿ ವರ್ಷವೂ ಬಹಳ ದೊಡ್ಡ ಮಟ್ಟದಲ್ಲಿ ಆಚರಣೆ ಮಾಡುತ್ತಾ ಬಂದಿದ್ದೇವೆ. ಭಾರತದಲ್ಲಿ ಆಧುನಿಕ ಕಾಲದ ಯೋಗ ಮೈಸೂರಿನಿಂದ ಸೃಷ್ಟಿಯಾಗಿದೆ ಎಂದರೆ ತಪ್ಪಿಲ್ಲ ಎಂದರು. ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಜೆಎಸ್ ಎಸ್ ಕಾಲೇಜಿನ ಪ್ರಾಚಾರ್ಯ ಡಾ.ಶಿವಕುಮಾರ್, ಯೋಗ ಗುರು ರಾಘವೇಂದ್ರ ವೈ ಮತ್ತಿತರರು ಇದ್ದರು.

Hosadigantha • 19 Jun • Ministry of Ayush

Yoga day Tea-shirt launched

8 • PG | 53 • Sqcm | 10628 • AVE | 194.64K • Cir | Top Right

Bengaluru

ಯೋಗ ದಿನಾಚರಣೆ ಟಿ-ಶರ್ಟ್ ಬಿಡುಗಡೆ

ಬೆಂಗಳೂರು: ಬಿಜೆಪಿ ರಾಜ್ಯ ಕಾರ್ಯಾಲಯ ಜಗನ್ನಾಥ ಭವನದಲ್ಲಿ ಬುಧವಾರ ಬಿಜೆಪಿ ರಾಜ್ಯಾಧ್ಯಕ್ಷ ಬಿ.ವೈ.ವಿಜಯೇಂದ್ರ ಅವರು ಅಧ್ಯಕ್ಷತೆಯಲ್ಲಿ ಪಕ್ಷದ ವಿಶೇಷ ಸಭೆ ನಡೆಯಿತು.

ರಾಜ್ಯ ಪದಾಧಿಕಾರಿಗಳು ಮತ್ತು ಎಲ್ಲ ಮೋರ್ಚಾ ಜಿಲ್ಲಾಧ್ಯಕ್ಷರು ಪಾಲ್ಗೊಂಡಿದ್ದರು. ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ, ಅಮೆರಿಕಾದ ಸಿಯಾಟಲ್ ನಲ್ಲಿ ನಡೆಯಲಿರುವ ಯೋಗ ದಿನಾಚರಣೆ ಸಂಬಂಧ ಟಿ-ಶರ್ಟ್ ಬಿಡುಗಡೆ ಮಾಡಲಾಯಿತು.

ವಿಧಾನ ಪರಿಷತ್ ಪ್ರತಿಪಕ್ಷ ನಾಯಕ ಛಲವಾದಿ ನಾರಾಯಣಸ್ವಾಮಿ, ಮಾಜಿ ಸಚಿವ ಸಿ.ಟಿ. ರವಿ, ರಾಜ್ಯ ಪ್ರಧಾನ ಕಾರ್ಯದರ್ಶಿಗಳಾದ ಪಿ. ರಾಜೀವ್, ಗುಂಡಿ ರೆಡ್ಡಿ, ಸ್ಮಿತಾ ಗೌಡ, ಪಕ್ಷದ ಚುನಾವಣಾ ಸಂಚಾಲಕ ಕೃಷ್ಣ ಗಣೇಶ್ ಕಾರ್ಗೆಕಿ, ಯೋಗ ದಿನದ ರಾಜ್ಯ ಸಂಚಾಲಕ ಮತ್ತು ರಾಜ್ಯ ಕಾರ್ಯದರ್ಶಿ ಶಮ್ಮೇಶ್ ಗೌಡ ರಾಜ್ಯ ಕಾರ್ಯದರ್ಶಿ ವಿನಯ್ ಬಿದ್ದೆ ಭಾಗವಹಿಸಿದ್ದರು.

Hosadigantha • 31 May • Ministry of Ayush

International Yoga day

7 • PG	44 • Sqcm	8781 • AVE	194.64K • Cir	Bottom Center

Bengaluru

ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ಆಯೋಜನೆ

•ಮೈಸೂರು: 11ನೇ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆಯನ್ನು ಜೂನ್ 21 ರಂದು Yoga for one Earth One Health ಎಂಬ ಘೋಷ ವಾಕ್ಯದೊಂದಿಗೆ ಆಚರಿಸುವ ಸಲುವಾಗಿ ಅಮೃತ ಆಶಾಲೆ ಮತ್ತು ಮಂದಿರ ಪ್ರಾಥಮಿಕ ವಿಭಾಗಕ್ಕೆ 5 ಕಾರ್ಯಕ್ರಮಗಳಾದ. ಯೋಗ ಧಾಮ್ 2 ಹಂತದ ಯೋಗ (ಹಠ ಯೋಗ), ಯೋಗೋದ್ಯಾನ (ಯೋಗ ಪಾರ್ಕ್) ಹಾಗೂ ಯೋಗ ಸಂಗಮವನ್ನು ಆಯೋಜಿಸಲಾಗಿದೆ.

11ನೇ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆಯ ಪೂರ್ವಭಾವಿಯಾಗಿ ಯೋಗ ಧಾಮ್ ಕಾರ್ಯಕ್ರಮವನ್ನು ಜೂನ್ 01 ರಂದು ಬಲಿತ ಮಹಿಳೆ ಅಥವಾ ಅವರಾಂದರಲ್ಲಿ ಬೆಳಿಗ್ಗೆ 7 ರಿಂದ 8 ಗಂಟೆಯವರೆಗೆ ಮತ್ತು ಜೂನ್ 6 ರಂದು ಮಾರ್ ಆಫ್ ಮೈಸೂರು ಇವರಿಂದ 4-30 ರಿಂದ 5-30 ರವರೆಗೆ 45 ನಿಮಿಷಗಳ ಸಾಮಾನ್ಯ ಯೋಗ ಪ್ರಾತ್ಯಕ್ಷಿಕೆ ಕಾರ್ಯಕ್ರಮವನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ. ಸಾರ್ವಜನಿಕರಿಗಾಗಿ ಕಾರ್ಯಕ್ರಮವನ್ನು ಜೂನ್ 4 ರಂದು ಪೊಲೀಸ್ ಕವಾಯಿತು ಮೈದಾನ, ಜೆ.ಕೆ ಟೈರ್ಸ್ ಇವರಿಂದ ಮತ್ತು ಮಹಿಳಾ ಕಾನ್ಸ್‌ಟೇಬಲ್ ಪ್ರತಿಕ್ಷಣಾರ್ಥಿಗಳಿಗೆ ಮಧ್ಯಾಹ್ನ 12 ರಿಂದ 2 ಗಂಟೆಯವರೆಗೆ ಯೋಗ ಕಾರ್ಯಗಾರ ಹಾಗೂ ಜಾಗೃತಿ ಅಧಿವೇಶನ ಮತ್ತು ಆಯೋಜಿಸಲಾಗಿದೆ. ಉಳಿದ ಕಾರ್ಯಕ್ರಮಗಳ ಮಾಹಿತಿಯನ್ನು ಮುಂದಿನ ದಿನಗಳಲ್ಲಿ ನೀಡಲಾಗುವುದು. ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ ಕಚೇರಿ ವೇಳೆಯಲ್ಲಿ ಜಿಲ್ಲಾ ಆಯುಷ್ ಕಚೇರಿಯನ್ನು ಸಂಪರ್ಕಿಸಬಹುದು ಎಂದು ಜಿಲ್ಲಾ ಆಯುಷ್ ಕಚೇರಿಯ ಜಿಲ್ಲಾ ಆಯುಷ್ ಅಧಿಕಾರಿ ಪ್ರಕಟಣೆಯಲ್ಲಿ ತಿಳಿಸಿದ್ದಾರೆ.

Vijayavani • 21 Jun • Ministry of Ayush

Comprehensive health from Yoga lifestyle

2 • PG | 6992 • Sqcm | 5698102 • AVE | 1.17M • Cir | Top Right

Bengaluru

Vijayavani • 21 Jun • Ministry of Ayush

Yoga celebrations in 190 countries

1,8 • PG | 1786 • Sqcm | 1455498 • AVE | 1.17M • Cir | Top Right

Bengaluru

190 ದೇಶಗಳಲ್ಲಿ ಯೋಗ ಸಂಭ್ರಮ

'ಒಂದು ಭೂಮಿ, ಒಂದು ಆರೋಗ್ಯ' ಘೋಷವಾಕ್ಯ

ನವದೆಹಲಿ: ಜಾಗತಿಕವಾಗಿ ಯೋಗ ದಿನ ಆಚರಣೆ ಹೆಚ್ಚಿನ ಪ್ರಾಮುಖ್ಯತೆ ಪಡೆದುಕೊಳ್ಳುತ್ತಿದ್ದು, 11ನೇ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನ ವಿಶ್ವದ 190ಕ್ಕೂ ಹೆಚ್ಚು ದೇಶಗಳಲ್ಲಿ ಆಯೋಜನೆಯಾಗಿದೆ. 'ಒಂದು ಭೂಮಿ, ಒಂದು ಆರೋಗ್ಯ'ಕ್ಕಾಗಿ ಯೋಗ ಎನ್ನುವುದು ಈ ಬಾರಿಯ ಘೋಷವಾಕ್ಯವಾಗಿದೆ. ಪುಟ 5

- 1,300 ನಗರಗಳಲ್ಲಿ ವಿಷಯಾಧಾರಿತ ಕಾರ್ಯಕ್ರಮ
- ದೇಶಾದ್ಯಂತ 2,000ಕ್ಕೂ ಹೆಚ್ಚು ಯೋಗ ಕಾರ್ಯಕ್ರಮ
- 15 ದೇಶಗಳ 17 ಯೋಗ ಗುರುಗಳು ಭಾಗಿ
- ವಿಶಾಖಪಟ್ಟಣಂನಲ್ಲಿ ಮೋದಿ ಕಾರ್ಯಕ್ರಮ
- ಆರ್.ಕೆ ಬೀಚ್‌ನಿಂದ ಭೋಗಪುರವರೆಗೆ 26 ಕಿ.ಮೀ ಉದ್ದದ ಕಾರಿಡಾರ್

ಯೋಗದಿಂದ ಸಮಗ್ರ ಆರೋಗ್ಯ

ಚಿಂತನ ಪುಟ ನೋಡಿ..

190 ದೇಶಗಳಲ್ಲಿ ಯೋಗ ಸಂಭ್ರಮ

ಮೊದಲನೇ ಪುಟದಿಂದ...

ವೈಯಕ್ತಿಕ ಸ್ವಾಸ್ಥ್ಯ ಮತ್ತು ಸಾಮೂಹಿಕ ಸುಸ್ಥಿರತೆಗಾಗಿ ಯೋಗವನ್ನು ಒಂದು ಸಾಧನವಾಗಿ ಅಳವಡಿಸಿಕೊಳ್ಳುವುದನ್ನು ಇದು ಉತ್ತೇಜಿಸುತ್ತದೆ. ಯೋಗ ದಿನದ ಅಂಗವಾಗಿ ಸಾರ್ವಜನಿಕ ಸ್ಥಳಗಳಲ್ಲಿ ಸಾಮೂಹಿಕ ಯೋಗ ಪ್ರದರ್ಶನ, ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳು ಮತ್ತು ಕಾರ್ಯಾಗಾರಗಳು, ಶಾಲೆ ಮತ್ತು ಕಾರ್ಪೊರೇಟ್ ಸಂಸ್ಥೆಗಳಿಂದ ಯೋಗ ಅಭಿಯಾನಗಳು, ಸರ್ಕಾರಿ ಸಂಸ್ಥೆಗಳು, ಎನ್‌ಜಿಒಗಳಿಂದ ವಿಶೇಷ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಆಯೋಜಿಸಲಾಗುತ್ತಿದೆ. ದೇಶಾದ್ಯಂತ ಯೋಗ ದಿನ ಸಂಭ್ರಮ ಇರಲಿದ್ದು, 100 ಐತಿಹಾಸಿಕ ತಾಣಗಳಲ್ಲಿ ಯೋಗ ದಿನವನ್ನು ವಿಶೇಷ ರೂಪದಲ್ಲಿ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ. ಕಳೆದ ವರ್ಷ 24.53 ಕೋಟಿ ಜನರು ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಪಾಲ್ಗೊಂಡಿದ್ದರು. ಈ ಬಾರಿ ಈ ಸಂಖ್ಯೆ ಇನ್ನಷ್ಟು ಹೆಚ್ಚಾಗುವ ನಿರೀಕ್ಷೆಯಿದೆ.

ಯೋಗಾಂಧ್ರದಲ್ಲಿ ನರೇಂದ್ರ ಮೋದಿ

ಪ್ರಧಾನಿ ನರೇಂದ್ರ ಮೋದಿ ಆಂಧ್ರಪ್ರದೇಶದ ವಿಶಾಖಪಟ್ಟಣದ ಆರ್.ಕೆ. ಬೀಚ್‌ನಲ್ಲಿ ಆಯೋಜಿಸಿರುವ 'ಯೋಗಾಂಧ್ರ' ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳಲಿದ್ದಾರೆ. ಪ್ರಧಾನಿ ಜತೆಗೆ 3 ಲಕ್ಷಕ್ಕೂ ಅಧಿಕ ಜನರು ಯೋಗ ಪ್ರದರ್ಶನ ನೀಡಲಿದ್ದಾರೆ. ಆಂಧ್ರಪ್ರದೇಶವೊಂದರಲ್ಲಿಯೇ ಒಂದು ಲಕ್ಷಕ್ಕೂ ಅಧಿಕ ಕಡೆಗಳಲ್ಲಿ ನಡೆಯುವ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ 2 ಕೋಟಿಗೂ ಹೆಚ್ಚು ಜನರು ಭಾಗವಹಿಸಲಿದ್ದಾರೆ. ಜತೆಗೆ, ಇದನ್ನು ಗಿನ್ನೆಸ್ ದಾಖಲೆಯ ಕಾರ್ಯಕ್ರಮವಾಗಿ ರೂಪಿಸುವ ಉದ್ದೇಶ ಆಂಧ್ರಪ್ರದೇಶ ಸರ್ಕಾರದ್ದಾಗಿದೆ.

Vijayavani • 19 Jun • Ministry of Ayush

Mantralayada Matt Yogasana

7 • PG | 820 • Sqcm | 668430 • AVE | 1.17M • Cir | Top Right
Bengaluru

ವಿಜಯವಾಣಿ ಚಿತ್ರ

ಆಂಧ್ರಪ್ರದೇಶ ಸರ್ಕಾರ ಮಂತ್ರಾಲಯ ಶ್ರೀ ರಾಘವೇಂದ್ರ ಸ್ವಾಮಿ ಮಠದ ರಾಜ ಬೀದಿಯಲ್ಲಿ ಬುಧವಾರ ಆಯೋಜಿಸಿದ್ದ ಯೋಗಾಸನ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಶ್ರೀಮಠದ ವಿದ್ಯಾರ್ಥಿಗಳು, ಸಿಬ್ಬಂದಿ, ಸರ್ಕಾರಿ ಅಧಿಕಾರಿಗಳು ಮತ್ತು ಭಕ್ತರು ಪಾಲ್ಗೊಂಡಿದ್ದರು.

ಮಂತ್ರಾಲಯ ಮಠದಲ್ಲಿ ಯೋಗಾಸನ

ರಾಯಚೂರು: ಆಂಧ್ರಪ್ರದೇಶ ಸರ್ಕಾರ ಮತ್ತು ಮಂತ್ರಾಲಯ ಶ್ರೀ ರಾಘವೇಂದ್ರ ಸ್ವಾಮಿ ಮಠದಿಂದ 'ಯೋಗಂದ್ರ' ಶೀರ್ಷಿಕೆಯಡಿ 11ನೇ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ನಿಮಿತ್ತ ಬುಧವಾರ ಶ್ರೀಮಠದ ರಾಜ ಬೀದಿಯಲ್ಲಿ ಯೋಗಾಸನ ಕಾರ್ಯಕ್ರಮ ನಡೆಯಿತು. ಶ್ರೀಮಠದ ಪೀಠಾಧಿಪತಿ ಸುಬುಧೇಂದ್ರ ತೀರ್ಥರು, ಕಾರ್ಯಕ್ರಮ ಉದ್ಘಾಟಿಸಿ ಅನುಗ್ರಹ ಸಂದೇಶ ನೀಡಿದರು. ಮಠದ ಸಿಬ್ಬಂದಿ, ವಿದ್ಯಾರ್ಥಿಗಳು, ಸರ್ಕಾರಿ ಅಧಿಕಾರಿಗಳು, ಸಿಬ್ಬಂದಿ ಮತ್ತು ಭಕ್ತರು ಯೋಗಾಸನದಲ್ಲಿ ಉತ್ಸಾಹದಿಂದ ಭಾಗವಹಿಸಿದ್ದರು. ಶ್ರೀಮಠದ ಎಎಒ ಎಲ್. ಮಾಧವ ಶೆಟ್ಟಿ, ವ್ಯವಸ್ಥಾಪಕ ಎಸ್.ಕೆ. ಶ್ರೀನಿವಾಸ ರಾವ್ ಇತರರಿದ್ದರು.

Vijayavani • 18 Jun • Ministry of Ayush

Yoga Sangama on 21st in state wide

2 • PG | 2106 • Sqcm | 1716196 • AVE | 1.17M • Cir | Top Center

Bengaluru

5 ಲಕ್ಷಕ್ಕೂ ಅಧಿಕ ಮಂದಿಯಿಂದ ಯೋಗಾಭ್ಯಾಸ | ಯೋಗ ದಿನ ಹಿನ್ನೆಲೆ

ರಾಜ್ಯಾದ್ಯಂತ 21ಕ್ಕೆ ಯೋಗ ಸಂಗಮ

ಬೆಂಗಳೂರು: ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ಪ್ರಯುಕ್ತ ಆಯುಷ್ ಇಲಾಖೆಯು ಜೂ.21ರಂದು ಬೆಳಗ್ಗೆ 6ರಿಂದ 8ರವರೆಗೆ ರಾಜ್ಯದ ವಿವಿಧ ಭಾಗಗಳಲ್ಲಿ 'ಯೋಗ ಸಂಗಮ' ಕಾರ್ಯಕ್ರಮ ಹಮ್ಮಿಕೊಂಡಿದೆ.

ಈ ಕುರಿತು ಆರೋಗ್ಯಸೌಧದಲ್ಲಿ ಮಂಗಳವಾರ ಸುದ್ದಿಗೋಷ್ಠಿಯಲ್ಲಿ ಮಾಹಿತಿ ನೀಡಿದ ಆರೋಗ್ಯ ಸಚಿವ ದಿನೇಶ್ ಗುಂಡೂರಾವ್, ಯೋಗ ದಿನದಂದು ಬೆಂಗಳೂರು ನಗರ ಸೇರಿ ರಾಜ್ಯಾದ್ಯಂತ ಶಾಲಾ-ಕಾಲೇಜುಗಳು ಹಾಗೂ ಇತರೆಡೆಗಳಲ್ಲಿ 5 ಲಕ್ಷಕ್ಕೂ ಅಧಿಕ ಮಂದಿ ಯೋಗಾಭ್ಯಾಸ ಮಾಡಲಿದ್ದಾರೆ ಎಂದರು.

ಹಸಿರು ಯೋಗ ಕಾರ್ಯಕ್ರಮದಡಿ 5 ಲಕ್ಷ ಸಸಿ ನೆಡುವ ಗುರಿ

ವಿಧಾನಸೌಧದ ಆವರಣದಲ್ಲಿ ಅಂದು ಬೆಳಗ್ಗೆ ನಡೆಯಲಿರುವ ಮುಖ್ಯ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ರಾಜ್ಯಪಾಲ ಥಾವರಚಂದ್ ಗೆಹಲೋತ್, ಮುಖ್ಯಮಂತ್ರಿ ಸಿದ್ದರಾಮಯ್ಯ, ಸಂಸದರು, ಸಚಿವರು, ಶಾಸಕರು ಹಾಗೂ ಚಲನಚಿತ್ರ ನಟ ನಟಿಯರೂ ಪಾಲ್ಗೊಳ್ಳಲಿದ್ದಾರೆ. ಈ ವೇಳೆ ಯೋಗ ಪ್ರಾತ್ಯಕ್ಷಿಕೆ ನಡೆಯಲಿದ್ದು, 3 ಸಾವಿರ ಮಂದಿ ಯೋಗಾಭ್ಯಾಸ ಮಾಡಲಿದ್ದಾರೆ. ಇದೇ ಸಮಯಕ್ಕೆ ರಾಜ್ಯಾದ್ಯಂತ ಜಿಲ್ಲಾ ಮತ್ತು ತಾಲೂಕು ಕೇಂದ್ರಗಳು ಹಾಗೂ 360 ಆಯುಷ್ಮಾನ್ ಆರೋಗ್ಯ ಕೇಂದ್ರಗಳಲ್ಲಿ ಯೋಗಾಭ್ಯಾಸ ನಡೆಯಲಿದೆ ಎಂದು ತಿಳಿಸಿದರು.

ಯೋಗ ಮಹಾಕುಂಭ: ಯೋಗದಿನದಂದು ಮೈಸೂರಿನಲ್ಲಿಯೂ ಬೃಹತ್ ಕಾರ್ಯಕ್ರಮ ನಡೆಸಲಾಗುತ್ತಿದೆ. ಯೋಗ ಮಹಾಕುಂಭ ಶೀರ್ಷಿಕೆಯಡಿ ಮೈಸೂರು ಅರಮನೆ ಮೈದಾನದಲ್ಲಿ ನಡೆಯುವ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ 15 ಸಾವಿರ ಮಂದಿ ಪಾಲ್ಗೊಳ್ಳುವ ನಿರೀಕ್ಷೆಯಿದೆ ಎಂದು ಸಚಿವರು ಹೇಳಿದರು.

ಆರೋಗ್ಯಸೌಧದಲ್ಲಿ ಮಂಗಳವಾರ ನಡೆದ ಸುದ್ದಿಗೋಷ್ಠಿಯಲ್ಲಿ ಆರೋಗ್ಯ ಸಚಿವ ದಿನೇಶ್ ಗುಂಡೂರಾವ್ ಯೋಗ ಕುರಿತ ಭಿತ್ತಿಪತ್ರ ಬಿಡುಗಡೆ ಮಾಡಿದರು. ಆಯುಷ್ ಇಲಾಖೆ ಆಯುಕ್ತ ವಿಪಿನ್ ಸಿಂಗ್ ಇದ್ದರು.

ಹಸಿರು ಯೋಗ: ಅರಣ್ಯ ಇಲಾಖೆ ಹಾಗೂ ಸ್ಥಳೀಯ ಸಂಸ್ಥೆಗಳ ಸಹಯೋಗದಲ್ಲಿ ಹಸಿರು ಯೋಗ ಕಾರ್ಯಕ್ರಮದಡಿ 5 ಲಕ್ಷ ಗಿಡಗಳನ್ನು ನೆಡುವ ಸಂಕಲ್ಪ ಮಾಡಲಾಗಿದೆ. ಶಾಲಾ-ಕಾಲೇಜು ವಿದ್ಯಾರ್ಥಿಗಳು ಹಾಗೂ ಸರ್ಕಾರೇತರ ಸಂಸ್ಥೆಗಳ ಸಹಕಾರದೊಂದಿಗೆ ಈ ಕಾರ್ಯ ನಡೆಸಲಾಗುವುದು ಎಂದರು.

ಯೋಗ ಪಾರ್ಕ್: ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ಪ್ರಯುಕ್ತ ಜುಲೈ ಅಂತ್ಯದವರೆಗೂ ವಿವಿಧ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ನಡೆಸಲಾಗುವುದು. ಇದರಲ್ಲಿ ಸಾರ್ವಜನಿಕರಿಗೆ ಮುಕ್ತ ಅವಕಾಶವಿದೆ. ಯೋಗ ಪಾರ್ಕ್ ಕಾರ್ಯಕ್ರಮದಡಿ ಬೆಂಗಳೂರು ಹಾಗೂ ಜಿಲ್ಲೆಗಳಲ್ಲಿರುವ ಉದ್ಯಾನಗಳಲ್ಲಿ ವರ್ಷಪೂರ್ತಿ ಯೋಗ ಸಂಬಂಧಿ ಚಟುವಟಿಕೆಗಳನ್ನು ನಡೆಸಲಾಗುತ್ತದೆ. ಜೂನ್ ಕೊನೆಯ ವಾರದಲ್ಲಿ ಮೈಸೂರು ವಿವಿ, ಜುಲೈ ಮೊದಲ ವಾರದಲ್ಲಿ ನಿಮ್ಹಾನ್ಸ್ ಮತ್ತು ಜಯದೇವ ಹೃದ್ರೋಗ ಸಂಸ್ಥೆ, ಕಿದ್ವಾಯಿ ಕ್ಯಾನ್ಸರ್ ಸಂಸ್ಥೆ ಸೇರಿ ಹಲವೆಡೆ ಯೋಗ ಕಾರ್ಯಕ್ರಮ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗುವುದು ಎಂದು ದಿನೇಶ್ ಗುಂಡೂರಾವ್ ವಿವರಿಸಿದರು.

ಈ ವೇಳೆ ಯೋಗ ಕುರಿತ ಭಿತ್ತಿಪತ್ರಗಳನ್ನು ಬಿಡುಗಡೆ ಮಾಡಲಾಯಿತು. ಆಯುಷ್ ಇಲಾಖೆ ಆಯುಕ್ತ ವಿಪಿನ್ ಸಿಂಗ್ ಇದ್ದರು.

ಮೈಸೂರು ಯೋಗ ಜಿಲ್ಲೆಗೆ ಪ್ರಸ್ತಾವನೆ

ಕರ್ನಾಟಕಕ್ಕೂ ಯೋಗಕ್ಕೂ ವಿಶೇಷ ಸಂಬಂಧವಿದೆ. ಮೈಸೂರನ್ನು ಯೋಗ ಜಿಲ್ಲೆಯೆಂದು ಘೋಷಿಸುವ ಕುರಿತು ಕೇಂದ್ರ ಸರ್ಕಾರಕ್ಕೆ ಪ್ರಸ್ತಾವನೆ ಸಲ್ಲಿಸಲು ಸಿದ್ಧತೆ ನಡೆದಿದೆ. ಮುಂದಿನ ಮೂರು ವರ್ಷಗಳಲ್ಲಿ ಜಿಲ್ಲೆಯ ಪ್ರತಿಯೊಂದು ಮನೆಯಲ್ಲೂ ಯೋಗಾಭ್ಯಾಸ ಮಾಡುವಂತಾಗಬೇಕು. ಈ ನಿಟ್ಟಿನಲ್ಲಿ ಕಾರ್ಯಕ್ರಮ ರೂಪಿಸಲಾಗುತ್ತಿದ್ದು, ಇದು ಸಾಧ್ಯವಾದರೆ ಮೈಸೂರು ದೇಶದ ಪ್ರಥಮ ಯೋಗ ಜಿಲ್ಲೆ ಎಂಬ ಖ್ಯಾತಿ ಪಡೆಯಲಿದೆ ಎಂದು ದಿನೇಶ್ ಗುಂಡೂರಾವ್ ಹೇಳಿದರು.

Ekdin • 21 Jun • Ministry of Ayush

International Yoga Day

7 • PG | 292 • Sqcm | 74554 • AVE | 150K • Cir | Top Left

Kolkata

আজ আন্তর্জাতিক যোগ দিবস। সেই উপলক্ষে শুক্রবার সকালে জম্মু এবং কাশ্মীরের উধমপুরের ১৩ নম্বর ব্যাটালিয়নে চলছিল যোগ প্রশিক্ষণ। বাহিনীর সদস্যদের সঙ্গে প্রশিক্ষণে অংশগ্রহণ করে তাঁদের দত্তক নেওয়া কুকুরটি। সমাজমাধ্যমের পাতায় সেই কুকুরটির যোগাসনের ভিডিয়োও ছড়িয়ে পড়েছে।

Ekdin • 21 Jun • Ministry of Ayush

PM will celebrate international yoga day in Visakhapatnam

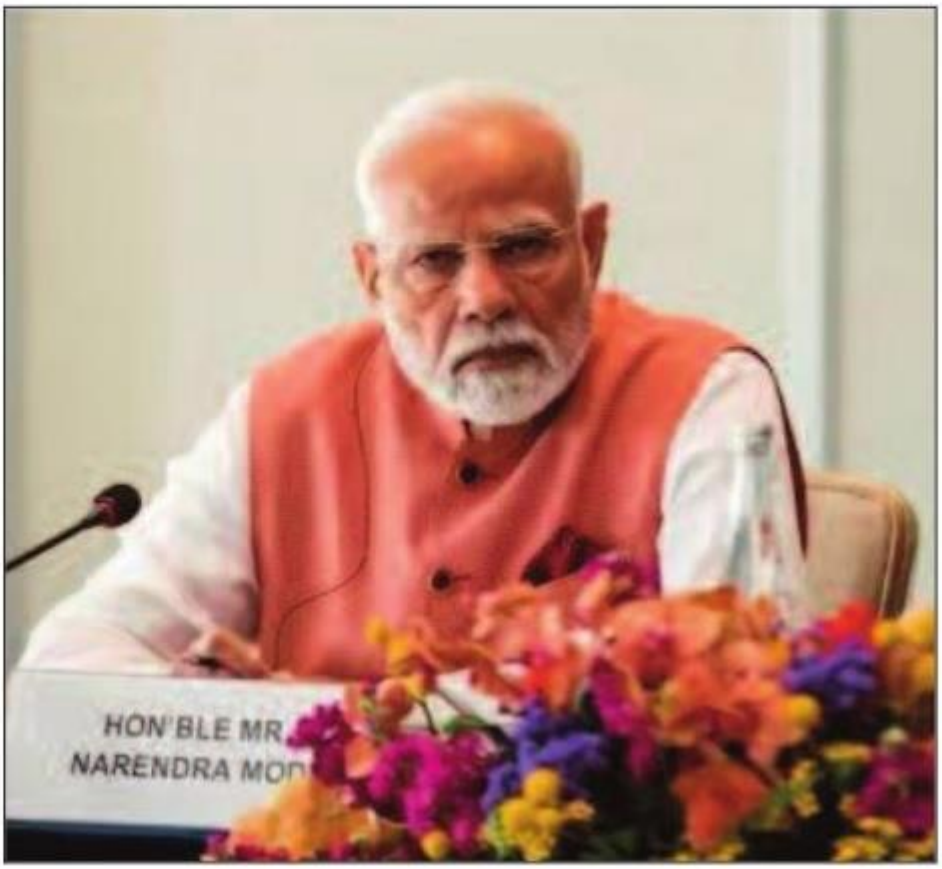
7 • PG | 354 • Sqcm | 90384 • AVE | 150K • Cir | Middle Left

Kolkata

আজ যোগ দিবসে বিশাখাপত্তনমে মোদী

নয়াদিল্লি, ২০ জুন: আন্তর্জাতিক যোগ দিবস এবার পা দেবে একাদশতম বর্ষে। এবারের থিম এক পৃথিবী, এক স্বাস্থ্যের জন্য যোগ। আজ প্রধানমন্ত্রী নরেন্দ্র মোদী যোগ ব্যায়াম করবেন অন্ধ্রপ্রদেশের বিশাখাপত্তনমে। এই বিষয়ে নিজেই জানিয়েছেন প্রধানমন্ত্রী। তিনি এক্স হ্যান্ডলে জানিয়েছেন, ২১ তারিখে সুন্দর শহর বিশাখাপত্তনমে যোগ দিবসের অনুষ্ঠানে অংশ নেব।

উল্লেখ্য, মোদী সরকারের উদ্যোগে ২০১৫ সালে অনুষ্ঠিত হয় প্রথম আন্তর্জাতিক যোগ দিবস। এবার তার দশ পেরিয়ে এগারোয় পা। যোগব্যায়ামের নানাবিধ উপকারিতা সম্পর্কে বিশ্বব্যাপী সচেতনতা বৃদ্ধির লক্ষ্যে এই দিবস পালন হয়।



Agrowon • 21 Jun • Ministry of Ayush

International Yoga Day

2 • PG | 171 • Sqcm | 81865 • AVE | 108.35K • Cir | Top Right

Pune

आंतरराष्ट्रीय योग दिनानिमित्त आज जगभर कार्यक्रम

नवी दिल्ली : आंतरराष्ट्रीय योग दिनानिमित्त आज (ता.२१) जगभर विविध शहरांत कार्यक्रमांचे आयोजन करण्यात येणार आहे. प्राचीन भारतीय परंपरा आणि अध्यात्माचे यानिमित्ताने पुन्हा एकदा जगाला दर्शन होईल. पाकिस्तानातील इस्लामाबादमध्येही भारतीय उच्चायुक्तालयाकडून विशेष कार्यक्रम आयोजित करण्यात आला आहे. सांस्कृतिक मंत्रालयाशी संबंधित 'इंडियन कौन्सिल फॉर कल्चरल रिलेशन्स'ने (आयसीसीआर) यासाठी पुढाकार घेतला आहे. यंदाचा योगदिन हा दहावा असेल.

एक हजार ३०० शहरांत योगदिनानिमित्त कार्यक्रमांचे आयोजन करण्यात आले आहे. तर १९१ देशांत आंतरराष्ट्रीय योग दिन साजरा केला जाणार आहे.

आंतरराष्ट्रीय योगदिनाचा देशातील मुख्य कार्यक्रम आंध्र प्रदेशातील विशाखापट्टण येथील आर.के.बीच येथे आयोजित करण्यात आला आहे. या योगसत्रामध्ये पंतप्रधान नरेंद्र मोदी हे सहभागी होतील. यानिमित्ताने जागतिक विक्रम करण्याचा निर्धार आंध्र सरकारने केला आहे. एकट्या आंध्रप्रदेशातील एक लाखांपेक्षाही अधिक ठिकाणांवरून दोन कोटींपेक्षाही अधिक लोक योगसत्रामध्ये सहभागी होणार आहेत. मागील शंभर दिवसांमध्ये जगभरातील ३७ भारतीय सांस्कृतिक केंद्रांनी विविध ठिकाणांवर कार्यक्रमाचे आयोजन केले आहे.

'योगबंधन' कार्यक्रमाची वैशिष्ट्ये

ब्राझील, अर्जेंटिना, रशिया, चीन, दक्षिण आफ्रिका, मलेशिया, श्रीलंका, इंडोनेशिया, सिंगापूर, दक्षिण कोरिया आणि भारतात महत्त्वाच्या ठिकाणांवरील योग सत्रांचे नेतृत्व भारतीय गुरू करणार आहेत.

विशेष सत्रांचे आयोजन

जंतरमंतर, कुतुबमिनार, पुराना किला, दिल्लीतील हुमायूँची कबर, लखनौ, अयोध्या, वाराणसी, जयपूर, जोधपूर, भोपाळ आणि ग्वाल्हेर येथील या वारसास्थळांवर विशेष सत्रांचे आयोजन.

यंदाची संकल्पना :
योगा फॉर वन अर्थ, वन हेल्थ
(संलग्न : वन अर्थ, वन फॅमिली, वन फ्युचर)

Aaj Ka Anand • 21 Jun • Ministry of Ayush

PM will do yoga with 5 lakh people in Visakhapatnam today

16 • PG | 65 • Sqcm | 32610 • AVE | 1.21M • Cir | Top Left

Pune

विशाखापट्टनम में 5 लाख लोगों के साथ आज पीएम करेंगे योगा

विशाखापट्टनम, 20 जून (वि.प्र.)

अंतरराष्ट्रीय योग दिवस 21 जून को मनाया जाता है, इस दिन पूरी दुनिया के लोग इस बड़े आयोजन में शामिल होते हैं. प्रधानमंत्री नरेंद्र मोदी शनिवार को आंध्र प्रदेश द्वारा आयोजित एक विशाल अंतरराष्ट्रीय योग दिवस कार्यक्रम में हिस्सा लेंगे. ये कार्यक्रम विशाखापट्टनम के आरके बीच से लेकर भोगापुरम तक फैले 26 किलोमीटर लंबे कॉरिडोर में होगा, जहां एक साथ 5 लाख से ज्यादा लोग योग कर सकेंगे.

मुख्यमंत्री एन., चंद्रबाबू नायडू ने बताया कि ये कार्यक्रम सुबह 6:30 बजे से 8:00 बजे तक होगा और इसे इस तरह से आयोजित किया जाएगा कि ये दुनिया भर में पहचान बनाए और गिनीज वर्ल्ड रिकॉर्ड जैसे रिकॉर्ड भी बनाए जा सकें. आंध्र प्रदेश सरकार का लक्ष्य है कि सिर्फ विशाखापट्टनम में ही नहीं, बल्कि पूरे राज्य में एक साथ योग करवा कर कई रिकॉर्ड बनाए जाएं.

Aaj Ka Anand • 05 Jun • Ministry of Ayush

Yoga Mahotsav of Dr. D. Y. Patil Ayurveda College got tremendous response

7 • PG | 330 • Sqcm | 165068 • AVE | 1.21M • Cir | Middle Right

Pune

डॉ. डी. वाई. पाटिल आयुर्वेद कॉलेज के योग महोत्सव को मिला जबरदस्त रिस्पॉन्स

आयुष मंत्रालय के योग महोत्सव में 600 लोगों ने हिस्सा लिया

पिंपरी, 4 जून (आ.प्र.)

केंद्रीय आयुष मंत्रालय द्वारा देशभर में योग को बढ़ावा देने के लिए पिंपरी के डॉ. डी. वाई. पाटिल आयुर्वेद कॉलेज में आयोजित योग महोत्सव को जबरदस्त रिस्पॉन्स मिला.

इस कार्यक्रम में प्राचार्य डॉ. प्रशांत खाड़े, कुल सचिव दिलीप मोहिते कॉलेज की निदेशक डॉ. अस्मिता वेले ने मार्गदर्शन किया, जबकि स्वास्थ्य विभाग की प्रमुख डॉ. उर्मिला शिर्के ने कार्यक्रम की वैचारिक संकल्पना स्पष्ट की. डॉ. मनीषा ठाकरे, डॉ. पायल गौराना, डॉ. सरिता मुराडे और योग शिक्षिका शालिनी येडे ने कार्यक्रम का सफल आयोजन किया.

छात्रों, पेशंट और कर्मचारियों ने इस योग महोत्सव में सक्रिय रूप से भाग लिया और विभिन्न योग आसन, प्राणायाम और ध्यान सत्रों का अनुभव किया. विशेषज्ञों ने ताड़ासन, वृक्षासन, भुजंगासन, अनुलोम-विलोम जैसे योग आसन किए.

इस अवसर पर प्राचार्य डॉ. खाड़े ने अपने भाषण में दैनिक जीवन में योग के महत्व को समझाया तथा आयुर्वेद के संदर्भ में योग की उपयोगिता बताई. डॉ. वेले ने शोध के नजरिए से योग के महत्व पर प्रकाश डाला. कार्यक्रम को सफल बनाने में स्वास्थ्य विभाग ने महत्वपूर्ण भूमिका निभाई. केंद्र सरकार योग दिवस से पहले जन जागरूकता कार्यक्रम 100 दिन, 100 शहर, 100 कार्यक्रम चला रही है. आयुष मंत्रालय मोरारजी देसाई राष्ट्रीय योग संस्थान के माध्यम से इस पहल को पूरे देश में लागू कर रहा है. यह इसी का एक हिस्सा है.

Kesari • 21 Jun • Ministry of Ayush

Today Is Yoga day

3 • PG	106 • Sqcm	68948 • AVE	392.81K • Cir	Middle Left

Pune

आंतरराष्ट्रीय योग दिन आज (शनिवारी) साजरा होत आहे. याच्या पूर्वसंध्येला शुक्रवारी ताजमहालच्या मागील दुशेरा घाटावर तरुणींनी योगासनाची प्रात्यक्षिके सादर केली.

Prabhat • 21 Jun • Ministry of Ayush

Yoga In JNU

10 • PG | 674 • Sqcm | 94426 • AVE | 196.12K • Cir | Middle Left

Pune

तेजस्वीपणे चमकत आहे जेएनयूमध्ये योगाभ्यास

नवी दिल्ली, दि. २० - जवाहरलाल नेहरू विद्यापीठात (जेएनयू) योग शिक्षणाचा अभ्यास खूप लोकप्रिय होत आहे. १९९८ मध्ये जेएनयू विद्यापीठात योगिक विज्ञानाचा अभ्यास फक्त आठ विद्यार्थ्यांसह सुरू झाला. त्यावेळी विद्यार्थ्यांमध्ये याबद्दल विशेष आकर्षण नव्हते, परंतु हळूहळू विद्यार्थ्यांची आवड वाढत गेली. आज जेएनयूमध्ये सुमारे २५० विद्यार्थी आयुर्वेदासोबत योगिक विज्ञानाचा विषय म्हणून अभ्यास करत आहेत. यूपीएससीची तयारी करणाऱ्या विद्यार्थ्यांमध्येही हा विषय खूप लोकप्रिय आहे. योगामुळे त्यांना तयारीदरम्यान एकाग्रता वाढण्यास आणि मुलाखतीदरम्यान त्यांचे म्हणणे प्रभावीपणे मांडण्यास मदत होते.

आयएएसची तयारी करणाऱ्या विद्यार्थ्यांमध्ये लोकप्रिय

जेएनयूच्या कुलगुरू प्रा. शांतीश्री पंडित यांनी त्यांच्या कार्यकाळात संस्थेत योगिक विज्ञानाच्या शिक्षणाला चालना देण्यासाठी अनेक प्रयत्न केले आहेत. त्यांच्या प्रयत्नांचे परिणाम म्हणजे जेएनयू कॅम्पसमध्ये दररोज २२०० हून अधिक लोक योग वर्गांना उपस्थित राहतात. यामध्ये योगिक विज्ञान शिकणारे विद्यार्थी, शिक्षक, सहायक कर्मचारी आणि इतरांचा समावेश आहे. जेएनयूमधील योगाचार्य डॉ. अजय कुमार शास्त्री यांनी सांगितले, की ते १९९८ मध्ये या संस्थेत आले होते. परंतु त्यावेळी लोकांना योगात फारसा रस नव्हता. परंतु कालांतराने त्यांना योगाचे महत्त्व समजले आणि लोक त्यात सामील होऊ लागले. २०१४ मध्ये पंतप्रधान नरेंद्र मोदी यांचे सरकार सत्तेत आल्यानंतर, त्याची लोकप्रियता प्रचंड वाढली. जेव्हा संयुक्त राष्ट्रांनी योगाला आंतरराष्ट्रीय कार्यक्रम म्हणून साजरा करण्यास सहमती दर्शविली, तेव्हा लोक त्याकडे पूर्णपणे वेगळ्या पद्धतीने पाहू लागले.

आधी नव्हते सहमत योगशास्त्राशी...

डॉ. अजयकुमार शास्त्री यांच्या मते, जेव्हा लोकांना कळले, की अनेक गंभीर आजार केवळ योगानेच बरे होऊ शकतात, तेव्हा जे लोक औपचारिकपणे त्याचा अभ्यास करीत नव्हते ते लोकदेखील जेएनयूच्या योग वर्गाचा भाग बनू लागले. काही लोक जे योगशास्त्राशी वैचारिकदृष्ट्या सहमत नव्हते आणि सुरुवातीला त्याचा विरोध करीत होते. ते नंतर योगशास्त्र वर्गात येऊ लागले. यामध्ये विद्यापीठाचे शिक्षक आणि काही विद्यार्थी यांचा समावेश होता. विद्यार्थ्यांचे पालक जेएनयूमध्ये त्यांच्या मुलांना भेटण्यासाठी येतात तेव्हाही ते त्यात उघडपणे सहभागी होतात. विद्यापीठाच्या कॅम्पसमध्ये योग प्रशिक्षण वर्ग घेण्यास बंदी नाही. कोणीही येऊन त्यात सामील होऊ शकते.

Janayugam • 20 Jun • Ministry of Ayush

Governor to inagurate National Yoga Seminar at Perumbavoor

6 • PG | 465 • Sqcm | 127057 • AVE | 235K • Cir | Middle Center

Kochi

ദേശീയ യോഗ സെമിനാർ പെരുമ്പാവൂരിൽ ഗവർണർ ഉദ്ഘാടനം ചെയ്യും

പെരുമ്പാവൂർ: അന്താരാഷ്ട്ര യോഗ ദിനത്തോടനുബന്ധിച്ച് പതഞ്ജലി യോഗാ ട്രെയിനിങ് ആൻഡ് റിസർച്ച് സെന്ററിന്റെ (പൈത്യക്) നേതൃത്വത്തിൽ പെരുമ്പാവൂരിൽ ത്രിദിന ദേശീയ സെമിനാർ സംഘടിപ്പിക്കുമെന്ന് സംഘാടകരായ പൈത്യക് ഡയറക്ടർ കൈത്രപം വാസുദേവൻ നമ്പൂതിരി, ജന. സെക്രട്ടറി ജി.ബി. ദിനചന്ദ്രൻ, രാജഗിരി വിശ്വജ്യോതി കോളജ് അസോ. ഡയറക്ടർ ഫാ. ഡിബിൻ കരിങ്ങേൻ, പ്രിൻസിപ്പൽ ഡോ. ഗിംസൺ ഡി. പറമ്പിൽ, എം.ബി. സുരേന്ദ്രൻ, ഡോ. മേഘ ജോബി എന്നിവർ പറഞ്ഞു.

പെരുമ്പാവൂരിന് സമീപം വേങ്ങൂർ രാജഗിരി വിശ്വജ്യോതി കോളജിൽ 21, 22, 23 തീയതികളിൽ നടക്കുന്ന പരിപാടിയുടെ ഉദ്ഘാടനം 22ന് രാവിലെ 11 ന് കേരള ഗവർണർ രാജേന്ദ്ര വിശ്വനാഥ് ആർലേക്കർ ഉദ്ഘാടനം ചെയ്യും. പൈത്യക് പ്രസിഡന്റ് ഡോ. എ. രാധാകൃഷ്ണൻ അധ്യക്ഷനാകും. പ്രജ്ഞാപ്രവാഹ് ദേശീയ സംയോജകൻ ജെ. നന്ദകുമാർ മുഖ്യപ്രഭാഷണം നടത്തും. വൈകിട്ട് സാംസ്കാരിക പരിപാടി നടക്കും. 23ന് വൈകിട്ട് 3ന് സമാപന സമ്മേളനം കേന്ദ്രമന്ത്രി ജോർജ് കുര്യൻ ഉദ്ഘാടനം ചെയ്യും. 21ന് രാവിലെ കോളജ് വിദ്യാർത്ഥികളുടെ യോഗാദിനാചരണം. കൊച്ചി കപ്പൽശാല സിഎംഡി മധു എസ്. നായർ, സ്കൈലൈൻ ഫൗണ്ടേഷൻസ് ആന്റ് സ്ട്രക്ചേഴ്സ് എംഡി ലവ കൃഷ്ണൻ, തിരുവല്ല പൈത്യക് സ്കൂൾ ഓഫ് യോഗ ഡയറക്ടർ എൻ. സുധീഷ് കുമാർ, ഫാ. ഡോ. അഗസ്റ്റിൻ തോട്ടക്ക, ഡോ. എം.ഐ. ജോസഫ് എന്നിവരെ ആദരിക്കും.

'ഭാരതീയ മനശാസ്ത്രവും യോഗയും' എന്ന വിഷയത്തിൽ രാജ്യത്തിന്റെ വിവിധ ഭാഗങ്ങളിൽ നിന്നുള്ള അക്കാദമിക വിദഗ്ദ്ധർ പ്രബന്ധങ്ങൾ അവതരിപ്പിക്കും. രാജഗിരി വിശ്വജ്യോതി കോളജ്, സെന്റർ ഫോർ ഹ്യൂമൻ സയൻസ്, ഋഷിഹുഡ് യൂണിവേഴ്സിറ്റി ഹരിയാന, സ്പോർട്സ് അതോറിറ്റി ഓഫ് ഇന്ത്യ, ലക്ഷ്മീഭായി നാഷണൽ കോളജ് ഓഫ് ഫിസിക്കൽ എഡ്യൂക്കേഷൻ, ഡിപ്പാർട്ട്മെന്റ് ഓഫ് യോഗ സ്റ്റഡീസ്, ഭാരതീയ വിചാര കേന്ദ്രം എന്നിവരാണ് നേതൃത്വം നൽകുന്നത്.

Dainik Vishamitra • 20 Jun • Ministry of Ayush

First yogathon organized with fusion

5 • PG | 91 • Sqcm | 13708 • AVE | 750K • Cir | Middle Center

Kolkata

सितार फ्यूजन के साथ पहला योगाथन आयोजित

कोलकाता, 19 जून (नि.प्र.)। कोलकाता में समर्थ कॉन्शियस लिविंग फाउंडेशन द्वारा आयोजित सितार योग फ्यूजन के साथ एक अनूठा योगाथन देखा गया, जिसमें पूरे भारत से प्रतिभागी व्यक्तिगत रूप से और वर्चुअल रूप से शामिल हुए। भारत का सबसे समावेशी और जीवंत योग समारोह हर्ष बंठिया की एक पहल है, जो धनधान्य ऑडिटोरियम में हुआ और प्रतिभागियों ने लाइव सितार प्रदर्शन की धुन के साथ योग का अभ्यास किया, यह अपनी तरह का पहला अनुभव था, इस कार्यक्रम को एक्सिस बैंक द्वारा प्रस्तुत किया गया था। 7वें वर्ष का विषय था सांस लें। आगे बढ़ें। बढ़ें। हम नई शुरुआत के लिए तैयार हैं। योगाथन 2025 का उद्देश्य योग के प्रति उत्साही लोगों, परिवारों, स्वास्थ्य चाहने वालों और जागरूक नागरिकों को उपचार, जागरूकता और आंदोलन के एक शक्तिशाली सामूहिक अनुभव में एकजुट करना था। इस कार्यक्रम में कोलकाता के ब्रिटिश उप उच्चायुक्त श्री एंड्रयू फ्लेमिंग जैसे कई प्रतिष्ठित अतिथि शामिल हुए; श्री सत्तार अली, क्षेत्रीय शाखा बैंकिंग प्रमुख, ईस्ट-1, कार्यकारी उपाध्यक्ष, एक्सिस बैंक; श्री अखिल नायर, साल्टलेक, डेकाथलॉन के स्टोर लीडर; सुश्री सोमा चक्रवर्ती, क्लस्टर हेड मार्केटिंग, मणिपाल हॉस्पिटल्स, मुकुंदपुर; सुश्री अपाला दत्ता, प्रिंसिपल, बिरला भारती स्कूल; श्री राजर्षि चटर्जी, सितार कलाकार और सुश्री हर्षा बंठिया, एक उत्साही और अनुभवी योग आचार्य उपस्थित रहे।

Dainik Vishamitra • 20 Jun • Ministry of Ayush

International yoga day

4 • PG | 72 • Sqcm | 10939 • AVE | 750K • Cir | Bottom Left

Kolkata

भारतीय भूवैज्ञानिक सर्वेक्षण का अंतर्राष्ट्रीय योग दिवस

कोलकाता, 19 जून (नि.प्र.)। खान मंत्रालय के तहत भारतीय भूवैज्ञानिक सर्वेक्षण (जीएसआई) देश भर में भागीदारी के साथ 21 जून 2025 को 11वां अंतर्राष्ट्रीय योग दिवस (आईडीवाई) मनाने के लिए तैयार है। इस वर्ष की थीम, एक पृथ्वी, एक स्वास्थ्य के लिए योग को चिह्नित करते हुए, जीएसआई ने अपने कर्मियों और जनता के बीच समग्र कल्याण और स्वस्थ जीवन शैली को बढ़ावा देने के लिए देश भर में 46 स्थानों पर 50 कार्यक्रमों की योजना बनाई है। प्रधान मंत्री के दृष्टिकोण के अनुरूप, जीएसआई कोलकाता में अपने केंद्रीय मुख्यालय, क्षेत्रीय और राज्य इकाई कार्यालयों, 12 भू-विरासत स्थलों, 6 ड्रिलिंग फील्ड कैंपों और 3 प्रशिक्षण केंद्रों में निर्देशित योग सत्र आयोजित करेगा। इस पहल में जीएसआई कर्मियों, स्कूली छात्रों और स्थानीय समुदाय के सदस्यों सहित 3,000 से अधिक प्रतिभागियों के भाग लेने की उम्मीद है। जीएसआई अंतर्राष्ट्रीय योग दिवस 2025 के लिए 1-दिवसीय उलटी गिनती कार्यक्रम में भी भाग लेगा, जो कि माननीय केंद्रीय कोयला और खान मंत्री श्री जी किशन रेड्डी के साथ एक लाइव योग सत्र है, जो 20 जून 2025 को हैदराबाद में होने वाला है। इस समन्वित पहल के माध्यम से, जीएसआई स्वास्थ्य और कल्याण को बढ़ावा देने के लिए अपनी प्रतिबद्धता की पुष्टि करता है, जबकि अपने वैज्ञानिक समुदाय और व्यापक जनता के बीच जागरूकता और भागीदारी को बढ़ावा देता है, जो योग के सिद्धांतों और अभ्यास को आगे बढ़ाने के दृष्टिकोण के साथ संरेखित करता है।

Arthik Lipi • 20 Jun • Ministry of Ayush

Yoga for life: Dr Agniv Maiti's perspective on heart and diabetes

3 • PG | 120 • Sqcm | 12212 • AVE | 100.5K • Cir | Middle Left

Kolkata

জীবনের জন্য যোগ: হৃদয় ও ডায়াবেটিসের সুস্থতার পথে ডা. অগ্নিভ মাইতির দৃষ্টিভঙ্গি

কলকাতা : আন্তর্জাতিক যোগ দিবস উপলক্ষে, কলকাতার পরিচিত চিকিৎসক ডা. অগ্নিভ মাইতি এক অনন্য ভিডিও প্রচার শুরু করেছেন, যেখানে যোগব্যায়ামকে হৃদরোগ ও ডায়াবেটিসের জন্য একটি সমন্বিত ও প্রাকৃতিক চিকিৎসা পদ্ধতি হিসেবে তুলে ধরা হয়েছে। এই ভিডিওতে একজন অভিজ্ঞ যোগ প্রশিক্ষকের পরিচালনায় থাকবে নির্দেশিত যোগাসন, সঙ্গে ডা. মাইতির বিশ্লেষণ; প্রত্যেক আসনের শারীরিক ও চিকিৎসাগত উপকারিতা নিয়ে। তিনি ব্যাখ্যা করেন, কীভাবে নিয়মিত যোগাভ্যাস রক্তচাপ ও ব্লাড সুগার নিয়ন্ত্রণে সাহায্য করে এবং মানসিক চাপ হ্রাস করে;যা হৃদরোগ ও ডায়াবেটিসের মূল কারণগুলোর একটি। ''যোগ শুধু শরীরচর্চা নয়;এটা প্রতিরোধের শক্তি,'' বলেন ডা. মাইতি। এই স্বাস্থ্যকর যাত্রাটি দেখতে ভিজিট করুন আরএক্স যোগা ইউটিউব চ্যানেল। আরও আপডেটের জন্য ডা. অগ্নিভ মাইতি -কে ইনস্টাগ্রাম ও ফেসবুক -এ ফলো করুন।

Arthik Lipi • 31 May • Ministry of Ayush

International Yoga Day encourages Yoga Unplugged

12 • PG | 354 • Sqcm | 36089 • AVE | 100.5K • Cir | Top Center

Kolkata

যোগ আনপ্লাগড-কে উৎসাহিত করছে আন্তর্জাতিক যোগ দিবস

নয়াদিল্লি ঃ আন্তর্জাতিক যোগ দিবস ২০২৫-এর জন্য যুব-কেন্দ্রিক উদ্যোগ ক্ষ্মযোগ আনপ্লাগডক্ষ্ম উল্লেখযোগ্য গতি অর্জন করছে, কারণ নেতৃস্থানীয় যোগ প্রতিষ্ঠানগুলি পরবর্তী প্রজন্মকে অনুপ্রাণিত করার জন্য একত্রিত হচ্ছে।বিশ্বের প্রাচীনতম এবং সর্বাধিক সম্মানিত যোগ প্রতিষ্ঠানগুলির মধ্যে একটি, কৈবল্যধাম, ক্ষ্মযোগ আনপ্লাগডক্ষ্ম-এর প্রতি তাঁদের সমর্থনের ইঙ্গিত দিয়ে প্রভাবশালী যুব-কেন্দ্রিক উদ্যোগের একটি সিরিজ চালু করেছে। এই উদ্যোগগুলির মধ্যে একটি হল ক্ষ্মযোগা ফর ইয়ং মাইণ্ডস" বা "নবীন চিত্তের জন্য যোগাভ্যাস" অভিযান, যেখানে প্রতিষ্ঠান তার অনলাইন প্ল্যাটফর্মের মাধ্যমে কমন যোগ প্রোটোকল প্রশিক্ষণে বিনামূল্যে যোগদানের অনুমতি প্রদান করে। এর উদ্দেশ্য হল সারা দেশের ছাত্র এবং তরুণ পরিবর্তনকারীদের জন্য যোগব্যায়ামকে সুলভ করে তোলা। উপরন্তু, কৈবল্যধাম ক্ষ্মযোগীনার একটি অনলাইন অফারক্ষ্ম, এর মাধ্যমে শীর্ষস্থানীয় যোগ বিশেষজ্ঞদের নিয়ে একটি ভার্চুয়াল বিশ্বব্যাপী শীর্ষ সম্মেলন ক্ষ্মযোগ কানেক্টক্ষ্ম-এ অংশগ্রহণ করার লক্ষ্য রাখে - উদ্ভাবনী এবং আকর্ষণীয় ফর্ম্যাটের মাধ্যমে নবীনদের সঙ্গে সংযোগ স্থাপনের জন্য গড়ে তোলা এই উদ্যোগটি এই বছরের উদযাপনে বিশেষ মাত্রা যোগ করতে চলেছে।১৯২৪ সালে স্বামী কুবলয়ানন্দ কর্তৃক প্রতিষ্ঠিত, কৈবল্যধাম যোগের অখণ্ড নীতি অনুসরণ করে। কৈবল্যধাম প্রতিষ্ঠা করা হয়েছিল বিজ্ঞানের সঙ্গে যোগ ঐতিহ্যের একীকরণের স্বতন্ত্র উদ্দেশ্য নিয়ে, যাতে এই জ্ঞানকে প্রাসঙ্গিক এবং বিশ্বের কাছে সহজলভ্য করা যায়। এটি ক্ষ্মযোগ আনপ্লাগডক্ষ্ম-এ তাঁদের প্রবেশকে আরও তাৎপর্যপূর্ণ করে তোলে।আগামী দিনে আরও যোগ প্রতিষ্ঠান ক্ষ্মযোগ আনপ্লাগডক্ষ্ম আন্দোলনে যোগ দেবে বলে আশা করা হচ্ছে। তাঁদের এই প্রচেষ্টা নিশ্চিতভাবেই দেশজুড়ে তরুণদের এই রূপান্তরমূলক যাত্রার অংশ হতে অনুপ্রাণিত করবে।১১তম আন্তর্জাতিক যোগ দিবস উপলক্ষে, আয়ুষ মন্ত্রক ১০টি গুরুত্বপূর্ণ অনুষ্ঠানের ঘোষণা করেছে যা এই বছরের উদযাপনকে রূপ দেবে ঃ(১) যোগ সঙ্গম - ১,০০,০০০ স্থানে সমন্বিত যোগব্যায়াম প্রদর্শন।(২) যোগ বন্ধন - ভারত এবং অংশীদার দেশগুলির মধ্যে বিনিময় কর্মসূচির মাধ্যমে আন্তর্জাতিক অংশীদারিত্বকে উৎসাহিত করা।(৩) যোগ পার্ক -সম্প্রদায়গুলির দীর্ঘমেয়াদী সম্পৃক্ততার জন্য নিবেদিতপ্রাণ যোগ পার্কের উন্নয়ন।(৪) যোগ সমাবেশ - শিশু, বয়স্ক, প্রতিবন্ধী ব্যক্তি এবং প্রান্তিক গোষ্ঠীর জন্য অন্তর্ভুক্তিমূলক যোগব্যায়াম প্রোগ্রাম।(৫) যোগ প্রভাব , জনস্বাস্থ্যের ক্ষেত্রে যোগের ভূমিকার উপর দশকব্যাপী ধারাবাহিক গবেষণা।(৬) যোগ কানেক্ট - একটি ভার্চুয়াল বিশ্বব্যাপী যোগ সম্মেলন যেখানে বিখ্যাত বিশেষজ্ঞ এবং স্বাস্থ্য-পরিষেবা পেশাদাররা অংশগ্রহণ করেন।(৭) হরিত যোগ , বৃক্ষরোপণ এবং পরিবেশগত পরিষ্কার-পরিচ্ছন্নতা অভিযানের সঙ্গে যোগব্যায়ামের সমন্বয়ে একটি সুদূরপ্রসারী উদ্যোগ।(৮) যোগ আনপ্লাগড - যুব-কেন্দ্রিক ইভেন্টগুলি পরবর্তী প্রজন্মকে যোগব্যায়াম করতে অনুপ্রাণিত করবে।(৯) যোগ মহাকুম্ভ , ১০টি শহরে সপ্তাহব্যাপী যোগ উৎসব, যা এক জাঁকজমকপূর্ণ উদযাপনের মধ্য দিয়ে শেষ হবে।(১০) সমযোগ - সামগ্রিক সুস্থতার জন্য আধুনিক স্বাস্থ্য- পরিষেবা ব্যবস্থার সঙ্গে যোগব্যায়ামকে একীভূত করে ১০০ দিনের একটি অভিযান।আয়ুষ মন্ত্রক ভারত এবং বিশ্বজুড়ে ব্যক্তি, প্রতিষ্ঠান এবং সম্প্রদায়কে সুস্থতার এই গণআন্দোলনে যোগদানের জন্য আমন্ত্রণ জানাচ্ছে। আসুন আমরা ২১শে জুন ২০২৫ তারিখে যোগের রূপান্তরকারী শক্তিকে উদযাপন করি এবং একটি স্বাস্থ্যকর, আরও ছন্দময় জীবনযাপনের পথ গ্রহণ করি।

Arthik Lipi • 30 May • Ministry of Ayush

Yoga institutions unite with the Ministry to advance the wellness movement worldwide

4 • PG | 71 • Sqcm | 7273 • AVE | 100.5K • Cir | Top Center

Kolkata

বিশ্বে সুস্থতা আন্দোলনকে এগিয়ে নিয়ে যেতে মন্ত্রকের সঙ্গে ঐক্যবদ্ধ যোগা প্রতিষ্ঠানগুলি

নয়াদিল্লি : একাদশতম আন্তর্জাতিক যোগ দিবস উদযাপনের প্রাক্কালে নতুন দিল্লির চাণক্যপুরীর সুষমা স্বরাজ ভবনে একটি আন্তঃমন্ত্রক কমিটির বৈঠক অনুষ্ঠিত হয়। ২০২৫ সালের আন্তর্জাতিক যোগ দিবস উদযাপনের প্রস্তুতি ও পন্থা-পদ্ধতি নিয়ে বৈঠকে আলোচনা হয়। উপস্থিত ছিলেন পদস্থ মন্ত্রী, আয়ুষ প্রতিষ্ঠানগুলি এবং সংশ্লিষ্ট অন্যান্য ব্যক্তিবর্গ। আয়ুষ মন্ত্রকের স্বাধীন দায়িত্বপ্রাপ্ত প্রতিমন্ত্রী প্রতাপ রাও যাদব, যোগ ব্যায়াম'কে প্রত্যেক নাগরিকের কাছে পৌঁছে দেওয়ার বিষয়ে প্রধানমন্ত্রীর যে বিশেষ লক্ষ্য রয়েছে, তার উপর জোর দেন। তিনি বলেন, আন্তর্জাতিক যোগ দিবস কেবলমাত্র একটি উদযাপন নয়, এ এক আন্দোলন। দেশ-বিদেশে প্রায় ২৫০টি অনুষ্ঠানের আয়োজন করা হচ্ছে।

Aaj Samaj • 20 Jun • Ministry of Ayush

Antarrashtriya yoga Divas 21 June ko jilastariy mukhya karyakram sector 12 ke khel parisar men ayoji...

9 • PG | 335 • Sqcm | 50293 • AVE | 898.28K • Cir | Middle Center

Delhi

अंतरराष्ट्रीय योग दिवस 21 जून को : जिला स्तरीय मुख्य कार्यक्रम सेक्टर-12 के खेल परिसर में आयोजित

- केंद्रीय सहकारिता राज्य मंत्री कृष्ण पाल गुर्जर होंगे मुख्य अतिथि
- बल्लभगढ़ में विधायक मूलचंद शर्मा व तिगांव में विधायक धनेश अदलखा करेंगे कार्यक्रम की अगुवाई
- उपायुक्त विक्रम सिंह ने अधिक से अधिक भागीदारी की अपील की

आज समाज नेटवर्क

फरीदाबाद। अंतरराष्ट्रीय योग दिवस 2025 के उपलक्ष्य में जिला फरीदाबाद में 21 जून को जिला सहित ब्लॉक स्तर पर योग कार्यक्रमों का आयोजन किया जाएगा। जिला स्तरीय मुख्य कार्यक्रम प्रातः 6 बजे सेक्टर-12 स्थित खेल परिसर में आयोजित किया जाएगा, जिसमें केंद्रीय सहकारिता राज्य मंत्री कृष्ण पाल गुर्जर मुख्य अतिथि के रूप में शिरकत करेंगे। इस भव्य कार्यक्रम की तैयारियां पूरी कर ली गई हैं और जिला प्रशासन द्वारा सभी आवश्यक प्रबंध सुनिश्चित किए जा रहे हैं। उपायुक्त विक्रम सिंह ने बताया कि फरीदाबाद जिले में लगभग 10 हजार से अधिक लोग एक साथ योगाभ्यास करेंगे, जिसमें विभिन्न स्कूलों के छात्र-छात्राएँ, कॉलेजों के विद्यार्थी, एनसीसी कैडेट्स, शिक्षकगण व नागरिक शामिल होंगे। उन्होंने कहा कि यह आयोजन योगमय फरीदाबाद की भावना को साकार करने की दिशा में एक सशक्त प्रयास है।

इस अवसर पर बड़ी संख्या में अधिकारी, जनप्रतिनिधि, सामाजिक संगठन, विद्यार्थी, स्वयंसेवी संस्थाएँ और आमजन भाग लेंगे। कार्यक्रम का उद्देश्य योग को जन-जन तक पहुँचाना, स्वस्थ जीवनशैली को प्रोत्साहन देना और मानसिक-सामाजिक समरसता को बढ़ावा देना है। उपायुक्त ने जानकारी देते हुए बताया कि 21 जून को जिले के विभिन्न क्षेत्रों में उप-स्तरीय योग कार्यक्रम भी आयोजित किए जाएंगे जिसमें बल्लभगढ़ में आयोजित कार्यक्रम में विधायक मूलचंद शर्मा मुख्य अतिथि होंगे। वहीं तिगांव में आयोजित कार्यक्रम में विधायक धनेश अदलखा योग कार्यक्रम में बतौर मुख्य अतिथि भाग लेंगे और लोगों को योग करने के लिए प्रेरित करेंगे। इन कार्यक्रमों में भी बड़ी संख्या में नागरिक, महिला मंडल, ग्रामीण प्रतिभागी, स्कूल/कॉलेज के छात्र, आंगनवाड़ी वर्कर, खेल विभाग, आयुष विभाग, नेहरू युवा केंद्र आदि शामिल होंगे। उपायुक्त ने कहा कि योग केवल व्यायाम नहीं, बल्कि एक सम्पूर्ण जीवनशैली है, जो शरीर, मन और आत्मा को संतुलित करता है। आज की भागदौड़ भरी दिनचर्या में योग तनाव को कम करता है, रोग प्रतिरोधक क्षमता को बढ़ाता है और मानसिक स्पष्टता प्रदान करता है। अंतरराष्ट्रीय योग दिवस हमें हमारी प्राचीन सांस्कृतिक धरोहर की ओर लौटने का एक श्रेष्ठ अवसर प्रदान करता है। उपायुक्त विक्रम सिंह ने सभी नागरिकों से अपील की है कि वे 21 जून को आयोजित होने वाले योग दिवस कार्यक्रम में भाग लेकर इसे ऐतिहासिक बनाएं और नियमित योग को अपने जीवन में अपनाकर एक स्वस्थ, सकारात्मक एवं ऊर्जावान समाज के निर्माण में योगदान दें।

Aaj Samaj • 20 Jun • Ministry of Ayush

Antarrashtriya yoga Divas ke upalakshy Mein yoga ke prati janjagrukta hetu Faridabad Mein bhavya yog...

9 • PG | 144 • Sqcm | 21641 • AVE | 898.28K • Cir | Bottom Left

Delhi

अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में योग के प्रति जन-जागरूकता हेतु फरीदाबाद में भव्य योग मैराथन का आयोजन आज

फरीदाबाद। अंतरराष्ट्रीय योग दिवस (21 जून) के उपलक्ष्य में योग को जन-जन तक पहुँचाने और नागरिकों में इसके प्रति जागरूकता बढ़ाने के उद्देश्य से फरीदाबाद जिला प्रशासन द्वारा 20 जून (गुरुवार) को भव्य योग मैराथन का आयोजन किया जा रहा है। यह आयोजन प्रातः 6:30 बजे सेक्टर-12 स्थित खेल परिसर से आरंभ होगा। उपायुक्त विक्रम सिंह के मार्गदर्शन में आयोजित इस योग मैराथन का आयोजन आयुष विभाग, फरीदाबाद द्वारा एसडीएम अमित गुलिया एवं जिला प्रशासन के सहयोग से किया जा रहा है। इस आयोजन में लगभग 2000 से अधिक प्रतिभागी झ जिनमें स्कूली विद्यार्थी, युवा, वरिष्ठ नागरिक, योग संस्थाओं के प्रतिनिधि तथा विभिन्न सामाजिक संगठनों से जुड़े नागरिक भाग लेंगे। मैराथन की शुरूआत सेक्टर-12 खेल परिसर से होगी। इसके पश्चात प्रतिभागी सेक्टर-15 होते हुए टाउन पार्क की परिक्रमा करेंगे, तत्पश्चात मथुरा रोड से होते हुए लघु सचिवालय के सामने से गुजरकर पुनः खेल परिसर पर आकर समापन होगा। उपायुक्त विक्रम सिंह ने कहा कि योग केवल एक शारीरिक व्यायाम नहीं, बल्कि मन, शरीर और आत्मा के संतुलन का माध्यम है। उपायुक्त विक्रम सिंह ने जानकारी दी कि 21 जून को प्रस्तावित अंतरराष्ट्रीय योग दिवस के मुख्य कार्यक्रम की तैयारियों की अंतिम समीक्षा हेतु 20 जून को ही फाइनल रिहर्सल कराई जाएगी। इसमें सभी विभागीय अधिकारियों, सहयोगी संस्थाओं, प्रशिक्षण तथा व्यवस्था से जुड़े कर्मियों की उपस्थिति अनिवार्य रहेगी।

Aaj Samaj • 20 Jun • Ministry of Ayush

Antarrashtriya yoga Divas per apnayen California Badam protein ka prakritik strot.

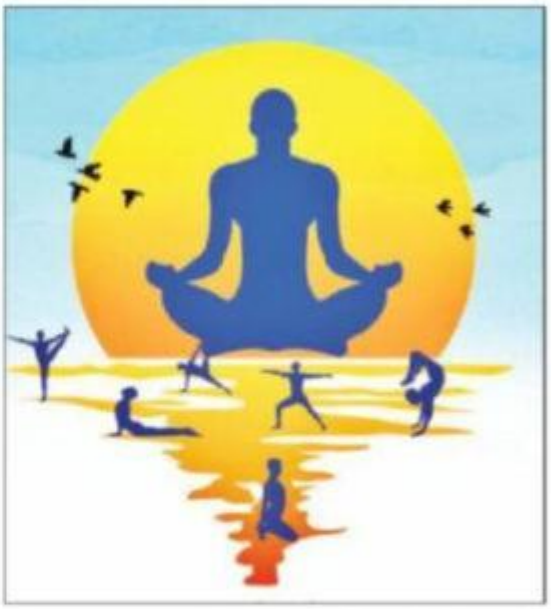
11 • PG | 240 • Sqcm | 36041 • AVE | 898.28K • Cir | Middle Center

Delhi

अंतर्राष्ट्रीय योग दिवस पर अपनाएं कैलिफोर्निया बादाम - प्रोटीन का प्राकृतिक स्त्रोत

आज समाज नेटवर्क

नई दिल्ली। हर साल 21 जून को मनाया जाने वाला अंतर्राष्ट्रीय योग दिवस हमें योग के शारीरिक, मानसिक और आत्मिक लाभों की याद दिलाता है। योग अपने आप में सेहत के लिए बेहद फायदेमंद है, लेकिन जब इसे संतुलित और पोषक आहार के साथ जोड़ा जाए, तो इसका असर और भी बेहतर होता है। ऐसे आहार में काबोर्हाइड्रेट, प्रोटीन, विटामिन और मिनरल जैसे जरूरी पोषक तत्व होने चाहिए। इनमें से प्रोटीन शरीर की मजबूती और मांसपेशियों की देखभाल के लिए सबसे अहम है। प्रोटीन के प्राकृतिक स्त्रोतों में बादाम एक आसान, स्वादिष्ट और सेहतमंद विकल्प है, जो योग अभ्यास के दौरान शरीर की ऊर्जा बनाए रखने और थकान कम करने में मदद करता है। रोजाना बादाम खाने से आपका योग अभ्यास और भी सशक्त बन सकता है। बादाम, जिन्हें अक्सर ड्राय फ्रूट्स का राजा कहा जाता है, पोषण से भरपूर होते हैं। इनमें 15 जरूरी पोषक तत्व मौजूद होते हैं और यह शरीर को कई तरह से लाभ पहुंचाते हैं। एक हालिया रिसर्च में डॉ. मार्क कर्न ने पाया कि रोजाना बादाम खाने से एक्सरसाइज के बाद मांसपेशियों



को कम नुकसान होता है और रिकवरी तेज होती है। वहीं, डॉ. ओलिवर विटार्ड की एक अन्य स्टडी बताती है कि वर्कआउट से पहले बादाम का सेवन मांसपेशियों की अकड़न को कम करता है और प्रदर्शन बेहतर बनाता है। यही कारण है कि योग या किसी भी तरह की एक्सरसाइज के साथ बादाम एक बेहतरीन साथी हो सकते हैं, जो शरीर को अंदर से ताकत और ऊर्जा देते हैं।

Aaj Samaj • 20 Jun • Ministry of Ayush

Patanjali yogapeeth dwara antarrashtriya yoga Divas ka aarambh Vasudev Aroda ne kiya.

9 • PG | 236 • Sqcm | 35473 • AVE | 898.28K • Cir | Bottom Right

Delhi

पतंजलि योगपीठ द्वारा अंतरराष्ट्रीय योग दिवस का आरम्भ वासुदेव अरोड़ा ने किया

गोपाल अरोड़ा

फरीदाबाद। पतंजलि योगपीठ द्वारा चार दिवसीय अन्तर्राष्ट्रीय योग दिवस का आरम्भ योग गुरु सतीश वधवा ने ओम नमो योग पार्क सैक्टर-7 सी में हुआ जिसमें समाजसेवी वासुदेव अरोड़ा मुख्य अतिथि के रूप में उपस्थित थे। उन्होंने ज्योति प्रज्वलित करके योग शिविर का शुभारम्भ किया।

वासुदवे अरोड़ा ने कहा कि प्रधानमंत्री नरेंद्र मोदी के अथक प्रयासों के कारण 21 जून को संयुक्त राष्ट्र महासभा द्वारा अंर्तराष्ट्रीय योग दिवस के रूप में घोषित किया तब से योगगुरू सतीश वधवा ने इसी पार्क में समाज को योग के प्रति जागरूक करना आरम्भ किया जो कि आज के विशाल रूप ले चुका है और रोज सुबह सैंकड़ों की तादात में लोग योग करने व सीखने आते हैं। उन्होंने कहा कि अंर्तराष्ट्रीय योग दिवस पर पंतजलि योगपीठ यहां विशाल योग शिविर लगाते हैं तथा मुझे विधिवत तरीके से इसका शुभारम्भ करने का अवसर देते हैं जिसके लिये मैं इनकी पूरी टीम का आभारी हूं। योगगुरू सतीश वधवा ने कहा कि अन्तर्राष्ट्रीय योग दिवस 2025 की 11वीं वर्षगांठ है जिसकी थीम है एक पृथ्वी, एक स्वास्थ्य के लिये योग तथा इस वर्ष का आयोजन समग्र कल्याण और पर्यावरण सद्भाव को बढ़ावा देने में योग की महत्वपूर्ण भूमिका पर प्रकाश डालता है। इस मौके पर बहुत योगभक्तों ने भाग लिया और योग का लाभ लिया।

Aaj Samaj • 18 Jun • Ministry of Ayush
International Yoga Day

11 • PG | 107 • Sqcm | 15977 • AVE | 898.28K • Cir | Middle Center

Delhi

अंतर्राष्ट्रीय योग दिवस पर अपनाएं कैलिफोर्निया बादाम

चंडीगढ़/लुधियाना। हर साल 21 जून को मनाया जाने वाला अंतर्राष्ट्रीय योग दिवस हमें योग के शारीरिक, मानसिक और आत्मिक लाभों की याद दिलाता है। योग अपने आप में सेहत के लिए बेहद फायदेमंद है, लेकिन जब इसे संतुलित और पोषक आहार के साथ जोड़ा जाए, तो इसका असर और भी बेहतर होता है। ऐसे आहार में काबोर्हाइड्रेट, प्रोटीन, विटामिन और मिनरल जैसे जरूरी पोषक तत्व होने चाहिए। इनमें से प्रोटीन शरीर की मजबूती और मांसपेशियों की देखभाल के लिए सबसे अहम है। प्रोटीन के प्राकृतिक स्रोतों में बादाम एक आसान, स्वादिष्ट और सेहतमंद विकल्प है, जो योग अभ्यास के दौरान शरीर की ऊर्जा बनाए रखने और थकान कम करने में मदद करता है। रोजाना बादाम खाने से आपका योग अभ्यास और भी सशक्त बन सकता है।बादाम, जिन्हें अक्सर ड्राय फ्रूट्स का राजा कहा जाता है, पोषण से भरपूर होते हैं। इनमें 15 जरूरी पोषक तत्व मौजूद होते हैं और यह शरीर को कई तरह से लाभ पहुंचाते हैं।

Aaj Samaj • 14 Jun • Ministry of Ayush
International Yoga Day

4 • PG | 211 • Sqcm | 31699 • AVE | 898.28K • Cir | Top Left

Delhi

अंतरराष्ट्रीय योग दिवस पर कुरुक्षेत्र में भव्य कार्यक्रम आयोजित किया जाएगा : आरती सिंह राव

राज्य में आयोजित योग सत्रों में 15 लाख से अधिक लोग भाग ले चुके हैं

चंडीगढ़। हरियाणा की स्वास्थ्य एवं परिवार कल्याण मंत्री कुमारी आरती सिंह राव ने कहा कि आगामी 21 जून को अंतरराष्ट्रीय योग दिवस से पहले आयोजित योग शिविरों को लेकर राज्य में जबरदस्त प्रतिक्रिया देखने को मिली है। उन्होंने कहा कि मुख्यमंत्री नायब सिंह सैनी ने अंतर्राष्ट्रीय योग दिवस से 25 दिन पहले योग सत्र शुरू करने की घोषणा की थी और अब तक राज्य भर में 15 लाख से अधिक लोग इन सत्रों में सक्रिय रूप से भाग ले चुके हैं।

उन्होंने इस बात पर प्रकाश डाला कि लाखों प्रतिभागियों ने योग को अपनी दिनचर्या में शामिल करने का संकल्प लिया है, जिससे शारीरिक और मानसिक स्वास्थ्य दोनों को बढ़ावा मिलेगा। कुमारी आरती सिंह राव ने कहा कि 21 जून को अंतर्राष्ट्रीय योग दिवस पर कुरुक्षेत्र में आयोजित कार्यक्रम में योग गुरु बाबा रामदेव भी मौजूद रहेंगे। चूंकि यह 11वां अंतरराष्ट्रीय योग दिवस है, इसलिए हमारा लक्ष्य यह सुनिश्चित करना है कि पूरे राज्य में 11 लाख लोग एक साथ योग करें। उन्होंने कहा कि सरकार लोगों के बीच पौधे बांटने में भी सक्रिय रूप से लगी हुई है और योग करने के साथ-साथ हम पर्यावरण की रक्षा के बारे में जागरूकता भी फैलाना चाहते हैं। उन्होंने एयर इंडिया के विमान दुर्घटना में अपने परिवार के सदस्यों को खोने वाले लोगों के प्रति भी संवेदना व्यक्त की। उन्होंने इस हादसे में मौत का शिकार हुए 50 से अधिक डॉक्टरों के परिवारों के प्रति भी संवेदना व्यक्त की है। कोविड की स्थिति पर एक सवाल के जवाब में स्वास्थ्य मंत्री ने कहा कि चिंता करने की कोई जरूरत नहीं है, फिर भी जनता को सभी की सुरक्षा सुनिश्चित करने के लिए कोविड-उपयुक्त व्यवहार का पालन करने की सलाह दी जाती है।

Aaj Samaj • 03 Jun • Ministry of Ayush
International Yoga Day

9 • PG | 167 • Sqcm | 25068 • AVE | 898.28K • Cir | Middle Left

Delhi

अंतरराष्ट्रीय योग दिवस को लेकर गांवों में योग अभ्यास शिविर शुरू

पलवल। अंतराष्ट्रीय योग दिवस 21 जून के प्रोटोकॉल की तैयारयों को लेकर गांव कोंडल में

कुटी मंदिर पर 7 दिवसीय योग शिविर का आरम्भ हुआ। जिसमें महिला व पुरुषों बच्चों ने बढ़-चढ़कर भाग लिया।इस अवसर पर मास्टर बिजेंद्र भमरौला योगाचार्य , भारत स्वाभिमान तहसील प्रभारी हथीन बहन कविता योगी ,वीरपाल आर्य युवा प्रभारी जिला पलवल, डॉ युद्धवीर आर्य ने प्रोटोकॉल के अनुसार योग कराया। कार्यक्रम का शुभारंभ दीप प्रज्वलित कर किया गया। प्रथम दिवस पर साधकों की उपस्थिति भी अच्छी रही। इस अवसर पर किशन लाल पूर्व सैकटरी,बीर सिंह एडवोकेट,पूर्व सरपंच संदीप ,पत्रकार भगत सिंह तेवतिया, महाशय अतर सिंह,लेखराज , रामबीर , रामसिंह, दादा कन्हैया, होशियार , हरिओम पंडित मैंबर,ओमी, सतपाल , ओमी ,अतर सिंह महाशय,एडवोकेट बीर सिंह, विश्वजीत ,नरेश कुमार ,मेंबर सतदेव, एडवोकेट भोजिंदर ,आर्य समाज प्रधान शेरसिंह ,भाई रामसिंह, दादा गिर्राज ,हरिसिंह मेंबर , बिक्रम , निर्मला ,भाई धर्मसिंह, दया, दयावती , नेपाल फौजी, प्रीति,कोला देवी, गजराज भगत, फौजी चुन्नी , समंत, तुलसी, के इलावा काफी लोग उपस्थित रहे ।

Aaj Samaj • 29 May • Ministry of Ayush
Internation Yoga Day

4 • PG | 483 • Sqcm | 72513 • AVE | 898.28K • Cir | Bottom Center

Delhi

तैयारी

अंतरराष्ट्रीय योग दिवस पर योग युक्त हरियाणा-नशामुक्त हरियाणा का भी होगा आगाज

अंतरराष्ट्रीय योग दिवस पर हरियाणा होगा योगमय

कुरुक्षेत्र में आयोजित होगा भव्य राज्य स्तरीय समारोह

चंडीगढ़। 11वें अंतरराष्ट्रीय योग दिवस के अवसर पर 21 जून को पूरा हरियाणा योगमय नजर आएगा। इस उपलक्ष्य पर जिला कुरुक्षेत्र में राज्य स्तरीय समारोह का आयोजन किया जाएगा, जिसमें लगभग एक लाख से भी अधिक लोगों की भागीदारी होगी। इस कार्यक्रम में योग गुरु बाबा रामदेव जी भी शिरकत करेंगे। मुख्यमंत्री नायब सिंह सैनी ने आज यहां पत्रकार वार्ता को संबोधित करते हुए कहा कि प्रधानमंत्री नरेंद्र मोदी जी के प्रयासों से वर्ष 2015 से हर साल 21 जून को अंतरराष्ट्रीय योग दिवस मनाया जा रहा है। प्रधानमंत्री ने जब यूएनओ में प्रस्ताव रखा, उस समय 177 देशों ने समर्थन किया था। आज पूरी दुनिया ने योग को अपनाया है। उन्होंने कहा कि 11वें अंतरराष्ट्रीय योग दिवस के आयोजन की तैयारियों के लिए आज आयुष विभाग के अधिकारियों के साथ बैठक कर तैयारियों को अंतिम रूप दिया गया। पूरा हरियाणा योगमय हो, ऐसा वातावरण बनाना है। उन्होंने कहा कि योग हमारे देश की प्राचीन परंपरा है। यह केवल शारीरिक कसरत नहीं, बल्कि एक सम्पूर्ण जीवनशैली है। योग ने स्वास्थ्य के प्रति हमें जागरूक रहने का माध्यम प्रदान किया। उन्होंने कहा कि सभी अपने जीवन में योग को अपनी दिनचर्या का हिस्सा बनाएं और ह्यस्वस्थ भारतह्व की ओर एक और कदम बढ़ाएं। उन्होंने कहा कि राज्य स्तरीय कार्यक्रम के अलावा, जिला स्तरीय कार्यक्रम भी सभी जिलों में होंगे। इतना ही नहीं खंड स्तरीय कार्यक्रम भी प्रदेश के 121 ब्लॉकों में आयोजित होंगे। इन कार्यक्रमों के आयोजन के लिए आयुष विभाग द्वारा पूरी रूपरेखा तैयार कर ली गई है। उन्होंने कहा कि इस वर्ष मनाए जाने वाले इंटरनेशनल योगा डे की थीम "एक पृथ्वी, एक स्वास्थ्य के लिए योग" है।

प्रशिक्षण कार्यक्रम होंगे आयोजित

नायब सिंह सैनी ने कहा कि अंतरराष्ट्रीय योग दिवस के लिए प्रशिक्षण कार्यक्रम के साथ-साथ योग मैराथन, योग जागरण यात्रा सहित अन्य कार्यक्रमों का आयोजन किया जाएगा। स्कूली बच्चों से लेकर समाज के सभी वर्गों को योग दिवस कार्यक्रम से जोड़ा जायेगा। ये कार्यक्रम आज से 21 जून तक चलेंगे। योग कार्यक्रमों के साथ स्वच्छता कार्यक्रम को भी जोड़ा जाएगा।मुख्यमंत्री ने कहा कि प्रदेश के सभी स्कूलों, कॉलेजों और विश्वविद्यालयों में योग के 3 दिवसीय प्रशिक्षण कार्यक्रम आयोजित किए जाएंगे। सभी मंत्रीगण, सांसद, विधायक, अधिकारी, कर्मचारी और अन्य जनप्रतिनिधियों के लिए भी प्रशिक्षण कार्यक्रम आयोजित किए जाएंगे।

अंतरराष्ट्रीय योग दिवस पर योग युक्त हरियाणा : नशामुक्त हरियाणा का भी होगा आगाज

नायब सिंह सैनी ने कहा कि अंतरराष्ट्रीय योग दिवस पर स्वस्थ भारत-स्वस्थ हरियाणा के साथ-साथ हम योग युक्त हरियाणा-नशामुक्त हरियाणा का भी आगाज करेंगे, ताकि समाज से नशे को जड़ से समाप्त किया जा सके। इसके अलावा, हरित योग के माध्यम से प्रकृति की रक्षा का संकल्प लेकर 10 लाख पौधारोपण किया जाएगा। उन्होंने कहा कि अंतरराष्ट्रीय योग दिवस के लिए पंजीकरण के लिए पोर्टल बनाया गया है और 10 लाख युवाओं को जोड़ने का लक्ष्य निर्धारित किया गया है। मुख्यमंत्री ने नागरिकों का आह्वान किया कि इस योग दिवस को योग महोत्सव के रूप में मनाएं और लोग किसी भी पार्क, स्टेडियम, घर की छत या खुले स्थान पर योग कर विश्व भर में संदेश देने का काम करें। उन्होंने कहा कि राज्य सरकार का संकल्प है कि योग को जन-जन तक पहुँचाया जाए और हरियाणा को योगमय राज्य बनाया जाए। कोरोना के बढ़ते मामलों के संबंध में पूछे गए सवाल का जवाब देते हुए मुख्यमंत्री ने कहा कि लोगों को घबराने की जरूरत नहीं है। इस संबंध में स्वास्थ्य विभाग की पूरी तैयारी है। इस अवसर पर आयुष विभाग के अतिरिक्त मुख्य सचिव सुधीर राजपाल, हरियाणा योग आयोग के अध्यक्ष डॉ जयदीप आर्य, सूचना, जनसंपर्क, भाषा एवं संस्कृति विभाग के महानिदेशक के. मकरंद पांडुरंग, मुख्यमंत्री के मीडिया सचिव प्रवीण आत्रेय उपस्थित रहे।

Aaj Samaj • 23 May • Ministry of Ayush
International Yoga Day

8 • PG | 265 • Sqcm | 39683 • AVE | 898.28K • Cir | Middle Center

Delhi

अंतरराष्ट्रीय योग दिवस की तैयारी हेतु अभ्यास सत्र का हुआ शुभारंभ

आज समाज नेटवर्क

फरीदाबाद। निर्देशक आयुष हरियाणा एवं उपायुक्त विक्रम सिंह के निर्देशन में आगामी 21 जून को मनाए जाने वाले अंतरराष्ट्रीय योग दिवस की तैयारियों के अंतर्गत सेक्टर-12 स्थित खेल परिसर में विशेष अभ्यास सत्र का शुभारंभ वीरवार को किया गया। यह सत्र 22 मई से 24 मई तक सुबह 6 बजे से 7:30 बजे तक आयोजित किया जा रहा है। इस अभ्यास सत्र में जिला शिक्षा विभाग से जुड़े पीटीआई/डीपीई शिक्षक भाग ले रहे हैं, जिन्हें योग का प्रशिक्षण दिया जा रहा है ताकि वे आगामी योग दिवस कार्यक्रम में अपने स्कूलों में छात्रों को योग प्रशिक्षण दे सकें और समाज में योग के प्रचार-प्रसार में योगदान दे सकें। जिला आयुष अधिकारी डॉ. मोनिषा लांबा ने बताया की इन 3 दिनों में आयुष विभाग के योग विशेषज्ञ विकास यादव द्वारा योग प्रशिक्षण कराया जाएगा। उन्होंने आगामी योग सत्रों में अधिक से अधिक लोगों को शामिल होने के लिए जागरूक भी किया। यह आयोजन योग को जन-जन तक पहुंचाने के उद्देश्य से एक महत्वपूर्ण कदम है और विभिन्न विभागों की सहभागिता को दशार्ता है।

Aaj Samaj • 20 May • Ministry of Ayush
International Yoga day

9 • PG | 378 • Sqcm | 56765 • AVE | 898.28K • Cir | Middle Center

Delhi

अंतरराष्ट्रीय योग दिवस 21 जून को जिले के विभिन्न वर्गों की रहेगी सक्रिय भागीदारी

डॉ संदीप पराशर

फरीदाबाद। आगामी 21 जून को आयोजित होने वाले अंतरराष्ट्रीय योग दिवस को लेकर जिला प्रशासन द्वारा तैयारियां तेज कर दी गई हैं। इसी कड़ी में सोमवार को उपायुक्त विक्रम सिंह की अध्यक्षता में आयोजन से संबंधित अधिकारियों की एक बैठक आयोजित की गई, जिसमें कार्यक्रम के सफल आयोजन को लेकर विस्तृत चर्चा की गई। बैठक से पूर्व प्रदेश स्तरीय दिशा-निदेर्शों के तहत स्वास्थ्य विभाग के अतिरिक्त मुख्य सचिव सुधीर राजपाल ने वीडियो कॉन्फ्रेंसिंग के माध्यम से प्रदेश के सभी डीसी एवं अन्य संबंधित अधिकारियों को आयोजन के सफल क्रियान्वयन हेतु आवश्यक निर्देश दिए। उन्होंने कहा कि आयोजन को एक उत्सव का स्वरूप देकर इसमें सभी वर्गों की भागीदारी सुनिश्चित की जाए।

उपायुक्त विक्रम सिंह ने जिले में योग दिवस की व्यापक तैयारियों की समीक्षा करते हुए संबंधित अधिकारियों को निर्देश दिए कि शैक्षणिक संस्थान, आंगनवाड़ी केंद्र, एनसीसी/एनएसएस इकाइयां, स्वयंसेवी संगठन तथा जनप्रतिनिधियों व जनसामान्य की सक्रिय सहभागिता सुनिश्चित की जाए। उन्होंने बताया कि 21 जून को प्रातः सामूहिक योगाभ्यास कार्यक्रम जिला मुख्यालय समेत सभी उपमंडलों, ब्लॉकों व पंचायत स्तर पर आयोजित किए जाएंगे।

उपायुक्त विक्रम सिंह ने बताया कि निदेशालय आयुष विभाग हरियाणा की ओर से आगामी 21 जून को मनाए जाने वाले 11वें अंतर्राष्ट्रीय योग दिवस के सफल आयोजन के लिए प्रशिक्षण कार्यक्रम जारी किया है। उपायुक्त ने बताया कि 20 जून को प्रात 7 बजे से 8 बजे तक

अंतरराष्ट्रीय योग दिवस के मुख्य कार्यक्रम के लिए पायलट रिहर्सल सहित जिला प्रशासन की ओर से जिला स्तर पर योग मैराथन का आयोजन किया जाएगा जिसमें स्कूल, कॉलेज, गुरुकुल, विश्वविद्यालय, जन साधारण, योग संस्थान, पुलिस पर्सनल, एनसीसी कैडेट, एनएसएस, नेहरू युवा केन्द्र, स्काउट्स और गाइड्स हिस्सा लेंगे। उन्होंने बताया कि 21 जून को प्रात 7 बजे से 8 तक अन्तर्राष्ट्रीय योग दिवस पर जिला स्तरीय व खंड स्तर पर कार्यक्रम का आयोजन किया जाएगा।

बैठक में एसडीएम फरीदाबाद शिखा, सीटीएम अंकित कुमार, सीएमओ जयंत आहूजा, एसीपी राजीव कुमार सहित अन्य अधिकारी उपस्थित रहे।

Tapobhumi • 19 Jun • Ministry of Ayush

Big yoga programe on 11 international yoga day

4 • PG | 144 • Sqcm | 3322 • AVE | 119.78K • Cir | Top Right

Ahmedabad

૧૧મા આંતરરાષ્ટ્રીય યોગ દિવસ નિમિત્તે અત્યાર સુધીનો સૌથી મોટો સામુહિક યોગ કાર્યક્રમ યોજાશે

દર વર્ષે ૨૧મી જૂનના દિવસને આંતરરાષ્ટ્રીય યોગ દિન તરીકે ઊજવવામાં આવે છે ત્યારે આ વર્ષે ૧૧મા આતંરરાષ્ટ્રીય યોગ દિનની ઉજવણી કરવામાં આવશે. આ વર્ષે ૨૧મી જૂનના રોજ સવારે ૬:૩૦ થી ૭:૪૫ સુધી સમગ્ર દેશમાં એક ઐતિહાસિક અને ભવ્ય 'યોગ સંગમ' યોજાશે, જે અત્યાર સુધીનો સૌથી મોટો યોગ કાર્યક્રમ હશે. 'યોગ સંગમ' કાર્યક્રમમાં સહભાગી થવા માટે દેશભરની અનેક સંસ્થાઓ ઉત્સાહિત થઈને રજિસ્ટ્રેશન કરાવી રહી છે. અનેક ધાર્મિક - સામાજિક સંસ્થાઓ, કોર્પોરેટ સંસ્થાઓ, દ્વઁ, સેવાકીય સંસ્થાઓ સહિતની સંસ્થાઓ અને સામુહિક જૂથો પણ મોટી સંખ્યામાં રજિસ્ટ્રેશન કરાવી રહ્યા છે. આ અવસરે તમે પણ તમારી સંસ્થા કે જૂથ સાથે આ 'યોગ સંગમ' કાર્યક્રમમાં સહભાગી બનવા માટે **https://yoga.ayush.gov.in/yoga-sangam** લિંક પર નોંધણી કરાવી શકો છો.

Dina Saithi • 27 May • Ministry of Ayush

International Yoga Festival Baners Tamil 'Boycott

4 • PG | 251 • Sqcm | 25137 • AVE | N/A • Cir | Bottom Center

Chennai

சர்வதேச யோகா திருவிழா பேனர்களில் தமிழ் புறக்கணிப்பு

இந்தி எழுத்துகள் கருப்பு மை பூசி அழிப்பு

புதுச்சேரி:,மே.27- மத்தியஅரசின்ஆயுஷ்நிறுவனம் சார்பில்இன்று(செவ்வாய்கிழமை) சர்வதேசயோகாமஹோற்சவ விழா நடக்கிறது.

புதுவை கடற்கரை சாலையில் நடைபெறும் திருவிழாவில் கவர்னர், முதலமைச்சர், அமைச்சர்கள் மற்றும் எம்.எல்.ஏ.க்கள் அரசு உயர் அதிகாரிகள் என பலரும் பங்கேற்க உள்ளனர். இதற்கான விளம்பர பேனர்கள் புதுச்சேரி முழுவதும் வைக்கப்பட்டுள்ளன.

சாலைகளின் முக்கிய சந்திப்புகளான அஜந்தா சிக்னல், ராஜா சந்திப்பு, அண்ணா சிலை, காமராஜர் சிலை, இந்திராகாந்தி சிலை, ராஜீவ் சிலை சதுக்கங்கள் மற்றும் கிராம பகுதிகளில் இந்த விளம்பர பேனர்கள் வைக்கப்பட்டுள்ளன.

இவை அனைத்தும் ஆங்கிலம் மற்றும் இந்தியில் மட்டுமே உள்ளன. தமிழில் எங்கும் விளம்பர பேனர் இல்லை.

புதுவையில் சமீபத்தில் நடந்த சட்டமன்ற கூட்டத் தொடரில் முதலமைச்சர் ரங்கசாமி பேசும்போது வர்த்தக நிறுவனங்களின் பெயர் பலகை தமிழில் கட்டாயம் இடம் பெற வேண்டும் என உத்தரவிட்டிருந்தார். இந்த உத்தரவை ஆயுஷ் பின்பற்றவில்லை. ஆனால் யோகா விளம்பரத்தில் தமிழ் புறக்கணிக்கப்பட்டுள்ளது தமிழ் ஆர்வலர்களிடையே கொந்தளிப்பை ஏற்படுத்தி உள்ளது.

இந்த நிலையில் யோகா நாள் விழாவிற்காக சிவாஜி சிலை அருகே அரசு சார்பில் வைக்கப்பட்டுள்ள இந்தி விளம்பர பலகைகளில் இந்தி மொழியை புதுவை மாநில தமிழக வாழ்வுரிமை கட்சியின் மாநில தலைவர் ஸ்ரீதர் தலைமையில் நிர்வாகிகள் கருப்பு மை பூசி அழித்தனர். மேலும் மத்திய, மாநில அரசுகள் தமிழை புறக்கணிப்பு செய்வதை கண்டித்து கோஷம் எழுப்பினர்.

Tamil Murasu • 27 May • Ministry of Ayush

International Yoga Festival Baners Tamil 'Boycott

4 • PG | 162 • Sqcm | 56722 • AVE | 219.02K • Cir | Bottom Center

Chennai

சர்வதேச யோகா விழாவுக்காக புதுவை முழுவதும் இந்தி விளம்பரம்

தமிழ் ஆர்வலர்கள் கடும் எதிர்ப்பு

புதுவைகடற்கரைசாலைகாந்திசிலைஎதிரேவைக்கப்பட்டுள்ள சர்வதேச யோகா விழாவிற்கான இந்தி விளம்பர பதாகை.

புதுச்சேரி, மே 26-

புதுச்சேரியில் ஆண்டுதோறும் ஜூன் மாதம் சர்வதேச யோகா விழா கடைபிடிக்கப்பட்டு வருகிறது. அதேபோல், இந்தாண்டும் யோகா விழா ஜூன் 27ம் தேதி நடைபெற உள்ளது. இதற்காக புதுவை நகரம் முழுவதும் அரசு சார்பில் யோகா விழா குறித்து பதாகைகள் மற்றும் விளம்பர பலகைகள் வைக்கப்பட்டுள்ளது. அந்த பதாகைகளில் அனைத்து அறிவிப்புகளும் இந்தி மொழியில் மட்டுமே இருப்பது பெரும் சர்ச்சையை ஏற்படுத்தியுள்ளது. இதற்கு தமிழ் ஆர்வலர்கள் கடும் கண்டனம் தெரிவித்துள்ளனர். மேலும், தமிழ் முழுமையாக புறக்கணிக்கப்பட்டிருப்பதும் புதுச்சேரி மக்களிடம் பெரும் அதிருப்தியை ஏற்படுத்தியுள்ளது.

இதனிடையே புதுச்சேரியில் பல்வேறு இடங்களில் யோகா விழாவுக்காக இந்தி மொழியில் வைக்கப்பட்டுள்ள அரசு பேனர்களை தமிழக வாழ்வுரிமை கட்சியினர் எதிர்ப்பு தெரிவித்து சிவாஜி சிலை சந்திப்பு அருகே இருந்த பதாகை மீது கருப்பு மை பூசி எதிர்ப்பு தெரிவித்தனர். இதேபோல் மாநிலம் முழுவதும் வைக்கப்பட்ட உள்ள யோகா பதாகைகள் மற்றும் விளம்பர பலகைகள் கருப்பு மை பூசி பல்வேறு சமூக அமைப்புகள் தங்களது எதிர்ப்புகளை தெரிவித்து வருகின்றனர். மேலும் தமிழ் பதாகைகள் ஏன் வைக்கவில்லை. இதற்கு யார் பொறுப்பு? என்பது குறித்து முதல்வர் ரங்கசாமி உரிய விளக்கம் அளிக்கவேண்டும் என்றும் வலியுறுத்தி உள்ளனர்.

Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	Msn India	New York"s Times Square turns into open air yoga studio for International Yoga ...	733.9M
2.	Msn India	PM Modi"s call on Yoga Day: From me to we, yoga unites world for global health	733.9M
3.	MSN Hindi	International Yoga Day 2025: PM मोदी के प्रयास से योग मदरसे तक पहुंचा	733.9M
4.	MSN Hindi	उत्तर प्रदेश में नगर विकास विभाग ने तैयार किए 100 से ज्यादा योग पार्क, हजारों लो...	733.9M
5.	Msn India	International Yoga Day: Let this be the beginning of Yoga for Humanity 2.0 where. ..	733.9M
6.	MSN Hindi	International Yoga Day 2025 : योग दिवस के लिए सुबह 4 बजे से शुरू हो जाएगी मेट्रो...	733.9M
7.	MSN Hindi	International Yoga Day 2025: सूर्य नमस्कार से करें दिन की शुरुआत, पाएं सम्पूर्ण ...	733.9M
8.	Msn India	Yoga Sangam: 3,000 to gather at Bengaluru"s Vidhana Soudha for International Yo...	733.9M
9.	Msn India	UP Govt To Introduce New AYUSH Policy, Focus On Private Sector Investment And We...	733.9M
10.	Msn India	Registrations for Yoga Day"s flagship event Yoga Sangam cross 4-lakh mark, says...	733.9M
11.	MSN Hindi	Y-Break Yoga: यूपी के सरकारी दफ्तरों के लिए आ गया है नया फरमान, अब रोजाना करना प...	733.9M
12.	Msn India	Haryana CM Nayab Singh Saini flags off state-level yoga marathon in Kurukshetra ,...	733.9M
13.	Msn India	UP govt gears up for grand Yoga Day celebration on June 21	733.9M
14.	Msn India	Over 41 per cent of respondents have incorporated Yoga into their lifestyle: Ayu...	733.9M
15.	Msn India	Hold Yoga Day events at historical sites: UP chief secretary	733.9M
16.	Msn India	1,000 attend inspiring Yoga Sangam held by Janardanswami Yogabhyasi Mandal	733.9M
17.	MSN Hindi	Yoga Divas: शरीर को मजबूत करता है मयूरासन, पुराने से पुराना दर्द भी करे ठीक, जान...	733.9M
18.	MSN Hindi	Yoga Dose: शरीर को डिटॉक्स तो मांसपेशियों को मजबूत बनाता है मयूरासन, जानें करने ...	733.9M
19.	MSN Hindi	Yoga Dose: मजबूत रीढ़ और बेहतर पाचन के लिए बेहद फायदेमंद है मकरासन, जानें आसन कर...	733.9M
20.	Msn India	UP govt to hold International Yoga Day events across public hospitals on June 21	733.9M
21.	Msn India	Maoism, Yoga Day, Operation Sindoor: What PM Modi talked about in Mann Ki Baat	733.9M
22.	Msn India	India partners with WHO to mainstream Ayush globally through agreement on tradit...	733.9M
23.	Msn India	Ahead of International Yoga Day, PM Modi invites people to embrace yoga for vibr...	733.9M

24.	Msn India	Integrated AYUSH colleges to be set up in every division of UP: Adityanath	733.9M
25.	Msn India	Ayush Ministry launches weekly yoga podcast	733.9M
26.	Msn India	Harit Yoga among "signature events" to mark tenth anniversary of Yoga Day	733.9M
27.	Msn India	PM Modis proposed visit to Saudi Arabia: Elevating partnership to new heights	733.9M
28.	Msn India	Not intense studying, 5 tips to boost academic performance and secure good mar ks	733.9M
29.	Aaj Tak News	International Day Of Yoga: कश्मीर से US तक, PM मोदी 2015 से अब तक यहां कर चुके ह...	571.7M
30.	Aaj Tak News	"Yoga शारीरिक स्वास्थ्य का शक्तिशाली माध्यम...", योग महोत्सव 2025 के उद्घाटन प...	571.7M
31.	News18	International Yoga Day celebrated across Mizoram	152.8M
32.	News18	International Yoga Day celebrated with fervour in Andamans	152.8M
33.	News18	Rakul Preet Aces One-Leg Balance On Yoga Day, Jackky Bhagnani Struggles To Keep ...	152.8M
34.	News18	Unity, Wellness, World Records: Andhra Lays Out Welcome Mat For PM Modi-Led Mega...	152.8M
35.	News18	Three-day Yoga Maha Kumbh begins in Delhi	152.8M
36.	News18	Karnataka gears up for International Yoga Day	152.8M
37.	News18	UP govt gears up for grand Yoga Day celebration on June 21	152.8M
38.	News18	Celebrities, influencers come forward to promote International Day of Yoga	152.8M
39.	News18	Yoga Day portal crosses 50,000 registrations	152.8M
40.	News18	Over 30000 organisations join Yoga Sangam movement: Ayush ministry	152.8M
41.	Hindustan Times	Uddhav should think if his surname is Thackeray or Gandhi, says Shiv Sena"s Sha...	124.6M
42.	Hindustan Times	From Siachen to Shahi Kangri: Indian Army celebrates International Yoga Day acro...	124.6M
43.	Hindustan Times	Mass demonstration held at Bengaluru"s Vidhana Soudha to mark 11th Internationa...	124.6M
44.	Hindustan Times	New York"s Times Square turns into open air yoga studio for International Yoga ...	124.6M
45.	Hindustan Times	PM Modi leads 11th International Yoga Day celebrations from Visakhapatnam	124.6M
46.	Hindustan Times	Guest Column: Yoga is India"s gift to the world for wellness	124.6M
47.	Hindustan Times	UP government offices to implement "yoga breaks" to combat work stress	124.6M
48.	Hindustan Times	Yoga Sangam: 3,000 to gather at Bengaluru"s Vidhana Soudha for International Yo...	124.6M

49.	Hindustan Times	Yoga in jails, orphanages, old age homes, police lines on Wednesday	124.6M
50.	Hindustan Times	Mass yoga sessions planned at spiritual & historical sites on Int"l Yoga Da...	124.6M
51.	Hindustan Times	Gautam Budh Nagar to host weeklong events to gear up for Int"l Yoga Day	124.6M
52.	Hindustan Times	Int"l Yoga Day event at K"shetra on June 21	124.6M
53.	Hindustan Times	Maoism, Yoga Day, Operation Sindoor: What PM Modi talked about in 'Mann Ki B aat'...	124.6M
54.	Hindustan Times	Establish integrated Ayush colleges in every division: CM	124.6M
55.	Hindustan Times	Delhi to host global Ayurveda summit, support start-ups: CM Rekha Gupta	124.6M
56.	Hindustan Times	Yoga Day now a global movement: U.P. governor Manage your data Confirm our vendo...	124.6M
57.	Hindustan Times	Ayush varsity is combining traditional medicine, modern science: Governor	124.6M
58.	Hindustan Times	No data on suicide by medical interns maintained by central govt, says MoS Healt ...	124.6M
59.	Hindustan Times	Yoga session held at Double-Decker Root Bridge in Meghalaya	124.6M
60.	Hindustan Times	Chandigarh: Govt College of Yoga Education and Health organises Surya Namas kar e...	124.6M
61.	Hindustan Times	Yoga can regulate stress and emotions immediately: Harvard expert	124.6M
62.	Ndtv	Archaeological Body To Host Yoga Event At 81 Historic Sites, Entry Free For All	102.6M
63.	Ndtv	Over 11,000 Navy Personnel, Their Families To Join Yoga Day Event In Andhra	102.6M
64.	Indian Express	Opinion Yoga has become an entry point to Indian culture, traditions and worldvi...	90.9M
65.	Indian Express	PGIMER Chandigarh consultants referred 153 patients to yoga centre last year	90.9M
66.	Indian Express	PGIMER Chandigarh aims to break its own record on International Yoga Day	90.9M
67.	Indian Express	Rajesh Kotecha, Secretary, Ministry of Ayush: 'India's Ayush sector registers re...	90.9M
68.	ABP Live	International Yoga Day पर Delhi में स्वास्थ्य मंत्री JP Nadda ने बताया योग से कि...	85.9M
69.	ABP Live	Makarasana on Yoga Day: मजबूत रीढ़ और बेहतर पाचन के लिए करें मकरासन, जानें करने ...	85.9M
70.	ABP Live	International Yoga Day 2025: यूपी के सरकारी अस्पतालों में होगा योग कार्यक्रम, सी...	85.9M
71.	ABP Live	Haryana: हरियाणा के सीएम नायब सैनी ने बड़ा कदम, सरकारी स्कूलों में होगी "योग सह...	85.9M
72.	India Today	International Yoga Day 2025: Theme, events, and all you need to know	82.4M
73.	India Today	IIT Mandi, Art of Living to advance research in consciousness, mental health	82.4M
74.	Money Control	Mandaviya leads Yoga Day celebrations with 1500 participants in Delhi	74.5M
75.	Money Control	AYUSH health insurance: Understand the nitty-gritties before making a claim	74.5M

76.	Dainik Bhaskar	कालाडेरा में अंतर्राष्ट्रीय योग दिवस पर योगा संगम: 334 प्रतिभागियों ने किया योगा...	66.5M
77.	Dainik Bhaskar	अंतरराष्ट्रीय योग दिवस पर बक्सर में विशेष आयोजन: स्वास्थ्य केंद्रों पर योग शिविर...	66.5M
78.	Dainik Bhaskar	जींद की टीचर यशोदा ने योगा में जीता गोल्ड: प्रदेश भर से 450 खिलाड़ियों ने लिया भा...	66.5M
79.	Dainik Bhaskar	खीमेल में 11वां योग दिवस: स्कूल में सूक्ष्म व्यायाम और प्राणायाम का अभ्यास, बड़ी...	66.5M
80.	Dainik Bhaskar	उचाना मंडी में एक हजार लोगों ने किया योग: विधायक देवेंद्र अत्री रहे शामिल, बोले-...	66.5M
81.	Dainik Bhaskar	अंतर्राष्ट्रीय योग दिवस पर विशेष आयोजन: कोरबा में श्रम मंत्री देवांगन समेत हजारो...	66.5M
82.	Dainik Bhaskar	बीसलपुर बांध पर योग दिवस मनाया: देवली में 40 ग्राम पंचायतों समेत CISF कैंपस में ...	66.5M
83.	Dainik Bhaskar	समालखा में अंतर्राष्ट्रीय योग दिवस पर विधायक नहीं पहुंचे: स्वच्छता की कमी से लोग...	66.5M
84.	Dainik Bhaskar	नीमराना में अंतरराष्ट्रीय योग दिवस पर योगाभ्यास कार्यक्रम: ऐतिहासिक तालाब पार्क ...	66.5M
85.	Dainik Bhaskar	जिला प्रमुख समेत अधिकारियों ने किया योगाभ्यास: विजय-पताका परिसर में मनाया गया अं...	66.5M
86.	Dainik Bhaskar	इसराना में अंतर्राष्ट्रीय योग दिवस पर शिविर: मेयर कोमल सैनी समेत अधिकारियों ने ल...	66.5M
87.	Dainik Bhaskar	महम में अंतरराष्ट्रीय योग दिवस पर कार्यक्रम: एसके गक्खड़ ने की शिरकत, योग युक्त ...	66.5M
88.	Dainik Bhaskar	अंतरराष्ट्रीय योग दिवस पर श्रीमाधोपुर में ब्लॉक स्तरीय कार्यक्रम: लोगों ने किया ...	66.5M
89.	Dainik Bhaskar	अंतरराष्ट्रीय योग दिवस पर जयपुर में बड़ा आयोजन: सवाई मानसिंह स्टेडियम समेत 12 स्...	66.5M
90.	Dainik Bhaskar	श्रीगंगानगर में भारत-पाकिस्तान सीमा पर योग का अभ्यास: अंतरराष्ट्रीय योग दिवस मना...	66.5M
91.	Dainik Bhaskar	मंदसौर में 26 तस्वीरों में देखिए योग दिवस: एक साथ 300 लोगों ने की योग क्रियाएं; ...	66.5M
92.	Dainik Bhaskar	पाटन में मनाया अंतरराष्ट्रीय योग दिवस: तहसीलदार समेत नरेगा श्रमिकों ने किया सामू...	66.5M
93.	Dainik Bhaskar	महू की छावनी परिषद में दो घंटे योग: सैकड़ों लोग हुए शामिल, दिव्यांग और वरिष्ठ नाग...	66.5M
94.	Dainik Bhaskar	योग दिवस पर धौलपुर में हजारों लोगों ने किया योग: परशुराम धर्मशाला में प्रभारी सच...	66.5M
95.	Dainik Bhaskar	पानीपत में वर्ल्ड योगा डे पर पहुंचे कृषि मंत्री: हिसार यूनिवर्सिटी प्रकरण पर श्य...	66.5M
96.	Dainik Bhaskar	उपमुख्यमंत्री दीया कुमारी ने सैकड़ों लोगों के साथ योगा किया: बोलीं- प्रधानमंत्री...	66.5M
97.	Dainik Bhaskar	रीवा में डिप्टी सीएम राजेंद्र शुक्ल ने किया योग: बोले- यह जीवन को संतुलित बनाने ...	66.5M
98.	Dainik Bhaskar	अंतरराष्ट्रीय योग दिवस से पहले कॉलेज में योगाभ्यास	66.5M
99.	Dainik Bhaskar	अंतरराष्ट्रीय योग दिवस पर कपासन में सामूहिक योगाभ्यास: एसआर वाटिका में 42 योगासन...	66.5M
100.	Dainik Bhaskar	योग शारीरिक, मानसिक और आत्मिक शुद्धि का माध्यम: उत्साह और उमंग किया योग, प्रभारी...	66.5M
101.	Dainik Bhaskar	आमेट के तेरापंथ सभा भवन में योग शिविर: ताड़ासन, त्रिकोणासन, अनुलोम-विलोम, सूर्य ...	66.5M
102.	Dainik Bhaskar	नारनौल में योग दिवस पर हुआ जिला स्तरीय कार्यक्रम: विधायक ओमप्रकाश यादव रहे मुख्य...	66.5M
103.	Dainik Bhaskar	सालासर में हुआ जिला स्तरीय योग दिवस कार्यक्रम: श्रीबालाजी गौशाला में सैकड़ों लोग...	66.5M
104.	Dainik Bhaskar	योग दिवस पर योग-प्राणायाम में रमा पाली: शहरवासियों संग 68 साल के प्रभारी मंत्री ...	66.5M

105.	Dainik Bhaskar	अंतर्राष्ट्रीय योग दिवस पर स्कूलों में विशेष आयोजन: हनुमाननगर के स्कूलों में छात...	66.5M
106.	Dainik Bhaskar	रेवाड़ी में तीनों BJP MLA ने किया योगाभ्यास: PM और CM का कार्यक्रम लाइव देखा, तुल...	66.5M
107.	Dainik Bhaskar	अंतरराष्ट्रीय योग दिवस पर नोखा में सामूहिक योगाभ्यास: बाबा छोटूनाथ स्कूल में विभ...	66.5M
108.	Dainik Bhaskar	दुनिया के सबसे छोटे योग गुरु, कोटा के प्रत्यक्ष विजय: 4 साल की उम्र में माता-पित...	66.5M
109.	Dainik Bhaskar	भास्कर इंटरव्यू हार्ट अटैक के बढ़ते मामले...आयुर्वेद देगा इलाज से पहले बचाव: NIA व...	66.5M
110.	Dainik Bhaskar	बाड़मेर में 1 घंटे के योगाभ्यास में किए अलग-अलग आसन: दीप प्रज्वलित कर किया शुभारं...	66.5M
111.	Dainik Bhaskar	अंबाला में 15 हजार लोगों ने किया योग: डीसी बोले- योग को दिनचर्या में शामिल करें;...	66.5M
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113.	Dainik Bhaskar	मप्र की सबसे ऊंची चोटी धूपगढ़ में योग साधना: नर्मदापुरम में शिक्षा मंत्री कर रहे...	66.5M
114.	Dainik Bhaskar	सोनीपत में आज मनाया जा रहा अंतर्राष्ट्रीय योग दिवस: शिक्षा मंत्री महिपाल ढांडा प...	66.5M
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116.	Dainik Bhaskar	इंदौर में राजवाड़ा पर होगा योग कार्यक्रम: मंत्री सिंधिया और विजयवर्गीय होंगे शामि...	66.5M
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118.	Dainik Bhaskar	53 आरोग्य मंदिरों पर चार साल में 34106 लोगों को योग कराने का दावा, निरीक्षण में ...	66.5M
119.	Dainik Bhaskar	इनडोर स्टेडियम में योग प्रशिक्षण शिविर लगाया	66.5M
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125.	Dainik Bhaskar	योग शिविर पर किया जाएगा सामूहिक योग का अभ्यास	66.5M
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127.	Dainik Bhaskar	नवकरणीय ऊर्जा मंत्री नेता, कर्मचारी व आमजन सहित करेंगे योग: अटेर किले पर एक दिन ...	66.5M
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129.	Dainik Bhaskar	किन्नौर में शिपकिला बॉर्डर पर पहली होगा योग: 25 स्थानों पर होंगे शिविर, सेना और ...	66.5M
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132.	Dainik Bhaskar	हरियाणा के 17 डिपो से 1285 बसें गई कुरुक्षेत्र: कुरुक्षेत्र डीसी ने की थी मांग, ...	66.5M
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134.	Dainik Bhaskar	सूरतगढ़ में ब्लॉक स्तरीय योग दिवस की तैयारी: "एक पृथ्वी, एक स्वास्थ्य के लिए यो...	66.5M
135.	Dainik Bhaskar	दादरी में योग दिवस पर सांसद होंगे मुख्यअतिथि: आज हुई फाईनल रिहर्सल,बाढड़ा में विध...	66.5M
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144.	Dainik Bhaskar	स्कूल में योग शिविर में कर रहे योग अभ्यास	66.5M
145.	Dainik Bhaskar	मौसम साफ रहा तो बास्केट बॉल परिसर में होगा योग	66.5M
146.	Dainik Bhaskar	हरपालिया में आज ब्लॉक स्तरीय योग दिवस पर कार्यक्रम	66.5M
147.	Dainik Bhaskar	अंतरराष्ट्रीय योग दिवस से पहले दिया प्रशिक्षण	66.5M
148.	Dainik Bhaskar	इंडोर स्टेडियम जिला स्तरीय योगाभ्यास 21 जून को होगा	66.5M
149.	Dainik Bhaskar	आश्रम बालिका आवासीय विद्यालय में होगा योग	66.5M
150.	Dainik Bhaskar	महिलाओं ने प्राणायाम सीख अंतरराष्ट्रीय योग दिवस की तैयारी शुरू की	66.5M
151.	Dainik Bhaskar	अटल उद्यान में होगा योग दिवस समारोह	66.5M
152.	Dainik Bhaskar	कल सभी स्कूलों में होगा योग संगम, निर्देश जारी	66.5M
153.	Dainik Bhaskar	21 जून को सभी स्कूलों में मनाया जाएगा योग दिवस	66.5M
154.	Dainik Bhaskar	अंतर्राष्ट्रीय योग दिवस की तैयारियां अंतिम चरण में: हरित योग का आयोजन संपन्न, कॉ...	66.5M
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162.	Dainik Bhaskar	योग को दिनचर्या में शामिल करने का लिया संकल्प	66.5M

163.	Dainik Bhaskar	योग संगम कार्यक्रम 21 जून को, पंजीयन अनिवार्य	66.5M
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165.	Dainik Bhaskar	14 आयुष केंद्रों में योग शिविर शुरू हुआ	66.5M
166.	Dainik Bhaskar	शिविर में नियमित योगाभ्यास के लिए दे रहे ट्रेनिंग	66.5M
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242.	हिन्दुस्तान(Live Hindustan)	योगासन कर लोगों को उनके फायदे बताए	64.8M
243.	हिन्दुस्तान(Live Hindustan)	हरित योग कार्यक्रम के तहत पतंजलि विवि ने किया पौधरोपण एवं गंगा सफाई अभियान	64.8M
244.	हिन्दुस्तान(Live Hindustan)	टनकपुर स्पोर्ट्स स्टेडियम में साधकों ने किया योगाभ्यास	64.8M
245.	हिन्दुस्तान(Live Hindustan)	टनकपुर में साधकों ने किया योगाभ्यास	64.8M
246.	हिन्दुस्तान(Live Hindustan)	बेरीनाग में योग दिवस में कार्यक्रम का आयोजन	64.8M
247.	हिन्दुस्तान(Live Hindustan)	International Yoga Day Celebrated with Enthusiasm at Schools in Gangolihat गंगो ल...	64.8M
248.	हिन्दुस्तान(Live Hindustan)	Yoga Day Celebration Wellness Camp Held in Ramleela Ground थल के रामलीला मै दान म...	64.8M

249.	हिन्दुस्तान(Live Hindustan)	उत्साह, उमंग, उल्लास से मना योग दिवस, जिलेभर में हुए कार्यक्रम	64.8M
250.	हिन्दुस्तान(Live Hindustan)	चिन्यालीसौड़ में धूमधाम से मनाया योग दिवस	64.8M
251.	हिन्दुस्तान(Live Hindustan)	नियमित योग से निरोग रहने का संदेश दिया	64.8M
252.	हिन्दुस्तान(Live Hindustan)	प्रेमनगर आश्रम में हुआ योगाभ्यास कार्यक्रम	64.8M
253.	हिन्दुस्तान(Live Hindustan)	जामिया सहित शैक्षणिक संस्थानों में मनाया गया योग दिवस	64.8M
254.	हिन्दुस्तान(Live Hindustan)	योग केवल आसनों का अभ्यास नहीं, बल्कि जीवनशैली	64.8M
255.	हिन्दुस्तान(Live Hindustan)	निरोगी काया के लिए प्रतिदिन योगाभ्यास का लिया संकल्प	64.8M
256.	हिन्दुस्तान(Live Hindustan)	भागदौड़ भरी जिंदगी में योग को समय देना जरुरी: विधायक कंडारी	64.8M
257.	हिन्दुस्तान(Live Hindustan)	सिटी कॉन्वेंट स्कूल और डिग्री कॉलेज सहित विभिन्न जगह योग की रही धूम	64.8M
258.	हिन्दुस्तान(Live Hindustan)	International Yoga Day Celebrated Enthusiastically in Pithoragarh बच्चों से लेकर...	64.8M
259.	हिन्दुस्तान(Live Hindustan)	अंतर्राष्ट्रीय योग दिवस : जिलेभर में लाखों लोगों ने किया योगाभ्यास	64.8M
260.	हिन्दुस्तान(Live Hindustan)	11th International Yoga Day Celebrated with Grand Yoga Camp in Rudrapur रुद्रपुर ...	64.8M
261.	हिन्दुस्तान(Live Hindustan)	मुजफ्फरनगर : डीएवी कॉलेज में हजारों लोगों ने किया योगाभ्यास	64.8M
262.	हिन्दुस्तान(Live Hindustan)	स्टेडियम से लेकर स्कूल तक लोग करेंगे योग, तैयारी पूरी	64.8M
263.	हिन्दुस्तान(Live Hindustan)	अंतरराष्ट्रीय योग दिवस: सीएम योगी ने गोरखपुर में किया योग, कहा- यही स्वस्थ रहने ...	64.8M
264.	हिन्दुस्तान(Live Hindustan)	स्कूलों में आज सुबह 6:30 बजे से योग संगम	64.8M
265.	हिन्दुस्तान(Live Hindustan)	Yoga Day Celebrations Kick Off in Varanasi with Health and Environmental Initiat.. .	64.8M
266.	हिन्दुस्तान(Live Hindustan)	टेक्नो स्कूल ऑफ योग की हुई स्थापना	64.8M
267.	हिन्दुस्तान(Live Hindustan)	प्रभारी मंत्री के साथ एक हजार लोग आज करेंगे योग	64.8M
268.	हिन्दुस्तान(Live Hindustan)	अंतर्राष्ट्रीय योग दिवस : आज जिलेभर में लाखों लोग करेंगे योगाभ्यास	64.8M
269.	हिन्दुस्तान(Live Hindustan)	प्रशिक्षकों ने योग प्रोटोकाल का किया रिहर्सल	64.8M
270.	हिन्दुस्तान(Live Hindustan)	युवाओं के लिए योगा बेहतर करियर विकल्प के रूप में आ रहा है सामने	64.8M
271.	हिन्दुस्तान(Live Hindustan)	अंतरराष्ट्रीय योग दिवस के मौके पर योग शिविर का आयोजन आज	64.8M
272.	हिन्दुस्तान(Live Hindustan)	निरोग रहने को आज जिला एक साथ करेगा योग	64.8M
273.	हिन्दुस्तान(Live Hindustan)	योग दिवस को योग महोत्सव के रूप में मनाएगी पतंजलि	64.8M
274.	हिन्दुस्तान(Live Hindustan)	विश्व योग दिवस के प्रचार-प्रसार को लेकर निकली जागरण यात्रा	64.8M
275.	हिन्दुस्तान(Live Hindustan)	योग बनी स्वास्थ्य की संजीवनी, व रोजगार का साधन	64.8M
276.	हिन्दुस्तान(Live Hindustan)	300 से ज्यादा स्थानों पर आयोजित कार्यक्रम में साढ़े तीन लाख लोग एक साथ करेंगे यो...	64.8M

277.	हिन्दुस्तान(Live Hindustan)	सबने की तैयारी, आज से नियमित योग की बारी	64.8M
278.	हिन्दुस्तान(Live Hindustan)	स्मार्ट सिटी में अंतरराष्ट्रीय योग दिवस पर 800 से अधिक जगहों पर होंगे योग कार्यक...	64.8M
279.	हिन्दुस्तान(Live Hindustan)	योग दिवस को लेकर निकाली गई प्रभात फेरी	64.8M
280.	हिन्दुस्तान(Live Hindustan)	प्रधानमंत्री आज तीन लाख लोगों संग योग करेंगे	64.8M
281.	हिन्दुस्तान(Live Hindustan)	विश्व योग दिवस आज, डीएवी इंटर कालेज सहित 50 से ज्यादा जगहों पर योगाभ्यास	64.8M
282.	हिन्दुस्तान(Live Hindustan)	स्टेडियम में आयोजित होगा योग शिविर	64.8M
283.	हिन्दुस्तान(Live Hindustan)	अंतरराष्ट्रीय योग दिवस : योग 'स्वास्थ्य के साथ 'खजाना भी भर रहा	64.8M
284.	हिन्दुस्तान(Live Hindustan)	तैयारियां पूरी, शहर से गांव तक लगेगा योग शिविर	64.8M
285.	हिन्दुस्तान(Live Hindustan)	अंतरराष्ट्रीय योग दिवस कल, शाही किला में होगा मुख्य आयोजन	64.8M
286.	हिन्दुस्तान(Live Hindustan)	सुलतानपुर-विश्व योग दिवस : जिले से लेकर गांव तक होगी योग की गूंज	64.8M
287.	हिन्दुस्तान(Live Hindustan)	तनाव से निपटने के लिए योग जरूरी	64.8M
288.	हिन्दुस्तान(Live Hindustan)	वाइब्रेट प्रोटोकॉल योग कर थकान को किया दूर	64.8M
289.	हिन्दुस्तान(Live Hindustan)	ऐतिहासिक ओघड़नाथ मंदिर परिसर में योग किया गया	64.8M
290.	हिन्दुस्तान(Live Hindustan)	सभी बोर्ड के स्कूलों में मनाया जाएगा 11वां अंतरराष्ट्रीय योग दिवस	64.8M
291.	हिन्दुस्तान(Live Hindustan)	समाज की आवश्यकता योग समावेश - प्रो डॉ यतीश अग्रवाल	64.8M
292.	हिन्दुस्तान(Live Hindustan)	लाक्षागृह बरनावा मे योग सप्ताह शिविर का शुभारंभ	64.8M
293.	हिन्दुस्तान(Live Hindustan)	अंतरा ने साधकों को सिखाए योगासन	64.8M
294.	हिन्दुस्तान(Live Hindustan)	सेक्टर-12 के खेल परिसर में 21 जून को दस हजार लोग एक साथ योग करेंगे	64.8M
295.	हिन्दुस्तान(Live Hindustan)	International Yoga Day Preparations in Azamgarh with Ayurvedic Hospitals Promoti...	64.8M
296.	हिन्दुस्तान(Live Hindustan)	अम्बेडकरनगर-योगी योग भूषण अवॉर्ड से सम्मानित हुए डॉ योगी रवि	64.8M
297.	हिन्दुस्तान(Live Hindustan)	सिकंदरा स्मारक पर दिव्यांगों ने किए योगासन	64.8M
298.	हिन्दुस्तान(Live Hindustan)	ब्रजेश पाठक लखनऊ और केशव प्रयागराज में करेंगे योगाभ्यास	64.8M
299.	हिन्दुस्तान(Live Hindustan)	ताज के पार्श्व में योगासन कर किया जागरूक	64.8M
300.	हिन्दुस्तान(Live Hindustan)	एक विश्व एक स्वास्थ्य थीम पर आयोजित हुआ योग संगम	64.8M
301.	हिन्दुस्तान(Live Hindustan)	बोधगया: कालचक्र मैदान में योग अभ्यास सत्र का होगा आयोजन	64.8M
302.	हिन्दुस्तान(Live Hindustan)	हेमंत प्रदेश सह-संयोजक नियुक्त	64.8M
303.	हिन्दुस्तान(Live Hindustan)	सहरसा: सभी विद्यालय में 21 को मनाया जाएगा योग संगम	64.8M
304.	हिन्दुस्तान(Live Hindustan)	योग संगम के लिए चार लाख लोगों ने कराया पंजीकरण	64.8M

305.	हिन्दुस्तान(Live Hindustan)	सेना के जवानों को योग के लाभ बताए	64.8M
306.	हिन्दुस्तान(Live Hindustan)	योग सप्ताह में साइकिल मैराथन का आयोजन किया	64.8M
307.	हिन्दुस्तान(Live Hindustan)	किशोर संप्रेक्षण गृह और जिला कारागार में बंदियों ने किया योग	64.8M
308.	हिन्दुस्तान(Live Hindustan)	रजा लाइब्रेरी में 19 से 25 जून तक मनाया जाएगा योगोत्सव	64.8M
309.	हिन्दुस्तान(Live Hindustan)	21 को 11वां अंतरराष्ट्रीय योग दिवस मनाया जायेगा	64.8M
310.	हिन्दुस्तान(Live Hindustan)	43वीं वाहिनी पीएसी में जवानों ने निरोगी रहने को किया योगाभ्यास	64.8M
311.	हिन्दुस्तान(Live Hindustan)	तनाव मुक्ति के लिये योग आसन करें:डॉ श्रीलॅय मोहंती	64.8M
312.	हिन्दुस्तान(Live Hindustan)	ब्यूरो::::::योग बंधन में 15 देशों के विशेषज्ञ हुए शामिल	64.8M
313.	हिन्दुस्तान(Live Hindustan)	हरित योग कार्यक्रम में लोगों ने किया योगाभ्यास	64.8M
314.	हिन्दुस्तान(Live Hindustan)	पतंजलि विश्वविद्यालय में युवा महोत्सव 2025 का शुभारंभ	64.8M
315.	हिन्दुस्तान(Live Hindustan)	योग की अवधारणा प्राचीन भारत से आई है: प्रो. राजीव चौधरी	64.8M
316.	हिन्दुस्तान(Live Hindustan)	रन फॉर योगा में सौरभ और अंजनी रही पहले स्थान पर	64.8M
317.	हिन्दुस्तान(Live Hindustan)	आयुष मेले में जांच कर लोगों को दवा बांटी	64.8M
318.	हिन्दुस्तान(Live Hindustan)	रन फॉर योगा व नशामुक्त जागरूकता रैली आयोजित	64.8M
319.	हिन्दुस्तान(Live Hindustan)	जिले के स्कूलों में योग संगम 21 को	64.8M
320.	हिन्दुस्तान(Live Hindustan)	एम्स में योग सप्ताह का हुआ शुभारंभ	64.8M
321.	हिन्दुस्तान(Live Hindustan)	विश्व योग दिवस सप्ताह: त्रिलोक तीर्थ परिसर में आयोजित हुआ योग शिविर	64.8M
322.	हिन्दुस्तान(Live Hindustan)	अनूपशहर में ग्यारहवां अंतर्राष्ट्रीय योग का शुभारंभ	64.8M
323.	हिन्दुस्तान(Live Hindustan)	बोले बिजनौर : जिले में बने योग प्रशिक्षण केंद्र, कुशल प्रशिक्षकों की हो तैनाती	64.8M
324.	हिन्दुस्तान(Live Hindustan)	Yoga Week Celebration 210 Participants Benefit from Group Yoga Session योग स प्ता...	64.8M
325.	हिन्दुस्तान(Live Hindustan)	अंतरराष्ट्रीय योग दिवस के लिए दो लाख से अधिक लोगों ने कराया पंजीकरण	64.8M
326.	हिन्दुस्तान(Live Hindustan)	वार्ड से जिला तक 21 जून को होगा योगाभ्यास : मंगल	64.8M
327.	हिन्दुस्तान(Live Hindustan)	गौचर आईटीबीपी परिसर में योग सत्र आयोजित	64.8M
328.	हिन्दुस्तान(Live Hindustan)	खंड विकास कार्यालय में हुआ योगाभ्यास	64.8M
329.	हिन्दुस्तान(Live Hindustan)	योग प्रतियोगिताओं के जरिए पुरस्कार जीतेंगे विद्यार्थी	64.8M
330.	हिन्दुस्तान(Live Hindustan)	International Yoga Week Begins in Varanasi Ahead of International Yoga Day नमो घ...	64.8M
331.	हिन्दुस्तान(Live Hindustan)	प्राकृतिक वातारवण और शुद्ध वायु में योग करने से स्वस्थ रहता है शरीर	64.8M
332.	हिन्दुस्तान(Live Hindustan)	निरोग रहने के लिए योग को करें आत्मसात	64.8M

333.	हिन्दुस्तान(Live Hindustan)	योग सप्ताह के तहत छात्रों को कराया योगासन	64.8M
334.	हिन्दुस्तान(Live Hindustan)	योग चेतना पदयात्रा रैली निकालकर योग सप्ताह कार्यक्रम का शुभारंभ	64.8M
335.	हिन्दुस्तान(Live Hindustan)	International Yoga Day 2023 Saharanpur District Administration Launches Yoga Wee...	64.8M
336.	हिन्दुस्तान(Live Hindustan)	सूर्य नमस्कार संपूर्ण व्यायाम: प्रोफेसर मुछाल	64.8M
337.	हिन्दुस्तान(Live Hindustan)	योग दिवस पर प्रतियोगिता के लिए करें पंजीकरण	64.8M
338.	हिन्दुस्तान(Live Hindustan)	नियमित योगाभ्यास से मिलती आनन्द की अनुभूति व बीमारियों से मुक्ति	64.8M
339.	हिन्दुस्तान(Live Hindustan)	अंतरराष्ट्रीय योग दिवस की तैयारी को ले सात दिवसीय योग प्रशिक्षण शुरू	64.8M
340.	हिन्दुस्तान(Live Hindustan)	योग सप्ताह का शुभारंभ, संगम तट पर 21 को मुख्य कार्यक्रम	64.8M
341.	हिन्दुस्तान(Live Hindustan)	शारीरिक, मानसिक और आध्यात्मिक उन्नति का मार्ग है योग : डॉ. अंतुल	64.8M
342.	हिन्दुस्तान(Live Hindustan)	साधकों ने भरीं सेहत की सांसें, योग सप्ताह का आगाज	64.8M
343.	हिन्दुस्तान(Live Hindustan)	पूर्व रंग कार्यक्रम आयोजित कर योग करवाया	64.8M
344.	हिन्दुस्तान(Live Hindustan)	रन फॉर योगा के जरिए आमजन को योग से जोड़ने का प्रयास	64.8M
345.	हिन्दुस्तान(Live Hindustan)	रोग निवारण में योग की महत्ता को बताया	64.8M
346.	हिन्दुस्तान(Live Hindustan)	योग को प्रतिदिन अपनी दिनचर्या में शामिल करें : राजीव	64.8M
347.	हिन्दुस्तान(Live Hindustan)	स्वास्थ्य योजनाओं की तैयारी को लेकर डीसी ने की समीक्षात्मक बैठक	64.8M
348.	हिन्दुस्तान(Live Hindustan)	योग पर कार्यशाला में 270 प्रतिभागियों ने किया अभ्यास	64.8M
349.	हिन्दुस्तान(Live Hindustan)	योग से 38 फीसदी लोग तनाव और मोटापा भगाने में सफल रहे	64.8M
350.	हिन्दुस्तान(Live Hindustan)	शहर के योग शिक्षकों को चाहिए योग भवन, संसाधन व सुविधाएं	64.8M
351.	हिन्दुस्तान(Live Hindustan)	अंतरराष्ट्रीय योग सप्ताह का आज होगा भव्य आगाज	64.8M
352.	हिन्दुस्तान(Live Hindustan)	पतंजलि विवि में युवा महोत्सव मंगलवार से	64.8M
353.	हिन्दुस्तान(Live Hindustan)	योग दिवस पर प्रतियोगिता का आयोजन	64.8M
354.	हिन्दुस्तान(Live Hindustan)	एक पृथ्वी-एक स्वास्थ्य थीम पर करेंगे योग	64.8M
355.	हिन्दुस्तान(Live Hindustan)	युवा पीढ़ी से जीवन में योग को अपनाने का आह्वान	64.8M
356.	हिन्दुस्तान(Live Hindustan)	बाढ़ प्रबंधन और राहत कार्यों में किसी भी प्रकार की लापरवाही बर्दाश्त नहीं : मुख्...	64.8M
357.	हिन्दुस्तान(Live Hindustan)	आरडब्ल्यूए 15 जून से योग सप्ताह मनाएगा	64.8M
358.	हिन्दुस्तान(Live Hindustan)	देहरादून कल रन फॉर योगा	64.8M
359.	हिन्दुस्तान(Live Hindustan)	पुलिस कर्मियों को योग के लाभ बताए	64.8M
360.	हिन्दुस्तान(Live Hindustan)	अंतर्राष्ट्रीय योग दिवस पर 15 जून से योगाभ्यास होगा	64.8M

361.	हिन्दुस्तान(Live Hindustan)	शरीर को निरोगी रखने के लिए जरूरी है योग: डा वंदना डंगवाल	64.8M
362.	हिन्दुस्तान(Live Hindustan)	पुलिस कर्मियों को योग के लाभ बताए	64.8M
363.	हिन्दुस्तान(Live Hindustan)	अंतरराष्ट्रीय योग दिवस के सफल संचालन पर मंथन	64.8M
364.	हिन्दुस्तान(Live Hindustan)	जिला विकास समिति की बैठक संपन्न, योग सप्ताह की तैयारियों पर रहा जोर	64.8M
365.	हिन्दुस्तान(Live Hindustan)	लंबित शिकायतों का जल्द समाधान करें: उपायुक्त विश्राम मीणा	64.8M
366.	हिन्दुस्तान(Live Hindustan)	16 को गांधी मैदान में होगा योगोत्सव, जुटेंगे लोग	64.8M
367.	हिन्दुस्तान(Live Hindustan)	योग कराने के लिए सक्रिय हुआ प्रशासन, तैयारी बैठक हुई	64.8M
368.	हिन्दुस्तान(Live Hindustan)	मोदी के साथ विशाखापट्टनम में पांच लाख लोग योग करेंगे	64.8M
369.	हिन्दुस्तान(Live Hindustan)	पेज-दो एंकर:विश्व शांति केंद्र में स्वास्थ्य अधिकारियों का योग शिविर	64.8M
370.	हिन्दुस्तान(Live Hindustan)	सड़क सुरक्षा पर नूंह में तीन दिवसीय कार्यशाला	64.8M
371.	हिन्दुस्तान(Live Hindustan)	योग दिवस: एलयू और कॉलेजों में प्रधानमंत्री के संदेश का होगा सीधा प्रसारण	64.8M
372.	हिन्दुस्तान(Live Hindustan)	जैन उवि में योगाभ्यास व सूर्य नमस्कार कार्यक्रम	64.8M
373.	हिन्दुस्तान(Live Hindustan)	आयुष विभाग ने जिला पलवल में कराया योगाभ्यास	64.8M
374.	हिन्दुस्तान(Live Hindustan)	प्रतिभागियों ने योगाभ्यास कर जीवन में अपनाने का संकल्प लिया	64.8M
375.	हिन्दुस्तान(Live Hindustan)	योग कर निरोग रहने का संदेश दिया	64.8M
376.	हिन्दुस्तान(Live Hindustan)	योग कर निरोग रहने का संदेश दिया	64.8M
377.	हिन्दुस्तान(Live Hindustan)	एसएसबी पंचम वाहिनी में हरित पहल के साथ योग किया	64.8M
378.	हिन्दुस्तान(Live Hindustan)	चिकित्सक एवं कर्मचारियों ने किया योगाभ्यास	64.8M
379.	हिन्दुस्तान(Live Hindustan)	12 दिवसीय योग शिविर में मधुमेह और उच्च रक्तचाप का इलाज	64.8M
380.	हिन्दुस्तान(Live Hindustan)	योग कर जीवन भर निरोगी बनें जवान और कर्मचारी	64.8M
381.	हिन्दुस्तान(Live Hindustan)	एसएसबी में सात दिनी योग शिविर संपन्न	64.8M
382.	हिन्दुस्तान(Live Hindustan)	विश्वविद्यालय और कॉलेजों में आयोजित होगा योग संगम	64.8M
383.	हिन्दुस्तान(Live Hindustan)	एकदिवसीय शिक्षक योग प्रशिक्षण शिविर का आयोजन	64.8M
384.	हिन्दुस्तान(Live Hindustan)	छह सौ एनसीसी कैडेट्स को योगाभ्यास कराया गया	64.8M
385.	हिन्दुस्तान(Live Hindustan)	डॉ. कृष्ण बने अंतरराष्ट्रीय योग दिवस के राज्य संयोजक	64.8M
386.	हिन्दुस्तान(Live Hindustan)	मॉडल राजकीय इंटर कॉलेज उड़वा में योग शिविर आयेजित	64.8M
387.	हिन्दुस्तान(Live Hindustan)	योग सप्ताह 15 जून से	64.8M
388.	हिन्दुस्तान(Live Hindustan)	खिलाड़ी गौरव, सागर, राखी और नयना ने योग में प्रदर्शन किया	64.8M
389.	हिन्दुस्तान(Live Hindustan)	प्रतियोगिता में स्कूली छात्रों से लेकर लोगों ने योग सीखा	64.8M

390.	हिन्दुस्तान(Live Hindustan)	अंतर्राष्ट्रीय योग दिवस से पहले पुलिस कर्मियों के लिए लगाया गया प्रशिक्षण शिविर	64.8M
391.	हिन्दुस्तान(Live Hindustan)	200 सीएचओ को ऑनलाइन योगाभ्यास प्रशिक्षण	64.8M
392.	हिन्दुस्तान(Live Hindustan)	Chamba Ayurvedic Hospital Hosts Block Level Yoga Camp for Healthy Living शिविर म...	64.8M
393.	हिन्दुस्तान(Live Hindustan)	आयुष मंत्रालय की बैठक में बीबीएयू ने लिया हिस्सा	64.8M
394.	हिन्दुस्तान(Live Hindustan)	पदयात्रा करके पर्यावरण संरक्षण का संकल्प	64.8M
395.	हिन्दुस्तान(Live Hindustan)	इटावा में ग्राम पंचायतों में 17 जून को कराया जाएगा योग	64.8M
396.	हिन्दुस्तान(Live Hindustan)	15 से 21 जून तक मनेगा योग सप्ताह, आयोजित होंगे विविध कार्यक्रम	64.8M
397.	हिन्दुस्तान(Live Hindustan)	योगाभ्यास कार्यक्रम में एनसीसी कैडेट्स ने सीखे आसन	64.8M
398.	हिन्दुस्तान(Live Hindustan)	11वां अंतर्राष्ट्रीय योग दिवस को लेकर पूर्वाभ्यास कराने का निर्णय	64.8M
399.	हिन्दुस्तान(Live Hindustan)	बीआरएबीयू में खुला आईटी सेल, मिलेगी कंप्यूटर ट्रेनिंग	64.8M
400.	हिन्दुस्तान(Live Hindustan)	योग ट्रेनर के लिए 36 अभ्यर्थियों का लिया गया इंटरव्यू	64.8M
401.	हिन्दुस्तान(Live Hindustan)	हिमवीरों ने कॉमन योगा प्रोटोकॉल का अभ्यास किया	64.8M
402.	हिन्दुस्तान(Live Hindustan)	ग्यारहवें अंतरराष्ट्रीय योग दिवस के प्रोटोकॉल का शुभारंभ	64.8M
403.	हिन्दुस्तान(Live Hindustan)	जिला कारागार पलवल में कैदियों ने किया योगाभ्यास	64.8M
404.	हिन्दुस्तान(Live Hindustan)	योग दिवस को लेकर तैयारियां शुरू	64.8M
405.	हिन्दुस्तान(Live Hindustan)	प्रदेश के सभी सरकारी अस्पतालों में होंगे योग कार्यक्रम	64.8M
406.	हिन्दुस्तान(Live Hindustan)	जिला कारागार भोंडसी में बंदियों ने किया सामूहिक योगाभ्यास	64.8M
407.	हिन्दुस्तान(Live Hindustan)	योग दिवस से पहले स्कूलों में योग प्रशिक्षण शिविर का सफल आयोजन	64.8M
408.	हिन्दुस्तान(Live Hindustan)	विण विकासखंड में ब्लॉक स्तरीय योग शिविर लगा	64.8M
409.	हिन्दुस्तान(Live Hindustan)	वन अर्थ, वन हेल्थ थीम पर दिया योग प्रशिक्षण	64.8M
410.	हिन्दुस्तान(Live Hindustan)	वरदानी पार्क में आमजन ने किया योगासन	64.8M
411.	हिन्दुस्तान(Live Hindustan)	विद्यालयों में तीन दिवसीय योग प्रशिक्षण संपन्न, बच्चों ने सीखा स्वस्थ जीवन का मं...	64.8M
412.	हिन्दुस्तान(Live Hindustan)	आयुष विभाग ने दी योग की जानकारी	64.8M
413.	हिन्दुस्तान(Live Hindustan)	Yoga Practice Program Conducted in Barakot by Ayurvedic Department आयुष विभाग ने...	64.8M
414.	हिन्दुस्तान(Live Hindustan)	हर नागरिक योग को जीवनशैली का हिस्सा बनाए: कंडारी	64.8M
415.	हिन्दुस्तान(Live Hindustan)	एएमयू 25 दिवसीय योग कार्यशाला का आयोजन	64.8M
416.	हिन्दुस्तान(Live Hindustan)	पलवल में तीन दिवसीय योग प्रशिक्षण शिविर शुरू	64.8M
417.	हिन्दुस्तान(Live Hindustan)	महिलाओं को स्वास्थ्य के प्रति किया जागरूक	64.8M

418.	हिन्दुस्तान(Live Hindustan)	योग प्रशिक्षकों को दिया योग प्रोटोकॉल का प्रशिक्षण	64.8M
419.	हिन्दुस्तान(Live Hindustan)	पायलट रिहर्सल और योग मैराथन 19 जून को होगी	64.8M
420.	हिन्दुस्तान(Live Hindustan)	नूंह में योग दिवस को लेकर तीन दिवसीय प्रशिक्षण शुरू	64.8M
421.	हिन्दुस्तान(Live Hindustan)	International Yoga Day Countdown Rangoli Competition Organized by Ayush Dep artme...	64.8M
422.	हिन्दुस्तान(Live Hindustan)	चित्रकला में अक्षिता ने मारी बाजी	64.8M
423.	हिन्दुस्तान(Live Hindustan)	जसपुर में अंतरराष्ट्रीय योग दिवस को लेकर पूर्वाभ्यास कराया	64.8M
424.	हिन्दुस्तान(Live Hindustan)	हर ब्लॉक पर कॉमन योग प्रोटोकॉल का अभ्यास कराया जाएगा	64.8M
425.	हिन्दुस्तान(Live Hindustan)	गाड़ी में "एक पृथ्वी एक स्वास्थ्य" विषय पर योग प्रतियोगिता	64.8M
426.	हिन्दुस्तान(Live Hindustan)	मानव जीवन के लिए योग व संयमित दिनचर्या आवश्यक:डा. विद्यार्थी	64.8M
427.	हिन्दुस्तान(Live Hindustan)	28 मई को किलकिलेश्वर में योग दिवस	64.8M
428.	हिन्दुस्तान(Live Hindustan)	योगोत्सव में योगासन व प्राणायाम का कराया गया अभ्यास	64.8M
429.	हिन्दुस्तान(Live Hindustan)	प्राथमिक विद्यालय बरगदी कोट में लगा योग शिविर	64.8M
430.	हिन्दुस्तान(Live Hindustan)	आयुष टीम ने सेनू गांव में लोगों को किया जागरूक	64.8M
431.	हिन्दुस्तान(Live Hindustan)	अंतरराष्ट्रीय योग दिवस पर होंगे कार्यक्रम	64.8M
432.	हिन्दुस्तान(Live Hindustan)	योग को गांव-गांव पहुंचाने का लिया संकल्प	64.8M
433.	हिन्दुस्तान(Live Hindustan)	योग को गांव-गांव पहुंचाने का लिया संकल्प	64.8M
434.	हिन्दुस्तान(Live Hindustan)	इस वर्ष अंतरराष्ट्रीय योग दिवस पूरी दुनिया के लिए प्रेरणादायक होगा : मंत्री	64.8M
435.	हिन्दुस्तान(Live Hindustan)	एक विश्व और एक स्वास्थ्य के लिए योग पर मंथन	64.8M
436.	हिन्दुस्तान(Live Hindustan)	एमजीसीयू में योग पर पोस्टर प्रतियोगिता में छात्रों की रचनात्मकता की झलक	64.8M
437.	हिन्दुस्तान(Live Hindustan)	अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में विद्यालयों में कार्यक्रम शुरू	64.8M
438.	हिन्दुस्तान(Live Hindustan)	योगाभ्यास करने वालों को मिलेगा उपहार में पौधा	64.8M
439.	हिन्दुस्तान(Live Hindustan)	योग दिवस को लेकर योगाचार्यों का प्रशिक्षण शुरू	64.8M
440.	हिन्दुस्तान(Live Hindustan)	योग शिविर में दिए गए सेहत के टिप्स	64.8M
441.	हिन्दुस्तान(Live Hindustan)	अगले पांच वर्ष में देश की जीडीपी में आयुष का पांच फीसदी योगदान	64.8M
442.	हिन्दुस्तान(Live Hindustan)	ऑक्सीजन पार्क में योग सत्र 8 को	64.8M
443.	हिन्दुस्तान(Live Hindustan)	छात्रों और शिक्षकों ने योग किया	64.8M
444.	हिन्दुस्तान(Live Hindustan)	योग प्रशिक्षकों को नौ माह से नहीं मिला मानदेय, दो माह के मानदेय में भी कटौती	64.8M
445.	हिन्दुस्तान(Live Hindustan)	लोगों को स्वस्थ रखने के लिए प्रशिक्षण देगा विभाग	64.8M

446.	हिन्दुस्तान(Live Hindustan)	1500 विद्यार्थियों, शिक्षकों और अभिभावकों ने योग कर स्वस्थ रहने का संदेश दिया	64.8M
447.	हिन्दुस्तान(Live Hindustan)	राजकीय स्कूलों में छात्रों को नियमित योग सिखाए जाएंगे	64.8M
448.	हिन्दुस्तान(Live Hindustan)	प्रभापुंज पब्लिक स्कूल में योग दिवस का आयोजन	64.8M
449.	हिन्दुस्तान(Live Hindustan)	रातू में अंतरराष्ट्रीय योगोत्सव पर जागरुकता अभियान आयोजित	64.8M
450.	हिन्दुस्तान(Live Hindustan)	50 शैय्या आयुष अस्पताल को भूमि अधिग्रहण प्रक्रिया जल्द हो पूर्ण: सीडीओ	64.8M
451.	हिन्दुस्तान(Live Hindustan)	रातू में अंतर्राष्ट्रीय योग दिवस पर कार्यक्रम आज	64.8M
452.	हिन्दुस्तान(Live Hindustan)	स्कूली छात्रों ने कोढ़ा में 73वां काउंटडाउन योगोत्सव में हुए शामिल	64.8M
453.	हिन्दुस्तान(Live Hindustan)	बोले मुजफ्फरनगर : योग प्रशिक्षकों को सुविधाओं का इंतजार	64.8M
454.	हिन्दुस्तान(Live Hindustan)	अंतर्राष्ट्रीय योग दिवस का 71वां दिन कैम्ब्रियन स्कूल रातू में कल	64.8M
455.	हिन्दुस्तान(Live Hindustan)	जिला कारागार में बंदियों को कराया योगाभ्यास	64.8M
456.	हिन्दुस्तान(Live Hindustan)	योगोत्सव में लोगों ने किया योगाभ्यास, जुटे लोग	64.8M
457.	हिन्दुस्तान(Live Hindustan)	विकास उत्सव में लोगों ने किया योग और प्राणायाम	64.8M
458.	हिन्दुस्तान(Live Hindustan)	प्रधानमंत्री योग पुरस्कार के लिए आवेदन मांगे	64.8M
459.	The Times of India	Prez marks int"l yoga day in Doon as state unveils India"s 1st policy	64.4M
460.	The Times of India	Yoga Day celebrated across Belagavi district	64.4M
461.	The Times of India	Yoga Park inaugurated at NMPA to promote wellness	64.4M
462.	The Times of India	International yoga day celebrated across state	64.4M
463.	The Times of India	International yoga day celebrated across city	64.4M
464.	The Times of India	Visakhapatnam sets world record on International Yoga Day: 3.02 lakh people per f...	64.4M
465.	The Times of India	Embracing unity and wellness: The significance of International Day of Yoga	64.4M
466.	The Times of India	Nearly one in every four persons in India incorporating yoga, reveals Ayush mini...	64.4M
467.	The Times of India	Schools, colleges host events in run up to Yoga Day	64.4M
468.	The Times of India	International Yoga Day 2025 Live Updates: PM Modi to perform yoga with 3 lakh pe...	64.4M
469.	The Times of India	PU launches 10-day National Yoga programme to manage diabetes	64.4M
470.	The Times of India	22,000 tribal students set world record with 108 Surya Namaskars	64.4M
471.	The Times of India	AP prepares for Int"l Yoga Day celebration"s trial run	64.4M
472.	The Times of India	NDMC to host yoga sessions across key locations on International Day of Yoga	64.4M
473.	The Times of India	Why June 21 was chosen as Yoga Day: Theme, history and significance	64.4M

474.	The Times of India	Mysuru may be made yoga district	64.4M
475.	The Times of India	Training of 60,000 people begins for Int"l Yoga Day in Mangaluru	64.4M
476.	The Times of India	Yoga activities launched in Dharwad dist	64.4M
477.	The Times of India	Yoga Week launched in Kashi with mass session at Namo Ghat	64.4M
478.	The Times of India	Week-long campaign begins in Kanpur ahead of Int"l Yoga Day	64.4M
479.	The Times of India	June 21: Yoga Day preps begin in city	64.4M
480.	The Times of India	Haryana CM Nayab Singh Saini flags off state-level yoga marathon in Kurukshetra ,...	64.4M
481.	The Times of India	Hold Yoga Day events at historical sites: UP chief secretary	64.4M
482.	The Times of India	5 yoga asanas for a healthy heart	64.4M
483.	The Times of India	Preparations are under way for Yoga Day celebrations in Madikeri	64.4M
484.	The Times of India	1,000 attend inspiring Yoga Sangam held by Janardanswami Yogabhyasi Mandal	64.4M
485.	The Times of India	Koppal add"l DC wants maximum turnout on Yoga Day	64.4M
486.	The Times of India	Prez Murmu may open Gorakhpur Ayush varsity on June 30	64.4M
487.	The Times of India	Yoga sessions, seminars, workshops in lineup of IYD event across Uttar Pradesh	64.4M
488.	The Times of India	All govt hospitals, health facilities to celebrate Yoga Day on June 21	64.4M
489.	The Times of India	Hands up! Bhondsi prison inmates take a lesson in yoga	64.4M
490.	The Times of India	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	64.4M
491.	The Times of India	Dhule to get 50-bed AYUSH hospital	64.4M
492.	The Times of India	Teachers must play a proactive role in nurturing new gen: CM	64.4M
493.	The Times of India	NTR collector advocates regular yoga practice for govt employees	64.4M
494.	The Times of India	Ayush ministry signs MoU with WHO to create module for traditional Indian medici ...	64.4M
495.	The Times of India	CM for Ayush colleges in all UP divisions	64.4M
496.	The Times of India	NIA Panchkula to offer Ayurveda-allopathy combo treatment	64.4M
497.	The Times of India	Maharashtra needs integrated ministries: Ayush minister Prataprao Jadhav	64.4M
498.	The Times of India	Delhi to become model state for Ayush, says health minister	64.4M
499.	The Times of India	Indore to get largest Ayush hospital in division in May	64.4M
500.	The Times of India	Not intense studying, 5 tips to boost academic performance and secure good mar ks	64.4M

501.	The Times of India	NGT: Yoga institute work subject to result of plea against forest land diversion	64.4M
502.	अमर उजाला (Amar ujala)	Sirmour News: अंतरराष्ट्रीय योग दिवस पर 15,319 लोगों ने किए योगासन	63.8M
503.	अमर उजाला (Amar ujala)	योग दिवस 2: स्वस्थ्य रहने के लिए नियमित दिनचर्या में अपनाएं योग : पनधारी	63.8M
504.	अमर उजाला (Amar ujala)	Lakhimpur Kheri News: योग कर दिया एक पृथ्वी, एक स्वास्थ्य का संदेश	63.8M
505.	अमर उजाला (Amar ujala)	देश की प्राचीन पद्धति योग से शरीर को रख सकते हैं स्वस्थ : विधायक	63.8M
506.	अमर उजाला (Amar ujala)	Hisar News: ब्लॉक स्तरीय कार्यक्रम में 535 ने किया योग	63.8M
507.	अमर उजाला (Amar ujala)	Balrampur News: करो योग रहो निरोग, के संकल्प से किया योग	63.8M
508.	अमर उजाला (Amar ujala)	Farrukhabad News: निरोगी काया के लिए फर्रुखाबादियों ने लिया संकल्प, किया योग	63.8M
509.	अमर उजाला (Amar ujala)	Bilaspur News: शैक्षणिक संस्थानों में योग कर स्वस्थ रहने का दिया संदेश	63.8M
510.	अमर उजाला (Amar ujala)	Fatehabad News: एक पृथ्वी एक स्वास्थ्य की थीम के साथ किया योग	63.8M
511.	अमर उजाला (Amar ujala)	जीवन शैली में योग को करें शामिल : डॉ. नताशा	63.8M
512.	अमर उजाला (Amar ujala)	International Yoga Day: मांडविया ने 1500 प्रतिभागियों के साथ किया योग, इन्हें बन...	63.8M
513.	अमर उजाला (Amar ujala)	Sirsa News: जीवन को बेहतर बनाता है योग, इसे दिनचर्या में करें शामिल	63.8M
514.	अमर उजाला (Amar ujala)	अंतरराष्ट्रीय योग दिवस: स्वास्थ्य मंत्री डॉ. इरफान सहित कई लोगों ने किया योगाभ्य...	63.8M
515.	अमर उजाला (Amar ujala)	Udhampur News: डीडीसी अध्यक्ष, डीसी, विधायक, एडीसी, बीडीसी ने योग सत्रों में किय...	63.8M
516.	अमर उजाला (Amar ujala)	International Yoga Day 2025: सुनीता जैन ने कहा- प्रतिदन करें योग, रहे निरोग, जान...	63.8M
517.	अमर उजाला (Amar ujala)	Yoga Day: हिमाचल में 20 हजार स्थानों पर दो लाख लोगों ने किया योग, धर्मशाला में ह...	63.8M
518.	अमर उजाला (Amar ujala)	Kullu: ढालपुर सहित 55 स्थानों पर हुए योग शिविर, आयुष विभाग ने किया आयोजन	63.8M
519.	अमर उजाला (Amar ujala)	अंतरराष्ट्रीय योग दिवस: मंत्री रविंद्र जायसवाल ने अफसरों संग किया योग, जानिए कहा...	63.8M
520.	अमर उजाला (Amar ujala)	Yoga Day In Prayagraj : योगमय हुई संगमनगरी, स्वस्थ धरती और स्वस्थ शरीर का लिया ग...	63.8M
521.	अमर उजाला (Amar ujala)	Jammu News: योग के लिए जम्मू-कश्मीर तैयार, 1600 से अधिक केंद्रों पर एक साथ जुड़े...	63.8M
522.	अमर उजाला (Amar ujala)	Kurukshetra News: ब्रह्मसरोवर के तट पर एक लाख से ज्यादा लोग आज करेंगे योग	63.8M
523.	अमर उजाला (Amar ujala)	Karnal News: अंतरराष्ट्रीय योग दिवस आज, आप आना भूल न जाना	63.8M
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526.	अमर उजाला (Amar ujala)	Budaun News: योग दिवस आज... पुलिस लाइन में दो हजार लोग करेंगे योगाभ्यास	63.8M
527.	अमर उजाला (Amar ujala)	Kaithal News: स्वस्थ रहने के लिए बड़ों के साथ बच्चों ने भी किया योग	63.8M
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529.	अमर उजाला (Amar ujala)	Sultanpur News: योग दिवस पर आज गूंजेगा 'योग से निरोग" का मंत्र	63.8M

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532.	अमर उजाला (Amar ujala)	Jind News: 453 लोगों ने योग रिहर्सल में लिया भाग	63.8M
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535.	अमर उजाला (Amar ujala)	Chamba News: ब्रह्म मुहूर्त में खुले आसमान तले योग से फिट रहेगा शरीर	63.8M
536.	अमर उजाला (Amar ujala)	Mahendragarh-Narnaul News: योग युक्त, नशा मुक्त हरियाणा के संदेश के साथ आज योगमय...	63.8M
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539.	अमर उजाला (Amar ujala)	Kullu News: प्राचीन काल से निरोग जिंदगी जीने का मूलमंत्र है योग	63.8M
540.	अमर उजाला (Amar ujala)	{"_id":"68558ce2f04315c6120c124d","slug":"international-yoga-day-2025-yoga-day-b...	63.8M
541.	अमर उजाला (Amar ujala)	पिछले 37 साल से योग की अलख जगा रहीं बहादुरगढ़ की डॉ. अंजू अग्रवाल	63.8M
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543.	अमर उजाला (Amar ujala)	Kathua News: अंतरराष्ट्रीय योग दिवस आज, तैयारियां पूरी	63.8M
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546.	अमर उजाला (Amar ujala)	Kangra News: सिंथेटिक ट्रैक में कल मनाया जाएगा राज्य स्तरीय अंतरराष्ट्रीय योग दि...	63.8M
547.	अमर उजाला (Amar ujala)	Karnal News: 146 गांव में निकाली योग जागरण यात्रा, आज पायलट रिहर्सल	63.8M
548.	अमर उजाला (Amar ujala)	योग महाकुंभ कल : कारपेट से सजा ब्रह्मसरोवर	63.8M
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551.	अमर उजाला (Amar ujala)	Sonipat News: जिलास्तरीय योग स्थल पर सफाई व्यवस्था दुरुस्त करने दिए निर्देश	63.8M
552.	अमर उजाला (Amar ujala)	Hamirpur (Himachal) News: आयुष विभाग 13 स्थानों पर मनाएगा अंतरराष्ट्रीय योग दिवस	63.8M
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555.	अमर उजाला (Amar ujala)	Shahjahanpur News: समन्वय और जनसहभागिता से योग दिवस को बनाएं सफल	63.8M
556.	अमर उजाला (Amar ujala)	{"_id":"6853ecb40f17668dd8049726","slug":"students-from-12-countries-practice-yo...	63.8M
557.	अमर उजाला (Amar ujala)	Karnal News: शहर की नई अनाज मंडी में 10 हजार लोग एक साथ करेंगे योग	63.8M

558.	अमर उजाला (Amar ujala)	Panipat News: योग कर लोगों को दिया निरोगी काया का संदेश	63.8M
559.	अमर उजाला (Amar ujala)	Sonipat News: योग मैराथन में एक साथ दौड़े 900 धावक, नगराधीश ने विजेताओं को किया ...	63.8M
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561.	अमर उजाला (Amar ujala)	Kaithal News: योग दिवस में आप भी बनें भागीदार पोर्टल, मिस कॉल से कराएं पंजीकरण	63.8M
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565.	अमर उजाला (Amar ujala)	{"_id":"6851ceb66e0079ba4501b3f1","slug":"raza-library-will-tell-you-the-benefit...	63.8M
566.	अमर उजाला (Amar ujala)	Jammu News: जनरल जोरावर सिंह स्पोर्ट्स स्टेडियम में मनाया जाएगा अंतरराष्ट्रीय यो...	63.8M
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572.	अमर उजाला (Amar ujala)	Sirmour News: अंतरराष्ट्रीय योग दिवस पर जिले में 135 स्थानों पर होंगी योग क्रिया...	63.8M
573.	अमर उजाला (Amar ujala)	Rishikesh News: नियमित योगाभ्यास से स्वयं को रख सकते हैं निरोगी	63.8M
574.	अमर उजाला (Amar ujala)	Una News: अंतरराष्ट्रीय योग दिवस की तैयारी में जुटा आयुष विभाग	63.8M
575.	अमर उजाला (Amar ujala)	Kaithal News: योग विशेषज्ञों ने हृदय रोग से बचाव की दी जानकारी	63.8M
576.	अमर उजाला (Amar ujala)	सूरजकुंड पार्क में योग सप्ताह शुरू	63.8M
577.	अमर उजाला (Amar ujala)	Yoga Day: नई दिल्ली में कर्तव्य पथ सहित आठ जगहों पर होगा योग, 6000 लोगों के हिस्...	63.8M
578.	अमर उजाला (Amar ujala)	Kurukshetra News: योग मैराथन में धावकों पर मुख्यमंत्री ने की पुष्प वर्षा, भरा जो...	63.8M
579.	अमर उजाला (Amar ujala)	Balrampur News: योग सप्ताह शुरू, शिविर में उपचार कर दवाएं दीं	63.8M
580.	अमर उजाला (Amar ujala)	Pratapgarh News: योगमय हुई बेल्हा की धरती	63.8M
581.	अमर उजाला (Amar ujala)	विश्व योग दिवस के 10 साल: एक तिहाई लोगों ने मनाया योग दिवस,11% करते हैं रोज अभ्य...	63.8M
582.	अमर उजाला (Amar ujala)	Kaithal News: खेल नर्सरियों में लगाया योग प्रोटोकॉल प्रशिक्षण शिविर	63.8M
583.	अमर उजाला (Amar ujala)	मन, शरीर और आत्मा के बीच सामंजस्य स्थापित करने की प्राचीन भारतीय परंपरा है योग :...	63.8M
584.	अमर उजाला (Amar ujala)	11वां अंतरराष्ट्रीय योग दिवस: पीएम मोदी संग 40 देशों के राजनयिक करेंगे योग, विशा...	63.8M
585.	अमर उजाला (Amar ujala)	Kurukshetra News: योग मैराथन के लिए प्रशासन की तरफ से होंगे सुरक्षा व्यवस्था के ...	63.8M

586.	अमर उजाला (Amar ujala)	{"_id":"684b3070fcd88204e80fccc5","slug":"yoga-competition-udhampur-news-c-202-1...	63.8M
587.	अमर उजाला (Amar ujala)	Jind News: आयुष विभाग ने विद्यार्थियों को कराया योग	63.8M
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589.	अमर उजाला (Amar ujala)	Mahendragarh-Narnaul News: नशा मुक्त भारत बनाने के संकल्प के साथ हुआ योग शिविर श...	63.8M
590.	अमर उजाला (Amar ujala)	Palwal News: ब्लॉक स्तर पर सभी आईटीआई में योग शिविर आयोजित	63.8M
591.	अमर उजाला (Amar ujala)	जींद में आयुष विभाग ने राजकीय आईटीआई में विद्यार्थियों को करवाया योगाभ्यास	63.8M
592.	अमर उजाला (Amar ujala)	Fatehabad News: जिले के 27 अस्पतालों में 785 स्वास्थ्यकर्मियों ने किया योगाभ्यास	63.8M
593.	अमर उजाला (Amar ujala)	Mahendragarh-Narnaul News: उपायुक्त ने मेडिकल कॉलेज में किया योग	63.8M
594.	अमर उजाला (Amar ujala)	{"_id":"6848666bfb429489b70d206d","slug":"ayush-department-started-yoga-practice...	63.8M
595.	अमर उजाला (Amar ujala)	Ambala News: योग में मन्नत, पिंकी, श्लोक और कुबेर प्रथम	63.8M
596.	अमर उजाला (Amar ujala)	Jhajjar-Bahadurgarh News: जिले में गूंजा रहा योग का उद्घोष, अंतरराष्ट्रीय योग दि...	63.8M
597.	अमर उजाला (Amar ujala)	Jhajjar-Bahadurgarh News: राजकीय औद्योगिक प्रशिक्षण संस्थान में आयोजित हुआ योग श...	63.8M
598.	अमर उजाला (Amar ujala)	Chandigarh-Haryana News: हरियाणा विधानसभा में विधायक करेंगे योग अभ्यास	63.8M
599.	अमर उजाला (Amar ujala)	Sirsa News: जिलास्तरीय योग प्रतियोगिता में 115 योग साधकों ने दिखाया अपना कौशल	63.8M
600.	अमर उजाला (Amar ujala)	Palwal News: खुशहाल रहने के लिए योग जरूरी	63.8M
601.	अमर उजाला (Amar ujala)	योग को नियमित दिनचर्या में करें शामिल : दहिया	63.8M
602.	अमर उजाला (Amar ujala)	योग प्रतियोगिता : पुरुषों में चक्षित और महिलाओं में यशवी प्रथम	63.8M
603.	अमर उजाला (Amar ujala)	Fatehabad News: ब्लड प्रेशर व शुगर के 100 मरीजों पर स्वास्थ्य विभाग योग का करेगा...	63.8M
604.	अमर उजाला (Amar ujala)	{"_id":"6845c6a189173e667c05f82d","slug":"more-than-one-lakh-people-practiced-yo...	63.8M
605.	अमर उजाला (Amar ujala)	Palwal News: तैयारियां...योगाभ्यास कर दे रहे स्वस्थ और नशामुक्त हरियाणा का संदेश	63.8M
606.	अमर उजाला (Amar ujala)	Sirsa News: योग स्पर्धा में रमन व प्रियंका ने मारी बाजी	63.8M
607.	अमर उजाला (Amar ujala)	Yamuna Nagar News: छात्राओं, स्टाफ को कराया योगाभ्यास	63.8M
608.	अमर उजाला (Amar ujala)	Yamuna Nagar News: खंड स्तरीय प्रतियोगिता में 475 ने योग में दिखाई प्रतिभा	63.8M
609.	अमर उजाला (Amar ujala)	Panchkula News: 650 पुलिस अधिकारियों और कर्मचारी ने किया योग	63.8M
610.	अमर उजाला (Amar ujala)	Mahendragarh-Narnaul News: अंतरराष्ट्रीय योग दिवस...12 से लगेगा प्रशिक्षण शिविर	63.8M
611.	अमर उजाला (Amar ujala)	Sonipat News: खंड स्तरीय योग में 454 प्रतिभागियों ने दिखाई प्रतिभा	63.8M
612.	अमर उजाला (Amar ujala)	योग दिवस में भाग लेने के लिए करें ऑनलाइन पंजीकरण : डीसी	63.8M

613.	अमर उजाला (Amar ujala)	Kurukshetra News: ब्लॉक स्तरीय योगासन प्रतियोगिताएं आज	63.8M
614.	अमर उजाला (Amar ujala)	Chamoli News: माणा और पोखरी में कराया योगाभ्यास	63.8M
615.	अमर उजाला (Amar ujala)	Bhiwani News: नगर पालिका कर्मचारियों ने किया योगाभ्यास	63.8M
616.	अमर उजाला (Amar ujala)	यूपी: प्रदेश में भव्य तरीके से मनाया जाएगा योग सप्ताह, 15 से 21 जून तक चार हजार ...	63.8M
617.	अमर उजाला (Amar ujala)	Karnal News: जिले के 435 विद्यालयों में कराया योगाभ्यास	63.8M
618.	अमर उजाला (Amar ujala)	Jhajjar-Bahadurgarh News: कारागार में बंदियों सहित अधिकारियों को करवाया योग प्रश...	63.8M
619.	अमर उजाला (Amar ujala)	Yamuna Nagar News: छात्राओं को योग के गुर बताए	63.8M
620.	अमर उजाला (Amar ujala)	Bhiwani News: पीटीआई, डीपीई व शारीरिक प्रवक्ताओं ने किया योगाभ्यास	63.8M
621.	अमर उजाला (Amar ujala)	एकाग्र शक्ति को बढ़ाता है योग : डॉ. जाटियान	63.8M
622.	अमर उजाला (Amar ujala)	Panchkula News: अंतरराष्ट्रीय योग दिवस के लिए विभाग तैयारियां पूरी करें - डीसी	63.8M
623.	अमर उजाला (Amar ujala)	Chandigarh-Haryana News: योग दिवस पर योग युक्त हरियाणा-नशा मुक्त हरियाणा का होगा...	63.8M
624.	अमर उजाला (Amar ujala)	जीवन की प्रगति को अच्छा बनाने के लिए योग जरूरी : डॉ. शकुंतला	63.8M
625.	अमर उजाला (Amar ujala)	Bhiwani News: मुख्यमंत्री नायब सिंह सैनी ने किया योगाचार्य रेणु वर्मा को सम्मानि...	63.8M
626.	अमर उजाला (Amar ujala)	Sirsa News: शहीद भगत सिंह स्टेडियम में किया योग अभ्यास	63.8M
627.	अमर उजाला (Amar ujala)	{"_id":"68361de71fa51fb95106b746","slug":"chief-minister-gave-relief-to-ayush-yo...	63.8M
628.	अमर उजाला (Amar ujala)	अंतरराष्ट्रीय योग दिवस की तैयारियों को लेकर प्रशिक्षण शिविर शुरू	63.8M
629.	अमर उजाला (Amar ujala)	Chandigarh-Haryana News: हरियाणा में खुलेंगे योग व प्राकृतिक चिकित्सा केंद्र	63.8M
630.	अमर उजाला (Amar ujala)	योग को दिनचर्या को हिस्सा बनाएं : डॉ. कृष्ण	63.8M
631.	अमर उजाला (Amar ujala)	Chandigarh-Haryana News: आज पंचकूला में आयोजित होगा योग महोत्सव	63.8M
632.	अमर उजाला (Amar ujala)	International Yoga Day: इस बार गैरसैंण में होगा मुख्य कार्यक्रम, 10 देशों के राज...	63.8M
633.	अमर उजाला (Amar ujala)	योग दिवस : अनाजमंडी में होगा जिला स्तरीय कार्यक्रम	63.8M
634.	अमर उजाला (Amar ujala)	Uttarakhand Cabinet: बैठक आज; उपनल कर्मियों के नियमितीकरण के मसले पर हो सकती है ...	63.8M
635.	अमर उजाला (Amar ujala)	Kurukshetra News: एक हजार से अधिक साधकों ने की योग क्रियाएं	63.8M
636.	अमर उजाला (Amar ujala)	Uttarkashi News: योग आसन में कन्हैया, निबंध में दुर्गा और भाषण में संजीता प्रथम	63.8M
637.	अमर उजाला (Amar ujala)	Udhampur News: पार्क में लगी योग कक्षा	63.8M
638.	अमर उजाला (Amar ujala)	Una News: अब घर-घर पहुंचेगा योग वेलनेस केंद्र करेंगे सहयोग	63.8M
639.	अमर उजाला (Amar ujala)	Almora News: मानस खंड विज्ञान केंद्र में प्रतिभागियों ने किया योगाभ्यास	63.8M
640.	अमर उजाला (Amar ujala)	Noida News: इलाज के साथ योग के गुर भी सिखाएगा सफदरजंग अस्पताल	63.8M

641.	अमर उजाला (Amar ujala)	Udhampur News: भद्रवाह जेल में लगा शिविर, कैदियों ने किया योग	63.8M
642.	अमर उजाला (Amar ujala)	सामान्य प्रसव के लिए योग मददगार : डॉ. रेनू	63.8M
643.	अमर उजाला (Amar ujala)	Kullu News: नरैणी में नौनिहालों को सिखाईं योग की क्रियाएं	63.8M
644.	अमर उजाला (Amar ujala)	प्रतिदिन 30 मिनट योग जरूर करें : गजानंद	63.8M
645.	अमर उजाला (Amar ujala)	Chandigarh-Haryana News: पीएम श्री व मॉडल संस्कृति में सिखाया जाएगा योग, भर्ती ह...	63.8M
646.	अमर उजाला (Amar ujala)	हरियाणा के स्कूलों में होगा योग: 857 योग सहायकों की नियुक्ति, अंतरराष्ट्रीय ध्या...	63.8M
647.	अमर उजाला (Amar ujala)	Lakhimpur Kheri News: 81 दिन पूर्व हुआ योगोत्सव काउंटडाउन कार्यक्रम	63.8M
648.	Navbharat Times - NBT Education	CM योगी की गोरखपुर में कठिन मुद्राओं से लेकर केदारनाथ में 11760 फीट तक योग दिवस ...	57.6M
649.	Navbharat Times - NBT Education	योग कर लिया अब सर्टिफिकेट डाउनलोड करने की बारी, इस ऑनलाइन प्रोसेस को करें फॉलो	57.6M
650.	Navbharat Times - NBT Education	International Yoga Day 2025: भारत की जीडीपी से ज्यादा तेज है योग के कारोबार की र...	57.6M
651.	Navbharat Times - NBT Education	International Yoga Day 2025 : योग दिवस के लिए सुबह 4 बजे से शुरू हो जाएगी मेट्रो...	57.6M
652.	Navbharat Times - NBT Education	दुनिया के सबसे छोटे योग गुरु की सबसे बड़ी योग क्लास, जानें कौन हैं 7 साल के प्रत...	57.6M
653.	Navbharat Times - NBT Education	यूपी में 15 से 21 जून तक मनाया जाएगा योग सप्ताह, योगी सरकार 4000 से अधिक जगहों प...	57.6M
654.	Ndtv	International Yoga Day 2025: सर्वांगासन से बढ़ाएं याददाश्त, कम करें तनाव और रखें...	50.6M
655.	Ndtv	International Yoga Day 2025: सूर्य नमस्कार से करें दिन की शुरुआत, पाएं सम्पूर्ण ...	50.6M
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657.	Ndtv	Yoga Dose: कमर दर्द, कब्ज और मानसिक तनाव से राहत के लिए कमाल है मत्स्यासन, जाने ...	50.6M
658.	Ndtv	Yoga Dose: स्किन, डायबिटीज, फेफड़ों, ब्रेन और पाचन के लिए कमाल है त्रिकोणासन, जा...	50.6M
659.	Ndtv	Yoga Dose: साइटिका से लेकर लिवर संबंधी समस्याओं से हैं परेशान, नियमित करें पश्चि...	50.6M
660.	Ndtv	Yoga Dose: शरीर को डिटॉक्स तो मांसपेशियों को मजबूत बनाता है मयूरासन, जानें करने ...	50.6M
661.	Ndtv	Yoga in Office: ऑफिस में 'वाई-ब्रेक' लेकर स्ट्रेस फ्री रह सकते हैं, जानिए कैसे क...	50.6M
662.	Ndtv	Yoga Dose: मजबूत रीढ़ और बेहतर पाचन के लिए बेहद फायदेमंद है मकरासन, जानें आसन कर...	50.6M
663.	Ndtv	Yoga Dose: पेट, फेफड़े और पूरे शरीर के लिए है लाभदायी है उत्तानमंडूकासन, जानिए क...	50.6M
664.	Ndtv	योग करने से पहले जान लें क्या है "कॉमन योग प्रोटोकॉल", शरीर को कैसे रखता है चु...	50.6M
665.	Ndtv	अष्टांग योग के हैं अनंत लाभ, अभ्यास से जीवन में आता है सकारात्मक बदलाव-शोध में ह...	50.6M
666.	Ndtv	योगासन जो जेठ की गर्मी में कराएंगे शीतलता का एहसास, मन मस्तिष्क को रखेंगे शांत	50.6M

667.	Ndtv	बच्चों को रोज इतने मिनट कराएं ये योग आसन, मानसिक और शारीरिक विकास के साथ होने लग...	50.6M
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1014.	ETV Bharat Hindi	अंतरराष्ट्रीय योग दिवस: दिल्ली सरकार 11 और केंद्र द्वारा चिन्हित 26 स्थानों पर य...	11.2M
1015.	Etvbharat	Karnataka to Celebrate International Yoga Day With Statewide Events And New Yoga...	11.2M
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1019.	Divyabhaskar	આંતરરાષ્ટ્રીય યોગ દિવસની પૂર્વ ઉજવણી: ઈટ્રાના 250 લોકોએ શિવરાજપુર બીચ પર કર્યું ...	10M
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1022.	Indiatvnews	From Ladakh to London, world celebrates International Yoga Day 2025 | Watch vi de...	9.7M
1023.	Indiatvnews	What is Yoga Sangam Portal? Know how to register, deadline and more	9.7M
1024.	Indiatvnews	Uttar Pradesh to implement 'Y-Break' in govt offices ahead of International Yoga...	9.7M
1025.	Indiatvnews	Yoga 17 June 2025 : AYUSH Ministry's shocking study: Why doesn't 75% of the c oun...	9.7M
1026.	Telugu.news18.com	International Yoga Day: అంతర్జాతీయ యోగా దినోత్సవానికి ముమ్మర ఏర్పాట్లు..!	9.7M
1027.	Zee Business	Visakhapatnam to host International Yoga Day event led by PM Modi	9.6M
1028.	Asianet News	Yoga Day: విశాఖలో యోగా డే.. ఐదు లక్షల మందితో గిన్నిస్ రికార్డు	9.5M
1029.	Jansatta	Google Trends: क्या मैसूर 'योग जिला" बनेगा? कर्नाटक की कांग्रेस सरकार ने केंद्र...	9M
1030.	Times Now Hindi	रोज सुबह उठ केवल 5 मिनट करें ये असरदार योग, कंप्यूटर सा तेज हो जाएगा दिमाग, दिल ...	8.6M
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1032.	Times Now Hindi	Yoga Day 2025: लिवर को दुरुस्त रखेगा पश्चिमोत्तानासन, साइटिका में भी मिलेगा आराम...	8.6M
1033.	Times Now Hindi	Yoga Divas: शरीर को मजबूत करता है मयूरासन, पुराने से पुराना दर्द भी करे ठीक, जान...	8.6M
1034.	Times Now Hindi	अकड़ी हुई कमर को तुरंत आराम देता है ये आसन, करने में बेहद आसान, बस इस जानवर की त...	8.6M
1035.	Times Now Hindi	साढ़े 11 हजार फीट की ऊंचाई पर बर्फ की पहाड़ियों के बीच योग, सोवा-रिग्पा संस्थान ...	8.6M
1036.	Asianet News Hindi	International Yoga Day: शाइना NC ने PM नरेंद्र मोदी की तारीफ के बांधे पुल, उद्धव...	8.1M
1037.	Business Standard	Free entry to 81 monuments as ASI hosts International Yoga Day events	8.1M
1038.	Asianet News Hindi	International Yoga Day 2025: क्या है योग संगम, जानें रजिस्ट्रेशन करने का स्टेप-ब...	8.1M
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1041.	Asianet News Hindi	योग दिवस की प्रयागराज से विशाखापत्तनम तक देखने को मिली जबरदस्त तैयारी, देश भर मे...	8.1M
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1182.	The Tribune India	Earth Day celebrated at Guru Nanak Public School, Sector 36-D, Chandigarh	7M
1183.	The Tribune India	Become Ayush brand ambassadors in world: Guv to varsity pass-outs	7M
1184.	The Tribune India	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	7M
1185.	Punjabkesari	फिल्मी दुनिया छोड़, वैदिक मंत्रों पर कर रहे वैज्ञानिक शोध, उपचार के नए विकल्पों ...	7M
1186.	The Tribune India	Nod to Rs 73-cr Haryana Ayush plan for 2025-26	7M
1187.	The Tribune India	Yogotsav at Govt Arts & Sports College	7M
1188.	The Tribune India	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	7M
1189.	The Tribune India	Chandigarh Admn mulls ‘fitness day" on third Saturday of every month	7M
1190.	The Tribune India	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Grand ...	7M
1191.	New Indian Express	25,000 tribal students from ASR district create record by performing 108 Surya N...	6.7M
1192.	New Indian Express	APPCB chief calls for pollution-free State	6.7M
1193.	New Indian Express	Yogandhra draws overwhelming public response in NTR district	6.7M
1194.	New Indian Express	Huge response to ‘Police Yogandhra" in Vijayawada	6.7M
1195.	New Indian Express	NTR Collector highlights role of yoga in stress relief, better decision making	6.7M
1196.	New Indian Express	CM Chandrababu Naidu wants International Yoga Day fete to be a record-breaking e...	6.7M
1197.	New Indian Express	India"s heritage to be $1 trillion industry by 2034: Mohan Raghavan | Yoga | In...	6.7M
1198.	New Indian Express	Processed foods, reduced physical activity have intensified obesity crisis in In...	6.7M
1199.	New Indian Express	INTERVIEW | Yoga research, Indian heritage & a USD 1 tn industry by 2034: Mo...	6.7M
1200.	New Indian Express	NGT imposes curbs on CRIYN project construction in Odisha	6.7M
1201.	The Telegraph India	From Modi to Yogi everyone strikes a pose on Yoga Day. Who nailed it best across...	6.6M
1202.	The Telegraph India	Ayush therapies to be globally recognised under WHO"s health intervention codes	6.6M
1203.	The Telegraph India	Yoga poses, not pills, for cure	6.6M

1204.	Firstpost	PM Modi"s proposed visit to Saudi Arabia: Elevating partnership to new heights	6.6M
1205.	Free Press Journal	How Many Surya Namaskar"s Should You Ideally Perform In A Day?	6.4M
1206.	Free Press Journal	"His Name Is Uddhav Thackeray Or Uddhav Gandhi": Shiv Sena Leader Shaina NC	6.4M
1207.	Free Press Journal	IN PICS: DCM Eknath Shinde, MP Dr. Shrikant Shinde & Shaina NC Lead Grand Yo...	6.4M
1208.	Free Press Journal	From Siachen To Shahi Kangri, Indian Army Marks Yoga Day In Himalayas With Grit ...	6.4M
1209.	Free Press Journal	UP Develops 100+ Yoga Parks Ahead Of International Yoga Day To Promote Yea r-Roun...	6.4M
1210.	Free Press Journal	PM Modi To Lead 11th International Day Of Yoga Celebrations From Visakhapatn am	6.4M
1211.	Free Press Journal	International Yoga Day 2025: Bengaluru"s Akshar Yoga Kendraa Aims For 12 Gui nne...	6.4M
1212.	Free Press Journal	What"s The Theme Of International Yoga Day 2025	6.4M
1213.	Free Press Journal	Uttar Pradesh Gears Up For Grand International Yoga Day Celebrations On June 21	6.4M
1214.	Free Press Journal	Spiritual And Wellness Summit: Government Goes All Out To Convince Investors	6.4M
1215.	Free Press Journal	UP Raj Bhavan Launches Yoga Series Ahead Of International Yoga Day, Govern or Ana...	6.4M
1216.	Free Press Journal	PM Modi Urges Global Participation In Upcoming International Day Of Yoga	6.4M
1217.	Free Press Journal	"Integrated AYUSH Colleges To Be Set Up In Every Division Of Uttar Pradesh," S ...	6.4M
1218.	Free Press Journal	AAPCON 2025: "Aim To Grow Ayush Sector To $200 Billion By 2030," Says Top Ayur...	6.4M
1219.	my Khel	Rakulpreet Singh and Jackky Bhagnani declared as Fit India Icons by India Gover n...	5.8M
1220.	PIB	केंद्रीय मंत्री श्री भूपेंद्र यादव ने 11वें अंतर्राष्ट्रीय योग दिवस के अवसर पर आ...	5.4M
1221.	PIB	Union Minister of Coal and Mines Shri G. Kishan Reddy Leads International Yoga D...	5.4M
1222.	PIB	Ministry of Consumer Affairs, Food and Public DistributionCelebrates 11th Intern...	5.4M
1223.	PIB	IGNCA Observes International Yoga Day with Collective Yoga Session and Speci al L...	5.4M
1224.	PIB	Union Minister Shri Bhupender Yadav leads the Celebrations of 11th International. ..	5.4M

1225.	PIB	Dr Mansukh Mandaviya Performs Yoga along with over 1500 enthusiasts at Indira Ga...	5.4M
1226.	PIB	Prime Minister Shri Narendra Modi leads World"s largest ever Yoga Gathering of ...	5.4M
1227.	PIB	Yoga Meets Heritage: International Yoga Day Celebrations at ASI Monuments	5.4M
1228.	PIB	Ministry of Coal Celebrates 11th International Day of Yoga with Zeal and Inclusi...	5.4M
1229.	PIB	JNPA Hosts Grand “Yoga Sangam” Celebration for International Day of Yoga 2025	5.4M
1230.	PIB	Prime Minister Addresses the Nation on 11th International Day of Yoga	5.4M
1231.	PIB	Prime Minister to Lead 11th International Day of Yoga Celebrations from Visakhap...	5.4M
1232.	PIB	ASI to Host 11th International Yoga Day Celebrations at 81 Historic Sites, entry...	5.4M
1233.	PIB	Ministry of Culture to Celebrate International Day of Yoga at 100 Iconic Tourist...	5.4M
1234.	PIB	International Yoga Day on June, 21 The Main Function of AIIA in the state ‘Yog S...	5.4M
1235.	PIB	Siddha Harit Yoga Trek 2025 Organized by Central Council for Research in Siddha ...	5.4M
1236.	PIB	On PM"s Call, Gram Panchayats Gearing up for Historic Nationwide Celebration of...	5.4M
1237.	PIB	Yoga Maha Kumbh Unfolds Across India: A Panoramic Prelude to the International D...	5.4M
1238.	PIB	History Already Created: Yoga Sangam Event Registrations Surpass 4 Lakh mark	5.4M
1239.	PIB	MDNIY Hosts Yoga Bandhan: Global Yoga Ambassadors Share their Yoga-empowered Jou...	5.4M
1240.	PIB	The National Institute of Sowa-Rigpa (NISR), Leh organises a one-day Samyoga eve...	5.4M
1241.	PIB	Morarji Desai National Institute of Yoga to organise ‘Yoga Bandhan" tomorrow	5.4M
1242.	PIB	Visakhapatnam Readies for IDY 2025: Senior Officials Conduct Key Review Meeting	5.4M
1243.	PIB	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health" ...	5.4M
1244.	PIB	अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य पर मीडिया संस्थानो से अपने यहां होने वाले यो...	5.4M
1245.	PIB	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health" ...	5.4M
1246.	PIB	International Day of Yoga 2025 Is Not Just a Milestone, It is a Global Wellness ...	5.4M

1247.	PIB	योग पोर्टलने ओलांडला 50,000 नोंदणीचा टप्पा, राष्ट्रीय निरामयता चळवळीला चालना	5.4M
1248.	PIB	Yoga Portal Crosses 50,000 Registrations, furthering a National Wellness Movemen...	5.4M
1249.	PIB	Workshop Conducted to Equip Officials to Meet Surging Demand for IDY2025 Updates	5.4M
1250.	PIB	योग संगम 2025 ने भारत को किया एकजुट: 30,000 से ज्यादा संगठन इस आंदोलन में शामिल ...	5.4M
1251.	PIB	Yoga Sangam 2025 Unites India: Over 30,000 Organisations Join the Movement	5.4M
1252.	PIB	Prime Minister lauds Andhra Pradesh"s Yogandhra 2025 Initiative	5.4M
1253.	PIB	Ayush Minister Hosts High-Level Interaction with Industry Leaders to Drive “Yoga...	5.4M
1254.	PIB	Yoga Institutions Unite with Ministries to Orchestrate Global Wellness Movement	5.4M
1255.	PIB	Vat Amavasya Meets Harit Yoga: A Celebration of Tradition and Nature	5.4M
1256.	PIB	India Reinforces Commitment to WHO Global Traditional Medicine Strategy at 78th ...	5.4M
1257.	PIB	Union Minister Shri Prataprao Jadhav inaugurates 25-Day Countdown to International...	5.4M
1258.	PIB	“Together, Let Us Strengthen India"s Leadership in Ayush-Based Medical Value Tr...	5.4M
1259.	PIB	India Partners with WHO to Mainstream Ayush Globally through a Landmark Agreemen...	5.4M
1260.	PIB	Prime Minister Shri Narendra Modi Calls for Mass Participation in International ...	5.4M
1261.	PIB	Text of the Vice-President"s address at the unveiling of the statues of Sushrut...	5.4M
1262.	PIB	சர்வதேச யோகா தினம் 2025 அன்று உலகின் மிகப்பெரிய உடல்நல கொண்டாட்டத்தில் பங்கேற்க ...	5.4M
1263.	PIB	From Himalayas to Kanyakumari: Over 1,000 Entities Register on Yoga Sangam Porta...	5.4M
1264.	PIB	Stretching Across Borders: Ayush Showcases India"s Holistic Health Power at Osa...	5.4M
1265.	PIB	‘योग अनप्लग्ड" या “आंतरराष्ट्रीय योग दिन" अंतर्गत आयोजित युवक केंद्रित उपक्रमास...	5.4M
1266.	PIB	“Yoga Unplugged” the youth-centric initiative for International Day of Yoga (IDY...	5.4M
1267.	PIB	Union Minister of Ayush, Shri Prataprao Jadhav Launches Weekly Yoga Podcast to P...	5.4M
1268.	PIB	Union Ayush Minister Shri Prataprao Jadhav Reviews Preparations for Internationa...	5.4M

1269.	PIB	Day One of NAM Conclave Witnesses Dynamic Participation from State & UT Ayus...	5.4M
1270.	PIB	Day One of National Ayush Mission Conclave Witnesses Dynamic Participation from ...	5.4M
1271.	PIB	50 Days to International Day of Yoga 2025: Nashik prepares to celebrate "Yoga Ma...	5.4M
1272.	PIB	National Ayush Mission Conclave 2025: States and UTs Collaborate to Strengthen T...	5.4M
1273.	PIB	Indian Yoga Association and State Chapters Celebrate World Earth Day with Nation...	5.4M
1274.	PIB	Hotel & Restaurant Federation gears up for country-wide International Day of...	5.4M
1275.	PIB	Union Home Minister and Minister of Cooperation Shri Amit Shah attends the progr...	5.4M
1276.	PIB	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	5.4M
1277.	PIB	Stretch, Breathe, Stay Updated: IDY 2025 Newsletter Goes Live	5.4M
1278.	PIB	‘Harit Yoga" nurtures both personal and planetary health: Union Minister Shri P...	5.4M
1279.	PIB	Ministry of Ayush to celebrate ‘Yoga Mahotsav" on the World Health Day	5.4M
1280.	PIB	Prime Minister Shri Narendra Modi announces Centre of Excellence for Traditional ...	5.4M
1281.	PIB	Yogotsav Programme organised in Karbi Anglong; Assam Unites for Yoga	5.4M
1282.	PIB	AYUSH Chair in foreign universities to promote and strengthen traditional Indian...	5.4M
1283.	PIB	Central Sector Scheme for Promotion of International Cooperation for AYUSH to gi...	5.4M
1284.	PIB	Indian Yoga Association joins for celebration of International Day of Yoga 2025;...	5.4M
1285.	PIB	‘Yoga for One Earth, One Health" - Theme for IDY2025: PM in ‘Mann Ki Baat"	5.4M
1286.	PIB	WHO Global Traditional Medicine Centre (GTMC) in Jamnagar to emerge as a Centre ...	5.4M
1287.	PIB	Yoga at 11,562 Feet: National Institute of Sowa-Rigpa conducts special event in ...	5.4M
1288.	PIB	Ministry of Ayush has taken multiple initiatives towards integration of Ayush sy...	5.4M
1289.	PIB	Central Council for Research in Ayurvedic Sciences actively involved in strength...	5.4M
1290.	PIB	Update on Ayushman Arogya Mandir	5.4M
1291.	PIB	WHO Global Traditional Medicine Centre (GTMC), Jamnagar: a Centre of global well...	5.4M

1292.	PIB	Ayush Institutes Organize Free Dental Check-ups & Workshops for Oral Health ...	5.4M
1293.	PIB	"Ministry of Ayush Takes Proactive Steps to Safeguard Public Health Regarding H e...	5.4M
1294.	PIB	Shri Pratap Rao Jadhav inaugurates the Yoga Mahotsav-2025, a Grand Prelude t o In...	5.4M
1295.	News18	അന്താരാഷ്ട്ര യോഗ ദിനം; "ഏക ലോകത്തിനും ആരോഗ്യത്തിനും യോഗ" ഈ വർഷത്തെ പ്രമേയം	5.3M
1296.	Odisha Television Limited	Yoga Connect 2025: Hybrid global summit on "Yoga for One Earth, One Health" t o...	5.2M
1297.	Odisha Television Limited	Odisha to host "Yoga Mahotsav" on Monday to mark 75-day countdown to Interna ti...	5.2M
1298.	Onmanorama	Initiated into Yoga only few years ago, but Abdul Khader is now known nationally	5M
1299.	Onmanorama	International Yoga Day: How to take part in India"s largest synchronised yoga e...	5M
1300.	The Hindu Business Line	After Swarnandhra Pradesh, AP is now treading on a path to become "Yogandhra' '	5M
1301.	The Hindu Business Line	India partners with WHO to mainstream Ayush globally through agreement on trad it...	5M
1302.	Scroll.in	Uttarakhand High Court quashes summons to Patanjali, Ramdev in complaint ove r mi...	4.5M
1303.	Kerala Kaumudi Online	യോഗാ ദിനം, മോദി ഇന്ന് ആന്ധ്രയിൽ	4.4M
1304.	India Today NE	Arunachal in sync on Yoga Day: Uniting communities across towns, valleys, mona st...	4.2M
1305.	Janta Se Rishta	नौसेना कर्मियों ने INS विक्रमादित्य पर मनाया अंतर्राष्ट्रीय योग दिवस	3.8M
1306.	Janta Se Rishta	Yoga Day : रकुल प्रीत का शानदार बैलेंस, जैकी को आई मुश्किल	3.8M
1307.	Janta Se Rishta	Jaipur: गांव-ढाणी तक योग की ज्योत जगा रहे आयुष्मान आरोग्य मंदिर	3.8M
1308.	Janta Se Rishta	अखिल भारतीय आयुर्वेद संस्थान ने 11वां अंतर्राष्ट्रीय योग दिवस बड़े उत्साह के साथ...	3.8M
1309.	Janta Se Rishta	Alwar: मानसिक स्वास्थ्य के लिए योग को जीवन शैली में अपनाएं - केंद्रीय मंत्री याद...	3.8M
1310.	Janta Se Rishta	11वां अंतर्राष्ट्रीय योग दिवस: तवांग में "एक पृथ्वी, एक स्वास्थ्य के लिए योग" का...	3.8M
1311.	Janta Se Rishta	Telangana: टीजी आज योग दिवस समारोह के लिए तैयार	3.8M
1312.	Janta Se Rishta	Jaipur: अधिकारियों और प्रशिक्षुओं ने योग कर लिया निरोग जीवन का संकल्प	3.8M
1313.	Janta Se Rishta	Churu: प्रधानमंत्री के संबोधन के साथ जिले में हजारों लोगों ने किया सामूहिक योगाभ...	3.8M
1314.	Janta Se Rishta	योग दिवस 2025: मनसुख मंडाविया ने 1500 से अधिक लोगों संग किया योग	3.8M
1315.	Janta Se Rishta	भारतीय नौसेना 11,000 से अधिक नौसैनिकों और उनके परिवारों की भागीदारी के साथ 'योगआ...	3.8M

1316.	Janta Se Rishta	"योग हर जगह है...": योग दिवस समारोह से पहले प्रतिनिधि ऋषिकेश पहुंचे	3.8M
1317.	Janta Se Rishta	Jaipur: विश्व योग दिवस पर जिला प्रशासन का नवाचार, योग के साथ जनजागरूकता अभियान	3.8M
1318.	Janta Se Rishta	Kerala : कुछ साल पहले ही योग की दीक्षा लेने वाले अब्दुल खादर अब राष्ट्रीय स्तर प...	3.8M
1319.	Janta Se Rishta	Jaipur: 11 वें अंतर्राष्ट्रीय योग दिवस पर फलौदी दुर्ग में ऐतिहासिक आयोजन	3.8M
1320.	Janta Se Rishta	विजय कुमार सिंह ने 2025 के अंतर्राष्ट्रीय योग दिवस को मनाने में मिजोरम का नेतृत्...	3.8M
1321.	Janta Se Rishta	अंतर्राष्ट्रीय योग दिवस : मदिकेरी में योग दिवस समारोह	3.8M
1322.	Janta Se Rishta	पीएम मोदी के प्रयास से योग मदरसे तक पहुंचा, अभ्यास से किसी धर्म को कोई नुकसान नह...	3.8M
1323.	Janta Se Rishta	अंतर्राष्ट्रीय योग दिवस : गुम्माता नगरी में 11वां अंतर्राष्ट्रीय योग दिवस	3.8M
1324.	Janta Se Rishta	आधुनिक जीवनशैली में स्वास्थ्य के लिए योग जरूरी : कलेक्टर आदर्श सुरभि	3.8M
1325.	Janta Se Rishta	Jaipur: 11वां अंतर्राष्ट्रीय योग दिवस: जिले में मुख्य कार्यक्रम विज्ञान संग्राहल...	3.8M
1326.	Janta Se Rishta	Rajasthan Dy CM ने 11वें अंतर्राष्ट्रीय योग दिवस का जश्न मनाया	3.8M
1327.	Janta Se Rishta	स्वामी चिदानंद सरस्वती और अन्य लोगों ने Rishikesh में गंगा घाट पर योग किया	3.8M
1328.	Janta Se Rishta	योग दिवस से पहले प्रतिनिधि ऋषिकेश पहुंचे	3.8M
1329.	Janta Se Rishta	International Yoga Day: भारत-तिब्बत सीमा पुलिस ने 14000 फीट से अधिक की ऊंचाई पर ...	3.8M
1330.	Janta Se Rishta	PM Modi विशाखापत्तनम से 11वें अंतर्राष्ट्रीय योग दिवस समारोह का नेतृत्व करेंगे 1...	3.8M
1331.	Janta Se Rishta	Siachen से शाही कांगड़ी तक: सेना ने सबसे कठिन इलाकों में योग का अभ्यास किया	3.8M
1332.	Telangana Today	PM Modi to lead 11th International Yoga Day celebrations in Visakhapatnam	3.8M
1333.	Janta Se Rishta	"योग फॉर वन अर्थ, वन हेल्थ"	3.8M
1334.	Janta Se Rishta	लाइवलीहुड कॉलेज कारली में सम योगा कार्यक्रम के तहत हुआ एक दिवसीय योग कार्यशाला	3.8M
1335.	Janta Se Rishta	PM मोदी विशाखापत्तनम से 11वें अंतर्राष्ट्रीय योग दिवस समारोह का नेतृत्व करेंगे	3.8M
1336.	Janta Se Rishta	Jaipur: योग दिवस को सफल बनाने के लिए सभी विभाग करें समन्वय: मुख्य सचिव	3.8M
1337.	Janta Se Rishta	Karnataka: मूडबिद्री में तीन दिवसीय युवा योग महोत्सव आयोजित	3.8M
1338.	Janta Se Rishta	Ganganagar में 21 जून को भव्य योग दिवस आयोजन, आमजन के लिए बस सेवा	3.8M
1339.	Janta Se Rishta	पानीपत: अंतरराष्ट्रीय योग दिवस की तैयारियां जोरों पर, स्कूली बच्चों ने मैराथन मे...	3.8M
1340.	Janta Se Rishta	Moodbidri में तीन दिवसीय युवा योग महोत्सव आयोजित	3.8M
1341.	Janta Se Rishta	योगेश्वर संस्थान ने गुवाहाटी में "हरित योग" कार्यक्रम के साथ अंतर्राष्ट्रीय यो...	3.8M
1342.	Janta Se Rishta	Jaipur: योग को लेकर आमजन में दिख रहा उत्साह, कर रहे योगाभ्यास	3.8M
1343.	Janta Se Rishta	ग्रेटर नोएडा : सरकारी और कॉरपोरेट संस्थानों में लोग कर रहे योग, मॉल में भी आयोजन	3.8M
1344.	Janta Se Rishta	अन्तर्राष्ट्रीय योग दिवस के अवसर पर खालसा पब्लिक स्कूल परिसर में जिला स्तरीय योग...	3.8M

1345.	Janta Se Rishta	अंतर्राष्ट्रीय योग दिवस के अवसर पर योगाभ्यास एवं एक पेड़ मां के नाम किया पौधरोपण	3.8M
1346.	Janta Se Rishta	अंतराष्ट्रीय योग दिवस 2025, सांसद बृजमोहन अग्रवाल होंगे जिला स्तरीय कार्यक्रम के...	3.8M
1347.	Janta Se Rishta	ऐतिहासिक नगरी सिरपुर में 21 जून को मनाया जाएगा ग्यारहवां अंतर्राष्ट्रीय योग दिवस	3.8M
1348.	Janta Se Rishta	Naogaon में योगोत्सव 2025 का राष्ट्रीय संगोष्ठी एवं पुरस्कार समारोह के साथ सफलता...	3.8M
1349.	Janta Se Rishta	जीवीईआई ने अंतर्राष्ट्रीय योग दिवस की भावना को अपनाया	3.8M
1350.	Janta Se Rishta	Jaipur: अंतर्राष्ट्रीय योग दिवस पर जयपुर में 2 लाख 51 हजार से ज्यादा लोग करेंगे ...	3.8M
1351.	Janta Se Rishta	यूपी सरकार ने अंतर्राष्ट्रीय योग दिवस पर "वाई-ब्रेक योग" को दिया बढ़ावा	3.8M
1352.	Janta Se Rishta	योग संगम कार्यक्रम के लिए पंजीकरण 4 लाख के पार kr 18.77	3.8M
1353.	Janta Se Rishta	अंतर्राष्ट्रीय योग दिवस 2025 की तैयारी प्रारंभ	3.8M
1354.	Janta Se Rishta	Yoga संगम कार्यक्रम के लिए पंजीकरण 4 लाख के पार 15.00	3.8M
1355.	Janta Se Rishta	योग महाकुंभ : स्वास्थ्य और योग का भव्य उत्सव	3.8M
1356.	Janta Se Rishta	Delhi: आयुष मंत्रालय ने अंतर्राष्ट्रीय योग दिवस से पहले योग महाकुंभ का आयोजन किय...	3.8M
1357.	Janta Se Rishta	Andhra: राजभवन में योगाभ्यास सत्र आयोजित	3.8M
1358.	Janta Se Rishta	दिल्ली: AYUSH मंत्रालय ने अंतर्राष्ट्रीय योग दिवस से पहले योग महाकुंभ का आयोजन क...	3.8M
1359.	Janta Se Rishta	Gorakhpur: अंतर्राष्ट्रीय योग दिवस से पहले गोरखनाथ मंदिर में योग शिविर का आयोजन	3.8M
1360.	Janta Se Rishta	कलेक्टर ने समय सीमा की बैठक में सभी व्यवस्था करने के दिए निर्देश	3.8M
1361.	Janta Se Rishta	International Yoga Day से पहले नमो घाट पर लोगों ने किया योग	3.8M
1362.	Janta Se Rishta	21 जून को रायपुर में जिला स्तरीय योग दिवस का आयोजन	3.8M
1363.	Janta Se Rishta	Sikkim: राज्यपाल और राज्य के स्वास्थ्य मंत्री ने राजभवन में किया योग	3.8M
1364.	Janta Se Rishta	Haryana : डॉक्टरों और छात्रों को स्वस्थ जीवन के लिए योग अपनाने की सलाह दी गई	3.8M
1365.	Janta Se Rishta	Uttar Pradesh: अंतर्राष्ट्रीय योग दिवस से पहले नमो घाट पर लोगों ने किया योग	3.8M
1366.	Janta Se Rishta	राजस्थान विधानसभा अध्यक्ष ने लोगों से प्रतिदिन योग अपनाने का किया आग्रह	3.8M
1367.	Janta Se Rishta	अंतरराष्ट्रीय योग दिवस से पहले Prayagraj में योग सत्र का आयोजन	3.8M
1368.	Janta Se Rishta	राजस्थान विधानसभा अध्यक्ष ने लोगों से प्रतिदिन योग अपनाने का आग्रह किया, वैश्विक...	3.8M
1369.	Janta Se Rishta	Jammu: पतंजलि ने कुरुक्षेत्र में योग दिवस अभियान तेज किया	3.8M
1370.	Janta Se Rishta	हरियाणा के मुख्यमंत्री नायब सिंह सैनी ने कुरूक्षेत्र में "रन फॉर योगा" को हरी ...	3.8M
1371.	Janta Se Rishta	वाराणसी में योग सप्ताह का भव्य शुभारंभ, "एक पृथ्वी, एक स्वास्थ्य" का संदेश	3.8M
1372.	Janta Se Rishta	Haryana CM ने कुरुक्षेत्र में "रन फॉर योगा" को हरी झंडी दिखाई	3.8M
1373.	Janta Se Rishta	दिल्ली में योग कनेक्ट शिखर सम्मेलन का उद्घाटन	3.8M

1374.	Janta Se Rishta	डोडा प्रशासन अंतर्राष्ट्रीय योग दिवस के लिए तैयार	3.8M
1375.	Janta Se Rishta	आयुष मंत्रालय, AP अधिकारियों ने विजाग योग दिवस योजनाओं की समीक्षा की	3.8M
1376.	Janta Se Rishta	Haryana का अंतर्राष्ट्रीय योग दिवस राज्य स्तरीय कार्यक्रम कुरुक्षेत्र में आयोजित...	3.8M
1377.	Janta Se Rishta	नई दिल्ली में "योग कनेक्ट 2025" वैश्विक शिखर सम्मेलन कल kr 14.46	3.8M
1378.	Janta Se Rishta	Bikaner: हरित योग कार्यक्रम आयोजित, योगाभ्यास से दिया आरोग्यता का संदेश	3.8M
1379.	Janta Se Rishta	Andhra: कृष्णा नदी पर योग आज	3.8M
1380.	Janta Se Rishta	Haryana : योग प्रोटोकॉल प्रशिक्षण शिविर आयोजित	3.8M
1381.	Janta Se Rishta	अंतर्राष्ट्रीय योग दिवस के लिए पंजीकरण में Telangana दूसरे स्थान पर	3.8M
1382.	Janta Se Rishta	योग प्रोटोकॉल प्रशिक्षण शिविर आयोजित	3.8M
1383.	Janta Se Rishta	Haryana : आयुष महानिदेशक ने योग दिवस समारोह की तैयारियों की समीक्षा की	3.8M
1384.	Janta Se Rishta	Haryana : खेल विभाग ने 21 जून के मेगा शो से पहले योग सत्र आयोजित किया	3.8M
1385.	Janta Se Rishta	Haryana पुलिस अकादमी में योग सत्र में 4 हजार से अधिक लोगों ने भाग लिया	3.8M
1386.	Janta Se Rishta	पुलिस अकादमी योग सत्र में 4 हजार से अधिक लोगों ने भाग लिया	3.8M
1387.	Janta Se Rishta	योग संगम 2025 के लिए 30 हजार संगठनों ने कराया पंजीकरण: आयुष मंत्रालय kr 14.41	3.8M
1388.	Janta Se Rishta	Andhra : थोटलाकोंडा बौद्ध मंदिर में योग महोत्सव की तैयारी	3.8M
1389.	Janta Se Rishta	Greater Noida: गलगोटिया विश्वविद्यालय में योग उत्सव की शुरुआत, पूरे महीने होंगे ...	3.8M
1390.	Janta Se Rishta	Haryana: 11वें अंतरराष्ट्रीय योग दिवस पर आयोजित होगा राज्य स्तरीय समारोह	3.8M
1391.	Janta Se Rishta	थीम योगांधरा Andhra के 100 पर्यटन क्षेत्रों में जागरूकता पैदा करेगी	3.8M
1392.	Janta Se Rishta	11वें अंतर्राष्ट्रीय योग दिवस के लिए योग संस्थानों और मंत्रालयों ने मिलकर किया क...	3.8M
1393.	Janta Se Rishta	केंद्रीय राज्य मंत्री प्रतापराव जाधव ने Puducherry में योग महोत्सव 2025 का किया ...	3.8M
1394.	Janta Se Rishta	केंद्रीय राज्य मंत्री प्रतापराव जाधव ने Puducherry में योग महोत्सव 2025 का उद्घा...	3.8M
1395.	Janta Se Rishta	योग से तनाव मुक्त रहें, कलेक्टर ने कर्मचारियों से कहा	3.8M
1396.	Janta Se Rishta	PM Modi ने आंध्र प्रदेश के "योगआंध्र अभियान" की सराहना की	3.8M
1397.	Janta Se Rishta	PM Modi ने आंध्र प्रदेश के "योग आंध्र अभियान" की सराहना की	3.8M
1398.	Janta Se Rishta	Andhra: योगांध्र अभियान में जनभागीदारी महत्वपूर्ण	3.8M
1399.	Janta Se Rishta	Auraiya: अंतरराष्ट्रीय योग दिवस पर हर घर तक पहुंचेंगे प्रशिक्षित योग प्रशिक्षक	3.8M
1400.	Janta Se Rishta	Pratapgarh: कंपनी गार्डन में 11वें योग दिवस के तहत मास्टर ट्रेनरों द्वारा योग प...	3.8M
1401.	Janta Se Rishta	Andhra: योग से मानसिक शांति और संपूर्ण स्वास्थ्य मिलता है: गीतांजलि शर्मा 19.32	3.8M
1402.	Janta Se Rishta	Assam: स्वास्थ्य मंत्री ने अंतर्राष्ट्रीय योग दिवस की तैयारियों की समीक्षा की	3.8M

1403.	Janta Se Rishta	Assam अंतर्राष्ट्रीय योग दिवस के लिए तैयार, बड़े पैमाने पर पहुंच और वैश्विक भागी...	3.8M
1404.	Janta Se Rishta	योग से मानसिक शांति और संपूर्ण स्वास्थ्य मिलता है: गीतांजलि शर्मा	3.8M
1405.	Janta Se Rishta	Assam: स्वास्थ्य मंत्री ने अंतर्राष्ट्रीय योग दिवस की तैयारियों की समीक्षा की kr...	3.8M
1406.	Janta Se Rishta	योग हर किसी के जीवन का हिस्सा बनना चाहिए: कलेक्टर रंजीत बाशा kr 20.84	3.8M
1407.	Janta Se Rishta	योग हर किसी के जीवन का हिस्सा बनना चाहिए: कलेक्टर रंजीत बाशा 20.51	3.8M
1408.	Janta Se Rishta	विजाग योग दिवस पर रिकॉर्ड बनाने को तैयार 21.94	3.8M
1409.	Janta Se Rishta	Andhra: योग दिवस पर विजाग रिकार्ड बनाने को तैयार 22.02	3.8M
1410.	Janta Se Rishta	CM Naidu चाहते हैं कि अंतर्राष्ट्रीय योग दिवस समारोह रिकॉर्ड तोड़ने वाला आयोजन ब...	3.8M
1411.	Janta Se Rishta	अंतर्राष्ट्रीय योग दिवस 2025 के लिए "Samyag" और "योग अनप्लग्ड" की नई पहल	3.8M
1412.	Janta Se Rishta	गोवा में FHRAI के योग महोत्सव में 350 से अधिक लोगों ने भाग लिया kr 21.91	3.8M
1413.	Janta Se Rishta	Andhra: मुख्य सचिव ने अंतर्राष्ट्रीय योग दिवस की तैयारियों की समीक्षा की 20.63	3.8M
1414.	Janta Se Rishta	PM Modi 21 जून को विजाग में अंतर्राष्ट्रीय योग दिवस समारोह में भाग लेंगे	3.8M
1415.	Janta Se Rishta	मुख्य सचिव ने अंतर्राष्ट्रीय योग दिवस की तैयारियों की समीक्षा की	3.8M
1416.	Janta Se Rishta	आयुष मंत्रालय ने साप्ताहिक योग पॉडकास्ट लॉन्च किया	3.8M
1417.	Janta Se Rishta	Basti: योग संगम अभियान के तहत 600 से अधिक बच्चों ने किया योग अभ्यास	3.8M
1418.	Janta Se Rishta	क्या है "कॉमन योग प्रोटोकॉल", जो शरीर को रखते हैं चुस्त-दुरुस्त और तंदुरुस्त	3.8M
1419.	Janta Se Rishta	अंतरराष्ट्रीय योग दिवस सिर्फ उत्सव नहीं, एक वैश्विक आंदोलन : राज्यपाल आनंदीबेन प...	3.8M
1420.	Janta Se Rishta	श्री श्री विश्वविद्यालय ने अंतर्राष्ट्रीय योग दिवस 2025 की उल्टी गिनती के लिए "...	3.8M
1421.	Janta Se Rishta	अष्टांग योग के हैं अनंत लाभ, शोध में दावा- अभ्यास से जीवन में आता है सकारात्मक ब...	3.8M
1422.	Janta Se Rishta	योगासन जो जेठ की गर्मी में कराएंगे शीतलता का एहसास, मन मस्तिष्क को रखेंगे शांत	3.8M
1423.	Janta Se Rishta	बच्चे से बुजुर्ग सबके लिए है योग, अभ्यास से पहले नियम जानना जरूरी	3.8M
1424.	Janta Se Rishta	केंद्रीय मंत्री ने कहा, हरित योग व्यक्ति और ग्रह दोनों के लिए लाभकारी	3.8M
1425.	Janta Se Rishta	GITAM कल योग 'काउंटडाउन डे" कार्यक्रम की मेजबानी करेगा kr 25.23	3.8M
1426.	Janta Se Rishta	अंतर्राष्ट्रीय योग दिवस की उल्टी गिनती में ओडिशा में "योग महोत्सव" का आयोजन	3.8M
1427.	Janta Se Rishta	Odisha: राजधानी कल योग महोत्सव-2025 की मेजबानी करेगी	3.8M
1428.	Janta Se Rishta	Odisha: राष्ट्रीय योग संस्थान ने "योगोत्सव" का आयोजन किया गया	3.8M
1429.	Janta Se Rishta	Jalandhar: राजकीय कला एवं खेल महाविद्यालय में योगोत्सव 29.21	3.8M
1430.	Telangana Today	India to support cancer care, set up a CoE for traditional medicine in BIMSTEC c.. .	3.8M

1431.	Janta Se Rishta	अंतर्राष्ट्रीय योग दिवस 2025 : भारतीय योग संघ की भागीदारी से भव्य आयोजन की तैयार...	3.8M
1432.	Janta Se Rishta	जेल में कैदियों के लिए योग शिविर का आयोजन	3.8M
1433.	Janta Se Rishta	जेल में कैदियों के लिए योग शिविर का आयोजन	3.8M
1434.	Janta Se Rishta	Meghalaya के डबल-डेकर रूट ब्रिज पर योग के प्रति उत्साही लोग एकत्रित हुए	3.8M
1435.	Janta Se Rishta	MDNIY ने भव्य योग महोत्सव 2025 के साथ 11वें अंतर्राष्ट्रीय योग दिवस के लिए 100 द...	3.8M
1436.	Udayavani	Yoga has found global acceptance since 2015: Nadda	3.6M
1437.	Udayavani	Karnataka Guv, health minister perform yoga in Bengaluru	3.6M
1438.	Udayavani	Karnataka gears up for International Yoga Day	3.6M
1439.	Udayavani	Yoga now a global mass movement, thanks to PM Modi"s efforts, says Union Ayush ...	3.6M
1440.	Udayavani	Manipal: 'ಮಧುಮೇಹಕ್ಕೆ ಯೋಗ ಚಿಕಿತ್ಸೆ"- ಉಚಿತ ವಿಚಾರಗೋಷ್ಠಿ	3.6M
1441.	Udayavani	Yoga Day portal crosses 50,000 registrations	3.6M
1442.	Udayavani	International Day of Yoga 2025 will be successful, inspirational for entire worl...	3.6M
1443.	Udayavani	Nation not built by slogans, but performing duties: Yogi Adityanath	3.6M
1444.	Dinamani	2025 சர்வதேச யோகா நாள்: மக்கள் பெருந்திரளாகப் பங்கேற்க பிரதமர் மோடி அழைப்பு	3.4M
1445.	Ap7am	Rakul Preet Singh opens up about what connected her and Jackky Bhagnani	3.2M
1446.	Ap7am	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	3.2M
1447.	Ap7am	'Yoga Connect" summit begins today in New Delhi	3.2M
1448.	English.mathrubhumi.com	PM Modi to lead International Yoga Day celebrations on June 21 from Visakhapatna...	3.2M
1449.	Ap7am	Visakhapatnam Gears Up for Record-Breaking 'Yogandhra" with 5 Lakh Participants	3.2M
1450.	Ap7am	Narendra Modi: యోగాంధ్రకు సర్వం సిద్ధం.. గిన్నిస్ రికార్డు కోసం భారీ సన్నాహాలు	3.2M
1451.	Ap7am	Narendra Modi: జూన్ 21న విశాఖకు ప్రధానీ మోదీ .. ఎందుకంటే..?	3.2M
1452.	Ap7am	PM Modi to attend Yoga Day celebrations in Vizag	3.2M
1453.	Daijiworld	Gulf nations mark 11th International Yoga Day with enthusiastic participation	3M
1454.	Daijiworld	Yenepoya hosts 'Yoga Samavesh" seminar on mental health to mark International D...	3M
1455.	Daijiworld	Muniyal Institute hosts a free seminar and workshop on Yogic Management of Diabe...	3M

1456.	Careers360	NTA extends AIAPGET 2025 internship cut-off date; what"s new eligibility criter...	3M
1457.	Daijiworld	YOGOTSAV 2025 marks 28th countdown day to IDY at Yenepoya Campus, Deralakatte	3M
1458.	Careers360	Integrated AYUSH colleges to be set up in every division of UP: CM Yogi Adityana...	3M
1459.	Oneindia Hindi	International Yoga Day: सीएम योगी ने गोरखपुर से दिया संदेश- स्वस्थ मन, शरीर और आ...	2.9M
1460.	Oneindia Hindi	अंतरराष्ट्रीय योग दिवस 2025: MP में उत्साह के साथ योग, भोपाल से उज्जैन तक "एक प...	2.9M
1461.	Oneindia Hindi	Indian Yoga Gurus: भारत में योग गुरु मतलब सिर्फ बाबा रामदेव ही नहीं! 5000 साल की...	2.9M
1462.	24 Online	International Yoga Day: PM Modi To Take Part In 11th IDY Celebration At Visakhap...	2.9M
1463.	Oneindia Hindi	Yoga Safety Tips: योग से पहले जान लें ये सावधानियां, वरना योग दिवस 2025 पर फायदे...	2.9M
1464.	Oneindia Hindi	Yoga FAQs: अंतरराष्ट्रीय योग दिवस 2025 पर जानें योग से जुड़े सबसे ज़रूरी सवालों ...	2.9M
1465.	Oneindia Hindi	International Yoga Day 2025: दिल्ली में यहां होगा योग दिवस का राष्ट्रीय आयोजन, ज...	2.9M
1466.	24 Online	Swami Ramdev And Haryana CM Nayab Singh Saini To Take Part In Grand Yoga Day Cel...	2.9M
1467.	24 Online	India Gears Up For Yoga Day With ‘Yoga For One Earth, One Health" As This Year'...	2.9M
1468.	24 Online	Will Mysuru Be India"s First Official Yoga District? Here"s What Makes It a St...	2.9M
1469.	24 Online	Patanjali: Baba Ramdev Shares 7 Basic Rules Of Patanjali Wellness Centre To Stay...	2.9M
1470.	24 Online	Patanjali"s Coronil Kit: A Blend Of Ayurveda And Science Backed By AYUSH Minist...	2.9M
1471.	Oneindia Hindi	नासिक में आध्यात्मिक उत्सव के रूप में योग महोत्सव 2025 का आयोजन किया जाएगा	2.9M
1472.	Hindustan Times	বিশ্বজুড়ে ‘উত্তেজনা, অস্থিরতা… যোগ বিরতি টানার বোতাম", ব্যাখ্যা মোদীর	2.8M
1473.	Agniban News	11वें अंतरराष्ट्रीय योग दिवस पर मदरसों के छात्रों ने योग किया	2.4M
1474.	Agniban News	पूरा शहर योग में जुटा	2.4M
1475.	DNP India	PM Modi Hails #Yogandhra2025, Confirms Participation in Yoga Day Celebrations in...	2.3M
1476.	Deccan Chronicle	PM To Lead International Yoga Day From Visakhapatnam Today	2M
1477.	Deccan Chronicle	25K Tribal Students Set World Record in Vizag With 108 Surya Namaskar	2M
1478.	Deccan Chronicle	Ministers Lead A Walkathon Ahead Of IYD, Urging Mass Participation	2M
1479.	Deccan Chronicle	12 Guinness World Records In Yoga: Akshar Yoga Kendraa Set for Historic Yoga Day...	2M

1480.	Deccan Chronicle	Yoga Samavesh: Stress On Maintaining Physical Fitness, Inner Peace, holistic Wel...	2M
1481.	Deccan Chronicle	PM Modi to Lead Global Yoga Day in Visakhapatnam Amidst Mass Movement Growth	2M
1482.	Deccan Chronicle	Ayush Ministry, AP Officials Review Vizag Yoga Day Plans	2M
1483.	Deccan Chronicle	Telangana Stands Second In Registrations For International Yoga Day	2M
1484.	Deccan Chronicle	New Mango Varieties Named Yogandhra 11, PSN-5	2M
1485.	Deccan Chronicle	Modi Lauds 'Yogandhra 2025" Event In Chittoor	2M
1486.	Deccan Chronicle	Farmers Embrace Yoga for Physical and Mental Wellness in Vijayawada	2M
1487.	Deccan Chronicle	Celebrating Yoga: 3,000 To Take Part In Surya Namaskar	2M
1488.	Deccan Chronicle	Theme Yogandhra to Create Awareness In 100 Tourist Areas in Andhra Pradesh	2M
1489.	Deccan Chronicle	Andhra Pradesh Government to Revitalise AYUSH Healthcare Sector	2M
1490.	Deccan Chronicle	Mann ki Baat: PM Modi lauds Andhra"s "YogAndhraAbhiyan"	2M
1491.	Deccan Chronicle	PM Modi To Attend International Yoga Day Fest At Vizag On June 21	2M
1492.	Deccan Chronicle	Ayush Research Hospital in Nandigama Soon	2M
1493.	ABP Live	International Yoga Day 2025: Baba Ramdev To Perform Yoga With CM Nayab Singh Sai...	1.9M
1494.	Bangalore Mirror	From Government Job to Empowering Underprivileged Students Updated: Jun 19, 2025...	1.9M
1495.	Moneycontrol.com Hindi	"योग भारत का सॉफ्ट पावर..." केंद्रीय मंत्री प्रतापराव जाधव ने आयुर्वेद को लेकर...	1.9M
1496.	ABP Live	Union Minister Says Ayurveda Now Backed By Science, Calls It India"s Soft Power	1.9M
1497.	Ani News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	1.9M
1498.	Ani News	Assam: Health Minister reviews preparedness for International Day of Yoga	1.9M
1499.	Ani News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yog...	1.9M
1500.	Ani News	Ayush ministry launches weekly yoga podcast to promote holistic wellness	1.9M
1501.	Ani News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	1.9M
1502.	Ani News	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	1.9M
1503.	Ani News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	1.9M

1504.	Ani News	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Grand ...	1.9M
1505.	24 news	കുവൈറ്റില് ഇന്ത്യന് എംബസി മെഗാ യോഗ സെഷന് സംഘടിപ്പിച്ചു	1.7M
1506.	The Statesman	Punjab and Haryana High Court celebrates International Day of Yoga with enthusia...	1.7M
1507.	The Statesman	Kurukshetra hosts historic Yoga Day gathering; Baba Ramdev, CM Saini lead over 1...	1.7M
1508.	The Statesman	Patanjali University marks International Yoga Day with tree plantation and Ganga...	1.7M
1509.	The Statesman	Mandaviya leads Delhi Yoga event as PM Modi hails Yoga"s power to unite the wor...	1.7M
1510.	The Statesman	CM Rekha Gupta joins ‘Yoga with Yamuna" session on International Yoga Day	1.7M
1511.	The Statesman	Yoga Day celebrated at heritage sites	1.7M
1512.	The Statesman	Yoga Unites World in Pursuit of Peace and Wellness on International Day of Yoga ...	1.7M
1513.	The Statesman	‘Yoga Unplugged – Youth Festival 2025" held at Patanjali University; Balkrishna...	1.7M
1514.	The Hans India	Yoga Vital for Health Amid Modern Lifestyle: Collector Adarsh Surabhi	1.7M
1515.	The Hans India	TG gears up for Yoga Day celebrations today	1.7M
1516.	The Statesman	IDY 2025: Grand Yoga Day event held at Attari-Wagah border	1.7M
1517.	The Hans India	HM Shah leads International Yoga Day celebrations in Ahmedabad	1.7M
1518.	The Hans India	Indian Navy to join ‘YogaAndhra" with the participation of over 11,000 naval pe...	1.7M
1519.	Divya Marathi	Yoga Day 2025 LIVE Photos Update; PM Modi Narendra Modi | Visakhapatnam LIVE PM ...	1.7M
1520.	The Hans India	Vizag gets ready for setting world record	1.7M
1521.	The Hans India	Indian Navy to Join ‘YogaAndhra" with the participation of over 11,000 Naval Pe...	1.7M
1522.	The Statesman	Over 20,000 to take part in International Yoga Day celebrations in Delhi	1.7M
1523.	The Statesman	PM to lead IDY 2025 celebrations from RK Beach, Andhra Pradesh	1.7M
1524.	The Statesman	Over 100 Yoga Parks set up by UP govt for 11th International Yoga Day	1.7M
1525.	The Hans India	3-day youth Yoga festival held at Moodbidri	1.7M
1526.	The Hans India	Yoga sessions take centre stage	1.7M
1527.	The Hans India	IDY-2025: Yoga Sangam portal crosses 4 lakh registrations, says Ayush Ministry	1.7M
1528.	The Hans India	Yoga practice session held at Raj Bhavan	1.7M

1529.	The Hans India	Gita Jayanti will be held in association with Britain: Haryana CM	1.7M
1530.	The Statesman	Haryana CM announces England as partner country for International Gita Jayanti M...	1.7M
1531.	The Statesman	UP govt gears up for grand Intern"l Yoga Day celebrations across state on June .. .	1.7M
1532.	The Statesman	Patanjali University to host ‘Yoga Unplugged – Youth Festival 2025" from June 1.. .	1.7M
1533.	The Statesman	Yoga supports management of chronic illnesses and boosts global wellness: Ayus h ...	1.7M
1534.	The Hans India	‘Yoga Connect" summit begins today in New Delhi	1.7M
1535.	The Hans India	Uniting communities, Visakhapatnam gears up for IDY-2025	1.7M
1536.	The Hans India	Haryana to see participation of 11 lakh people on Yoga Day: CM Nayab Saini	1.7M
1537.	The Statesman	AYUSH Ministry"s ‘Yoga Connect" summit to feature baba Ramdev, Acharya Bala kri...	1.7M
1538.	The Statesman	Haryana gears up for historic 11th Intern'l Yoga Day, over 11 lakh participants ...	1.7M
1539.	The Hans India	Global yoga movement began with PM Modi"s vision: Prataprao Jadhav	1.7M
1540.	The Statesman	IDY this year not a mere one-day affair but 100-day season, say Ayush officials	1.7M
1541.	The Hans India	Make IYD celebrations a grand success: Lokesh to officials	1.7M
1542.	The Statesman	Haryana Police"s compassion-driven war against drugs yields results	1.7M
1543.	The Statesman	Over 70,000 citizens register for Haryana"s grand Yoga Mahotsav ahead of Intern ...	1.7M
1544.	The Statesman	UP govt to hold yoga practice sessions at over 4,000 locations on International ...	1.7M
1545.	The Statesman	IDY 2025 to be a ‘Whole-of-Nation" movement, says Ministry of Ayush	1.7M
1546.	The Statesman	Basic education is key to nation-building; teacher-student ratio to be ensured i...	1.7M
1547.	The Hans India	Stay stress-free with yoga, Collector tells staff	1.7M
1548.	The Statesman	India and WHO collaborate to include traditional medicine in International Class...	1.7M
1549.	The Statesman	PM urges global participation in Yoga Day, highlights creative and inclusive cel...	1.7M
1550.	The Hans India	New global health agreement to take Ayush to world in scientific way: PM Modi	1.7M
1551.	The Hans India	Yoga brings mental peace, complete health: Geetanjali Sharma	1.7M
1552.	The Statesman	Ayush ministry showcases India"s wellness traditions at Osaka expo	1.7M
1553.	The Statesman	CM Yogi calls for setting up of AYUSH colleges in every division of UP	1.7M
1554.	The Statesman	India"s pioneering yoga institute backs ‘Yoga Unplugged": AYUSH Ministry	1.7M

1555.	The Hans India	Youth are torchbearers of a healthier India: Union Minister	1.7M
1556.	The Hans India	Vizag set to create record on Yoga Day	1.7M
1557.	The Hans India	Naturopathy is India"s Gift to the World: Leaders Urge Youth to Embrace Holisti...	1.7M
1558.	The Hans India	Global voices in natural healing gather in Dakshina Kannada	1.7M
1559.	The Hans India	CS reviews Int"l Yoga Day arrangements	1.7M
1560.	The Hans India	Global Voices in Natural Healing Gather in Ujire as International Yoga and Natur...	1.7M
1561.	The Statesman	Ayush Ministry launches weekly yoga podcast	1.7M
1562.	The Hans India	Weekly yoga podcast launched to promote holistic wellness	1.7M
1563.	The Hans India	Scientific Study on Mantra and Sonic Therapy Begins at NYRI: Devrishi Named Pr in...	1.7M
1564.	The Statesman	Delhi to become model state for holistic healthcare with National Ayush Mission ...	1.7M
1565.	The Statesman	Ayush Ministry to host National Ayush Mission conclave from May 1 in Lonavala	1.7M
1566.	The Hans India	Healthy India key towards realising Viksit Bharat goal: HM Shah	1.7M
1567.	The Hans India	Special health camps begin for pregnant women	1.7M
1568.	The Hans India	‘Yogotsav" evokes enthusiastic response	1.7M
1569.	The Hans India	Harit Yoga nurtures personal, planetary health: Jadhav	1.7M
1570.	The Hans India	Harit Yoga nurtures personal, planetary health: Jadhav	1.7M
1571.	The Hans India	Ayush Minister launches ‘Harit yoga" to boost personal, planetary health	1.7M
1572.	The Hans India	Odisha to host Yoga Mahotsav today	1.7M
1573.	The Hans India	GITAM to host Yoga ‘Countdown Day" event tomorrow	1.7M
1574.	The Statesman	Ayush Ministry to organise Yoga Mahotsav	1.7M
1575.	The Hans India	75-day countdown to International Day of Yoga to begin in Odisha tomorrow	1.7M
1576.	The Hans India	India to support cancer care, set up a CoE for traditional medicine in BIMSTEC c.. .	1.7M
1577.	The Hans India	North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M egh...	1.7M
1578.	The Hans India	Air pollution has a deadly impact on cardiac health, say experts at ASSOCHAM"s ...	1.7M
1579.	The Statesman	Centre takes steps to safeguard public health regarding heatwave	1.7M
1580.	Kannada Prabha	International Yoga Day: ರಾಜ್ಯಪಾಲರು, ಆರೋಗ್ಯ ಸಚಿವರಿಂದ ಬೆಂಗಳೂರಿನಲ್ಲಿ ಯೋಗ ಪ್ರದರ್ಶನ	1.5M

1581.	Hindustan Times Tamil	சியாச்சின் முதல் ஷாஹி காங்ரி வரை: இந்திய ராணுவம் கடினமான நிலப்பரப்புகளில் சர்வதே...	1.5M
1582.	News9 Live	‘Yoga is essence of Sanatan Dharma": Baba Ramdev on International Yoga Day	1.4M
1583.	Current Affairs 2023	MDNIY Launches ‘Yoga Bandhan' to Strengthen Global Unity Before IDY 2025	1.4M
1584.	Current Affairs 2023	Yoga Sangam 2025: India Gears Up for a Historic International Day of Yoga	1.4M
1585.	Amrit Vichar	अमेठीः जवाहर नवोदय विद्यालय गौरीगंज में मनाया गया 11वां अंतर्राष्ट्रीय योग दिवस	1.4M
1586.	News9 Live	International Yoga Day 2025: Students embrace asanas, awareness drives across In...	1.4M
1587.	Kalinga TV	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	1.4M
1588.	Kalinga TV	Indian Navy Joins YogAndhra with 11000 Personnel Followers Followers Saturday, J...	1.4M
1589.	News9 Live	India celebrates 11th International Yoga day with theme ‘one earth, one health"	1.4M
1590.	Kalinga TV	International Yoga Day: From Siachen to Shahi Kangri, Army practices yoga across...	1.4M
1591.	Kalinga TV	“Yoga for One Earth, One Health”: 11th International Yoga Day celebrations kick ...	1.4M
1592.	Kalinga TV	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam Shar...	1.4M
1593.	Current Affairs 2023	International Yoga Day 2025 Explained: Importance, Background & Latest Theme	1.4M
1594.	Current Affairs 2023	List of International Day of Yoga Themes (2015–2025)	1.4M
1595.	Current Affairs 2023	India Marks 10 Years of IDY: Visakhapatnam Chosen as National Host	1.4M
1596.	Amrit Vichar	शाहजहांपुरः योग सप्ताह का हुआ आगाज...हवाई पट्टी पर योगाभ्यास कर दिया स्वस्थ रहने...	1.4M
1597.	ABP Live	International Yoga Day 2025: 5 లక్షల మందితో విశాఖలో యోగా! కేంద్రమంత్రి కీలక ప్రక...	1.4M
1598.	Amrit Vichar	सूर्यनमस्कार में विश्व रिकार्ड कायम करने की तैयारी, अंतरराष्ट्रीय योग दिवस तैयार...	1.4M
1599.	Amrit Vichar	International Yoga Day : बॉलीवुड सितारों ने ली योग करने की शपथ, शिल्पा से लेकर र...	1.4M
1600.	Current Affairs 2023	India Unveils ‘Ayush Nivesh Saarthi" Portal to Promote Investment in Traditiona...	1.4M
1601.	News9 Live	Prenatal, postpartum healing: Yoga expert shares the best asanas for new moms	1.4M
1602.	Amrit Vichar	ब्लड प्रेशर से डिप्रेशन तक योग से करें जीवनप्रबंधन, MDNIY-लविवि ने संयुक्त रुप स...	1.4M
1603.	Current Affairs 2023	India Champions WHO"s Global Traditional Medicine Strategy 2025–2034	1.4M
1604.	Current Affairs 2023	“Vat Amavasya Meets Harit Yoga: A Fusion of Tradition and Environmentalism”	1.4M
1605.	Amrit Vichar	बाराबंकी: डीएम के तेवर देख अधिकारियों के छूटे पसीने, जानिए क्यों लेखपालों और राज...	1.4M

1606.	Amrit Vichar	International Yoga Day :लविवि में होगा योग उत्सव, 11वें अंतरराष्ट्रीय योग दिवस प...	1.4M
1607.	Current Affairs 2023	Ministry of Ayush Organized Rashtriya Karmayogi Jan Seva Programme	1.4M
1608.	Kalinga TV	WATCH: Odisha ministers inaugurate 100-day countdown program Yoga Mahotsav in Bh...	1.4M
1609.	LatestLY हिन्दी	मन का ठहराव, जीवन का प्रवाह: योग, भारत की वो खोज जो आज की भागदौड़ भरी दुनिया को ...	1.3M
1610.	LatestLY हिन्दी	Yoga Day 2025: गोरखपुर में सीएम योगी ने किया योगाभ्यास , बोले- योग के जरिए भारत ...	1.3M
1611.	Trade Brains	Textile stock jumps 4% after its subsidiary received order from Govt. of India	1.3M
1612.	LatestLY हिन्दी	संगम 2025 के लिए 30 हजार संगठनों ने कराया पंजीकरण; आयुष मंत्रालय	1.3M
1613.	LatestLY हिन्दी	Yoga Sangam 2025: योग संगम 2025 के लिए 30 हजार संगठनों ने कराया पंजीकरण; आयुष मं...	1.3M
1614.	Devdiscourse	Yoga Unites: International Day of Yoga Celebration Spreads Across New Delhi	1.2M
1615.	Devdiscourse	Karnataka Celebrates International Yoga Day with Massive Participation and New I...	1.2M
1616.	Devdiscourse	International Yoga Day: Unity and Harmony on Indian Navy's Deck	1.2M
1617.	Devdiscourse	MoCA and AAI Celebrate 11th International Yoga Day 2025 with Vigor at Aviation P...	1.2M
1618.	Organiser	Arunachal Pradesh: Celebration of “Yoga for One Earth, One Health" near the LAC...	1.2M
1619.	Devdiscourse	Mass Yoga Event Marks 11th International Yoga Day in Karnataka	1.2M
1620.	Devdiscourse	Yoga Sangam 2025: Celebrating India's Ancient Heritage with Global Unity	1.2M
1621.	Devdiscourse	Navy's Yoga Wave: 11,000 Join PM Modi in Yogic Celebration on Vizag Coastline	1.2M
1622.	Devdiscourse	Yoga Unites Past and Present at Iconic Monuments for International Day of Yoga	1.2M
1623.	Sentinel Assam	Yogesvara Sansthan celebrates International Yoga Day with ‘Harit Yoga" Event in ...	1.2M
1624.	Devdiscourse	India Leads Global Yoga Celebration with 'One Earth, One Health' Theme	1.2M
1625.	Sentinel Assam	A decade of dharma: Cultural renaissance in the Modi era	1.2M
1626.	The Sentinel Assam E Paper	Guwahati: Schools instructed to celebrate Yoga Day on June 21	1.2M
1627.	Sentinel Assam	Yogotsav 2025 concludes successfully at Nagaon with national seminar and award c...	1.2M
1628.	Devdiscourse	From Villages to a Yoga Movement: India Preps for IDY 2025	1.2M
1629.	Devdiscourse	Transforming Yoga Day: From Tradition to 'Jan-Andolan'	1.2M
1630.	Devdiscourse	Uttar Pradesh Promotes Wellness with 'Y-Break' Yoga Protocol in Workplaces	1.2M

1631.	Devdiscourse	Uttar Pradesh Embraces Yoga for a Healthier Workplace	1.2M
1632.	Devdiscourse	Yoga Sangam: A Milestone in India's Wellness Journey	1.2M
1633.	Devdiscourse	Yoga Sangam 2025: Uniting Over 4 Lakh for Wellness	1.2M
1634.	Devdiscourse	Visakhapatnam Gears Up for World-Record Yoga Event with PM Modi	1.2M
1635.	Devdiscourse	Visakhapatnam Gears Up for Historic 11th International Yoga Day	1.2M
1636.	Devdiscourse	Karnataka Gears Up for Grand International Yoga Day Celebrations	1.2M
1637.	Devdiscourse	India Gears Up for 11th International Yoga Day with Nationwide Activities	1.2M
1638.	Devdiscourse	Tribal Affairs Ministry Plans Inclusive Yoga Day Celebrations Nationwide	1.2M
1639.	Devdiscourse	India Gears Up for Global Yoga Day with Massive Preparations	1.2M
1640.	Devdiscourse	Rajasthan Speaker Champions Yoga as Global Wellness Movement	1.2M
1641.	Devdiscourse	Yoga Connect 2025: Global Summit to Unite Yoga Enthusiasts Worldwide	1.2M
1642.	Devdiscourse	A Global Yoga Movement: Celebrating IDY 2025	1.2M
1643.	Devdiscourse	Icons Inspire a Yoga Revolution: Celebrities Unite for Wellness Movement	1.2M
1644.	Devdiscourse	Unprecedented Surge: International Day of Yoga Participation Reaches New Heights	1.2M
1645.	Organiser	Assam"s Healthcare: 4 years comprehensive transformation under Chief Minister D...	1.2M
1646.	Devdiscourse	Global Preparations Underway for Historic 11th International Day of Yoga	1.2M
1647.	Devdiscourse	Ayush Nivesh Saarthi Portal Unveiled to Attract Global Investment in Traditional...	1.2M
1648.	Devdiscourse	Anticipating Yoga Day 2025: Modi's Visit to Andhra Pradesh	1.2M
1649.	Devdiscourse	India Gears Up for Record-Breaking International Yoga Day Led by PM Modi	1.2M
1650.	Devdiscourse	Uttar Pradesh Ramps Up for International Yoga Day Celebration in Hospitals	1.2M
1651.	Devdiscourse	Ayush Ministry Launches AyushSuraksha Portal to Strengthen Consumer Safety	1.2M
1652.	Organiser	Yoga for One Earth, One Health: Ministries unite for global wellness movement ah ...	1.2M
1653.	Devdiscourse	India Strategizes for Groundbreaking 11th International Day of Yoga in 2025	1.2M
1654.	Devdiscourse	Yoga Unity: A Global Movement for Holistic Health	1.2M
1655.	Sentinel Assam	Over 10k organizations register for Yoga Sangam after PM Modi"s call in Mann Ki ...	1.2M
1656.	Devdiscourse	Haryana's Yoga Mahotsav: Uniting Tradition with Modern Health	1.2M
1657.	Devdiscourse	India Leads Global Traditional Medicine Integration	1.2M

1658.	Devdiscourse	India Champions Global Traditional Medicine at 78th World Health Assembly	1.2M
1659.	Devdiscourse	Yoga: The Universal Language of Peace and Wellness	1.2M
1660.	Devdiscourse	Puducherry Celebrates Spirited Yoga Mahotsav Ahead of International Yoga Day 202...	1.2M
1661.	Devdiscourse	Yoga for One Earth, One Health: Thousands Gather at Puducherry for Yoga Mah otsav	1.2M
1662.	Organiser	Ayush Goes Global: India"s Historic WHO pact to standardise traditional medicin.. .	1.2M
1663.	Devdiscourse	Puducherry Hosts Yoga Mahotsav 2025, Promoting 'One Earth, One Health'	1.2M
1664.	Devdiscourse	South Summit in Chennai Pushes India's Ayush Wellness Tourism Global Ambitio ns	1.2M
1665.	Sentinel Assam	New global health agreement to take Ayush to the world: Government	1.2M
1666.	Devdiscourse	Global Recognition for Ayurveda: Ayush Ministry"s Landmark Deal with WHO	1.2M
1667.	Devdiscourse	Global Enthusiasm Ignites for International Yoga Day Celebration	1.2M
1668.	Devdiscourse	Assam Gears Up for International Day of Yoga 2025 with Grand Celebrations	1.2M
1669.	Devdiscourse	Rajesh Kotecha's Fourth Tenure Extension as Ayush Secretary	1.2M
1670.	Organiser	Ministry of Ayush"s ‘Yoga Unplugged" set to transform International Day of Yog...	1.2M
1671.	Devdiscourse	Youth-Driven 'Yoga Unplugged' Ignites Participation Ahead of 10th International ...	1.2M
1672.	Devdiscourse	Embracing Wellness: Naturopathy and Yoga's Role in India's Health Future	1.2M
1673.	Devdiscourse	Revolutionizing Yoga: A New Era of Mindfulness and Health	1.2M
1674.	Devdiscourse	India Embraces Innovative Yoga Initiatives Ahead of 10th International Day of Yo.. .	1.2M
1675.	Devdiscourse	Vizag Prepares for Grand Yoga Day Celebration with PM Modi	1.2M
1676.	Devdiscourse	Yoga's Global Impact: A Vision for International Day of Yoga 2025	1.2M
1677.	Devdiscourse	Prataprao Jadhav Reviews Grand Plans for International Day of Yoga 2025	1.2M
1678.	Devdiscourse	Uttar Pradesh Governor Advocates Expanded Yoga Outreach	1.2M
1679.	Devdiscourse	National Ayush Mission Conclave: Strengthening Integrative Healthcare at Nisarg ...	1.2M
1680.	Devdiscourse	Grand Yoga Mahotsav: Nashik's Countdown to International Yoga Day	1.2M
1681.	Devdiscourse	Over 6000 Gather in Nashik for Yoga Mahotsav as 50-Day Countdown to IDY 202 5 Beg...	1.2M
1682.	Devdiscourse	Yoga Mahotsav: A Global Movement Towards Holistic Health	1.2M

1683.	Devdiscourse	Yoga Mahotsav 2025: A Prelude to Global Peace and Harmony	1.2M
1684.	Devdiscourse	Revitalizing Health: National Ayush Mission Conclave 2025	1.2M
1685.	Devdiscourse	India Advances Integrative Medicine with New Department at TATA IISc Medical Sch...	1.2M
1686.	Devdiscourse	FHRAI Champions Yoga and Sustainability Ahead of International Yoga Day	1.2M
1687.	Devdiscourse	FHRAI Leads the Way in 'Harit Yoga' Movement Ahead of IDY 2025 Celebrations	1.2M
1688.	Devdiscourse	Haryana's Yoga Sahayaks Initiative: Integrating Wellness in Education	1.2M
1689.	Devdiscourse	Ayush Ministry Boosts Employee Skills with Interactive Rashtriya Karmayogi Progr ...	1.2M
1690.	Devdiscourse	Ministry of Ayush Advances Workforce Skills Through Karmayogi Jan Seva Progr amme	1.2M
1691.	Organiser	Odisha hosts ‘Harit Yoga" a mass drive with tree in every hand	1.2M
1692.	Devdiscourse	Bhubaneswar Hosts Grand Yoga Mahotsav to Celebrate IDY 2025, Promoting We llness ...	1.2M
1693.	Devdiscourse	Embracing 'Harit Yoga': A Global Movement for Planetary Health	1.2M
1694.	Devdiscourse	Harit Yoga: A Greener Path to Global Well-being	1.2M
1695.	Devdiscourse	Countdown Begins: Yoga Mahotsav Kicks Off 100-Day Journey to International Y oga ...	1.2M
1696.	Devdiscourse	Odisha's Grand Yoga Mahotsav-2025: Countdown to International Yoga Day Begi ns	1.2M
1697.	Devdiscourse	India Announces Centre of Excellence for Traditional Medicine at BIMSTEC Sum mit	1.2M
1698.	Devdiscourse	Yoga Takes Center Stage at Leh Amid International Countdown	1.2M
1699.	Devdiscourse	Uttar Pradesh: From 'Bimaru' to Growth Engine	1.2M
1700.	Devdiscourse	Strengthening Mental Health Support for Medical Students in India	1.2M
1701.	Devdiscourse	Yoga Meets Nature: A Resilient Bridge for Wellness	1.2M
1702.	Devdiscourse	Yoga Mahotsav 2025: A Grand Prelude to International Day of Yoga (IDY) 2025	1.2M
1703.	Deccan Herald	Yoga mandirs to come up in govt hospitals: State health minister Dinesh Gundu R a...	1.14M
1704.	Deccan Herald	International Yoga Day celebrated with much fervour at Mangaluru"s Town Hall	1.14M
1705.	Deccan Herald	Karnataka Guv, Health Minister lead yoga day celebrations in Bengaluru	1.14M
1706.	Deccan Herald	Over 15k people perform Yoga at Palace premises in Yoga capitol Mysuru	1.14M
1707.	Deccan Herald	Karnataka governor, health minister perform yoga in Bengaluru	1.14M

1708.	Deccan Herald	Over 11,000 naval personnel, family members from ENC to join Yoga Day celebra tio...	1.14M
1709.	Deccan Herald	ASI to host yoga sessions at 81 sites, Amit Shah to attend celebrations at Adala...	1.14M
1710.	Deccan Herald	Three-day Yoga Maha Kumbh begins in Delhi	1.14M
1711.	Deccan Herald	'Drug-free campus" undertaking from colleges mandatory: says RGUHS	1.14M
1712.	Deccan Herald	Ayush ministry launches weekly podcast for transformative journey into world of ...	1.14M
1713.	Deccan Herald	PM Modi announces Centre of Excellence for traditional medicine during BIMSTE C S...	1.14M
1714.	Deccan Herald	Yoga at 11,562 ft: National Institute of Sowa-Rigpa conducts special event in Le...	1.14M
1715.	Deccan Herald	Nation not built by slogans, but performing duties: Yogi Adityanath	1.14M
1716.	Deccan Herald	Integrated medicine for mental wellness	1.14M
1717.	Deccan Herald	Ayush Ministry initiates sensitisation drive for heatwave prevention	1.14M
1718.	Odisha Bytes	'Humanity"s Pause Botton": CM Majhi Leads Yoga Day Celebrations In Odisha	1.1M
1719.	Haribhoomi	अंतरराष्ट्रीय योग दिवस: राज्य स्तरीय कार्यक्रम के लिए कुरुक्षेत्र भेजी गईं 17 डि...	1.1M
1720.	Krishi Jagran	International Yoga Day 2025: PM Modi to Lead Visakhapatnam Event, Celebratio ns P...	1.1M
1721.	Haribhoomi	हरियाणा बनाएगा वर्ल्ड रिकॉर्ड: अंतराष्ट्रीय योग दिवस पर 11 लाख लोग करेंगे योग, क...	1.1M
1722.	Law Trend	आयुष्मान भारत योजना के तहत योग प्रशिक्षकों की नियुक्ति में BNYS डिग्री धारकों को...	1.1M
1723.	Law Trend	Madras High Court Upholds State's Preference for BNYS Degree Holders in Ayus hman...	1.1M
1724.	Haribhoomi	सैनी सरकार का बड़ा फैसला: सरकारी स्कूलों में सिखाया जाएगा योगा, 857 योग टीचर्स क...	1.1M
1725.	Odisha Bytes	Odisha To Host Yoga Mahotsav 2025 On World Health Day Tomorrow	1.1M
1726.	Krishi Jagran	PM Modi Announces Centre of Excellence for Traditional Medicine at 6th BIMSTE C S...	1.1M
1727.	Krishi Jagran	Heatwave Alert: Ayush Ministry Launches Nationwide Drive to Combat Rising Te mper...	1.1M
1728.	Greater Kashmir	GVEI embraces spirit of International Yoga Day	1M
1729.	Greater Kashmir	Doda administration gears up for International Yoga Day	1M
1730.	Goodreturns	International Yoga Day 2025: अंतरराष्ट्रीय योग दिवस पर योग संगम पोर्टल पर ऐसे कर...	977.4K
1731.	News Nation	21 June: इंटरेशनल योगा डे पर कहां योग करेंगे बाबा रामदेव? ये VVIP देंगे साथ	974K
1732.	Punjabkesari	करें योग रहें निरोग... International Yoga Day पर योग के जश्न में डूबा पूरा देश,य...	941.2K
1733.	Dainik Bhaskar	स्वास्थ्य/चिकित्सा: अंतरराष्ट्रीय योग दिवस 2025 अहमदाबाद में पश्चिम रेलवे के कर्...	926.1K

1734.	Dainik Bhaskar	स्वास्थ्य/चिकित्सा: ऑफिस में "वाई-ब्रेक" के जरिए स्वस्थ और तनाव मुक्त रह सकते ...	926.1K
1735.	Dainik Bhaskar	स्वास्थ्य/चिकित्सा: "मन की बात" में पीएम मोदी के आह्वान के बाद 10 हजार से अधिक...	926.1K
1736.	Dainik Bhaskar	स्वास्थ्य/चिकित्सा: बच्चे से बुजुर्ग सबके लिए है योग, अभ्यास से पहले नियम जानना ...	926.1K
1737.	Dainik Bhaskar	स्वास्थ्य/चिकित्सा: आयुष मंत्री ने शुरू किया "हरित योग", पर्यावरण और इंसानों क...	926.1K
1738.	Royal Bulletin	तन और मन को स्वस्थ रखने के लिए योग अत्यावश्यक- प्रभारी मंत्री धर्मपाल सिंह	922.5K
1739.	Royal Bulletin	नोएडा में ओखला बर्ड सैंक्चुरी में हुआ योगाभ्यास, योग सप्ताह में उमड़ी भीड़	922.5K
1740.	Royal Bulletin	जिला पंचायत अध्यक्ष ने किया योग सप्ताह का शुभारंभ, 270 योग साधकों ने लिया भाग	922.5K
1741.	Royal Bulletin	नोएडा स्टेडियम में 11वें अंतर्राष्ट्रीय योग दिवस का शुभारंभ, डीएम ने स्वस्थ रहने...	922.5K
1742.	Royal Bulletin	सेतुबंधासन योग से तनाव, हार्मोन असंतुलन और नींद की समस्या में राहत	922.5K
1743.	Royal Bulletin	अंतरराष्ट्रीय योग दिवस सिर्फ उत्सव नहीं, एक वैश्विक आंदोलन -आनंदीबेन पटेल	922.5K
1744.	Royal Bulletin	अंतर्राष्ट्रीय योग दिवस 2025 : भारतीय योग संघ की भागीदारी से भव्य आयोजन की तैयार...	922.5K
1745.	Sharp Bharat	jharkhand yog day : 11वां अंतरराष्ट्रीय योग दिवस पर बिरसा मुंडा फन पार्क में भव्...	890.3K
1746.	The Week	India gives different identity to yoga Nadda at NDMC"s International Yoga Day c...	888.3K
1747.	The Week	International Yoga Day celebrated across Mizoram	888.3K
1748.	The Week	Rajasthan CM credits PM Modi for popularising yoga globally	888.3K
1749.	The Week	International Yoga Day celebrated with fervour in Andamans	888.3K
1750.	The Week	Pranayama and postures Maharashtra celebrates Yoga Day	888.3K
1751.	The Week	10 000 people perform yoga at JNPA event in Navi Mumbai	888.3K
1752.	The Week	Guv deputy CMs lead Yoga Day celebrations in Bihar	888.3K
1753.	The Week	Yoga has found global acceptance since 2015 Nadda	888.3K
1754.	The Week	Karnataka Guv health minister perform yoga in Bengaluru	888.3K
1755.	The Week	Over 11 000 naval personnel family members from ENC to join Yoga Day celebrat ion...	888.3K
1756.	The Week	ASI to host yoga sessions at 81 sites Amit Shah to attend celebrations at Adalaj...	888.3K
1757.	The Week	Three-day Yoga Maha Kumbh begins in Delhi	888.3K
1758.	The Week	Panchayats gearing up to make Yoga Day historic with mass mobilisation Pancha yat...	888.3K
1759.	The Week	After PM"s call panchayats mobilising villagers for transforming Yoga Day into ...	888.3K
1760.	The Week	Karnataka gears up for International Yoga Day	888.3K

1761.	The Week	Over 41 pc of respondents have incorporated Yoga into their lifestyle Ayush surv.. .	888.3K
1762.	The Week	UP govt gears up for grand Yoga Day celebration on June 21	888.3K
1763.	The Week	Studies show yoga supports management of diabetes cancer recovery says Ayus h Min...	888.3K
1764.	The Week	Yoga now a global mass movement thanks to PM Modi"s efforts says Union Ayus h Mi...	888.3K
1765.	The Week	International Yoga Day Events to be held across Haryana on June 21 says CM S aini	888.3K
1766.	The Week	Ayurveda India"s soft power backed by research AYUSH minister	888.3K
1767.	The Week	Over 5 lakh people likely to participate in International Yoga Day Minister	888.3K
1768.	The Week	Celebrities influencers come forward to promote International Day of Yoga	888.3K
1769.	The Week	Yoga Day portal crosses 50 000 registrations	888.3K
1770.	The Week	Over 400 participants attend Ayush Ministry"s workshop on 11th Yoga Day	888.3K
1771.	The Week	Over 30000 organisations join Yoga Sangam movement Ayush ministry	888.3K
1772.	The Week	Inter-ministerial committee meeting held to strategise preparations for Internat...	888.3K
1773.	The Week	Yoga is now an integral part of life in India and the world Nayab Singh Saini	888.3K
1774.	The Week	India reinforces commitment to WHO global traditional medicine strategy at World. ..	888.3K
1775.	The Week	AYUSH moves into global healthcare mainstream with WHO collaboration; what it me...	888.3K
1776.	The Week	India partners with WHO to mainstream Ayush globally through agreement on trad it...	888.3K
1777.	The Week	Ahead of International Yoga Day PM Modi invites people to embrace yoga for vibr a...	888.3K
1778.	The Week	Ayush Expo in Osaka getting wide attention Ministry	888.3K
1779.	The Week	Over 1 000 organisations registered under Yoga Sangam for June 21 event	888.3K
1780.	The Week	Ayush Secretary Vaidya Rajesh Kotecha gets fourth extension	888.3K
1781.	The Week	Yoga Unplugged gets a boost with leading institutions joining initiative	888.3K
1782.	The Week	Integrated AYUSH colleges to be set up in every division of UP Adityanath	888.3K
1783.	The Week	Union Minister Meghwal urges youth to embrace naturopathy yoga for healthier fut ...	888.3K
1784.	The Week	Yoga Day 2025 Samyoga Yoga Unplugged aim to redefine yoga practice	888.3K

1785.	The Week	Ayush ministry launches weekly podcast for transformative journey into world of ...	888.3K
1786.	The Week	Ahead of Yoga Day Harit Yoga gains momentum	888.3K
1787.	The Week	International Day of Yoga 2025 will be successful inspirational for entire world...	888.3K
1788.	The Week	Delhi govt plans to sponsor Ayurveda start-ups host global summit CM	888.3K
1789.	The Week	National Ayush Mission delegates immerse in naturopathy at National Institute of.. .	888.3K
1790.	The Week	Yoga Mahotsav in Nashik marks 50-day countdown to International Yoga Day	888.3K
1791.	The Week	With its roots in India yoga now flourishing at global level Union minister Jadh...	888.3K
1792.	The Week	Maharashtra's Nashik set to host ' Yoga Mahotsav 2025' on Friday	888.3K
1793.	The Week	Haryana to employ "sahayaks" to teach school students yoga	888.3K
1794.	The Week	Yoga at 11 562 ft National Institute of Sowa-Rigpa conducts special event in Leh	888.3K
1795.	The Week	Nation not built by slogans but performing duties Adityanath	888.3K
1796.	The Week	Yoga session held at Double-Decker Root Bridge in Meghalaya	888.3K
1797.	The Week	Ayush Ministry initiates sensitisation drive for heatwave prevention	888.3K
1798.	Vartha Bharathi	Karnataka Guv, health minister perform yoga in Bengaluru	854.4K
1799.	Janmabhumi Daily	യോഗദിനം: ആഗോള മാനവികതാ ദിനം	827.6K
1800.	Newstrack	Shravasti News: अन्तर्राष्ट्रीय 11वें योग को लेकर तैयारियां पूरी, शहर से गांव तक...	809.7K
1801.	Newstrack	International Yoga Day: यूपी में 11वें "अंतर्राष्ट्रीय योग दिवस" की तैयारियां ...	809.7K
1802.	Newstrack	International Yoga Day: अंतरराष्ट्रीय योग दिवस हर साल 21 जून को क्यों मनाया जाता...	809.7K
1803.	Newstrack	Meerut News: हजारों लोग एक वेशभूषा में एक साथ करेंगे सूर्य नमस्कार, मेरठ से बनेग...	809.7K
1804.	Newstrack	Lucknow news : लखनऊ विश्वविद्यालय में अंतर्राष्ट्रीय योग दिवस का होगा आयोजन, तैय...	809.7K
1805.	Newstrack	Gorakhpur News: स्वास्थ्य विभाग ने आयुष विभाग से सीखा योग का मंत्र, जन जन तक पहु...	809.7K
1806.	Newstrack	मानसिक तनाव छूमंतर! बस 5 योगासन और दिमाग हो जाएगा Refresh, वैज्ञानिक भी हैरान?	809.7K
1807.	Newstrack	Lucknow News: प्रदेश के सरकारी अस्पतालों में होगा अंतरराष्ट्रीय योग दिवस कार्यक्...	809.7K
1808.	The Pioneer	India"s quiet power: How yoga became the world"s breath of unity	776.4K
1809.	The Pioneer	Yoga Sangam gets encouraging registrations	776.4K
1810.	The Pioneer	Survey reveals growing adoption of yoga as India prepares for IDY 2025	776.4K
1811.	The Pioneer	Haryana CM Flags Off Yoga Marathon, Launches ‘Yoga-yukt, Nasha-mukt" Campaign	776.4K
1812.	The Pioneer	Over five lakh people to participate in International Yoga Day, says Minister	776.4K

1813.	The Pioneer	Guv urges empathy, commitment for sickle cell eradication	776.4K
1814.	The Pioneer	Yoga for One Earth, One Health: the countdown begins	776.4K
1815.	The Pioneer	IDY has transformed Yoga into a shared global heritage	776.4K
1816.	The Pioneer	Briefs	776.4K
1817.	The Pioneer	Over 400 participants attend workshop on 11th Yoga Day	776.4K
1818.	The Pioneer	PIB & CBC Ranchi organises workshop ahead of Yoga Day	776.4K
1819.	The Pioneer	One lakh people to attend State-level event on Int"l Yoga Day on June 21: CM Sa ...	776.4K
1820.	The Pioneer	Haryana CM felicitates outstanding performers of the ‘Surya Namaskar 2025" cam p...	776.4K
1821.	The Pioneer	Adityanath launches projects worth Rs 3,300 crore, lauds progress in school educ. ..	776.4K
1822.	The Pioneer	India, WHO to mainstream Ayush globally, boosting traditional medicines	776.4K
1823.	The Pioneer	All stretched along the northern borders	776.4K
1824.	The Pioneer	AIIMS finds Pranayama reduces heart rate, stress	776.4K
1825.	The Pioneer	AYUSH Deptt in Haryana gears up for preparations of Int"l Day of Yoga	776.4K
1826.	The Pioneer	IDY 2025 to be globally inspiring: Ayush Minister	776.4K
1827.	The Pioneer	Ayush Ministry to organise National Ayush Mission Conclave on May 1-2	776.4K
1828.	The Pioneer	“Mann Ki Baat"" Sparked an Ayurvedic revival	776.4K
1829.	The Pioneer	Briefs	776.4K
1830.	The Pioneer	Nation not built by slogans, but performing duties: Adityanath	776.4K
1831.	Star of Mysore	Preparations on for Yoga Day at Mysore Palace tomorrow	739.2K
1832.	Star of Mysore	Mysuru eyes India"s first ‘Yoga District" recognition	739.2K
1833.	Star of Mysore	International Day of Yoga-2025: Palace hosts rehearsal; 15,000 expected on June ...	739.2K
1834.	Star of Mysore	Yoga Dhanush marks beginning of IDY- 2025	739.2K
1835.	Indian Masterminds	CM Yogi Leads International Yoga Day Celebrations in Gorakhpur	738.1K
1836.	Indian Masterminds	Ayush Secretary Rajesh Kotecha Gets One-Year Extension Till June 2026; Fourth Ex...	738.1K
1837.	Observer Research Foundation	Medical Tourism as a Pillar of India-Bangladesh Relations: Will It Hold?	727.5K
1838.	Sudarshn News	भारतीय तटरक्षक बल ने ‘योग संगम" के साथ मनाया 11वां अंतरराष्ट्रीय योग दिवस	723.4K

1839.	The Shillong Times	City schoolchildren perform yoga asanas with enthusiasm	720.2K
1840.	Daily Excelsior	Mega Yoga Camp held at Pangong Lake	717.7K
1841.	Daily Excelsior	Yoga for Health and Happiness	717.7K
1842.	Daily Excelsior	After PM"s call, panchayats mobilising villagers for transforming Yoga Day into...	717.7K
1843.	Daily Excelsior	Patanjali intensifies Yoga Day campaign across Kurukshetra	717.7K
1844.	Daily Excelsior	Ayurveda India"s soft power, backed by research: AYUSH minister	717.7K
1845.	Daily Excelsior	PM Modi announces Centre of Excellence for traditional medicine during BIMSTEC S...	717.7K
1846.	Daily Excelsior	Nation not built by slogans, but performing duties: Yogi Adityanath	717.7K
1847.	India Herald	Grand Preparations Underway For Global Yoga Day: Find out more:	651.5K
1848.	Inext Live	Lucknow News: डायबिटीज और हाइपरटेंशन का निदान योग से संभव	641.5K
1849.	Akila News	રાજકોટ રેલવે ડિવિઝન દ્વારા 'આંતરરાષ્ટ્રીય યોગ દિવસ"ની ઉત્સાહપૂર્વક ઉજવણી	633.8K
1850.	Akila News	આંતરરાષ્ટ્રીય યોગ દિવસ ૨૦૨૫ ની થીમ 'હરિત યોગ"(Green Yoga)	633.8K
1851.	Akila News	ચાલો કરીએ એક પૃથ્વી , એક સ્વાસ્થ્ય માટે યોગઃ પદ્મશ્રી વૈદ્ય રાજેશ કોટેચા	633.8K
1852.	Punjab Kesari	"योग संगम पोर्टल"पर हुए 50 हजार से अधिक पंजीकरण, आयुष मंत्रालय ने दी जानकारी	592.9K
1853.	Punjab Kesari	वाराणसी में योग सप्ताह का भव्य शुभारंभ, "एक पृथ्वी, एक स्वास्थ्य"का संदेश	592.9K
1854.	Punjab Kesari	योग दिवस 2025: 30 हजार संगठनों की भागीदारी	592.9K
1855.	Punjab Kesari	Bhuvneshwar में "हरित योग"की शुरुआत, योग और पर्यावरण के लिए नई पहल	592.9K
1856.	The Live Nagpur	Nagpur Gears Up for Mega Yoga Day Event on June 21 at Yashwant Stadium	580K
1857.	Divya Himachal	कुल्लू में सेहत का मंत्र...करो योग, उम्र भर रहो निरोग	553.6K
1858.	Divya Himachal	करियर प्वाइंट यूनिवर्सिटी में हरित योग कार्यक्रम	553.6K
1859.	Divya Himachal	अंतरराष्ट्रीय योग दिवस के लिए आयुष विभाग की तैयारियां शुरू	553.6K
1860.	Divya Himachal	मुख्यमंत्री नायब सिंह सैनी ने किया ऐलान, हरियाणा में रजिस्टर्ड होंगे योगा टीचर	553.6K
1861.	Prabhasakshi: Hindi News	International Yoga Day | लंदन से लेकर लद्दाख तक, पूरी दुनिया ने एक स्वर में माना...	524K
1862.	Panchjanya	हरिद्वार में अंतरराष्ट्रीय योग दिवस 2025: पतंजलि योगपीठ की इकाइयों में भव्य आयोज...	515.8K
1863.	Panchjanya	योग अनप्लग्ड यूथ फेस्ट 2025 : हरिद्वार पतंजलि में हुआ युवाओं का महासंगम	515.8K
1864.	Panchjanya	सिर चढ़कर बोल रही योग की लोकप्रियता: वैश्विक मंच पर भारत की गौरवशाली उपलब्धि	515.8K
1865.	Panchjanya	11 वें अंतर्राष्ट्रीय योग दिवस पर AIIA का योग संगम कार्यक्रम, IDY 2025 की हुई भव...	515.8K
1866.	Panchjanya	भारत में 41% लोगों ने अपनाया योग, सेहत और तनाव में मिला आराम	515.8K

1867.	Panchjanya	कुरुक्षेत्र : योग दिवस 2025 पर 1 लाख लोगों संग होगा ऐतिहासिक आयोजन	515.8K
1868.	Panchjanya	योगासन का वैश्विक जलवा : दिल्ली में 2nd Asian चैंपियनशिप शुरू, ओलंपिक 2036 में ब...	515.8K
1869.	Panchjanya	सीएम धामी के निर्देश: ग्राम स्तर तक योग और भव्य योग दिवस आयोजन	515.8K
1870.	ThePrint	कश्मीर, नगालैंड और मिजोरम में अंतरराष्ट्रीय योग दिवस मनाया गया	483.1K
1871.	ThePrint	मांडविया ने दिल्ली में 1500 प्रतिभागियों के साथ योग दिवस समारोह का नेतृत्व किया	483.1K
1872.	ThePrint	नवी मुंबई के जेएनपीए में आयोजित योग सत्र में 10,000 लोगों ने किया योग	483.1K
1873.	ThePrint	बिहार में राज्यपाल, उपमुख्यमंत्रियों ने योग दिवस समारोहों का नेतृत्व किया	483.1K
1874.	ThePrint	कर्नाटक के राज्यपाल और स्वास्थ्य मंत्री ने बेंगलुरू में किया योगाभ्यास	483.1K
1875.	ThePrint	उप्र : 11वें अंतरराष्ट्रीय योग दिवस के लिए 100 से अधिक योग पार्क विकसित	483.1K
1876.	ThePrint	अंतरराष्ट्रीय योग दिवस: उत्तर प्रदेश सरकार अपने कार्यालयों में योग-अवकाश की व्यव...	483.1K
1877.	ThePrint	योग दिवस के प्रमुख कार्यक्रम योग संगम के लिए अब तक चार लाख ने कराया पंजीकरण : आय...	483.1K
1878.	ThePrint	41 प्रतिशत से अधिक उत्तरदाताओं ने योग को अपनी जीवनशैली में शामिल किया: आयुष सर्व...	483.1K
1879.	ThePrint	अध्ययनों से पता चलता है कि योग मधुमेह और कैंसर से उबरने में सहायक है: आयुष मंत्र...	483.1K
1880.	ThePrint	योग अब वैश्विक जन आंदोलन, इसका श्रेय प्रधानमंत्री मोदी को जाता है : आयुष मंत्री ...	483.1K
1881.	ThePrint	अंतरराष्ट्रीय योग दिवस को बढ़ावा देने के लिए हस्तियां आगे आईं	483.1K
1882.	ThePrint	योग दिवस पोर्टल पर पंजीकरण की संख्या 50,000 के पार	483.1K
1883.	ThePrint	प्रधानमंत्री मोदी ने लोगों को उत्साहपूर्ण जीवन के लिए योग अपनाने का आह्वान किया	483.1K
1884.	ThePrint	मेघवाल ने युवाओं से स्वस्थ भविष्य के लिए प्राकृतिक चिकित्सा, योग अपनाने का आग्रह...	483.1K
1885.	ThePrint	आयुष मंत्रालय ने योग पर साप्ताहिक पॉडकास्ट शुरू किया	483.1K
1886.	ThePrint	योग दिवस की दसवीं वर्षगांठ के अवसर पर हरित योग सहित अन्य कार्यक्रम आयोजित होंगे	483.1K
1887.	ThePrint	उप्र: राज्यपाल ने योग दिवस के आयोजन को लेकर बैठक की, योग को भारतीय संस्कृति की अ...	483.1K
1888.	ThePrint	भारतीय परंपरा का अभिन्न अंग रहा योग अब वैश्विक स्तर पर फल-फूल रहा है: केंद्रीय म...	483.1K
1889.	ThePrint	'हरित योग" से स्वयं का और पृथ्वी का स्वास्थ्य पोषित होता है: केंद्रीय मंत्री जा...	483.1K
1890.	Babushahi	International Day of Yoga 2025 celebrated at Punjab and Haryana High Court	478.9K
1891.	Babushahi	International Day of Yoga 2025 celebrated at Punjab and Haryana High Court	478.9K
1892.	Babushahi	International Day of Yoga 2025 celebrated at Punjab and Haryana High Court	478.9K
1893.	Babushahi	BSF holds 11th International Yoga Day 2025 celebrations at JCP Hussainiwala	478.9K
1894.	Babushahi	BSF holds 11th International Yoga Day 2025 celebrations at JCP Hussainiwala	478.9K
1895.	Babushahi	Make Yoga a way of life for a healthy future: Haryana CS Anurag Rastogi	478.9K

1896.	Babushahi	Make Yoga a way of life for a healthy future: Haryana CS Anurag Rastogi	478.9K
1897.	Babushahi	Make Yoga a way of life for a healthy future: Haryana CS Anurag Rastogi	478.9K
1898.	Babushahi	On International Yoga Day, Haryana CM Saini rolls out sweeping reforms to make H...	478.9K
1899.	Babushahi	On International Yoga Day, Haryana CM Saini rolls out sweeping reforms to make H...	478.9K
1900.	Babushahi	On International Yoga Day, Haryana CM Saini rolls out sweeping reforms to make H...	478.9K
1901.	Babushahi	No of visitors Babushahi.com	478.9K
1902.	Babushahi	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	478.9K
1903.	Babushahi	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	478.9K
1904.	Babushahi	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	478.9K
1905.	Babushahi	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	478.9K
1906.	Babushahi	International Gita Jayanti Mahotsav will be celebrated in collaboration with Eng...	478.9K
1907.	Babushahi	International Gita Jayanti Mahotsav will be celebrated in collaboration with Eng...	478.9K
1908.	Babushahi	International Gita Jayanti Mahotsav will be celebrated in collaboration with Eng...	478.9K
1909.	Babushahi	International Gita Jayanti Mahotsav will be celebrated in collaboration with Eng...	478.9K
1910.	Babushahi	International Gita Jayanti Mahotsav will be celebrated in collaboration with Eng...	478.9K
1911.	Babushahi	Haryana CM Nayab Saini flags off "Run for Yoga" in Kurukshetra	478.9K
1912.	Babushahi	Haryana CM Nayab Saini flags off "Run for Yoga" in Kurukshetra	478.9K
1913.	Babushahi	Baljit Balli, Editor	478.9K
1914.	Babushahi	Baljit Balli, Editor Haryana set to make history on 11th International Yoga Day ...	478.9K
1915.	Babushahi	Baljit Balli, Editor Haryana set to make history on 11th International Yoga Day ...	478.9K
1916.	Babushahi	Aim of state government is to make ‘Yoga-Yukt, Nasha-Mukt" Haryana: CM Nayab Sa...	478.9K
1917.	Babushahi	Aim of state government is to make ‘Yoga-Yukt, Nasha-Mukt" Haryana: CM Nayab Sa...	478.9K
1918.	Babushahi	Aim of state government is to make ‘Yoga-Yukt, Nasha-Mukt" Haryana: CM Nayab Sa...	478.9K
1919.	Babushahi	Haryana gears up for grand celebration of International Yoga Day 2025	478.9K
1920.	Babushahi	Haryana gears up for grand celebration of International Yoga Day 2025	478.9K

1921.	Babushahi	Haryana gears up for grand celebration of International Yoga Day 2025	478.9K
1922.	Babushahi	Haryana gears up for grand celebration of International Yoga Day 2025	478.9K
1923.	Babushahi	11th International Yoga Day: A grand state-level celebration to be organized in ...	478.9K
1924.	Babushahi	11th International Yoga Day: A grand state-level celebration to be organized in ...	478.9K
1925.	Babushahi	11th International Yoga Day: A grand state-level celebration to be organized in ...	478.9K
1926.	Babushahi	CM Saini Announces Rs. 3 lakh financial assistance for families of Ayush Yoga S a...	478.9K
1927.	Babushahi	CM Saini Announces Rs. 3 lakh financial assistance for families of Ayush Yoga S a...	478.9K
1928.	Babushahi	CM Saini Announces Rs. 3 lakh financial assistance for families of Ayush Yoga S a...	478.9K
1929.	Babushahi	Haryana CM Nayab Saini announces Rs. 3 lakh financial assistance for families of ...	478.9K
1930.	Babushahi	Haryana CM Nayab Saini announces Rs. 3 lakh financial assistance for families of ...	478.9K
1931.	Babushahi	Baljit Balli, Editor Haryana CM Nayab Saini announces Rs. 3 lakh financial assis...	478.9K
1932.	Orissa Post	India partners with WHO to mainstream Ayush globally through agreement on trad it...	474.1K
1933.	Orissa Post	Harit Yoga benefits both individual, planet, says Union minister	474.1K
1934.	Orissa Post	Odisha to host 'Yoga Mahotsav' Monday to mark 75-day countdown to Internation al ...	474.1K
1935.	Punjabkesari	11वें अंतर्राष्ट्रीय योग दिवस पर Kurukshetra में होगा राज्यस्तरीय समारोह, 1 लाख ...	468.7K
1936.	Punjabkesari	भोंडसी जेल में 3045 बंदियों ने एक साथ किया योगाभ्यास	468.7K
1937.	Punjabkesari	Haryana में खुलेंगे योग और प्राकृतिक चिकित्सा केंद्र ,Yoga Therapy से होगा लोगों...	468.7K
1938.	Punjabkesari	Haryana के सरकारी स्कूलों में सिखाया जाएगा योग, 8 करोड़ रुपये की राशि हुई स्वीकृत	468.7K
1939.	Khas Khabar	भीलवाड़ा में अंतर्राष्ट्रीय योग दिवस हर्षोल्लास से मना, योग भी, वोट भी का दिया स...	466.4K
1940.	Khas Khabar	अंतरराष्ट्रीय योग दिवस पर सालासर की श्री बालाजी गौशाला में हुआ योग का आयोजन	466.4K
1941.	Khas Khabar	मानवता के लिए चुनौतियों से पार पाने का एक साधन है योग, जिसे भारतीय ऋषियों ने आदि...	466.4K
1942.	Khas Khabar	धौलपुर में एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर अंतर्राष्ट्रीय योग दिवस मनाय...	466.4K
1943.	Khas Khabar	11 वां विश्व योग दिवस - पाली के लाखोटिया उद्यान में हजारों शहरवासियों ने किया यो...	466.4K
1944.	Khas Khabar	11 वें अंतर्राष्ट्रीय योग दिवस पर फलौदी दुर्ग में ऐतिहासिक आयोजन, नागरिकों ने बढ...	466.4K
1945.	Khas Khabar	पीएम मोदी के प्रयास से योग मदरसे तक पहुंचा, अभ्यास से किसी धर्म को कोई नुकसान नह...	466.4K

1946.	Khas Khabar	हमारे जीवन के लिए योग बहुत महत्वपूर्ण : जोराराम कुमावत	466.4K
1947.	Khas Khabar	गोरखपुर में सीएम योगी ने किया योगाभ्यास , बोले- योग के जरिए भारत ने विश्व कल्याण...	466.4K
1948.	Khas Khabar	गांव-ढाणी तक योग की ज्योत जगा रहे आयुष्मान आरोग्य मंदिर, 21 जून को 11 हजार संस्थ...	466.4K
1949.	Khas Khabar	21 जून को प्रदेशभर में भव्य योग दिवस समारोह, मुख्य सचिव सुधांश पंत ने की सहभागित...	466.4K
1950.	Khas Khabar	पानीपत : अंतरराष्ट्रीय योग दिवस की तैयारियां जोरों पर, स्कूली बच्चों ने मैराथन म...	466.4K
1951.	Khas Khabar	योग को लेकर आमजन में दिख रहा उत्साह, कर रहे योगाभ्यास	466.4K
1952.	Khas Khabar	करो योग, रहो नीरोग के नारों से गुंजा मेहरानगढ़ दुर्ग परिसर : अंतरराष्ट्रीय योग द...	466.4K
1953.	Khas Khabar	जोधपुर का ऐतिहासिक मेहरानगढ़ किला बनेगा योग साधना का साक्षी, 21 जून को जिला स्तर...	466.4K
1954.	Khas Khabar	मुख्यमंत्री की मंशा के अनुरूप हो अंतर्राष्ट्रीय योग दिवस का आयोजन : जिला कलक्टर	466.4K
1955.	Khas Khabar	श्रीगंगानगर में 21 जून को उल्लास पूर्वक मनाया जाएगा अन्तर्राष्ट्रीय योग दिवस	466.4K
1956.	Khas Khabar	अंतर्राष्ट्रीय योग दिवस की पूर्व तैयारी को लेकर आयुष विभाग की बैठक सम्पन्न	466.4K
1957.	Khas Khabar	मुख्यमंत्री नायब सिंह सैनी ने किया ऐलान, अंतरराष्ट्रीय योग दिवस पर हरियाणा बनाएग...	466.4K
1958.	Khas Khabar	नगर निगम ग्रेटर महापौर डॉ. सौम्या गुर्जर बनी राजस्थान की योग ब्रांड एंबेसेडर	466.4K
1959.	Khas Khabar	नगर निगम ग्रेटर महापौर डॉ. सौम्या गुर्जर बनी राजस्थान की योग ब्रांड एंबेसेडर	466.4K
1960.	Khas Khabar	सीएम नायब सिंह सैनी के साथ विधायकों और स्टाफ ने किया अंतर्राष्ट्रीय योग दिवस प्र...	466.4K
1961.	Khas Khabar	हरियाणा विधानसभा में योग करेंगे विधायक और कर्मचारी	466.4K
1962.	Khas Khabar	प्रदेशभर में विशेष योग पखवाड़ा कार्यशाला में 1,37,468 लोगों ने किया योगाभ्यास	466.4K
1963.	Khas Khabar	दौसा मेडिकल कॉलेज में योग अनप्लग्ड सत्र का आयोजन, युवाओं को योग से जोड़ने की अनू...	466.4K
1964.	Khas Khabar	अंतर्राष्ट्रीय योग दिवस: कुरुक्षेत्र में होगा राज्य स्तरीय समारोह, एक करोड़ पौधे...	466.4K
1965.	Khas Khabar	क्या है "कॉमन योग प्रोटोकॉल", जो शरीर को रखते हैं चुस्त-दुरुस्त और तंदुरुस्त	466.4K
1966.	Khas Khabar	अंतरराष्ट्रीय योग दिवस सिर्फ उत्सव नहीं, एक वैश्विक आंदोलन : राज्यपाल आनंदीबेन प...	466.4K
1967.	Khas Khabar	अंतराष्ट्रीय योग दिवसः देश के 100 स्थानों पर 100 दिन पहले ही तैयारियां शुरूोन	466.4K
1968.	Nav Gujarat Samay	માત્ર આજ માટે જ નહીં, યોગક્રિયાને જીવનશૈલી બનાવો	465.3K
1969.	Avenue Mail	Tata Zoo marks International Yoga Day	443.7K
1970.	The Arunachal Times	Yoga session held at double-decker root bridge in Meghalaya	438.5K
1971.	Social News XYZ	Gulf countries spotlight importance of integrating yoga into daily life	415.2K
1972.	Social News XYZ	Rakul Preet Singh says grateful for being awarded Fit India couple with hubby Ja.. .	415.2K
1973.	Social News XYZ	Beloved kids" characters Chikoo and Bunty perform yoga alongside Prime Ministe r...	415.2K

1974.	Social News XYZ	Dr. Mandaviya performs yoga with over 1500 enthusiasts at Indira Gandhi Stadium ...	415.2K
1975.	Social News XYZ	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS interview)	415.2K
1976.	Social News XYZ	Toddler Steals the Show at Yoga Day Event #Gallery	415.2K
1977.	Social News XYZ	Yoga is mantra for humanity to lead better lifestyle: BJP MP Tejasvi Surya	415.2K
1978.	Social News XYZ	IDY2025: Yoga vital for mental health, cuts down stress, say Ministers	415.2K
1979.	Social News XYZ	IDY 2025: Grand Yoga Day event held at Attari-Wagah border	415.2K
1980.	Social News XYZ	HM Shah leads International Yoga Day celebrations in Ahmedabad	415.2K
1981.	Social News XYZ	PM Modi to lead 11th International Yoga Day celebrations in Visakhapatnam	415.2K
1982.	Social News XYZ	ASI to host Yoga Day celebrations at 81 historic sites, entry fee waived across ...	415.2K
1983.	Social News XYZ	Andhra Pradesh takes centre stage in Yoga Day celebrations	415.2K
1984.	Social News XYZ	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	415.2K
1985.	Social News XYZ	Trying to give communal twist: BJP slams SP leader over Yoga Day remarks	415.2K
1986.	Social News XYZ	IDY-2025: Yoga Sangam portal crosses 4 lakh registrations, says Ayush Ministry	415.2K
1987.	Social News XYZ	Gita Jayanti will be held in association with Britain: Haryana CM	415.2K
1988.	Social News XYZ	‘Yoga Connect" summit begins today in New Delhi	415.2K
1989.	Social News XYZ	Haryana to see participation of 11 lakh people on Yoga Day: CM Nayab Saini	415.2K
1990.	Social News XYZ	Global yoga movement began with PM Modi"s vision: Prataprao Jadhav	415.2K
1991.	Social News XYZ	New Delhi: Curtain Raiser for International Day of Yoga 2025 #Gallery	415.2K
1992.	Social News XYZ	IDY2025: Yoga Sangam portal crosses 50K registrations, says Ayush Ministry	415.2K
1993.	Social News XYZ	30k organisations register for Yoga Sangam 2025: Ayush Ministry	415.2K
1994.	Social News XYZ	Over 10k organisations register for Yoga Sangam after PM Modi"s call in Mann Ki ...	415.2K
1995.	Social News XYZ	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadh.. .	415.2K
1996.	Social News XYZ	India emerging as trusted destination for holistic, evidence-based wellness: Min...	415.2K
1997.	Social News XYZ	New global health agreement to take Ayush to world in scientific way: PM Modi	415.2K
1998.	Social News XYZ	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	415.2K
1999.	Social News XYZ	With 2.5 lakh participants, Vizag Yoga Day event to create world record	415.2K
2000.	Social News XYZ	PM Modi to attend Yoga Day celebrations in Vizag	415.2K

2001.	Social News XYZ	Weekly yoga podcast launched to promote holistic wellness	415.2K
2002.	Social News XYZ	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	415.2K
2003.	Social News XYZ	Global recognition of Yoga testament to India's rich cultural heritage: Ayush Mi...	415.2K
2004.	Social News XYZ	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	415.2K
2005.	Social News XYZ	Healthy India key towards realising Viksit Bharat goal: HM Shah	415.2K
2006.	Social News XYZ	Ayush Minister launches ‘Harit yoga" to boost personal, planetary health	415.2K
2007.	Social News XYZ	75-day countdown to International Day of Yoga to begin in Odisha tomorrow	415.2K
2008.	Social News XYZ	India to support cancer care, set up a CoE for traditional medicine in BIMSTEC c.. .	415.2K
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2010.	Social News XYZ	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	415.2K
2011.	Editorji	Andhra CM Naidu orders massive Yoga Day on June 21	411.4K
2012.	Sanj Samachar	રાજકોટ બન્યું યોગમય: અનેક સ્થળોએ વહેલી સવારે યોગાના કાર્યક્રમો યોજાયા	401.5K
2013.	Sanj Samachar	દ્વારકાના શિવરાજપુરના બ્લયુફ્લેગ બીચ પર યોગ નિદર્શન યોજાયું	401.5K
2014.	Sanj Samachar	ખીજડીયા પક્ષી અભ્યારણ ખાતે ઈટ્રા દ્વારા યોગ	401.5K
2015.	Sanj Samachar	ઈટ્રા દ્વારા શિવરાજપુર બીચ ખાતે યોગ નિર્દેશન	401.5K
2016.	News18	International Yoga Day: ସାରା ବିଶ୍ୱ ପାଳୁଛି "ଏକ ପୃଥିବୀ, ଏକ ସ୍ୱାସ୍ଥ୍ୟ"ପାଇଁ ଯୋଗ	391.1K
2017.	Inventiva	Ayurveda Or Abuse Of Trust? Why The Patanjali Empire Must Be Investigated For Pu...	390.9K
2018.	Live Vns	तवांग में मनाया गया योग दिवस, मुख्यमंत्री पेमा खांडू और केंद्रीय मंत्री किरेन रि...	382.1K
2019.	Live Vns	प्रदेश भर में योग दिवस पर कार्यक्रमों का आयोजन	382.1K
2020.	Live Vns	खेल मंत्री मांडविया ने 1500 से अधिक योग साधकों के साथ किया योगाभ्यास	382.1K
2021.	Live Vns	विस अध्यक्ष विजेंद्र गुप्ता ने लोधी गार्डन में किया योग, बोले- ऋषियों का अमूल्य ...	382.1K
2022.	Live Vns	गुरुग्राम: चौधरी सुरेंद्र सिंह क्रिकेट पैवेलियन में हुआ भव्य योग समारोह	382.1K
2023.	Live Vns	प्रधानमंत्री मोदी ने योग को सार्वभौमिक बनाया, भारत नया विश्व रिकॉर्ड बनाने के कर...	382.1K
2024.	Live Vns	प्रधानमंत्री मोदी का अंतरराष्ट्रीय योग दिवस पर विशाखापत्तनम में उद्बोधन-"योग ने...	382.1K
2025.	Live Vns	गुरुग्राम में योग मैराथन व फुलड्रेस रिहर्सल में हजारों ने लिया भाग	382.1K
2026.	Live Vns	अंतरराष्ट्रीय योग दिवसः भारत सरकार के आयुष मंत्रालय ने तैयार किया कॉमन योग प्रोट...	382.1K
2027.	Live Vns	हिसार : योग को केवल शिविरों तक सीमित न रखकर नियमित जीवन में उतारें : मंदीप सिंह	382.1K

2028.	Live Vns	बाड़मेर योग दिवस कार्यक्रम में प्रभारी मंत्री जोराराम कुमावत करेंगे शिरकत	382.1K
2029.	Live Vns	सिरसा: अंतर्राष्ट्रीय योग दिवस से पहले 19 को होगी हाफ मैराथन	382.1K
2030.	Live Vns	भोपालः योग विषय पर होगा शक्ति योग समागम कार्यक्रम 18 जून को	382.1K
2031.	Live Vns	नारनौलः योग मैराथन में विजेता को मिलेगा 5100 रुपये का पुरस्कारः डॉ विवेक भारती	382.1K
2032.	Live Vns	सिरसा: योग मन, शरीर और आत्मा के बीच सामंजस्य स्थापित करने की कला: कुलपति	382.1K
2033.	Live Vns	सीएम का दावा- योग दिवस पर 11 लाख साधक एक साथ करेंगे योगाभ्यास	382.1K
2034.	Live Vns	हिसार में पांच दिवसीय योग शिविर का शुभारंभ	382.1K
2035.	Live Vns	गुरुग्राम: बीएसएफ कैंप व नेहरू स्टेडियम में लगाए गए योग प्रोटोकॉल शिविर	382.1K
2036.	Live Vns	एक पृथ्वी एक स्वास्थ्य के लिए योग की थीम पर मनाया जाएगा 11वां अन्तरराष्ट्रीय योग...	382.1K
2037.	Live Vns	काशी में 11वें अंतरराष्ट्रीय योग सप्ताह की तैयारी, योग प्रशिक्षण और निकाली प्रभा...	382.1K
2038.	Live Vns	सोनीपत: बहालगढ़ सीआरपीएफ शिविर में योग की गूंज, स्वस्थ जीवन का संदेश	382.1K
2039.	Live Vns	गुरुग्राम: आईटीआई में 552 छात्र-छात्राओं व अध्यापकों ने किया योगाभ्यास	382.1K
2040.	Live Vns	योग मानसिक स्वास्थय को भी बनाता है मजबूतर: एसपी भूपेंद्र सिंह	382.1K
2041.	Live Vns	हिसार : पुलिस जवानों को स्वस्थ व खुश रखने के लिए किए जा रहे खास प्रयास : शशांक स...	382.1K
2042.	Live Vns	नारनौल रेडक्रॉस भवन में योग प्रशिक्षण कार्यक्रम आयोजित	382.1K
2043.	Live Vns	हिसार : केंद्रीय कारागार में 900 कैदियों ने एक साथ किया योगाभ्यास	382.1K
2044.	Live Vns	सिरसा: योग हमारे पूर्वजों की देन: एसपी	382.1K
2045.	Live Vns	गुरुग्राम जिला जेल में बंदियों ने किया सामूहिक योगाभ्यास	382.1K
2046.	Live Vns	सोनीपत: खिज्र मकबरे में होगा जिला स्तरीय अंतरराष्ट्रीय योग दिवस	382.1K
2047.	Live Vns	गुरुग्राम: अंतरराष्ट्रीय योग दिवस 21 जून को, 20 को होगी रिहर्सल	382.1K
2048.	Live Vns	सोनीपत: एक पृथ्वी, एक स्वास्थ्य थीम पर होगा 11वां अंतरराष्ट्रीय योग दिवस: उपायु...	382.1K
2049.	Live Vns	आयुष मंत्रालय सांबा ने लगाया योग शिविर	382.1K
2050.	Live Vns	द्वितीय एशियाई योगासन खेल चैम्पियनशिप का भव्य समापन, भारत बना स्वर्ण पदक विजेता	382.1K
2051.	Aajkaal Daily	ઇટ્રા દ્વારા ખીજડીયા પક્ષી અભ્યારણ ખાતે હરિત યોગ	376.6K
2052.	Aajkaal Daily	આઇ.ટી.આર.એ. ખાતે કાલે યોગોત્સવનું આયોજન	376.6K
2053.	Sambad English	Grand Yoga Day event held at Attari-Wagah border	354K
2054.	Sambad English	Sri Sri University organises "Yogotsav" to mark countdown to International Day...	354K
2055.	Sambad English	Odisha capital to host Yoga Mahotsav-2025 tomorrow; Know the venue, timing	354K
2056.	Republic Bharat	कुरुक्षेत्र में अंतरराष्ट्रीय योग दिवस के भव्य आयोजन की तैयारी, स्वामी रामदेव और...	351.3K

2057.	Sach Kahoon	International Yoga Day: 11वें अंतर्राष्ट्रीय योग दिवस का उत्साह पूर्वक किया गया ...	347.8K
2058.	Sach Kahoon	International Yoga Day in Dera Sacha Sauda: डेरा सच्चा सौदा ने दिया 11वें अंतर्र...	347.8K
2059.	Sach Kahoon	योग से सभी रोगों से बचाव संभव: नरेन्द्र कश्यप	347.8K
2060.	Sach Kahoon	Kharkhoda News: आयुष विभाग खरखौदा के सहयोग से राजकीय ओद्योगिक प्रशिक्षण संस्थान ...	347.8K
2061.	Sach Kahoon	International Yoga Day 2025: अंतरराष्ट्रीय योग दिवस 2025 की तैयारियाँ जोरों पर, ...	347.8K
2062.	Sach Kahoon	Yoga Mahotsav 2025: सिरसा के गांव नाथूसरी कलां के कपिल कुलडिया हुए सीएम से सम्मा...	347.8K
2063.	Sach Kahoon	Haryana: मुख्यमंत्री नायब सिंह सैनी ने की बड़ी घोषणाएं	347.8K
2064.	Lokmattimes.com	Gulf countries spotlight importance of integrating yoga into daily life	343.8K
2065.	Lokmattimes.com	Rakul Preet Singh says grateful for being awarded Fit India couple with hubby Ja.. .	343.8K
2066.	Lokmattimes.com	Beloved kids" characters Chikoo and Bunty perform yoga alongside Prime Ministe r...	343.8K
2067.	Lokmattimes.com	Dr. Mandaviya performs yoga with over 1500 enthusiasts at Indira Gandhi Stadiu m ...	343.8K
2068.	Lokmattimes.com	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS intervie w)	343.8K
2069.	Lokmattimes.com	Yoga is mantra for humanity to lead better lifestyle: BJP MP Tejasvi Surya	343.8K
2070.	Lokmattimes.com	IDY2025: Yoga vital for mental health, cuts down stress, say Ministers	343.8K
2071.	Lokmattimes.com	IDY 2025: Grand Yoga Day event held at Attari-Wagah border	343.8K
2072.	Lokmattimes.com	HM Shah leads International Yoga Day celebrations in Ahmedabad	343.8K
2073.	Lokmattimes.com	PM Modi to lead 11th International Yoga Day celebrations in Visakhapatnam	343.8K
2074.	Lokmattimes.com	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	343.8K
2075.	Lokmattimes.com	ASI to host Yoga Day celebrations at 81 historic sites, entry fee waived across ...	343.8K
2076.	Lokmattimes.com	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	343.8K
2077.	Lokmattimes.com	International Yoga Day 2025: ASI to Host Event at 81 Historic Sites, No Entry Fe.. .	343.8K
2078.	Lokmattimes.com	Delhi Metro Update: Services to Begin Early on Yoga Day for Commuters	343.8K
2079.	Lokmattimes.com	Yoga Day celebrations at Ellora Caves, Bibi ka Maqbara	343.8K
2080.	Lokmattimes.com	Trying to give communal twist: BJP slams SP leader over Yoga Day remarks	343.8K
2081.	Lokmattimes.com	IDY-2025: Yoga Sangam portal crosses 4 lakh registrations, says Ayush Ministry	343.8K
2082.	Lokmattimes.com	Gita Jayanti will be held in association with Britain: Haryana CM	343.8K

2083.	Lokmattimes.com	'Yoga Connect" summit begins today in New Delhi	343.8K
2084.	Lokmattimes.com	Haryana to see participation of 11 lakh people on Yoga Day: CM Nayab Saini	343.8K
2085.	Lokmattimes.com	IDY2025: Yoga Sangam portal crosses 50K registrations, says Ayush Ministry	343.8K
2086.	Lokmattimes.com	30k organisations register for Yoga Sangam 2025: Ayush Ministry	343.8K
2087.	Lokmattimes.com	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	343.8K
2088.	Pragativadi	International Yoga Day 2025: ASI to Host Grand Celebrations at 81 Historic Monum...	339.1K
2089.	Pragativadi	Ayush Goes Global: India"s Traditional Medicine Gets WHO"s Nod	339.1K
2090.	Pragativadi	Yoga Unplugged: Inspiring Youth to Embrace Wellness	339.1K
2091.	Pragativadi	Over 6000 Yoga Enthusiasts Practiced Common Yoga Protocol at Kalinga Stadium	339.1K
2092.	Pragativadi	Yoga Mahotsav 2025: Odisha Gears Up for Grand Celebration on World Health Day	339.1K
2093.	Yovizag	Beach road in Vizag gets decked up for huge yoga gathering	329.1K
2094.	Yovizag	Blast furnace-3 of Visakhapatnam Steel Plant to reopen soon	329.1K
2095.	Yovizag	2.5 lakh participants expected in PM Modi-led Yoga Day celebrations in Vizag	329.1K
2096.	Webdunia Telugu news	PM Modi: విశాఖపట్నంలో అంతర్జాతీయ యోగా దినోత్సవ వేడుకలు.. పర్యవేక్షణ హాజరు	323.9K
2097.	NagalandPost	RARC Dimapur to coordinate International Day of Yoga 2025	315.4K
2098.	NagalandPost	7th Poshan Pakwada (8th-22nd April 2025): A brief review	315.4K
2099.	NagalandPost	Healthy India key towards realising Viksit Bharat goal: HM Amit Shah	315.4K
2100.	NagalandPost	PM Modi announces Centre of Excellence for traditional medicine	315.4K
2101.	NagalandPost	Gov inaugurates Central Library at International University	315.4K
2102.	News on AIR	PM Modi to Lead 11th International Yoga Day at Vizag	314.3K
2103.	News on AIR	IYD 2025: Thousands of participants to practice Yoga at iconic historical sites ...	314.3K
2104.	News on AIR	IYD to be celebrated at 100 tourist-based iconic destinations & 50 cultural ...	314.3K
2105.	News on AIR	Yoga Bandhan unites nations ahead of International Yoga Day 2025	314.3K
2106.	News on AIR	Ayush Secretary with officials reviews IDY 2025 preparations at host city Visakh...	314.3K
2107.	News on AIR	Ayush Ministry to host 'Yoga Connect' Global summit in Delhi	314.3K
2108.	News on AIR	Modi govt institutionalised Yoga globally; Y-Break bringing wellness to workplac...	314.3K

2109.	News on AIR	AYUSH Minister Prataprao Jadhav highlights 11 years of Yoga Promotion & Inno.. .	314.3K
2110.	News on AIR	Over one lakh Yoga events to mark International Day of Yoga on June 21	314.3K
2111.	News on AIR	Over 50 thousand organisations from across the country register to host Yoga Sa n...	314.3K
2112.	News on AIR	Yoga Sangam 2025 Sees Record Participation with 50,000+ Hosts Nationwide	314.3K
2113.	News on AIR	More than 30 thousand organisations register to participate in Yoga Sangam 2025	314.3K
2114.	News on AIR	Ayush Ministry gears up for 11th International Day of Yoga with over 1 lakh even.. .	314.3K
2115.	News on AIR	MoS for Ayush, Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherr y	314.3K
2116.	News on AIR	Week-long International Yoga and Meditation Festival to start from June 15 in La.. .	314.3K
2117.	News on AIR	Ayush Ministry Launches Weekly Yoga Podcast to Bring Timeless Wisdom to Eve ry Ho...	314.3K
2118.	News on AIR	Yoga Mahotsav 2025 held in Nashik to mark 50-day countdown to IDY	314.3K
2119.	News on AIR	Ministry of Ayush, Moraji Desai Institute kick off IYD 2025 countdown	314.3K
2120.	News on AIR	Yoga Mahotsav 2025 inaugurated to mark 100-day countdown to International Yo ga D...	314.3K
2121.	Investment Guru India	Garment Mantra Lifestyle touches roof as its arm bags order worth Rs 4.22 crore . ..	312.6K
2122.	Edexlive.com	Yoga in schools? Yes, please says AP Legislative Assembly Speaker	300.1K
2123.	The Assam Tribune	IDY2025: Yoga vital for mental health, cuts down stress, say Ministers	288.3K
2124.	The Assam Tribune	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	288.3K
2125.	The Assam Tribune	Ayush Minister launches ‘Harit yoga" to boost personal, planetary health	288.3K
2126.	The Assam Tribune	India to support cancer care, set up a CoE for traditional medicine in BIMSTEC c.. .	288.3K
2127.	Kashmir Monitor	International Yoga Day: Div Com reviews arrangements	284.8K
2128.	Kashmir Monitor	Yoga at 11,562 feet: NISR conducts special event	284.8K
2129.	The Morung Express	Rakul Preet Singh says grateful for being awarded Fit India couple with hubby Ja.. .	268.3K
2130.	The Morung Express	Can Yoga be Christianized?	268.3K
2131.	The Morung Express	7th Poshan Pakwada (April 8 to 22, 2025): A Brief Review	268.3K

2132.	The Morung Express	India to support cancer care, set up a CoE for traditional medicine in BIMSTEC c.. .	268.3K
2133.	The Morung Express	North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M egh...	268.3K
2134.	India Education Diary	Prime Minister Narendra Modi Calls for Mass Participation in International Day o...	247.3K
2135.	India Education Diary	Stretching Across Borders: Ayush Showcases India"s Holistic Health Power at Os a...	247.3K
2136.	India Education Diary	From Himalayas to Kanyakumari: Over 1,000 Entities Register on Yoga Sangam Porta...	247.3K
2137.	India Education Diary	FHRAI Hosts Harit Yoga at Nandi Hills in Collaboration with Prestige Group to Pr.. .	247.3K
2138.	India Education Diary	Union Minister of Ayush, Shri Prataprao Jadhav Launches Weekly Yoga Podcast t o P...	247.3K
2139.	India Education Diary	Prime Minister Shri Narendra Modi announces Centre of Excellence for Traditional ...	247.3K
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2141.	Dainik Savera	योग दिवस के प्रमुख कार्यक्रम योग संगम के लिए अब तक 4 लाख ने कराया पंजीकरण : आयुष...	246.6K
2142.	Andhra Prabha (ఆంధ్ర ప్రభ)	Visakha | బీచ్ రోడ్ లో ఘనంగా యోగాంధ్ర	239.6K
2143.	Newsd	India Gears Up for 11th International Yoga Day with Nationwide Activities	237.7K
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2145.	Newsd	Nation’s first Integrated MBBS-Ayurveda course at JIPMER	237.7K
2146.	Newsd	Ayurveda Day 2025: Centre Fixes New Date on September 23 Every Year	237.7K
2147.	Arunachal24.in	International Yoga Day 2025 celebrated across Arunachal Pradesh	235.1K
2148.	Arunachal24.in	Arunachal: RGU Hosts YOGOTSAV-2025	235.1K
2149.	News - Knowledia News (IN)	GITAM university to host yoga programme in Visakhapatnam on April 8	203.8K
2150.	Press Trust of India	India gives different identity to yoga: Nadda at NDMC"s International Yoga Day ...	200.1K
2151.	Press Trust of India	International Yoga Day celebrated with fervour in Andamans	200.1K
2152.	Press Trust of India	Guv, deputy CMs lead Yoga Day celebrations in Bihar	200.1K
2153.	Press Trust of India	Karnataka Guv, health minister perform yoga in Bengaluru	200.1K
2154.	Press Trust of India	Three-day Yoga Maha Kumbh begins in Delhi	200.1K
2155.	Press Trust of India	After PM"s call, panchayats mobilising villagers for transforming Yoga Day into...	200.1K

2156.	Press Trust of India	Registrations for Yoga Day"s flagship event Yoga Sangam cross 4-lakh mark, says...	200.1K
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2163.	Press Trust of India	Celebrities, influencers come forward to promote International Day of Yoga	200.1K
2164.	Press Trust of India	Yoga Day portal crosses 50,000 registrations	200.1K
2165.	Press Trust of India	Over 400 participants attend Ayush Ministry"s workshop on 11th Yoga Day	200.1K
2166.	Press Trust of India	Over 30000 organisations join Yoga Sangam movement: Ayush ministry	200.1K
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2169.	Press Trust of India	Union Minister Prataprao Jadhav calls yoga important for present, future health	200.1K
2170.	Press Trust of India	Puducherry: Ayush minister inaugurates 25-day countdown event to mark Internatio...	200.1K
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2172.	Press Trust of India	Over 1,000 organisations registered under Yoga Sangam for June 21 event	200.1K
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2174.	Press Trust of India	Yoga Day 2025: Samyoga, Yoga Unplugged aim to redefine yoga practice	200.1K
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2178.	Press Trust of India	UP Governor holds meeting with pvt universities to plan for International Yoga D...	200.1K
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2188.	Press Trust of India	No data on suicide by medical interns maintained by central govt, says MoS Healt ...	200.1K
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2195.	Loksaakshya	सीएम धामी का ग्राम स्तर तक योग अभियान चलाने का आह्वान, प्रदेश में खुलेंगे नए फाय...	188.4K
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2362.	BizzBuzz	30k Orgs Register For Yoga Sangam: Ayush Ministry	125.6K
2363.	BizzBuzz	Weekly Yoga Podcast Launched To Promote Holistic Wellness	125.6K
2364.	BizzBuzz	Ayush Min launches Harit Yoga For Personal, Planetary Health	125.6K
2365.	5 Dariya News	NIA Panchkula Celebrates 11th International Day of Yoga with Grandeur	120.5K
2366.	5 Dariya News	Grand celebration mark 11th International Yoga Day 2025 held across Doda Distric...	120.5K
2367.	5 Dariya News	Kathua celebrates 11th International Day of Yoga amid overwhelming public partic...	120.5K
2368.	5 Dariya News	Reasi Admin celebrates International Yoga Day 2025 with series of events	120.5K
2369.	5 Dariya News	Make Yoga a Way of Life for a Healthy Future: Anurag Rastogi	120.5K
2370.	5 Dariya News	11th International Yoga Day in Haryana Marked Several Milestones	120.5K
2371.	5 Dariya News	IDY 2025: Grand Yoga Day event held at Attari-Wagah border	120.5K
2372.	5 Dariya News	History will be created in Haryana on International Yoga Day: Nayab Singh Saini	120.5K
2373.	5 Dariya News	Yoga Session Held at Model Jail, Chandigarh to Mark International Yoga Day 2025	120.5K
2374.	5 Dariya News	One-Day Seminar-cum-Workshop Organized to Commemorate International Day of Yoga	120.5K
2375.	5 Dariya News	Yoga marathon has become a Sankalp Yatra to make Haryana ‘Yoga-yukt, Nasha-mukt'...	120.5K
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2377.	5 Dariya News	Doda administration gears up for International Day of Yoga 2025	120.5K
2378.	5 Dariya News	Global yoga movement began with PM Modi"s vision: Prataprao Jadhav	120.5K
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2398.	5 Dariya News	Yoga Mahotsav 2025 Inaugurated in Delhi	120.5K
2399.	Ht Syndication	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	119.8K
2400.	Ht Syndication	Mass demonstration held at Bengaluru"s Vidhana Soudha to mark 11th Internatio na...	119.8K
2401.	Ht Syndication	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	119.8K
2402.	Ht Syndication	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an. ..	119.8K
2403.	Ht Syndication	PM Modi leads 11th International Yoga Day celebrations from Visakhapatnam	119.8K
2404.	Ht Syndication	Telangana plans grand celebrations for International Day of Yoga at Gachibowli s. ..	119.8K
2405.	Ht Syndication	Preparations on for Yoga Day at Mysore Palace tomorrow	119.8K
2406.	Ht Syndication	International Yoga Day 2025: What is Yoga Sangam, how to register? All FAQs a nsw...	119.8K
2407.	Ht Syndication	Mysuru eyes India"s first "Yoga District" recognition	119.8K

2408.	Ht Syndication	IDY Special: U"khand on way to becoming Global Wellness Destination	119.8K
2409.	Ht Syndication	Yoga in jails, orphanages, old age homes, police lines on Wednesday	119.8K
2410.	Ht Syndication	Yoga sessions at jails, old age homes today	119.8K
2411.	Ht Syndication	Haryana CM Flags Off Yoga Marathon, Launches "Yoga-yukt, Nasha-mukt" Campaign	119.8K
2412.	Ht Syndication	Mass yoga sessions planned at religious & historical sites	119.8K
2413.	Ht Syndication	Survey reveals growing adoption of yoga as India prepares for IDY 2025	119.8K
2414.	Ht Syndication	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke...	119.8K
2415.	Ht Syndication	Over five lakh people to participate in International Yoga Day, says Minister	119.8K
2416.	Ht Syndication	India gears up for historic IDY 2025 at Visakhapatnam	119.8K
2417.	Ht Syndication	Yoga for One Earth, One Health: the countdown begins	119.8K
2418.	Ht Syndication	विश्वविद्यालय और कॉलेजों में आयोजित होगा योग संगम	119.8K
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2421.	Ht Syndication	Gautam Budh Nagar to host weeklong events to gear up for Int"l Yoga Day	119.8K
2422.	Ht Syndication	from June 15: GB Nagar gears up for week-long Int"l Yoga Day	119.8K
2423.	Ht Syndication	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	119.8K
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2425.	Ht Syndication	One lakh people to attend State-level event on Int"l Yoga Day on June 21: CM Sa...	119.8K
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2430.	Ht Syndication	FHRAI Hosts Harit Yoga at Nandi Hills in Collaboration with Prestige Group to Pr...	119.8K
2431.	Ht Syndication	Establish integrated Ayushcolleges in every division: CM	119.8K
2432.	Ht Syndication	Establish integrated Ayush colleges in every division: Yogi	119.8K

2433.	Ht Syndication	Establish integrated Ayush colleges in every division: CM	119.8K
2434.	Ht Syndication	Governor urges pvt universities to take yoga to rural U.P.	119.8K
2435.	Ht Syndication	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Da y	119.8K
2436.	Ht Syndication	UP set to emerge as a health tourism hub with growing popularity of Ayurveda	119.8K
2437.	Ht Syndication	Haryana to employ Yoga Sahayaks in schools to teach yoga to students	119.8K
2438.	Ht Syndication	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bh uba...	119.8K
2439.	Ht Syndication	Yoga at 11,562 feet: NISR conducts special event	119.8K
2440.	Ht Syndication	Chandigarh: Govt College of Yoga Education and Health organises Surya Namas kar e...	119.8K
2441.	First India	CULTURAL RENAISSANCE IN THE MODI ERA	118.3K
2442.	First India	India partners with WHO to mainstream Ayush globally through agreement on trad it...	118.3K
2443.	First India	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yo ga	118.3K
2444.	First India	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	118.3K
2445.	Fashion Network In	Hylex Fashion Pvt Ltd receives order of Rs 4 crore for Yoga mats	117.2K
2446.	Ians	IDY-2025: Yoga Sangam portal crosses 4 lakh registrations, says Ayush Ministry	116.7K
2447.	Ians	Global yoga movement began with PM Modi"s vision: Prataprao Jadhav	116.7K
2448.	Ians	IDY2025: Yoga Sangam portal crosses 50,000 registrations, says Ayush Ministry	116.7K
2449.	Ians	30k organisations register for Yoga Sangam 2025: Ayush Ministry	116.7K
2450.	Ians	Over 10k organisations register for Yoga Sangam after PM Modi’s call in Mann Ki ...	116.7K
2451.	Ians	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadh.. .	116.7K
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2453.	Ians	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	116.7K
2454.	Siliconindia	International Yoga Day 2025: Reclaiming Inner Peace in a Restless World	113.7K
2455.	Siliconindia	Yoga Sangam Hits 4 Lakh Registrations Ahead of International Day of Yoga 2025	113.7K
2456.	Punjab News Express	HM Shah leads International Yoga Day celebrations in Ahmedabad	112.8K
2457.	Punjab News Express	PM Modi to lead 11th International Yoga Day celebrations in Visakhapatnam	112.8K

2458.	Punjab News Express	30k organisations register for Yoga Sangam 2025: Ayush Ministry	112.8K
2459.	Dainik Tribune	PGI Chandigarhमें योग दिवस बना चेतना, चिकित्सा और सामूहिक ऊर्जा का संगम	110.2K
2460.	Dainik Tribune	International Yoga Day 2025: रामकुमार कश्यप बोले- योग हमारी प्राचीन पद्धति, तनाव...	110.2K
2461.	Dainik Tribune	International Yoga Day 2025: मुख्य सचिव बोले- शरीर, मन और आत्मा के बीच संतुलन बढ...	110.2K
2462.	Dainik Tribune	पंचकूला में इस बार योग दिवस पर होगी संगीतमय प्रस्तुति	110.2K
2463.	Dainik Tribune	एनआईआईएलएम यूनिवर्सिटी में योग सेमिनार आयोजित	110.2K
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2472.	Dainik Tribune	जिला कारागार भोंडसी में बंदियों ने किया सामूहिक योगाभ्यास	110.2K
2473.	Dainik Tribune	योग महोत्सव में योग विशेषज्ञ व आयुष योग सहायक सम्मानित	110.2K
2474.	Dainik Tribune	डॉ. कुकरेजा की योग पर आधारित वीडियो का विमोचन	110.2K
2475.	Dainik Tribune	11th International Yoga Day : 21 जून को कुरुक्षेत्र में जुटेंगे एक लाख लोग, करें...	110.2K
2476.	Dainik Tribune	तीन दिवसीय योग प्रोटोकॉल प्रशिक्षण शिविर शुरू	110.2K
2477.	Dainik Tribune	अंतर्राष्ट्रीय योग दिवस के काउंटडाउन कार्यक्रम की आयुष विश्वविद्यालय को मिली जिम...	110.2K
2478.	Dainik Tribune	Yoga Program : हरियाणा सरकार योग को देगी बढ़ावा, सरकारी स्कूलों में आयोग बढ़ाएगा...	110.2K
2479.	Bio Spectrum	India partners with WHO to mainstream Ayush globally	108.7K
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2481.	The Goan	More than 350 participate in FHRAI's Yoga Mahotsav in Goa	103.1K
2482.	Orissa Diary	MDNIY Hosts Yoga Bandhan: Global Yoga Ambassadors Share their Yoga-empowered Jou...	100.9K
2483.	Orissa Diary	Yoga Sangam 2025 Unites India: Over 30,000 Organisations Join the Movement	100.9K
2484.	Orissa Diary	From Himalayas to Kanyakumari: Over 1,000 Entities Register on Yoga Sangam Porta...	100.9K
2485.	Odisha Diary	"Samyoga" and "Yoga Unplugged" Signal a Bold New Direction for IDY 2025	100.9K

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2504.	Lokmattimes.com	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	94.3K
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2510.	Lokmattimes.com	75-day countdown to International Day of Yoga to begin in Odisha tomorrow	94.3K
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2515.	India News	"योग विद्या" भारत के ऋषि मुनियों की अमूल्य धरोहर, मंत्री श्याम सिंह राणा बोले ...	90.5K
2516.	India News	मुख्यमंत्री नायब सिंह ने अंतरराष्ट्रीय योग दिवस को लेकर सभी उपायुक्तों से की वीड...	90.5K
2517.	India News	दिल्ली में दूसरी एशियन योगासन चैंपियनशिप का भव्य समापन, भारत ने जीते सबसे ज्यादा...	90.5K
2518.	The News Mill	All India Institute of Ayurveda commemorates 11th International Day of Yoga with. ..	85.1K
2519.	The News Mill	11th International Yoga Day: Celebrating “Yoga for One Earth, One Health” in Ta w...	85.1K
2520.	The News Mill	Governor General Vijay Kumar Singh leads Mizoram in celebrating International D a...	85.1K
2521.	The News Mill	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	85.1K
2522.	The News Mill	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	85.1K
2523.	The News Mill	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	85.1K
2524.	The News Mill	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	85.1K
2525.	The News Mill	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	85.1K
2526.	The News Mill	“Yoga for One Earth, One Health”: PM Modi to lead grand 11th International Yoga ...	85.1K
2527.	The News Mill	“Yoga is everywhere…”: Delegates arrive in Rishikesh ahead of Yoga Day celebra ti...	85.1K
2528.	The News Mill	ISRO joins global observance of International Day of Yoga 2025, highlights ‘Yoga. ..	85.1K
2529.	The News Mill	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	85.1K
2530.	The News Mill	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	85.1K
2531.	The News Mill	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	85.1K
2532.	The News Mill	India gears up for Yoga Day with “Yoga for One Earth, One Health” as this year"...	85.1K
2533.	The News Mill	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	85.1K

2534.	The News Mill	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	85.1K
2535.	The News Mill	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	85.1K
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2537.	The News Mill	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	85.1K
2538.	The News Mill	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	85.1K
2539.	The News Mill	Yoga session held at Rajasthan CM"s residence ahead of International Day of Yog...	85.1K
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2541.	The News Mill	Rajasthan Speaker urges public to adopt yoga daily, credits PM Modi for its glob...	85.1K
2542.	The News Mill	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke...	85.1K
2543.	The News Mill	Haryana CM Nayab Singh Saini flags off ‘Run for Yoga" in Kurukshetra	85.1K
2544.	The News Mill	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	85.1K
2545.	The News Mill	Yoga Connect 2025: A Hybrid Global Summit on ‘Yoga for One Earth, One Health " t...	85.1K
2546.	The News Mill	“Yoga has reached hearts across the world in a decade of PM Modi"s initiative”:...	85.1K
2547.	The News Mill	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	85.1K
2548.	The News Mill	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samaves...	85.1K
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2556.	The News Mill	Assam: Health Minister reviews preparedness for International Day of Yoga	85.1K
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2560.	Loktej	देश-विदेश में अंतरराष्ट्रीय योग दिवस पर पूरे मनोयोग से किया गया योगाभ्यास	73.2K
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2563.	Loktej	डॉ. दिव्यांशु पटेल द्वारा हज़ारों गरीबों का निःशुल्क उपचार, समाज सेवा में मिसाल	73.2K
2564.	New Kerala	AIIA Celebrates 11th Yoga Day with Book Launch and Supreme Court Session	72K
2565.	New Kerala	Mansukh Mandaviya Leads 1500 Yoga Enthusiasts on 11th International Yoga Day	72K
2566.	New Kerala	Yoga Sangam 2025 at Jaipur"s Jantar Mantar Unites Ayurveda and Yoga	72K
2567.	New Kerala	Rakul Preet Singh Reveals Yoga Bond With Jackky Bhagnani	72K
2568.	New Kerala	Gulf Nations Celebrate Yoga Day With Saudi Royals and Sania Mirza	72K
2569.	New Kerala	Dr. Mandaviya leads 1500 in yoga at Indira Gandhi Stadium	72K
2570.	New Kerala	PM Modi Joins Chikoo Bunty Bittu for Yoga Day in Vizag	72K
2571.	New Kerala	Ministers highlight yoga"s mental health benefits on International Yoga Day	72K
2572.	New Kerala	Indian Army Conducts Yoga at Siachen on International Yoga Day	72K
2573.	New Kerala	Swami Chidanand Saraswati Leads Yoga Day at Rishikesh Ganga Ghat	72K
2574.	New Kerala	ITBP Performs Yoga at 14000 Feet for International Yoga Day	72K
2575.	New Kerala	ISRO Joins PM Modi in Global Yoga Day 2025 Celebrations	72K
2576.	New Kerala	Indian Navy Joins 11,000 Personnel for Yoga Day in Visakhapatnam	72K
2577.	New Kerala	ASI Hosts Free Yoga Day at 81 Historic Sites Including Purana Qila	72K
2578.	New Kerala	ASI Offers Free Entry to 81 Monuments for Yoga Day 2025	72K
2579.	New Kerala	PM Modi Leads 11th Yoga Day in Visakhapatnam With Naidu and Pawan Kalyan	72K
2580.	Daily Chhattisgarh	पांच दिनी योग शिविर व लाईफ स्टाईल क्लीनिक का शुभारंभ	72K
2581.	New Kerala	PM Modi Leads Yoga Day 2025 With One Earth One Health Theme	72K
2582.	New Kerala	PM Modi Urges Gram Panchayats for Historic Yoga Day Celebrations	72K
2583.	New Kerala	** Yoga Sangam Portal Hits 4 Lakh Registrations Ahead of IDY 2025	72K

2584.	New Kerala	Yoga Sangam 2025 Hits 4 Lakh Registrations as Modi Leads Event	72K
2585.	New Kerala	Gorakhnath Temple Hosts Yoga Camp Ahead of International Yoga Day	72K
2586.	Daily Chhattisgarh	योग महाकुंभ : स्वास्थ्य और योग का भव्य उत्सव	72K
2587.	Daily Chhattisgarh	अंतरराष्ट्रीय योग दिवस का आयोजन 21 को	72K
2588.	Daily Chhattisgarh	17 से नि:शुल्क योग शिविर	72K
2589.	New Kerala	Rajasthan CM Bhajan Lal Sharma Leads Yoga Session Ahead of International Da y	72K
2590.	New Kerala	Varanasi Residents Perform Yoga at Namo Ghat Before International Yoga Day	72K
2591.	New Kerala	Prayagraj Hosts Yoga Session Ahead of International Day of Yoga	72K
2592.	New Kerala	Tribal Minister Jual Oram Reviews Yoga Day Prep for 1.4L Tribal Students	72K
2593.	New Kerala	Visakhapatnam Gears Up for International Yoga Day as National Host	72K
2594.	New Kerala	Haryana CM Nayab Saini Announces UK Partnership for Gita Jayanti	72K
2595.	New Kerala	Haryana CM Nayab Saini Launches Run for Yoga in Kurukshetra	72K
2596.	Daily Chhattisgarh	अध्ययनों से पता चलता है कि योग मधुमेह और कैंसर से उबरने में सहायक है: आयुष मंत्र...	72K
2597.	New Kerala	Yoga Connect Summit Kicks Off in Delhi Ahead of International Yoga Day	72K
2598.	New Kerala	Haryana CM Nayab Saini Plans Record Yoga Day at Kurukshetra	72K
2599.	New Kerala	Yoga Connect 2025 Summit in Delhi Focuses on One Earth One Health	72K
2600.	New Kerala	Haryana CM Nayab Saini Aims for 11 Lakh Yoga Day Participants	72K
2601.	New Kerala	Global yoga movement began with PM Modi"s vision: Prataprao Jadhav	72K
2602.	Daily Chhattisgarh	अंतरराष्ट्रीय योग दिवस को बढ़ावा देने के लिए हस्तियां आगे आईं	72K
2603.	New Kerala	IDY2025: Yoga Sangam portal crosses 50,000 registrations, says Ayush Ministry	72K
2604.	New Kerala	AIIA Hosts Iyengar Yoga Workshop for International Yoga Day	72K
2605.	New Kerala	Yoga Sangam 2025 30k Orgs Unite for International Yoga Day	72K
2606.	Daily Chhattisgarh	योग संगम 2025 के लिए 30 हजार संगठनों ने कराया पंजीकरण : आयुष मंत्रालय	72K
2607.	New Kerala	Modi and Naidu Unite for Record-Breaking Yoga Day in Andhra	72K
2608.	New Kerala	Modi WHO Pact Elevates Ayurveda to Global Healthcare Stage	72K
2609.	New Kerala	PM Modi Praises YogAndhraAbhiyan Ahead of Yoga Day in Visakhapatnam	72K
2610.	New Kerala	Assam Health Minister Ashok Singhal Reviews Yoga Day 2025 Plans	72K
2611.	New Kerala	Ayush Ministry Launches Yoga Sangam for IDY 2025 Wellness	72K

2612.	New Kerala	India Launches Samyoga and Yoga Unplugged for IDY 2025	72K
2613.	New Kerala	Modi to Attend Vizag Yoga Day with Two Lakh Participants	72K
2614.	New Kerala	Ayush Minister Launches Weekly Yoga Podcast for Global Wellness	72K
2615.	New Kerala	Ayush Ministry Launches Weekly Yoga Podcast for Wellness	72K
2616.	New Kerala	Ayush Minister Jadhav Reveals Global Yoga Movement"s Transformative Power	72K
2617.	New Kerala	Modi"s Yoga Legacy Sparks Global Cultural Movement	72K
2618.	New Kerala	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	72K
2619.	New Kerala	Amit Shah Links Healthy Citizens to Viksit Bharat Vision	72K
2620.	New Kerala	Ayush Ministry Launches Karmayogi Jan Seva Skills Programme	72K
2621.	New Kerala	Ayush Minister Jadhav Launches "Harit Yoga" for Global Wellness	72K
2622.	New Kerala	Modi"s Yoga Mission Kicks Off 100-Day Countdown in Odisha	72K
2623.	New Kerala	Odisha Launches 75-Day Yoga Countdown to Global Wellness Event	72K
2624.	New Kerala	Modi Unveils BIMSTEC Health Initiatives for Cancer Care	72K
2625.	New Kerala	** Meghalaya Yoga Event at Living Root Bridge by NEIAH	72K
2626.	New Kerala	Ayush Ministry Launches Free Dental Care Campaign Nationwide	72K
2627.	New Kerala	Ayush Ministry Launches Nationwide Heatwave Safety Campaign	72K
2628.	New Kerala	MDNIY Launches 100-Day Yoga Mahotsav Countdown to Global Celebration	72K
2629.	New Kerala	Prataprao Jadhav Reveals Yoga"s Power for Global Wellness	72K
2630.	Northlines	Narendra Modi’s Passion for Yoga: A Journey to Global Recognition	68.7K
2631.	Awaz The Voice	Yoga now a global mass movement thanks to PM Modi"s efforts: Ayush Minister Jad...	68.3K
2632.	Awaz The Voice	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	68.3K
2633.	Awaz The Voice	India to support cancer care, set up a CoE for traditional medicine in BIMSTEC c...	68.3K
2634.	Mediabrief	Moscow launches ‘Summer in Moscow" 2025 to spotlight culture, creativity, and g...	65.5K
2635.	NewzNew	Yoga marathon has become a Sankalp Yatra to make Haryana ‘Yoga-yukt, Nasha-mukt'...	64.1K
2636.	NewzNew	11th International Yoga Day in Haryana to be Historic; more than 11 lakh Yoga Pr...	64.1K
2637.	NewzNew	Haryana Gears Up for Grand Celebration of International Yoga Day 2025 H	64.1K

2638.	Punjab News Live	PM Modi to lead 11th International Yoga Day celebrations in Visakhapatnam	63.5K
2639.	Punjab News Live	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	63.5K
2640.	Punjab News Live	Spread message of holistic well-being through yoga worldwide: Ayush Minister	63.5K
2641.	PSU Connect	NTPC Bongaigaon Organized a Six Day Yoga Workshop	62.7K
2642.	The News Room	IDY 2025: Grand Yoga Day event held at Attari-Wagah border	62.3K
2643.	WebIndia123	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	61.9K
2644.	WebIndia123	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	61.9K
2645.	WebIndia123	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	61.9K
2646.	WebIndia123	Yoga Sangam event registrations surpass 4 lakh mark	61.9K
2647.	WebIndia123	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yog a D...	61.9K
2648.	WebIndia123	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yo ga ...	61.9K
2649.	WebIndia123	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	61.9K
2650.	WebIndia123	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	61.9K
2651.	WebIndia123	Yoga session held at Rajasthan CM"s residence ahead of International Day of Yo g...	61.9K
2652.	WebIndia123	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga D ay	61.9K
2653.	WebIndia123	Rajasthan Speaker urges public to adopt yoga daily, credits PM Modi for its glob...	61.9K
2654.	WebIndia123	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	61.9K
2655.	WebIndia123	Haryana CM Nayab Singh Saini flags off 'Run for Yoga' in Kurukshetra	61.9K
2656.	WebIndia123	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	61.9K
2657.	WebIndia123	"Yoga has reached hearts across the world in a decade of PM Modi's initiative": ...	61.9K
2658.	WebIndia123	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	61.9K
2659.	WebIndia123	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	61.9K
2660.	WebIndia123	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on J un...	61.9K
2661.	WebIndia123	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	61.9K

2662.	WebIndia123	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	61.9K
2663.	WebIndia123	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	61.9K
2664.	WebIndia123	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, thanks ...	61.9K
2665.	WebIndia123	Assam: Health Minister reviews preparedness for International Day of Yoga	61.9K
2666.	WebIndia123	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yog...	61.9K
2667.	WebIndia123	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	61.9K
2668.	WebIndia123	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	61.9K
2669.	WebIndia123	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	61.9K
2670.	WebIndia123	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	61.9K
2671.	WebIndia123	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	61.9K
2672.	WebIndia123	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	61.9K
2673.	WebIndia123	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Grand ...	61.9K
2674.	Technologyforyou.org	Morarji Desai National Institute of Yoga to organise ‘Yoga Bandhan" tomorrow	60.2K
2675.	Technologyforyou.org	The National Institute of Sowa-Rigpa (NISR), Leh organises a one-day Samyoga eve...	60.2K
2676.	Technologyforyou.org	Yoga Connect 2025: A Hybrid Global Summit on ‘Yoga for One Earth, One Health " I...	60.2K
2677.	Technologyforyou.org	Visakhapatnam Readies for IDY 2025: Senior Officials Conduct Key Review Meeting	60.2K
2678.	Technologyforyou.org	“Together, Let Us Strengthen India"s Leadership in Ayush-Based Medical Value Tr...	60.2K
2679.	Technologyforyou.org	India Partners with WHO to Mainstream Ayush Globally through a Landmark Agreemen...	60.2K
2680.	Technologyforyou.org	From Himalayas to Kanyakumari: Over 1,000 Entities Register on Yoga Sangam Porta...	60.2K
2681.	Technologyforyou.org	“Yoga Unplugged” the youth-centric initiative for International Day of Yoga (IDY...	60.2K
2682.	Technologyforyou.org	Union Minister of Ayush, Shri Prataprao Jadhav Launches Weekly Yoga Podcast to P...	60.2K

2683.	Technologyforyou.org	Day One of National Ayush Mission Conclave Witnesses Dynamic Participation fr om ...	60.2K
2684.	Technologyforyou.org	National Ayush Mission Conclave 2025: States and UTs Collaborate to Strengthe n T...	60.2K
2685.	Technologyforyou.org	Indian Yoga Association and State Chapters Celebrate World Earth Day with Nati on...	60.2K
2686.	Technologyforyou.org	Hotel & Restaurant Federation gears up for country-wide International Day of...	60.2K
2687.	Technologyforyou.org	Union Home Minister and Minister of Cooperation Shri Amit Shah attends the prog r...	60.2K
2688.	Technologyforyou.org	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	60.2K
2689.	Technologyforyou.org	WHO Global Traditional Medicine Centre (GTMC), Jamnagar: a Centre of global well...	60.2K
2690.	Sangri Today	IIT Mandi and Art of Living Join Forces to Pr...	58.5K
2691.	Sangri Today	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	58.5K
2692.	Etemaad English	PM Modi leads the nation on 11th International Yoga Day celebrations at Visakha p...	57.4K
2693.	Etemaad English	Ayush Ministry to host ‘Yoga Connect" Global summit in Delhi today	57.4K
2694.	Etemaad English	Over one lakh Yoga events to mark International Day of Yoga on June 21	57.4K
2695.	Etemaad English	Yoga Sangam 2025: Over 50,000 Organisations to Host Events on June 21	57.4K
2696.	Etemaad English	Telangana Stands Second In Registrations "International Yoga Day"	57.4K
2697.	Etemaad English	PM Modi To Attend International Yoga Day Fest At Vizag On June 21	57.4K
2698.	Etemaad English	Yoga Mahotsav 2025 inaugurated to mark 100-day countdown to International Yo ga D...	57.4K
2699.	Edristi	वैश्विक शिखर सम्मेलन ‘योग कनेक्ट"-2025	56.4K
2700.	Edristi	प्रश्न – दूसरी एशियाई योगासन खेल चैंपियनशिप, 2025 के संदर्भ में निम्नलिखित में स...	56.4K
2701.	Sabguru	जयपुर ग्रेटर की महापौर सौम्या गुर्जर बनी राजस्थान की योग ब्रांड एंबेसेडर	55.1K
2702.	Outlook Business	11th International Yoga Day Held in Visakhapatnam Under PM Modi"s Lead — Ke y Hi...	53.4K
2703.	T3 Travel Trends Today	FHRAI & Embassy of Ethiopia organises Coffee and Harit Yoga	51.7K
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2705.	Pioneer edge	Run for Yoga connects people of border areas	47.8K
2706.	Pioneer edge	DM reviews preparations for President Murmu"s two-day visit to Dehradun	47.8K

2707.	Pioneer edge	Uttarkashi"s border region abuzz with Yoga ahead of IDY	47.8K
2708.	Bhaskar Live	IDY2025: Yoga vital for mental health, cuts down stress, say Ministers	46.5K
2709.	Bhaskar Live	IDY-2025: Yoga Sangam portal crosses 4 lakh registrations, says Ayush Ministry	46.5K
2710.	Bhaskar Live	30k organisations register for Yoga Sangam 2025: Ayush Ministry	46.5K
2711.	Bhaskar Live	India emerging as trusted destination for holistic, evidence-based wellness: Min...	46.5K
2712.	Bhaskar Live	With 2.5 lakh participants, Vizag Yoga Day event to create world record	46.5K
2713.	Bhaskar Live	Weekly yoga podcast launched to promote holistic wellness	46.5K
2714.	Bhaskar Live	Spread message of holistic well-being through yoga worldwide: Ayush Minister	46.5K
2715.	Bhaskar Live	Healthy India key towards realising Viksit Bharat goal: HM Shah	46.5K
2716.	Bhaskar Live	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	46.5K
2717.	Popdiaries	Nick and Sonic lead the way for young India, joining Prime Minister Narendra Mod ...	44.3K
2718.	Weekly Voice	Ayush Minister launches ‘Harit yoga" to boost personal, planetary health	43.8K
2719.	Weekly Voice	75-day countdown to International Day of Yoga to begin in Odisha tomorrow	43.8K
2720.	Weekly Voice	India to support cancer care, set up a CoE for traditional medicine in BIMSTEC c.. .	43.8K
2721.	Weekly Voice	North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M egh...	43.8K
2722.	Weekly Voice	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	43.8K
2723.	Navjeevan Express	Nick and Sonic lead the way for young India, joining PM at India"s largest yoga...	40.9K
2724.	The Rahnuma Daily	PM Modi to attend Yoga Day celebrations in Vizag	40.1K
2725.	The Rahnuma Daily	75-day countdown to International Day of Yoga to begin in Odisha tomorrow	40.1K
2726.	The Rahnuma Daily	India to support cancer care, set up a CoE for traditional medicine in BIMSTEC c.. .	40.1K
2727.	The Rahnuma Daily	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	40.1K
2728.	The Csr Journal	India Inc. Celebrates International Yoga Day 2025	39.8K
2729.	The Csr Journal	Air pollution has a deadly impact on cardiac health: Experts at ASSOCHAM"s ‘Ill...	39.8K
2730.	News X	Watch: Prime Minister Narendra Modi Leads 11th International Day Of Yoga From Vi...	38.5K
2731.	News X	International Yoga Day: PM Modi To Lead Grand Celebration From Vishakhapatn am	38.5K

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2733.	News X	Pahalgam Terror Attack: Ethiopian Ambassador Points Finger at Pakistanis	38.5K
2734.	Goa Chronicle	PM Modi leads India and the world in IDY celebration	37.4K
2735.	Goa Chronicle	Ayush Ministry to host Yoga Connect on Saturday	37.4K
2736.	Visionnewsservice	अन्तर्राष्ट्रीय योग दिवसः उद्योग मंत्री कोरबा के योग कार्यक्रम में होंगे शामिल व...	36.8K
2737.	Visionnewsservice	अन्तर्राष्ट्रीय योग दिवस : इण्डोर स्टेडियम बालोद में किया जाएगा जिला स्तरीय योगा...	36.8K
2738.	Visionnewsservice	| 21 जून अंतरराष्ट्रीय योग दिवस के अवसर पर जिला स्तरीय योग दिवस का आयोजन	36.8K
2739.	UP18 news	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	35.1K
2740.	UP18 news	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	35.1K
2741.	UP18 news	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	35.1K
2742.	UP18 news	डॉ. दिव्यांशु पटेल द्वारा हज़ारों गरीबों का निःशुल्क उपचार, समाज सेवा में मिसाल	35.1K
2743.	UP18 news	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	35.1K
2744.	UP18 news	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	35.1K
2745.	Bold Outline	12 Guinness World Records in Yoga: Akshar Yoga Kendraa Set for Historic Yoga Day...	34.6K
2746.	Mirroruttarakhand	Uttarakhand अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में राज्य में योग मेले, हरित योग ...	34.1K
2747.	Yugmarg	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	33.4K
2748.	Yugmarg	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	33.4K
2749.	Yugmarg	Yoga session held at Rajasthan CM"s residence ahead of International Day of Yo g...	33.4K
2750.	Yugmarg	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	33.4K
2751.	Yugmarg	Yoga Protocol Training Camp organized at Haryana Legislative Assembly	33.4K
2752.	Yugmarg	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	33.4K
2753.	Yugmarg	Chief Minister Announces Rs. 3 lakh financial assistance for families of Ayush Y...	33.4K
2754.	Press Note	Grand Yoga Camp Held at Fatehsagar	33K
2755.	Press Note	Udaipur to Celebrate International Yoga Day at 14 Key Locations with 62 Instruct.. .	33K
2756.	Press Note	#### Grand Rehearsal of International Yoga Day Held at Gangaur Ghat	33K

2757.	Ians Live	Gulf countries spotlight importance of integrating yoga into daily life	32.1K
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2759.	Ians Live	Beloved kids" characters Chikoo, Bunty and Bitoo perform yoga alongside Prime M...	32.1K
2760.	Ians Live	Dr. Mandaviya performs yoga with over 1500 enthusiasts at Indira Gandhi Stadium ...	32.1K
2761.	Ians Live	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS interview)	32.1K
2762.	Ians Live	Andhra takes centre stage in Yoga Day celebrations; PM Modi to lead national eve...	32.1K
2763.	Ians Live	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	32.1K
2764.	Ians Live	Global yoga movement began with PM Modi"s vision: Prataprao Jadhav	32.1K
2765.	Ians Live	Over 10k organisations register for Yoga Sangam after PM Modi"s call in Mann Ki ...	32.1K
2766.	Ians Live	PM Modi to attend Yoga Day celebrations in Vizag	32.1K
2767.	Ians Live	Healthy India key towards realising Viksit Bharat goal: HM Shah	32.1K
2768.	Travelmail	Air India to shift Tokyo operations to...	30.8K
2769.	Travelmail	FHRAI Hosts ‘Harit Yoga' at FHRAI-IHM to Mark International Day of Yoga	30.8K
2770.	Uttarakhand News Network	IDY 2025: Gairsain to Host State-Level Yoga Day Event	29.6K
2771.	Uttarakhand News Network	Ayush Showcases India"s Holistic Health Power at Osaka Expo	29.6K
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2773.	saachibaat.com	Today"s Top News – 28 May 2025	29.4K
2774.	saachibaat.com	Today"s Top News – 13 May 2025	29.4K
2775.	saachibaat.com	Today"s Top News – 12 May 2025	29.4K
2776.	Goemkarponn	International Yoga Day: Beyond Celebration, a Way of Life	29.1K
2777.	Goemkarponn	Over 350 Participants Attend FHRAI"s Yoga Mahotsav in Goa as Part of the Intern...	29.1K
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2780.	The News Strike	IIT Mandi Signs MoU with Art of Living Foundation to Advance Research in Consc io...	28.3K
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2783.	The News Strike	NAM Conclave 2025 Kicks Off in Lonavala, Charts Future Roadmap for Ayush Se ctor ...	28.3K
2784.	Afternoon News	Yoga Awareness Program at Kongu Naturopathy and Yoga Medical College	26.9K
2785.	The Indian Awaaz	21 June 2025 9:07 PM 9:07 PM Stretching Across the Globe: India"s Yoga Day Ai ms...	25.2K
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2787.	The Indian Awaaz	Ayush Ministry gears up for 11th International Day of Yoga with over 1 lakh even.. .	25.2K
2788.	Tourism Breaking News	Summer in Moscow” returns on June 1	22.8K
2789.	Tourism Breaking News	FHRAI and HRAWI to conduct yoga programme on May 10 in Goa to promote hol istic w...	22.8K
2790.	Tourism Breaking News	FHRAI hosts ‘Harit Yoga’ at FHRAI-IHM to mark International Day of Yoga	22.8K
2791.	Argus News	ଚତୁଳବର୍ଷର ଯୋଗ ଦିବସ ଥିମ୍- "ଏକ ପୃଥିବୀ,ଏକ ସ୍ୱାସ୍ଥ୍ୟ ପାଇଁ ଯୋଗ"	21.9K
2792.	Pratahkal	मध्य रेल सोलापुर मंडल में योग दिवस पर उमड़ा उत्साह	20.4K
2793.	Pratahkal	“एक पृथ्वी, एक स्वास्थ्य”; मध्य रेल पर छाया योग का रंग	20.4K
2794.	Business of Travel Trade	BOTT SHOTS – June 19, 2025	20.1K
2795.	Business of Travel Trade	BOTT SHOTS Midday – May 21, 2025	20.1K
2796.	Business of Travel Trade	BOTT SHOTS – May 19, 2025	20.1K
2797.	Business of Travel Trade	BOTT SHOTS Midday – April 30, 2025	20.1K
2798.	उत्तरा न्यूज	उत्तराखंड में लागू हुई ऐतिहासिक योग नीति 2025, अब योग और वैलनेस का वैश्विक केंद्...	17.6K
2799.	उत्तरा न्यूज	अल्मोड़ा::राजकीय जूनियर हाईस्कूल चनोली में आयोजित हुआ योग सत्र	17.6K
2800.	Indian Economic Observer	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	16.1K
2801.	Indian Economic Observer	All India Institute of Ayurveda commemorates 11th International Day of Yoga with. ..	16.1K
2802.	Indian Economic Observer	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Ta w...	16.1K
2803.	Indian Economic Observer	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	16.1K

2804.	Indian Economic Observer	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	16.1K
2805.	Indian Economic Observer	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	16.1K
2806.	Indian Economic Observer	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	16.1K
2807.	Indian Economic Observer	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	16.1K
2808.	Indian Economic Observer	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an. ..	16.1K
2809.	Indian Economic Observer	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	16.1K
2810.	Indian Economic Observer	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	16.1K
2811.	Indian Economic Observer	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	16.1K
2812.	Indian Economic Observer	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	16.1K
2813.	Indian Economic Observer	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	16.1K
2814.	Indian Economic Observer	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	16.1K
2815.	Indian Economic Observer	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	16.1K
2816.	Indian Economic Observer	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	16.1K
2817.	Indian Economic Observer	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	16.1K
2818.	Indian Economic Observer	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	16.1K
2819.	Indian Economic Observer	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	16.1K
2820.	Indian Economic Observer	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	16.1K
2821.	Indian Economic Observer	Yoga Sangam event registrations surpass 4 lakh mark	16.1K
2822.	Indian Economic Observer	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yog a D...	16.1K
2823.	Indian Economic Observer	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yo ga ...	16.1K
2824.	Indian Economic Observer	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	16.1K
2825.	Indian Economic Observer	International Yoga Day: Andhra govt conducts high-level review meeting at VMRD A ...	16.1K
2826.	Indian Economic Observer	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	16.1K
2827.	Indian Economic Observer	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga D ay	16.1K

2828.	Indian Economic Observer	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	16.1K
2829.	Indian Economic Observer	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	16.1K
2830.	Indian Economic Observer	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	16.1K
2831.	Indian Economic Observer	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	16.1K
2832.	Indian Economic Observer	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	16.1K
2833.	Indian Economic Observer	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	16.1K
2834.	Indian Economic Observer	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	16.1K
2835.	Indian Economic Observer	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on J un...	16.1K
2836.	Indian Economic Observer	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	16.1K
2837.	Indian Economic Observer	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship -...	16.1K
2838.	Indian Economic Observer	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	16.1K
2839.	Indian Economic Observer	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	16.1K
2840.	Indian Economic Observer	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	16.1K
2841.	Indian Economic Observer	India partners with WHO to mainstream Ayush globally through agreement on trad it...	16.1K
2842.	Indian Economic Observer	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	16.1K
2843.	Indian Economic Observer	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yo ga	16.1K
2844.	Indian Economic Observer	Assam: Health Minister reviews preparedness for International Day of Yoga	16.1K
2845.	Indian Economic Observer	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	16.1K
2846.	Indian Economic Observer	Ayush ministry launches weekly yoga podcast to promote holistic wellness	16.1K
2847.	Indian Economic Observer	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Da y	16.1K
2848.	Indian Economic Observer	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	16.1K
2849.	Indian Economic Observer	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	16.1K

2850.	Indian Economic Observer	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	16.1K
2851.	Indian Economic Observer	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	16.1K
2852.	Indian Economic Observer	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	16.1K
2853.	Indian Economic Observer	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	16.1K
2854.	Indian Economic Observer	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Grand ...	16.1K
2855.	India News Stream	New global health agreement to take Ayush to world in scientific way: PM Modi	15.7K
2856.	Mobile News 24x7	Beloved kids" characters Chikoo, Bunty and Bittu perform yoga alongside Prime M...	13.7K
2857.	Mobile News 24x7	Dr. Mandaviya performs yoga with over 1500 enthusiasts at Indira Gandhi Stadium ...	13.7K
2858.	Mobile News 24x7	India To Support Cancer Care, Set Up A Coe For Traditional Medicine In BIMSTEC C...	13.7K
2859.	Mahanagar Times	जंतर मंतर पर विदेशी मेहमानों के साथ हुआ "योग संगम 2025", राष्ट्रीय आयुर्वेद स...	12.8K
2860.	Mahanagar Times	21 जून को 11 हजार से अधिक आयुष्मान आरोग्य मंदिरों में योग संगम शिविर आयोजित हों...	12.8K
2861.	Aap Ki Khabar	11वाँ अंतरराष्ट्रीय योग दिवस | One Earth, One Health थीम पर गोपाल आयुर्वेदिक कॉल...	12.5K
2862.	Aap Ki Khabar	"करो योग ,रहो निरोग" योग कार्यशाला का सफलतापूर्वक आयोजन	12.5K
2863.	GLIBS	योग और मानसिक स्वास्थ्य: एक संतुलित दृष्टिकोण	12.4K
2864.	Insamachar	भारतीय तटरक्षक बल ने 60 से अधिक स्थानों पर 'योग संगम" के साथ 11वां अंतर्राष्ट्र...	12K
2865.	Insamachar	प्रधानमंत्री मोदी विशाखापत्तनम से 11वें अंतर्राष्ट्रीय योग दिवस समारोह का नेतृत्...	12K
2866.	Dainikdehat	योग दिवस 2025: विशाखापत्तनम में पीएम मोदी के साथ 3 लाख लोग करेंगे योगाभ्यास	12K
2867.	Dainikdehat	अंतरराष्ट्रीय योग दिवस: राज्यपाल राजभवन...सीएम गोरखपुर में करेंगे योग	12K
2868.	Insamachar	योग कनेक्ट 2025: 'एक पृथ्वी, एक स्वास्थ्य के लिए योग" पर एक हाइब्रिड वैश्विक शि...	12K
2869.	Shekhawati Live	सीकर मेडिकल कॉलेज में योग दिवस पर 10 दिवसीय योगाभ्यास सत्र शुरू	12K
2870.	Dainikdehat	15 से 21 जून तक मनाया जाएगा योग सप्ताह, प्रदेशभर में होंगे विविध कार्यक्रम	12K
2871.	Insamachar	केंद्रीय मंत्री प्रतापराव जाधव ने पुडुचेरी में अंतर्राष्ट्रीय योग दिवस 2025 के ल...	12K
2872.	Insamachar	प्रधानमंत्री मोदी ने 2025 के अंतर्राष्ट्रीय योग दिवस में व्यापक भागीदारी का आह्व...	12K
2873.	Insamachar	केंद्रीय आयुष मंत्री प्रतापराव जाधव ने अंतर्राष्ट्रीय योग दिवस 2025 की तैयारियों...	12K
2874.	Insamachar	ओडिशा योग कनेक्ट: भुवनेश्वर के कलिंगा स्टेडियम में 6000 से अधिक योग प्रेमियों ने...	12K
2875.	Insamachar	'एक पृथ्वी, एक स्वास्थ्य के लिए योग" – अंतर्राष्ट्रीय योग दिवस 2025 का थीम: 'मन...	12K

2876.	Democratic Jagat	Naturopathy Stake Holders across the Country demanded inclusion of Yoga Natur opa...	10.9K
2877.	Business News Week	Noida Celebrates Yoga Day with 'Yog Mahasangam"	10.3K
2878.	Business News Week	IIT Mandi, Art of Living Join Hands to Boost Research in Consciousness & Wel...	10.3K
2879.	Business News Week	FHRAI & Prestige Group Host Harit Yoga at Nandi Hills to Champion Wellness &.. .	10.3K
2880.	PrameyaNews	International Day of Yoga 2025: 11k Indian Navy personnel & families practic...	9.5K
2881.	PrameyaNews	Odisha Govt. to host "Yoga Mahotsav" on Monday to begin 75-day countdown to I n...	9.5K
2882.	Tennews.in	Beloved kids" characters Chikoo, Bunty and Bittu perform yoga alongside Prime M...	9.1K
2883.	Tennews.in	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS intervie w)	9.1K
2884.	Tennews.in	IDY 2025: Grand Yoga Day event held at Attari-Wagah border	9.1K
2885.	Tennews.in	IDY2025: Yoga vital for mental health, cuts down stress, say Ministers	9.1K
2886.	Tennews.in	PM Modi to lead 11th International Yoga Day celebrations in Visakhapatnam	9.1K
2887.	Tennews.in	ASI to host Yoga Day celebrations at 81 historic sites, entry fee waived across ...	9.1K
2888.	Tennews.in	Andhra takes centre stage in Yoga Day celebrations; PM Modi to lead national ev e...	9.1K
2889.	Tennews.in	Gita Jayanti will be held in association with Britain: Haryana CM	9.1K
2890.	Tennews.in	IDY2025: Yoga Sangam portal crosses 50,000 registrations, says Ayush Ministry	9.1K
2891.	Tennews.in	Over 10k organisations register for Yoga Sangam after PM Modi"s call in Mann Ki ...	9.1K
2892.	Tennews.in	New global health agreement to take Ayush to world in scientific way: PM Modi	9.1K
2893.	Tennews.in	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	9.1K
2894.	Tennews.in	With 2.5 lakh participants, Vizag Yoga Day event to create world record	9.1K
2895.	Tennews.in	PM Modi to attend Yoga Day celebrations in Vizag	9.1K
2896.	Tennews.in	Weekly yoga podcast launched to promote holistic wellness	9.1K
2897.	Tennews.in	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	9.1K
2898.	Tennews.in	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	9.1K
2899.	Tennews.in	India to support cancer care, set up a CoE for traditional medicine in BIMSTEC c.. .	9.1K

2900.	Tennews.in	North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in Megh...	9.1K
2901.	Exclusive News	Harit Yoga" nurtures both personal and planetary health: Union Minister Shri Pr...	6.9K
2902.	Contentmediasolution.com	Noida Celebrates Yoga Day with 'Yog Mahasangam"	6.8K
2903.	Uttaranchaltoday.com	आयुष मंत्रालय ने शुरू किया साप्ताहिक योग पॉडकास्ट, जीवनशैली में योग को जोड़ेगा	6.2K
2904.	Uttaranchaltoday.com	योग को रोजगार से जोड़ने के सीएम धामी ने दिए निर्देश	6.2K
2905.	Indigenous Herald	National Institute of Sowa-Rigpa conducts yoga at Leh height	5.7K
2906.	ET Government	Yoga Portal Crosses 50000 Registrations Ahead of International Day of Yoga 2025	5K
2907.	ET Government	Government Conducts High-Level Workshop to Streamline IDY 2025 Outreach Across M...	5K
2908.	ET Government	India Reaffirms Global Leadership in Traditional Medicine at 78th World Health A...	5K
2909.	ET Government	Over 1000 Entities Register on Yoga Sangam Portal Ahead of IDY 2025: India Gears...	5K
2910.	ET Government	'Yoga Unplugged" Gains Momentum Ahead of International Day of Yoga 2025 as Lead...	5K
2911.	ET Government	Ayush ministry launches weekly yoga podcast to promote holistic wellness	5K
2912.	ET Government	Rajasthan leads AYUSH Mission with ₹ crore boost, tops in infrastructure and ...	5K
2913.	ET Government	India establishes AYUSH Chairs abroad to promote traditional medicine systems	5K
2914.	ET Government	PM Modi announces at BIMSTEC Summit a Center of Excellence for traditional medic...	5K
2915.	Mediabulletins	FHRAI Marks World Environment Day with 'Harit Yoga" in Ghaziabad	4.7K
2916.	Mediabulletins	Harit Yoga at Nandi Hills: FHRAI and Prestige Group Promote Eco-Wellness	4.7K
2917.	Hi INDiA	Gulf countries spotlight importance of integrating yoga into daily life	2.4K
2918.	Hi INDiA	Beloved kids" characters Chikoo and Bunty perform yoga alongside Prime Minister...	2.4K
2919.	Hi INDiA	Dr. Mandaviya performs yoga with over 1500 enthusiasts at Indira Gandhi Stadium ...	2.4K
2920.	Hi INDiA	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS interview)	2.4K
2921.	Hi INDiA	Yoga is mantra for humanity to lead better lifestyle: BJP MP Tejasvi Surya	2.4K
2922.	Hi INDiA	IDY2025: Yoga vital for mental health, cuts down stress, say Ministers	2.4K

2923.	Hi INDiA	PM Modi to lead 11th International Yoga Day celebrations in Visakhapatnam	2.4K
2924.	Hi INDiA	ASI to host Yoga Day celebrations at 81 historic sites, entry fee waived across ...	2.4K
2925.	Hi INDiA	Andhra Pradesh takes centre stage in Yoga Day celebrations	2.4K
2926.	Hi INDiA	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	2.4K
2927.	Hi INDiA	Trying to give communal twist: BJP slams SP leader over Yoga Day remarks	2.4K
2928.	Hi INDiA	IDY-2025: Yoga Sangam portal crosses 4 lakh registrations, says Ayush Ministry	2.4K
2929.	Hi INDiA	Gita Jayanti will be held in association with Britain: Haryana CM	2.4K
2930.	Hi INDiA	'Yoga Connect" summit begins today in New Delhi	2.4K
2931.	Hi INDiA	Haryana to see participation of 11 lakh people on Yoga Day: CM Nayab Saini	2.4K
2932.	Hi INDiA	Global yoga movement began with PM Modi"s vision: Prataprao Jadhav	2.4K
2933.	Hi INDiA	IDY2025: Yoga Sangam portal crosses 50,000 registrations, says Ayush Ministry	2.4K
2934.	Hi INDiA	30k organisations register for Yoga Sangam 2025: Ayush Ministry	2.4K
2935.	Hi INDiA	Over 10k organisations register for Yoga Sangam after PM Modi"s call in Mann Ki ...	2.4K
2936.	Hi INDiA	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadh.. .	2.4K
2937.	Hi INDiA	India emerging as trusted destination for holistic, evidence-based wellness: Min...	2.4K
2938.	Hi INDiA	New global health agreement to take Ayush to world in scientific way: PM Modi	2.4K
2939.	Hi INDiA	IDY2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sangam	2.4K
2940.	Hi INDiA	With 2.5 lakh participants, Vizag Yoga Day event to create world record	2.4K
2941.	Hi INDiA	PM Modi to attend Yoga Day celebrations in Vizag	2.4K
2942.	Hi INDiA	Weekly yoga podcast launched to promote holistic wellness	2.4K
2943.	Hi INDiA	Spread message of holistic well-being through yoga worldwide: Ayush Minister	2.4K
2944.	Hi INDiA	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	2.4K
2945.	Hi INDiA	Global recognition of Yoga testament to India"s rich cultural heritage: Ayush M...	2.4K
2946.	Hi INDiA	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	2.4K
2947.	Hi INDiA	Healthy India key towards realising Viksit Bharat goal: HM Shah	2.4K
2948.	Hi INDiA	Ayush Minister launches 'Harit yoga" to boost personal, planetary health	2.4K
2949.	Hi INDiA	75-day countdown to International Day of Yoga to begin in Odisha tomorrow	2.4K

2950.	Hi INDiA	India to support cancer care, set up a CoE for traditional medicine in BIMSTEC c.. .	2.4K
2951.	Hi INDiA	North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M egh...	2.4K
2952.	Hi INDiA	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	2.4K
2953.	Business Journal	International Yoga Day 2025: ITBP do yoga train at elevation of over 14,000 ft	1.7K
2954.	Telangana Tribune	Indian Navy Joins YogaAndhra with Over 11,000 Participants 1 June 20, 2025	1.4K
2955.	Live Aaryaavart	पटना : 11वाँ अंतर्राष्ट्रीय योग दिवस – “एक पृथ्वी, एक स्वास्थ्य के लिए योग”	911
2956.	Live Aaryaavart	पटना : कर्पूरी सदन परिसर में अंतर्राष्ट्रीय योग दिवस पर कार्यक्रम का आयोजन	911
2957.	Newz Daddy	Nick and Sonic Spark Joy at India"s Biggest Yoga Celebration	439
2958.	Daily Prabhat	Visakhapatnam: PM Modi leads world"s largest ever Yoga gathering of 3 lakh peo p...	280
2959.	Daily Prabhat	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	280
2960.	Daily Prabhat	All India Institute of Ayurveda commemorates 11th International Day of Yoga with. ..	280
2961.	Daily Prabhat	11th International Yoga Day: Celebrating “Yoga for One Earth, One Health” in Ta w...	280
2962.	Daily Prabhat	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	280
2963.	Daily Prabhat	Governor General Vijay Kumar Singh leads Mizoram in celebrating International D a...	280
2964.	Daily Prabhat	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	280
2965.	Daily Prabhat	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	280
2966.	Daily Prabhat	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	280
2967.	Daily Prabhat	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	280
2968.	Daily Prabhat	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	280
2969.	Daily Prabhat	“Yoga for One Earth, One Health”: PM Modi to lead grand 11th International Yoga ...	280
2970.	Daily Prabhat	“Yoga is everywhere…”: Delegates arrive in Rishikesh ahead of Yoga Day celebra ti...	280
2971.	Daily Prabhat	ISRO joins global observance of International Day of Yoga 2025, highlights ‘Yoga. ..	280
2972.	Daily Prabhat	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	280

2973.	Daily Prabhat	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	280
2974.	Daily Prabhat	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	280
2975.	Daily Prabhat	India gears up for Yoga Day with “Yoga for One Earth, One Health” as this year"...	280
2976.	Daily Prabhat	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	280
2977.	Daily Prabhat	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	280
2978.	Daily Prabhat	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	280
2979.	Daily Prabhat	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	280
2980.	Daily Prabhat	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	280
2981.	Daily Prabhat	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	280
2982.	Daily Prabhat	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga Day	280
2983.	Daily Prabhat	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke...	280
2984.	Daily Prabhat	Haryana CM Nayab Singh Saini flags off ‘Run for Yoga" in Kurukshetra	280
2985.	Daily Prabhat	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	280
2986.	Daily Prabhat	Yoga Connect 2025: A Hybrid Global Summit on ‘Yoga for One Earth, One Health" t...	280
2987.	Daily Prabhat	“Yoga has reached hearts across the world in a decade of PM Modi"s initiative”:...	280
2988.	Daily Prabhat	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	280
2989.	Daily Prabhat	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samaves...	280
2990.	Daily Prabhat	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jun...	280
2991.	Daily Prabhat	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	280
2992.	Daily Prabhat	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	280
2993.	Daily Prabhat	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	280
2994.	Daily Prabhat	‘India gives health mantra to world in form of yoga," says Uttarakhand CM Dhami	280
2995.	Daily Prabhat	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, thanks ...	280

2996.	Daily Prabhat	India partners with WHO to mainstream Ayush globally through agreement on trad it...	280
2997.	Daily Prabhat	“This time too, zeal and enthusiasm among people all over world with regard to Y. ..	280
2998.	Daily Prabhat	PM Modi lauds Andhra"s ‘YogAndhraAbhiyan", encourages people to practice Yo ga	280
2999.	Daily Prabhat	Assam: Health Minister reviews preparedness for International Day of Yoga	280
3000.	Daily Prabhat	“Samyoga” and “Yoga Unplugged” signal a bold new direction for International Yo g...	280
3001.	Daily Prabhat	Ayush ministry launches weekly yoga podcast to promote holistic wellness	280
3002.	Daily Prabhat	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Da y	280
3003.	Daily Prabhat	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	280
3004.	Daily Prabhat	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	280
3005.	Daily Prabhat	Odisha ministers inaugurate 100-day countdown program ‘Yoga Mahotsav" in Bhu ban...	280
3006.	Daily Prabhat	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	280
3007.	Daily Prabhat	Ayush institutes organize free dental check-ups and workshops for Oral health aw. ..	280
3008.	Daily Prabhat	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	280
3009.	Daily Prabhat	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	280
3010.	North East Times	Visakhapatnam: PM Modi leads world"s largest ever Yoga gathering of 3 lakh peo p...	N/A
3011.	South India News	Visakhapatnam: PM Modi leads world"s largest ever Yoga gathering of 3 lakh peo p...	N/A
3012.	नेशनल फ्रंटियर	उत्तराखंड में लागू हुई देश की पहली योग पॉलिसी	N/A
3013.	Mumbai News	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3014.	अमर संदेश	पीएनबी ने मनाया 11वां अंतरराष्ट्रीय योग दिवस	N/A
3015.	Jharkhandtimes	Visakhapatnam: PM Modi leads world"s largest ever Yoga gathering of 3 lakh peo p...	N/A
3016.	Gujarat Samachar	Visakhapatnam: PM Modi leads world"s largest ever Yoga gathering of 3 lakh peo p...	N/A
3017.	Tampa Bay Indian	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS intervie w)	N/A

3018.	Jackson Ville Indian	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS interview)	N/A
3019.	Delhi live news	Visakhapatnam: PM Modi leads world"s largest ever Yoga gathering of 3 lakh peop...	N/A
3020.	Andhra Pradesh Mirror	Visakhapatnam: PM Modi leads world"s largest ever Yoga gathering of 3 lakh peop...	N/A
3021.	Bihar Times	Visakhapatnam: PM Modi leads world"s largest ever Yoga gathering of 3 lakh peop...	N/A
3022.	Rajasthan Ki Khabar	Visakhapatnam: PM Modi leads world"s largest ever Yoga gathering of 3 lakh peop...	N/A
3023.	Idaho Indian	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS interview)	N/A
3024.	Bihar 24x7	Visakhapatnam: PM Modi leads world"s largest ever Yoga gathering of 3 lakh peop...	N/A
3025.	New Delhi News	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3026.	Karnataka Live	Visakhapatnam: PM Modi leads world's largest ever Yoga gathering of 3 lakh people...	N/A
3027.	FinTechBizNews	Yoga Powerful Wellness Tool in Digital Age: Naidu	N/A
3028.	The Asia News	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya ANI 21...	N/A
3029.	West Bengal Khabar	Visakhapatnam: PM Modi leads world"s largest ever Yoga gathering of 3 lakh peop...	N/A
3030.	Vanakkam Tamil Nadu	Visakhapatnam: PM Modi leads world"s largest ever Yoga gathering of 3 lakh peop...	N/A
3031.	Phoenix Indian Community	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS interview)	N/A
3032.	Indian News Network	Visakhapatnam: PM Modi leads world"s largest ever Yoga gathering of 3 lakh peop...	N/A
3033.	Chicago Indian	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS interview)	N/A
3034.	India's News	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3035.	LA Indian	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS interview)	N/A
3036.	Channel 6 Network	PRESIDENT OF INDIA PARTICIPATES IN MASS YOGA DEMONSTRATION IN DEHRADUN ON INTERN...	N/A
3037.	Calcutta News	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A

3038.	Calcutta News	All India Institute of Ayurveda commemorates 11th International Day of Yoga with. ..	N/A
3039.	Udaipur Kiran	योग हमारी प्राचीन विधा है जिसे रखा गया था उपेक्षित : सुरेश राही	N/A
3040.	Skgnews	बदरी- केदार में अंतर्राष्ट्रीय योग दिवस मनाया	N/A
3041.	Youth India News	पीएनबी ने मनाया वैश्विक एकता और पर्यावरणीय कल्याण पर केंद्रित 11वां अंतर्राष्ट्र...	N/A
3042.	Ddindia	Over 1,500 join Union Sports Minister in Yogathon marking International Yoga Da y	N/A
3043.	Newspoint	Yoga Is The Essence Of Sanatan Dharma And Eternal Truth: Swami Ramdev	N/A
3044.	Dainik Bharat 24	जीवन में योग अपनाएं, निरोग रहें : डॉ ताराचंद	N/A
3045.	India's News	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Ta w...	N/A
3046.	Bharatiya Digital News	IGNCA Observes International Yoga Day with Collective Yoga Session and Speci al L...	N/A
3047.	Mumbai News	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Ta w...	N/A
3048.	CMG Times	हिमालय की चोटियों से लेकर, समुद्री पोतों तक, देश-विदेश में दिखा योग दिवस कार्यक्...	N/A
3049.	Indianapolis Post	All India Institute of Ayurveda commemorates 11th International Day of Yoga with. ..	N/A
3050.	Street Times	Grand celebration mark 11th International Yoga Day 2025 held across Doda Distri c...	N/A
3051.	Dainik Jayant	प्रेमनगर आश्रम परिसर में हुआ योगाभ्यास, नियमित योग से निरोग रहने का दिया संदेश	N/A
3052.	The Asia News	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Ta w...	N/A
3053.	Rajpath Mathura	International Yoga Day : पूरी दुनिया में योग दिवस की धूम, पीएम मोदी विशाखापत्तन ...	N/A
3054.	Infralog	ITDC Unites Around 25 PSUs In A Unique Event To Celebrate International Day Of Y...	N/A
3055.	Maverick News3	Dr Mansukh Mandaviya Performs Yoga along with over 1500 enthusiasts at Indira Ga...	N/A
3056.	Hindustan News Express	ग्रीन पार्क स्टेडियम में “एक पृथ्वी, एक स्वास्थ्य” थीम पर 11वां अंतर्राष्ट्रीय य...	N/A
3057.	New Delhi News	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Ta w...	N/A
3058.	Voice of Jaipur	The Palace School Participates in International Yoga Day Event at City Palace	N/A
3059.	Voice of Jaipur	PNB celebrates 11th International Yoga Day with Focus on Global Unity and Envir o...	N/A
3060.	Jammu Links News	International Day of Yoga: Functions held across all District Court Complexes of...	N/A

3061.	Sthairya	योग जीवनाचा अविभाज्य घटक बनवा – शिवेंद्रसिंहराजे	N/A
3062.	Hospitality News	Aloft Bengaluru Whitefield Marks International Yoga Day with a Vision for One Ea...	N/A
3063.	Mumbai News	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3064.	Mumbai News	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3065.	The Asia News	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3066.	The Asia News	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3067.	Kolkata Sun	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3068.	Kolkata Sun	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3069.	Rajasthan News(राजस्थान समाचार)	अंतरराष्ट्रीय योग दिवस पर अक्षर योग केंद्र ने बनाए 12 गिनीज वर्ल्ड रिकॉर्ड, रचा ...	N/A
3070.	India's News	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3071.	India's News	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3072.	New Delhi News	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3073.	New Delhi News	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3074.	Khair News	अंतरराष्ट्रीय योग दिवस पर अक्षर योग केंद्र ने बनाए 12 गिनीज वर्ल्ड रिकॉर्ड, रचा ...	N/A
3075.	BharatKi Baat	Nadda emphasizes India"s unique identity in yoga during NDMC"s International Y...	N/A
3076.	The Travel And Tourism Times	EVENT : INDIA TOURISM DELHI CELEBRATES 11TH INTERNATIONAL DAY OF YOGA AT ICONIC ...	N/A
3077.	IANS Live	अंतरराष्ट्रीय योग दिवस पर अक्षर योग केंद्र ने बनाए 12 गिनीज वर्ल्ड रिकॉर्ड, रचा ...	N/A
3078.	Bharat Express	Amit Shah Leads Yoga Session In Ahmedabad As World Celebrate 11th International ...	N/A
3079.	बड़े गौटिया	पांच दिवसीय निशुल्क योग प्रशिक्षण शिविर का अंतर्राष्ट्रीय योग दिवस के अवसर पर हु...	N/A
3080.	Udaipur Kiran	दिल्ली सरकार ने 11वें अंतरराष्ट्रीय योग दिवस का भव्य आयोजन किया, बीस हजार से ज्य...	N/A
3081.	Daily 24x7 News	NIA Panchkula Celebrates 11th International Day of Yoga with Grandeur	N/A
3082.	Eastern Mirror	Nagaland joins International Yoga Day celebrations	N/A

3083.	Hindi khabar	International Yoga Day 2025 :	N/A
3084.	Bharat Prakash News	नियमित योगाभ्यास बीमारियों से निजात दिलाने में सहायक – डॉ. दिनेश कुमार	N/A
3085.	Bharat Express	Gulf Nations Embrace Yoga For Well-Being On International Day Of Yoga	N/A
3086.	The Economic Times	IAS Mugdha Sinha joins International Yoga Day celebrations at The Ashok, New Del...	N/A
3087.	The Mobi World	How Many Surya Namaskar"s Should You Ideally Perform In A Day?	N/A
3088.	हिन्द प्रभात समाचार	“रजत विहार योगा केंद्र” ने “अंतरराष्ट्रीय योग दिवस-2025” जोश और उल्लास मनाया	N/A
3089.	The Newsman of India	India Unites in Spirit and Strength: Yoga Day 2025, A Testament to PM Modi"s Gl ...	N/A
3090.	The Economic Times	IAS Mugdha Sinha joins International Yoga Day celebrations at The Ashok, New Del...	N/A
3091.	कमल संदेश	योग शरीर, मन, आत्मा और मस्तिष्क, इन सभी का आपस में जोड़ है: जगत प्रकाश नड्डा	N/A
3092.	Aawazaapki	11वां अंतर्राष्ट्रीय योग दिवस “एक पृथ्वी, एक स्वास्थ्य के लिए योग"" थीम पर हु...	N/A
3093.	Newspoint	Gulf countries spotlight importance of integrating yoga into daily life	N/A
3094.	Finger Print News	AIIMS Bhubaneswar celebrates 11th International Day of Yoga with spirited fervou ...	N/A
3095.	India Strategic	International Day of Yoga Celebration at Air Force Technical College	N/A
3096.	India Strategic	International Day of Yoga Celebration at Air Force Station Jalahalli	N/A
3097.	Udaipur Kiran	योग से मिलती है शांति, इसे जीवन शैली में करें शामिल : विधायक अजय चंद्राकर	N/A
3098.	Udaipur Kiran	गुरु गोरखनाथ नगरी में विभिन्न पार्क स्थलों पर ओम फिटनेस योग संस्थान ने मनाया अंत...	N/A
3099.	Kamal Sandesh	Yoga is the union of the body, mind, soul, and intellect: Jagat Prakash Nadda	N/A
3100.	Voice Of Himalaya	उत्तराखंड में लागू हुई देश की पहली योग पॉलिसी 2025	N/A
3101.	India Saga	FHRAI Organizes Yoga Sangam on International Yoga Day 2025, Embracing “Yo ga for ...	N/A
3102.	Sarasjanvaad	अन्तरराष्ट्रीय योग दिवस पर जयपुर में योग को लेकर आमजन में दिखा उत्साह	N/A
3103.	Indian Echoes	उत्तराखंड में लागू हुई देश की पहली योग पॉलिसी 2025	N/A
3104.	South India News	All India Institute of Ayurveda commemorates 11th International Day of Yoga with. ..	N/A
3105.	Thefreedompress	Gulf countries spotlight importance of integrating yoga into daily life	N/A
3106.	AnyTV News	Salasar organized Yoga in Shri Balaji Gaushala on International Yoga Day	N/A
3107.	Channel 6 Network	Inspiring Moments: India"s Yoga Sangam Unites Millions on International Yoga D a...	N/A

3108.	Andhra Pradesh Mirror	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3109.	Maverick News3	11th International Yoga Day: Yoga is Not Just Exercise, but an Art of Healthy Li...	N/A
3110.	Udaipur Kiran	तवांग में मनाया गया योग दिवस, मुख्यमंत्री पेमा खांडू और केंद्रीय मंत्री किरेन रि...	N/A
3111.	Rajasthan Ki Khabar	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3112.	BharatKi Baat	Karnataka Governor and Health Minister inaugurate Yoga Day celebrations in Ben ga...	N/A
3113.	Udaipur Kiran	विश्व योग दिवस पर पतंजलि की इकाइयों में किया विशेष योग सत्र का आयोजन	N/A
3114.	West Bengal Khabar	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3115.	Hukmnama Samachar	सोजत : विश्वदीप गुरुकुल स्वामी महेश्वरानंद आश्रम जाडन में अन्तर्राष्ट्रीय योग दि...	N/A
3116.	Bihar 24x7	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3117.	Lokwarta	सोजत : विश्वदीप गुरुकुल स्वामी महेश्वरानंद आश्रम जाडन में अन्तर्राष्ट्रीय योग दि...	N/A
3118.	Andhravilas	Rakul Preet & Jackky Bhagnani: Fitness Couple, Yoga Day Inspiration	N/A
3119.	Gujarat Samachar	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3120.	Jammu Links News	Grand celebration mark 11th International Yoga Day 2025 held across Doda Distri c...	N/A
3121.	Jammu Links News	Fervor, gaiety mark 11th International Yoga Day celebration across Kishtwar Dist.. .	N/A
3122.	Bharat Mirror English	IIM Mumbai Successfully Observes the 11th International Day of Yoga with the Th e...	N/A
3123.	OB News	Yoga is mantra for humanity to lead better lifestyle: BJP MP Tejasvi Surya ★★★★ ★	N/A
3124.	Jharkhandtimes	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3125.	Gujarat Varta	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3126.	Jammu Links News	Kathua celebrates 11th International Day of Yoga amid overwhelming public partic ...	N/A
3127.	Rajasthan News(राजस्थान समाचार)	अंतरराष्ट्रीय योग दिवस 2025: अहमदाबाद में पश्चिम रेलवे के कर्मचारियों ने उत्साह ...	N/A
3128.	Lokwarta	फलौदी : फलौदी दुर्ग में 11 वें अंतर्राष्ट्रीय योग दिवस पर हुआ ऐतिहासिक आयोजन, जि...	N/A
3129.	The Mobi World	Yoga is mantra for humanity to lead better lifestyle: BJP MP Tejasvi Surya	N/A
3130.	Punjab Live	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3131.	Jammu Links News	Reasi Administration celebrates International Yoga Day 2025 with series of event.. .	N/A
3132.	Haryana Today	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A

3133.	Khair News	अंतरराष्ट्रीय योग दिवस 2025: अहमदाबाद में पश्चिम रेलवे के कर्मचारियों ने उत्साह ...	N/A
3134.	Hukmnama Samachar	फलौदी : फलौदी दुर्ग में 11 वें अंतर्राष्ट्रीय योग दिवस पर हुआ ऐतिहासिक आयोजन, जि...	N/A
3135.	The News Frame	अंतरराष्ट्रीय योग दिवस पर टाटा स्टील जूलॉजिकल पार्क में हुआ योग अभ्यास	N/A
3136.	Karnataka Live	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3137.	KNS News	"Yoga Unites the World": PM Modi at 11th International Yoga Day in Visakhapatnam	N/A
3138.	Upayuktha	ಸುರತ್ಕಲ್ ಎನ್ಐಟಿಕೆ ವತಿಯಿಂದ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನ ಆಚರಣೆ	N/A
3139.	Maharashtra Samachar	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3140.	India Gazette	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3141.	Lokwarta	सुमेरपुर : ब्लॉक स्तरीय अंतर्राष्ट्रीय योग दिवस मनाया,योग प्रशिक्षण की जानकारी द...	N/A
3142.	Telangana Journal	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3143.	South India News	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3144.	Chhattisgarh Today	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3145.	Delhi live news	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3146.	Kashmir Breaking News	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3147.	Kashmir Newsline	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3148.	Bihar Times	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3149.	Udaipur Kiran	योग को अपनी दैनिक दिनचर्या में शामिल कर चुस्त-दुरूस्त एवं स्वस्थ्य रहें: दयाशंकर...	N/A
3150.	Vanakkam Tamil Nadu	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3151.	India News Calling	NEWS RECEIVED FROM PUNJAB STATE UNDER THE LEADERSHIP OF C.M. SH.BHAGWANT SINGH MA...	N/A
3152.	Himachal Patrika	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3153.	Odisha Post	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3154.	North East Times	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3155.	Punjab Newsline	ARTRAC observes 11th International day of Yoga with fervour	N/A
3156.	Lokwarta	जयपुर: अन्तर्राष्ट्रीय योग दिवस पर जयपुर में योग को लेकर आमजन में दिखा उत्साह	N/A
3157.	Lokwarta	शाहाबाद: शाहाबाद ब्लॉक में अंतर्राष्ट्रीय योग दिवस पर भव्य आयोजन, संभागीय आयुक्त...	N/A
3158.	Lokwarta	चूरू: हिन्दुस्तान की योग संस्कृति सम्पूर्ण विश्व में रखती है अनूठी पहचान	N/A
3159.	Lokwarta	धौलपुर: एक पृथ्वी एक स्वास्थ्य के लिए योग" थीम पर जिले में मनाया गया ग्यारहवां ...	N/A

3160.	Indian News Network	Navy personnel celebrate International Yoga Day on-board INS Vikramaditya	N/A
3161.	Aawazaapki	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर चित्रकला प्रतियोगिता का किया आयोजन	N/A
3162.	Udaipur Kiran	अन्तरराष्ट्रीय योग दिवस पर जयपुर में योग को लेकर आमजन में दिखा उत्साह	N/A
3163.	Marketing News Online	Yashoda Medicity Hosts Yoga Sangam to Champion Preventive Healthcare on Yoga Day...	N/A
3164.	Media Express24	Yashoda Medicity Hosts Yoga Sangam to Champion Preventive Healthcare on Yoga Day...	N/A
3165.	Odisha Haat	AIIMS Bhubaneswar Celebrates 11th International Day of Yoga with Spirited Fervor	N/A
3166.	Business News This Week	Yoga Sangam at Yashoda Medicity Highlights Role of Yoga in Preventive Healthcare	N/A
3167.	Hello Kotpad	Yashoda Medicity Hosts Yoga Sangam to Champion Preventive Healthcare on Yoga Day...	N/A
3168.	Edu News	Yashoda Medicity Hosts Yoga Sangam to Champion Preventive Healthcare on Yoga Day...	N/A
3169.	Lokwarta	फलौदी: 11 वें अंतर्राष्ट्रीय योग दिवस पर फलौदी दुर्ग में ऐतिहासिक आयोजन, नागरिको...	N/A
3170.	Lokwarta	पाली: 11 वां विश्व योग दिवस – जिला स्तरीय कार्यक्रम लाखोटिया उद्यान में हजारों श...	N/A
3171.	Odisha Stand	AIIMS Bhubaneswar Celebrates 11th International Day of Yoga	N/A
3172.	The Impressive Times	CM Nayab Singh Saini Made Several Announcements at State-Level Event in Kurukshe...	N/A
3173.	Marketing News Online	Brandix Associates Join International Yoga Day Celebrations in Vizag	N/A
3174.	Couturefashion	Brandix Associates Join International Yoga Day Celebrations in Vizag	N/A
3175.	Cine Buzz News	Brandix Associates Join International Yoga Day Celebrations in Vizag	N/A
3176.	Business News This Week	Brandix Associates Join International Yoga Day Celebrations in Vizag	N/A
3177.	Hello Kotpad	Brandix Associates Join International Yoga Day Celebrations in Vizag	N/A
3178.	Encounter India	Himachal News: बद्दी में धूमधाम से मनाया गया 11वा अंतरास्ट्रीय योग दिवस	N/A
3179.	Edu News	Brandix Associates Join International Yoga Day Celebrations in Vizag	N/A
3180.	Almora Today	अंतरराष्ट्रीय योग दिवस: स्वास्थ्य मंत्री डॉ. इरफान सहित कई लोगों ने किया योगाभ्य...	N/A
3181.	चमोली न्यूज़	अंतरराष्ट्रीय योग दिवस: स्वास्थ्य मंत्री डॉ. इरफान सहित कई लोगों ने किया योगाभ्य...	N/A
3182.	Uttarakhand Talks	योगमय हुई बाबा केदारनाथ की नगरी, योगाभ्यास में उमड़ा जनसैलाब	N/A
3183.	Uttarakhand Talks	उत्तराखंड में लागू हुई देश की पहली योग पॉलिसी 2025	N/A
3184.	India Strategic	Western Naval Command Commemorates 11 th International Day of Yoga (IDY 25)	N/A

3185.	Sakshi Post	Rakul Preet Singh says grateful for being awarded Fit India couple with hubby Ja.. .	N/A
3186.	UNI	81 iconic heritage sites form backdrop for International Yoga Day celebrations	N/A
3187.	UNI	81 iconic heritage sites form backfor International Yoga Day celebrations	N/A
3188.	Explore Mizoram	Governor General (Dr) Vijay Kumar Singh (Retd) Leads Mizoram in Celebrating In te...	N/A
3189.	Yes Punjab	Rakul Preet Singh opens up about what connected her and Jackky Bhagnani	N/A
3190.	India Strategic	International Day of Yoga Celebration at Headquarters Training Command, Indian A...	N/A
3191.	India Strategic	International Day of Yoga Celebration at Command Hospital Air Force Bangalore	N/A
3192.	Calcutta News	Governor General Vijay Kumar Singh leads Mizoram in celebrating International D a...	N/A
3193.	Calcutta News	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3194.	Newspoint	Rakul Preet Singh says grateful for being awarded Fit India couple with hubby Ja.. .	N/A
3195.	G7 Newz	PM Modi to lead 11th International Yoga Day celebrations in Visakhapatnam	N/A
3196.	Kashmir Newsline	All India Institute of Ayurveda commemorates 11th International Day of Yoga with. ..	N/A
3197.	Explore Mizoram	Mizoram Governor hovin International Day of Yoga 2025 lawmna hun hmang	N/A
3198.	Andhravilas	Abhishek Bachchan Disappears in ‘Kaalidhar Laapata" Trailer – Fans Stunned!	N/A
3199.	Punjab Live	All India Institute of Ayurveda commemorates 11th International Day of Yoga with. ..	N/A
3200.	Pune News	PUNE.NEWS	N/A
3201.	India News Calling	NEWS RECEIVED FROM HARYANA STATE UNDER THE LEADERSHIP OF C. M.SH.NAYAB SINGH SAIN...	N/A
3202.	Haryana Today	All India Institute of Ayurveda commemorates 11th International Day of Yoga with. ..	N/A
3203.	DANIK KHABAR	पंजाब एवं हरियाणा उच्च न्यायालय, चंडीगढ़ परिसर में मनाया गया अंतर्राष्ट्रीय योग ...	N/A
3204.	DANIK KHABAR	हरियाणा में 11वाँ अंतर्राष्ट्रीय योग दिवस रहा कई मायनों में खास , कुरुक्षेत्र मे...	N/A
3205.	Udaipur Kiran	पंजाब एवं हरियाणा उच्च न्यायालय में मनाया गया अंतरराष्ट्रीय योग दिवस	N/A
3206.	Andhravilas	Rakul Preet Singh and Jackky Bhagnani Awarded Fit India Couple – Fans LOVE Their...	N/A
3207.	Odisha Ray	AIIMS Bhubaneswar integrating traditional Yogic practices with modern healthcare ...	N/A

3208.	दीप साहित्य	डॉ. संध्या हेल्थ गुरु का जीवन है योग को समर्पित	N/A
3209.	Phoenix Indian Community	Beloved kids" characters Chikoo, Bunty and Bittu perform yoga alongside Prime M...	N/A
3210.	Phoenix Indian Community	Beloved kids" characters Chikoo, Bunty and Bitoo perform yoga alongside Prime M...	N/A
3211.	Maharashtra Samachar	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3212.	G7 Newz	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
3213.	Thefreedompress	Rakul Preet Singh says grateful for being awarded Fit India couple with hubby Ja...	N/A
3214.	The Bharat Now	अंतरराष्ट्रीय योग दिवस पर पटियाला के लोगों ने दिखाई बेमिसाल भागीदारी	N/A
3215.	Bollywoodcountry	Rakul Preet Singh says grateful for being awarded Fit India couple with hubby Ja...	N/A
3216.	National News Vision	11वाँ अंतर्राष्ट्रीय योग दिवस – 2025 के मुख्य सैटेलाइट कार्यक्रम का आयोजन	N/A
3217.	The Democrat	योग जीवनाचा अविभाज्य घटक बनवा : ना. शिवेंद्रराजे	N/A
3218.	Punjab Newsline	Haryana Civil Secretariat Officials Participate in International Yoga Day Progra...	N/A
3219.	Samay Jagat	अंतरराष्ट्रीय योग दिवस पर पटियाला के लोगों ने दिखाई बेमिसाल भागीदारी	N/A
3220.	देव भूमि समीक्षा	बद्रीनाथ व केदारनाथ मंदिर परिसर में अंतर्राष्ट्रीय योग दिवस के अवसर पर योग कार्य...	N/A
3221.	Janjaagran	अंतरराष्ट्रीय योग दिवस पर पटियाला के लोगों ने दिखाई बेमिसाल भागीदारी	N/A
3222.	Himachal Patrika	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3223.	Udaipur Kiran	निरोगी काया के लिए प्रतिदिन योगाभ्यास का लिया संकल्प	N/A
3224.	The Samikhsya	AIIMS Bhubaneswar Celebrates 11th International Day of Yoga with Spirited Fervor	N/A
3225.	BharatKi Baat	Rajasthan CM praises PM Modi for promoting yoga"s global popularity and signifi...	N/A
3226.	Hukmnama Samachar	फलौदी: 11 वें अंतर्राष्ट्रीय योग दिवस पर फलौदी दुर्ग में ऐतिहासिक आयोजन, नागरिको...	N/A
3227.	Odisha Post	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3228.	BharatKi Baat	Mizoram celebrates International Yoga Day with various events promoting health a...	N/A
3229.	Jagruk Times	Yoga Day पर लखोटिया उद्यान में उमड़ा जनसैलाब, बारिश में भी जारी रहा उत्साह	N/A
3230.	Hukmnama Samachar	पाली: 11 वां विश्व योग दिवस - जिला स्तरीय कार्यक्रम लाखोटिया उद्यान में हजारों श...	N/A
3231.	Udaipur Kiran	प्रदेश भर में योग दिवस पर कार्यक्रमों का आयोजन	N/A

3232.	Jharkhandtimes	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3233.	Delhi live news	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3234.	Chhattisgarh Today	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3235.	Haryana Archives Hindi Samachar	Mahendragarh News : सतनाली में खंड स्तरीय योग दिवस समारोह आयोजित	N/A
3236.	Ddindia	PM Modi leads historic Yoga Day gathering in Visakhapatnam with over 3 lakh part...	N/A
3237.	News Makhani	Punjab and Haryana High Court celebrates International Yoga Day 2025 with great ...	N/A
3238.	The Impressive Times	Jiva Ayurveda Celebrates International Yoga Day Under 'One Earth, One Health" C...	N/A
3239.	Andhra Pradesh Mirror	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3240.	Rajasthan Ki Khabar	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3241.	Daily Uttarakhand	उत्तराखंड में लागू हुई देश की पहली योग पॉलिसी 2025	N/A
3242.	Denver Indian	Beloved kids" characters Chikoo, Bunty and Bittu perform yoga alongside Prime M...	N/A
3243.	Bihar Times	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3244.	Haryana Archives Hindi Samachar	Sirsa News : 11वें अंतर्राष्ट्रीय योग दिवस कार्यक्रम में सैंकड़ों बच्चों के साथ प...	N/A
3245.	Himachal Now News	International Yoga Day / अंतरराष्ट्रीय योग दिवस पर पेखुबेला में जिला स्तरीय योग ...	N/A
3246.	Tampa Bay Indian	Beloved kids" characters Chikoo, Bunty and Bittu perform yoga alongside Prime M...	N/A
3247.	Karnataka Live	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3248.	Dainik Bharat 24	सरला बिरला विश्वविद्यालय ने मनाया अंतर्राष्ट्रीय योग दिवस	N/A
3249.	Vanakkam Tamil Nadu	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3250.	Young Bharat News	पीएम मोदी के प्रयास से योग मदरसे तक पहुंचा, "नमाज अपनी जगह और योग अपनी जगह" : वस...	N/A
3251.	North East Times	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3252.	Bihar 24x7	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A

3253.	West Bengal Khabar	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3254.	West Bengal Khabar	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Taw...	N/A
3255.	Kashmir Breaking News	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3256.	Spokes Man Hindi	Patna Yoga Day News: 11वाँ अंतर्राष्ट्रीय योग दिवस “एक पृथ्वी, एक स्वास्थ्य के ल...	N/A
3257.	Odisha News Times	Prime Minister Shri Narendra Modi leads World"s largest ever Yoga Gathering of ...	N/A
3258.	Telangana Journal	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3259.	Sakshi Post	Beloved kids" characters Chikoo and Bunty perform yoga alongside Prime Minister...	N/A
3260.	Jagruk Times	International Yoga Day 2025: बाड़मेर में अंतरराष्ट्रीय योग दिवस का भव्य आयोजन	N/A
3261.	Newz IIndia 24	योग भगाए रोग रखे सबको निरोग	N/A
3262.	The Follow Up	योग कार्यक्रम में शामिल हुए मंत्री इरफान, कहा- योग केवल कसरत नहीं, जीवन को बदलने...	N/A
3263.	Gujarat Varta	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3264.	Gujarat Varta	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Taw...	N/A
3265.	Gujarat Samachar	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3266.	Newspoint	Beloved kids" characters Chikoo, Bunty and Bittu perform yoga alongside Prime M...	N/A
3267.	Kashmir Newsline	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Taw...	N/A
3268.	Sakshi Post	Dr. Mandaviya performs yoga with over 1500 enthusiasts at Indira Gandhi Stadium ...	N/A
3269.	Indian News Network	All India Institute of Ayurveda commemorates 11th International Day of Yoga with...	N/A
3270.	Punjab Live	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Taw...	N/A
3271.	Haryana Today	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Taw...	N/A
3272.	Newspoint	Beloved kids" characters Chikoo and Bunty perform yoga alongside Prime Minister...	N/A

3273.	Karnataka Live	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Taw...	N/A
3274.	Koyalanchal News	योग करके ना केवल तन, मन और शरीर को अच्छा कर सकते हैं बल्कि पूरे राष्ट्र को एक शक...	N/A
3275.	The Mobi World	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS interview)	N/A
3276.	Daily 24x7 News	Grand celebration mark 11th International Yoga Day 2025 held across Doda Distric...	N/A
3277.	हिमाचल प्रदेश (न्यूज़) समाचार	Himachal: 14500 फुट ऊंची बर्फ से लदी पहाड़ियों पर योग कर दिया संदेश	N/A
3278.	मानवाधिकार मीडिया	प्रकृति की सुरम्य गोद अबाड़ी पिकनिक स्पॉट में मना जनपद का 11वां अंतर्राष्ट्रीय य...	N/A
3279.	Telangana Journal	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Taw...	N/A
3280.	Couturefashion	International Yoga Day 2025: Arham Dhyan Yog Unites 10000+ at Yog Sangam	N/A
3281.	Cine Buzz News	International Yoga Day 2025: Arham Dhyan Yog Unites 10000+ at Yog Sangam	N/A
3282.	Kashmir Breaking News	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Taw...	N/A
3283.	IBC World News	Yoga, a combination of body-mind-soul, should be adopted, MP BY Raghavendra	N/A
3284.	Hello Kotpad	International Yoga Day 2025: Arham Dhyan Yog Unites 10000+ at Yog Sangam	N/A
3285.	Edu News	International Yoga Day 2025: Arham Dhyan Yog Unites 10000+ at Yog Sangam	N/A
3286.	Bihar Times	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Taw...	N/A
3287.	Vanakkam Tamil Nadu	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Taw...	N/A
3288.	Indias News	मानवता के लिए चुनौतियों से पार पाने का एक साधन है योग, जिसे भारतीय ऋषियों ने आदि...	N/A
3289.	Hindustan Abtak	अंतरराष्ट्रीय योग दिवस: प्रधानमंत्री श्री नरेंद्र मोदी की पहल से वैश्विक योग आंद...	N/A
3290.	Udaipur Kiran	हरित योग दिवस: पतंजलि विश्वविद्यालय ने किया पौधरोपण व गंगा सफाई कार्यक्रम	N/A
3291.	Business News This Week	International Yoga Day 2025: Arham Dhyan Yog Unites Over 10000 at Yog Sangam	N/A
3292.	Tehelka	World celebrates International Day of Yoga: ‘yoga guides the world from conflict...	N/A
3293.	Smestreet	Brandix Joins International Yoga Day Celebration Led by Andhra Government	N/A
3294.	Koyalanchal News	पूरे एसईसीएल में अंतर्राष्ट्रीय योग दिवस 2025 पर 30 से अधिक जगहों पर 16,000 से अ...	N/A
3295.	Kemmannu.com	India has taught yoga to the world: Laxmi R Hebbalkar	N/A
3296.	Hindustan Abtak	योग जीवन जीने और स्वस्थ रहने की अनूठी कला : विपुल गोयल	N/A

3297.	North East Times	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Ta w...	N/A
3298.	Pune News	Beloved kids" characters Chikoo and Bunty perform yoga alongside Prime Ministe r...	N/A
3299.	Himachal Patrika	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Ta w...	N/A
3300.	Patna Press	BRA Bihar University Marks International Yoga Day With Call for Health and Harm o...	N/A
3301.	Dainik Vishwa Pariwar	अंतरराष्ट्रीय योग दिवस : अटारी-वाघा बॉर्डर पर बीएसएफ ने भव्य योग सत्र का किया आय...	N/A
3302.	The Hawk	Beloved kids" characters Chikoo and Bunty perform yoga alongside Prime Ministe r...	N/A
3303.	Udaipur Kiran	खेल मंत्री मांडविया ने 1500 से अधिक योग साधकों के साथ किया योगाभ्यास	N/A
3304.	Chandigarh City News	Haryana will emerge as a new power in the field of logistics and supply chain- C...	N/A
3305.	Punjab Newsline	11th International Yoga Day in Haryana Marked Several Milestones	N/A
3306.	Metro Times India	INTERNATIONAL DAY OF YOGA CELEBRATION AT HEADQUARTERS TRAINI NG COMMAND, INDIAN A...	N/A
3307.	Thefreedompress	Beloved kids" characters Chikoo and Bunty perform yoga alongside Prime Ministe r...	N/A
3308.	Daily 24x7 News	Daily 24x7 News - News Website	N/A
3309.	Newspoint	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3310.	Newspoint	Dr. Mandaviya performs yoga with over 1500 enthusiasts at Indira Gandhi Stadiu m ...	N/A
3311.	Jagat Kranti News	न्यायालय परिसर में आयोजित किया 11वां अंतर्राष्ट्रीय योग दिवस	N/A
3312.	South India News	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Ta w...	N/A
3313.	Pune News	Dr. Mandaviya performs yoga with over 1500 enthusiasts at Indira Gandhi Stadiu m ...	N/A
3314.	Gujarat Samachar	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Ta w...	N/A
3315.	Odisha Post	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Ta w...	N/A
3316.	Affairrs Cloud	International Day of Yoga 2025 – June 21	N/A
3317.	Odisha Post	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3318.	Bollywoodcountry	Beloved kids" characters Chikoo and Bunty perform yoga alongside Prime Ministe r...	N/A

3319.	Daily 24x7 News	Reasi Admin celebrates International Yoga Day 2025 with series of events	N/A
3320.	Punjab Newsline	CU Punjab Organizes Grand Celebration to Commemorate 11th International Yoga Day	N/A
3321.	The Impressive Times	Dr Mansukh Mandaviya Performs Yoga along with over 1500 enthusiasts at Indira Ga...	N/A
3322.	Jharkhandtimes	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3323.	Jharkhandtimes	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Taw...	N/A
3324.	Uttarakhand Morning Post	Yoga Day: जनपद नैनीताल में अंतरराष्ट्रीय योग दिवस पर हुआ भव्य आयोजन	N/A
3325.	Chhattisgarh Today	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Taw...	N/A
3326.	Andhra Pradesh Mirror	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Taw...	N/A
3327.	Ragazone	हरियाणा में खोली जाएंगी 100 नई योग एवं व्यायाम शालाएं", अंतर्राष्ट्रीय योग दिवस...	N/A
3328.	Bihar 24x7	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Taw...	N/A
3329.	World News Network	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3330.	Punjab Newsline	Make Yoga a Way of Life for a Healthy Future: Anurag Rastogi	N/A
3331.	Udaipur Kiran	पंचायत स्तर, वार्डों और स्कूलों में आयोजित होंगे फ्री योगा शिविर : गोमा	N/A
3332.	Dainik Jayant	शिक्षकों, छात्रों, एनएसएस स्वयंसेवियों, कर्मचारियों ने सीखे योग के गुर	N/A
3333.	Delhi live news	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Taw...	N/A
3334.	Delhi live news	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3335.	Bihar Times	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3336.	Thefreedompress	Dr. Mandaviya performs yoga with over 1500 enthusiasts at Indira Gandhi Stadium ...	N/A
3337.	Rajasthan Ki Khabar	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Taw...	N/A
3338.	Indian News Network	11th International Yoga Day: Celebrating "Yoga for One Earth, One Health" in Taw...	N/A
3339.	Ne India Broadcast	CELEBRATING “YOGA FOR ONE EARTH, ONE HEALTH” IN TAWANG	N/A
3340.	शिवालिक पत्रिका	धर्मशाला में भव्य आयोजन के साथ मनाया गया 11वां राज्यस्तरीय योग दिवस: यादविंद्र ग...	N/A

3341.	BharatKi Baat	International Yoga Day celebrated enthusiastically in the Andaman Islands, promo ...	N/A
3342.	The State Times News	अंतर्राष्ट्रीय योग दिवस : SECL के योग संगम में 1500 से अधिक लोगों ने किया सामूहि...	N/A
3343.	HospiBuz	Marriott India Hotels Celebrate International Day of Yoga with "One Earth, One ...	N/A
3344.	North East Times	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3345.	Uttarakhand Morning Post	Yoga Day: रुद्रप्रयाग में अंतर्राष्ट्रीय योग दिवस पर गुलाबराय मैदान में हुआ भव्य...	N/A
3346.	Bihar 24x7	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3347.	United News Of India	हिमालय की चोटियों से लेकर, समुद्री पोतों तक, देश-विदेश में दिखा योग दिवस कार्यक्...	N/A
3348.	United News Of India	हिमालय की चोटियों से लेकर, समुद्री पोतों तक, देश-विदेश में दिखा योग दिवस कार्यक्...	N/A
3349.	Karnataka Live	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3350.	Youth India News	“योग एक पृथ्वी, एक स्वास्थ्य का संदेश है, जो समस्त मानवता को जोड़ता है”	N/A
3351.	Latestly	India News | International Yoga Day Celebrated with Fervour in Andamans	N/A
3352.	West Bengal Khabar	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3353.	शिवालिक पत्रिका	न्यायिक अधिकारियों और कर्मियों ने योग दिवस पर किया सामूहिक योगाभ्यास	N/A
3354.	Palgharnews	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3355.	शिवालिक पत्रिका	अंतरराष्ट्रीय योग दिवस पर जिला स्तरीय कार्यक्रम रथ मैदान में संपन्न	N/A
3356.	Janpad News Live	Sonbhadra News : ओबरा तापीय विद्युत स्टेशन में अंतर्राष्ट्रीय योग दिवस पर परियोज...	N/A
3357.	Andhra Pradesh Mirror	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3358.	Punjab Live	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3359.	Gujarati Samachar	Career in Yoga: માત્ર સાધના જ નહીં, કારકિર્દી પણ! યોગમાં સરકારી નોકરી મેળવવાના સ...	N/A
3360.	origin.mid-day.com	International Yoga Day 2025 | "Yoga vital for mental health, reduces stress": ...	N/A
3361.	Smestreet	Yashoda Medicity Marks International Yoga Day with Community Session	N/A
3362.	Gujarat Varta	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3363.	Telangana Journal	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A

3364.	South India News	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3365.	Chhattisgarh Today	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3366.	Kashmir Newsline	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3367.	The Lucknow Tribune	Yoga for One Earth, One Health: UPMRC Celebrates International Yoga Day with Ent...	N/A
3368.	Youth India News	अंतरराष्ट्रीय योग दिवस पर पांचाल घाट पर आयोजित योगाभ्यास कार्यक्रम में गूंजा 'एक...	N/A
3369.	Rajasthan Ki Khabar	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3370.	Vanakkam Tamil Nadu	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3371.	Haryana Today	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3372.	Himachal Patrika	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3373.	Kashmir Breaking News	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3374.	World News Network	International Yoga Day: Army conducts Yoga session at world's highest battlefiel.. .	N/A
3375.	Indian News Network	Mansukh Mandaviya performs yoga along with over 1500 enthusiasts to celebrate 11...	N/A
3376.	Prabhat Chingari	"एक पृथ्वी, एक स्वास्थ्य के लिए योग" थीम के साथ बदरीनाथ, केदारनाथ एवं ज्योतिर्मठ...	N/A
3377.	The Singori Times	निरोगी काया के लिए प्रतिदिन योगाभ्यास का लिया संकल्प	N/A
3378.	Chuppi ki Goonj	निरोगी काया के लिए प्रतिदिन योगाभ्यास का लिया संकल्प	N/A
3379.	Palgharnews	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3380.	News Plus	વડોદરા મંડળ ખાતે ૧૧મો આંતરરાષ્ટ્રીય યોગ દિવસ ઉત્સાહભેર ઉજવાયો	N/A
3381.	Kelopravah	पीएम मोदी के नेतृत्व में विकास के साथ योग के माध्यम से हो रही सांस्कृतिक विरासत ...	N/A
3382.	Udaipur Kiran	कठुआ में सभी उप-मंडलों में उत्साह के साथ मनाया गया 11वां अंतर्राष्ट्रीय योग दिवस	N/A
3383.	The Lucknow Tribune	On 11th International Yoga Day Rohilkhand University hosts collective yoga progr. ..	N/A
3384.	Jagmarg	कालका की विधायक ने अंतर्राष्ट्रीय योग दिवस के अवसर पर योग मिटाये रोग का दिया संद...	N/A
3385.	Daily 24x7 News	11th International Yoga Day in Haryana Marked Several Milestones	N/A
3386.	Kelopravah	एनटीपीसी लारा में मनाया गया अंतरराष्ट्रीय योग दिवस	N/A

3387.	Navkranti India News	अंतर्राष्ट्रीय योग दिवस : योगाभ्यास के साथ नशा मुक्ति का दिलाया गया शपथ	N/A
3388.	Uttarakhand Morning Post	Yoga Day: जनपद चम्पावत में उल्लासपूर्वक मनाया गया 11वां अंतरराष्ट्रीय योग दिवस	N/A
3389.	Daily 24x7 News	Make Yoga a Way of Life for a Healthy Future: Anurag Rastogi	N/A
3390.	The Munsif Daily	Telangana Marks International Yoga Day with Grand Event at Gachibowli Stadium	N/A
3391.	Prabhat Chingari	अंतर्राष्ट्रीय योग दिवस पर श्री बदरीनाथ धाम में हुआ भव्य योगाभ्यास कार्यक्रम	N/A
3392.	Rajpath Mathura	मथुरा में हेमामलिनी संग कमिश्नर-डीएम ने किया योग , करें योग रहें निरोग	N/A
3393.	New Delhi News	Governor General Vijay Kumar Singh leads Mizoram in celebrating International D a...	N/A
3394.	Indianapolis Post	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3395.	Indianapolis Post	Governor General Vijay Kumar Singh leads Mizoram in celebrating International D a...	N/A
3396.	India's News	Governor General Vijay Kumar Singh leads Mizoram in celebrating International D a...	N/A
3397.	Dainik Vishwa Pariwar	एम्स रायपुर ने पूरे छत्तीसगढ़ में 'योग संगम" के माध्यम से 11वां अंतर्राष्ट्रीय ...	N/A
3398.	The Impressive Times	Lok Sabha Speaker Participates in Yoga Day Celebrations at Lodhi Garden	N/A
3399.	Kolkata Sun	Governor General Vijay Kumar Singh leads Mizoram in celebrating International D a...	N/A
3400.	Mumbai News	Governor General Vijay Kumar Singh leads Mizoram in celebrating International D a...	N/A
3401.	Udaipur Kiran	हिसार : आर्ट ऑफ लिविंग को योग में उत्कृष्ट कार्यों एवं योगदान के लिए किया सम्मान...	N/A
3402.	The Asia News	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC ANI 21 Jun 2025, 15:50 ...	N/A
3403.	The Asia News	Governor General Vijay Kumar Singh leads Mizoram in celebrating International D a...	N/A
3404.	Daily 24x7 News	Grand Yoga Day event held at Attari-Wagah border	N/A
3405.	Upkibaat	Gorakhpur : योग समाज कल्याण का मार्ग दिखाता है: गोरखपुर में सीएम योगी ने किया यो...	N/A
3406.	Sindhu Reporter Live	जिल्हा क्रीडा संकुल येथे आंतरराष्ट्रीय योग दिन उत्साहात साजरा...	N/A
3407.	Patna Press	Yoga Day Celebrated with Enthusiasm at Bihar Agricultural University, Sabour	N/A
3408.	UNI	PM Modi leads India and the world in IDY celebration	N/A
3409.	UNI	PM Modi leads India and the world in IDY celebration	N/A
3410.	Singrauli Mirror	Attari-Wagah Border Yoga: अटारी-वाघा बॉर्डर पर बीएसएफ ने भव्य योग सत्र का किया आ...	N/A
3411.	The Munsif Daily	Hyderabad: International Yoga Day Celebrated Grandly at Gachibowli Stadium	N/A

3412.	Aviation & Defence Universe	Kolkata (21 June 2025):	N/A
3413.	Andhravilas	PM Modi"s Global Yoga Push: Bharat Bhushan Praises IDY Efforts	N/A
3414.	The Lucknow Tribune	Prime Minister Leads 11th International Yoga Day: A Call for Global Wellness and ...	N/A
3415.	Kashmir Newsline	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3416.	BharatKi Baat	Karnataka Governor and Health Minister inaugurate Yoga Day celebrations in Benga...	N/A
3417.	Thip Media	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS interview)	N/A
3418.	India News Calling	PGIMER Celebrates 11th International Day of Yoga with Enthusiasm and Outreach In...	N/A
3419.	India First	Yoga has found global acceptance since 2015: Nadda	N/A
3420.	Ar Live News	रेतीले धोरों, झील के अंदर और ऐतिहासिक दुर्ग पर भी योगाभ्यास	N/A
3421.	शिवालिक पत्रिका	अंतरराष्ट्रीय योग दिवस पर पेखुबेला में आयोजित हुआ जिला स्तरीय योग समारोह	N/A
3422.	Koyalanchal News	एसईसीएल में अंतर्राष्ट्रीय योग दिवस 2025 पर योग संगम कार्यक्रम में 1500 से अधिक ...	N/A
3423.	Andhravilas	HM Amit Shah Leads International Yoga Day Celebrations in Ahmedabad	N/A
3424.	Goa News Hub	Goa Tourism Celebrates 11th International Yoga Day at Socorro with Resounding Pa...	N/A
3425.	चमोली न्यूज़	योगमय हुई बाबा केदारनाथ की नगरी! योगाभ्यास में उमड़ा जनसैलाब	N/A
3426.	South India News	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3427.	India Gazette	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3428.	Dainik Jaltedeep	योग दिवस पर फलौदी दुर्ग में ऐतिहासिक आयोजन, नागरिकों ने बढ़ चढ़कर लिया भाग	N/A
3429.	Udaipur Kiran	कोयला मंत्रालय ने उत्साह और समावेशिता के साथ 11वां अंतरराष्ट्रीय योग दिवस मनाया	N/A
3430.	Almora Today	योगमय हुई बाबा केदारनाथ की नगरी! योगाभ्यास में उमड़ा जनसैलाब	N/A
3431.	Maharashtra Samachar	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3432.	Tezzbuzz	Yoga program held in different places in International Yoga Day, PM gave message	N/A
3433.	Sakshi Post	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS interview)	N/A
3434.	The Lucknow Tribune	Yoga Meets Heritage: International Yoga Day Celebrated at 81 Iconic ASI Monument...	N/A
3435.	Fast News Uttarakhand	गंगोलीहाट में योग दिवस धूमधाम से मनाया	N/A

3436.	Udaipur Kiran	विस अध्यक्ष विजेंद्र गुप्ता ने लोधी गार्डन में किया योग, बोले- ऋषियों का अमूल्य ...	N/A
3437.	Newspoint	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS interview)	N/A
3438.	Himachal Patrika	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3439.	Mumbai News	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3440.	Kolkata Sun	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3441.	New Delhi News	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3442.	Awaaz24x7	बड़ी खबर: उत्तराखण्ड में लागू हुई देश की पहली योग नीति! सीएम धामी ने किया अनावरण,...	N/A
3443.	India's News	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3444.	Thefreedompress	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS interview)	N/A
3445.	Namma Kudla English	Trump Once More Takes Credit for Indo-Pakistani Truce	N/A
3446.	Face2News	ARTRAC OBSERVES 11TH INTERNATIONAL DAY OF YOGA WITH FERVOUR	N/A
3447.	Suryaa	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS interview) ...	N/A
3448.	Udaipur Kiran	भारतीय संस्कृति की प्राचीन धरोहर का उत्सव है योग दिवस:कृष्ण पंवार	N/A
3449.	Encounter India	अंतरराष्ट्रीय योग दिवस पर पेखुबेला में आयोजित हुआ जिला स्तरीय योग समारोह	N/A
3450.	Itdc News	एम्स भोपाल में “एक पृथ्वी, एक स्वास्थ्य” थीम पर योग दिवस मनाया	N/A
3451.	Chhattisgarh Today	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3452.	Odisha Post	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3453.	Times Report	Whole world practices yoga with PM Modi: Bharat Bhushan on IDY (IANS interview)	N/A
3454.	Jharkhandtimes	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3455.	Andhra Pradesh Mirror	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3456.	Times Report	Yoga is mantra for humanity to lead better lifestyle: BJP MP Tejasvi Surya	N/A
3457.	Bihar Times	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3458.	Delhi live news	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3459.	Rajasthan Ki Khabar	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3460.	India News Calling	CUH Celebrates 11th International Yoga Day with Padma Shri Yogeshwar Dutt	N/A
3461.	Vanakkam Tamil Nadu	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3462.	Itdc News	अंतर्राष्ट्रीय योग दिवस पर भोज मुक्त विश्वविद्यालय में “योग संगम” कार्यक्रम सम्प...	N/A

3463.	Itdc News	संत हिरदाराम मेडिकल कॉलेज में हरित योग और वृक्षारोपण कार्यक्रम	N/A
3464.	NCR Express News	गलगोटिया विश्वविद्यालय ने अंतर्राष्ट्रीय योग दिवस 2025 को मनाने के लिये कार्यक्र...	N/A
3465.	North East Times	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3466.	Namma Kudla English	IDY 2025: Grand Yoga Day Celebrated at the Attari-Wagah Border	N/A
3467.	Namma Kudla English	Haryana Breaks Yoga Day Record with Patanjali Leaders at Kurukshetra	N/A
3468.	Namma Kudla English	Yoga: The Essential Pause Humanity Needs to Become Whole Again, Says PM Modi	N/A
3469.	Punjab Live	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3470.	Karnataka Live	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3471.	Kashmir Breaking News	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3472.	West Bengal Khabar	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3473.	Tripurastar News	Yoga Meets Heritage: International Yoga Day Celebrations At ASI Monuments.	N/A
3474.	Young Bharat News	सी.आई. पार्क में अंतर्राष्ट्रीय योग दिवस का भव्य आयोजन, साहित्यकार इंद्रदेव त्रि...	N/A
3475.	Gujarat Varta	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3476.	Haryana Today	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3477.	Bihar 24x7	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3478.	Gujarat Samachar	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3479.	Telangana Journal	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3480.	Indian News Network	His name is Uddhav Thackeray or Uddhav Gandhi: Shaina NC	N/A
3481.	DD News	अंतरराष्ट्रीय योग दिवस : अटारी-वाघा बॉर्डर पर बीएसएफ ने भव्य योग सत्र का किया आय...	N/A
3482.	Vishwavani News	International Yoga Day: ವಿಶಾಖಪಟ್ಟಣಂನಲ್ಲಿ 11ನೇ ಯೋಗ ದಿನಾಚರಣೆ: 29 ಕಿಮೀ ವೇದಿಕೆಯಲ್ಲಿ ...	N/A
3483.	Daily24writer	अंतरराष्ट्रीय योग दिवस पर देश-विदेश में लाखों लोगों ने किया योग	N/A
3484.	Tourism India	ITDC Leads Unique Yoga Day Celebration, Uniting 25 PSUs at The Ashok, New Delhi	N/A
3485.	Calcutta News	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3486.	Newspoint	Yoga is mantra for humanity to lead better lifestyle: BJP MP Tejasvi Surya	N/A
3487.	खबर मंत्र	अंतरराष्ट्रीय योग दिवस पर बिरसा मुंडा फन पार्क में भव्य योग कार्यक्रम, स्वास्थ्य...	N/A
3488.	Today News 24	International Yoga Day 2025: Home Minister Amit Shah Leads Yoga Day Celebrations...	N/A

3489.	OB News	International Yoga Day 2025: Students embrace asanas, awareness drives across In...	N/A
3490.	Sakshi Post	Yoga is mantra for humanity to lead better lifestyle: BJP MP Tejasvi Surya	N/A
3491.	अंजनी खबर (Anjani Khabar)	उत्तराखंड : लागू हुई देश की पहली योग पॉलिसी 2025, योग और वेलनेस की वैश्विक राजधा...	N/A
3492.	Khas Khabar	देश में योग नीति लागू करने वाला पहला राज्य बना उत्तराखंड, गैरसैंण से दुनिया में ...	N/A
3493.	The Mobi World	International Yoga Day 2025: Students embrace asanas, awareness drives across In...	N/A
3494.	Singrauli Mirror	Yoga for One Earth, One Health: PM Modi to lead grand 11th	N/A
3495.	Delhi upto Date	उत्तराखंड : लागू हुई देश की पहली योग पॉलिसी 2025, योग और वेलनेस की वैश्विक राजधा...	N/A
3496.	Maverick News3	Make Yoga an Integral Part of Life – PWD Minister Shivrendra Singhraje Bhosale	N/A
3497.	Pune News	Yoga is mantra for humanity to lead better lifestyle: BJP MP Tejasvi Surya	N/A
3498.	Delhi Bulletin	देश में योग नीति लागू करने वाला पहला राज्य बना उत्तराखंड, गैरसैंण से दुनिया में ...	N/A
3499.	Thefreedompress	Yoga is mantra for humanity to lead better lifestyle: BJP MP Tejasvi Surya	N/A
3500.	Bharat Express	IDY 2025: Yoga Vital For Mental Health, Reduces Stress, Say Union Ministers	N/A
3501.	Madhyamam Online	Indian Embassy in Kuwait hosts mega yoga day event	N/A
3502.	Udaipur Kiran	योग व आयुर्वेद में हर असाध्य बीमारी का है समाधान : डॉ. अरविंद शर्मा	N/A
3503.	Action India Live	उत्तराखंड : लागू हुई देश की पहली योग पॉलिसी 2025, योग और वेलनेस की वैश्विक राजधा...	N/A
3504.	The Hawk	Yoga is mantra for humanity to lead better lifestyle: BJP MP Tejasvi Surya	N/A
3505.	Saahas Samachar	उत्तराखंड : लागू हुई देश की पहली योग पॉलिसी 2025, योग और वेलनेस की वैश्विक राजधा...	N/A
3506.	Jagat Kranti News	एक पृथ्वी, एक स्वास्थ्य के लिए योग तथा योग युक्त, नशा मुक्त हरियाणा थीम के साथ ग...	N/A
3507.	BharatKi Baat	Karnataka Governor and Health Minister participate in yoga session in Bengaluru.	N/A
3508.	Samaj Jagran	नोएडा सेक्टर 43। अन्तर्राष्ट्रीय योग दिवस पर सैकड़ो योग साधकों ने किया गया योगा...	N/A
3509.	Indias News	पीएम मोदी के प्रयास से योग मदरसे तक पहुंचा, अभ्यास से किसी धर्म को कोई नुकसान नह...	N/A
3510.	Midlinenews	കുവൈറ്റിൽ 11-ആം അന്താരാഷ്ട്ര യോഗദിനം ആഘോഷിച്ചു.	N/A
3511.	Naya Bharat	अंतर्राष्ट्रीय योग दिवस 2025 : पूर्व मंत्री और विधायक कुरूद श्री अजय चंद्राकर जि...	N/A
3512.	BW Hotelier	ITDC hosts Yoga Day session with PSUs at The Ashok, New Delhi	N/A
3513.	Uttarakhand Times Live	एम्स ऋषिकेश में योग दिवस पर 600 से अधिक स्टाफ ने किया योगाभ्यास, निदेशक ने योग क...	N/A
3514.	Etnownews	Yoga Day 2025: अनिल अग्रवाल से लेकर सावित्री जिंदल तक, इन दिग्गज बिजनेस टाइकून न...	N/A
3515.	Public Tv	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel, f...	N/A

3516.	Mumbai News	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3517.	Parpanch	Kanpur : योगमय हुआ ग्रीनपार्क	N/A
3518.	लीजेंड न्यूज़	अंतर्राष्ट्रीय योग दिवस: सीएम योगी ने गोरखपुर के गोरखनाथ मंदिर में किया योगाभ्या...	N/A
3519.	Indian PSU	ITDC Unites Around 25 PSUs In A Unique Event To Celebrate International Day Of Y...	N/A
3520.	Spokes Man Hindi	International Yoga Day 2025 News: अंतरराष्ट्रीय योग दिवस भारत में अलग-अलग जगह हु...	N/A
3521.	Face2News	“YOGA MUST BE AN INTEGRAL PART OF LIFE FOR PHYSICAL AND MENTAL WELL-BEING”: GYAN...	N/A
3522.	Indians In Kuwait	Thousands Join International Yoga Day Celebration at Salmiya Boulevard	N/A
3523.	Udaipur Kiran	एनडीएमसी ने आठ प्रमुख स्थानों पर 10 हजार प्रतिभागियों के साथ मनाया अंतरराष्ट्रीय...	N/A
3524.	India's News	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3525.	Dainik Bharat 24	योग केवल कसरत नहीं, जीवन को बदलने वाली भारतीय विद्या है : डॉ. इरफान अंसारी	N/A
3526.	International Business Times	IDY 2025: BSF, Indian Army, local villagers celebrate Grand Yoga Day event held ...	N/A
3527.	New Delhi News	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3528.	India News Calling	NEWS RECEIVED FROM HARYANA STATE UNDER THE LEADERSHIP OF C. M.SH.NAYAB SINGH SAIN...	N/A
3529.	India Gazette	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3530.	Udaipur Kiran	न्यायिक अधिकारियों और कर्मियों ने योग दिवस पर किया सामूहिक योगाभ्यास	N/A
3531.	Udaipur Kiran	11 वां अंतरराष्ट्रीय योग दिवस का जिला स्तरीय समारोह टाउन हॉल मंडी में हर्षोल्लास...	N/A
3532.	Tennews.in	International Yoga Day: नोएडा स्टेडियम में मंत्री कुंवर बृजेश सिंह और डीएम मनीष ...	N/A
3533.	Kolkata 24x7	যোগ দিবসে ‘ব্রাত্য" দিলীপের মোদী প্রশংসা	N/A
3534.	Chanakya Mantra	11वें विश्व योग दिवस पर हल्द्वानी समेत पूरे नैनीताल जिले में योग का उत्साह, लोगो...	N/A
3535.	India Daily Mail	International Yoga Day 2025: ITBP do yoga train at elevation of over 14,000 toes	N/A
3536.	News DNN TV	राष्ट्रीय आयुर्वेद संस्थान : जंतर मंतर बना योग और संस्कृति का संगम स्थल	N/A
3537.	Himachal Patrika	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3538.	Udaipur Kiran	राष्ट्रीय आयुर्वेद संस्थान : जंतर मंतर बना योग और संस्कृति का संगम स्थल	N/A
3539.	The Asia News	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A

3540.	The Asia News	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3541.	BharatKi Baat	10,000 participants practice yoga at JNPA event in Navi Mumbai, promoting healt h...	N/A
3542.	Face2News	MAKE YOGA A WAY OF LIFE FOR A HEALTHY FUTURE: CHIEF SECRETARY ANURAG RASTOGI	N/A
3543.	AZAD सिपाही	प्रधानमंत्री मोदी का अंतरराष्ट्रीय योग दिवस पर विशाखापत्तनम में उद्बोधन-'योग ने ...	N/A
3544.	Keekli	IIAS Shimla Marks Yoga Day 2025 with Grand Celebration	N/A
3545.	Desh ki Aawaz	International Yoga Day: રાજકોટ રેલવે ડિવિઝન દ્વારા 'આંતરરાષ્ટ્રીય યોગ દિવસ" ની ...	N/A
3546.	लीजेंड न्यूज़	योग केवल शरीर की ही नहीं, आत्मा की शुद्धि का भी मार्ग है: लोकसभा अध्यक्ष	N/A
3547.	The Impressive Times	PNB celebrates 11th International Yoga Day with Focus on Global Unity and Envir o...	N/A
3548.	India First	Guv, deputy CMs lead Yoga Day celebrations in Bihar	N/A
3549.	Tripurastar News	Ministry of Coal Celebrates 11th International Day of Yoga with Zeal and Inclusi...	N/A
3550.	Gaon Junction	अंतरराष्ट्रीय योग दिवस 2025: योग बना युवाओं के लिए सुनहरा करियर विकल्प, जानें कै...	N/A
3551.	Tezzbuzz	International Yoga Day 2025: Students embrace asanas, awareness drives across In...	N/A
3552.	Chhattisgarh Today	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3553.	Rajasthan Ki Khabar	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3554.	Odisha Post	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3555.	Face2News	11TH INTERNATIONAL YOGA DAY IN HARYANA MARKED SEVERAL MILEST ONES, CM MADE SEVERA...	N/A
3556.	The Internal News	अन्तर्राष्ट्रीय योग दिवस पर महाराजा गंगा सिंह विश्वविद्यालय में संबद्ध महाविद्या...	N/A
3557.	West Bengal Khabar	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3558.	Kolkata Sun	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3559.	Bihar 24x7	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3560.	Arthparkash	योग दिवस 2025 पर योग ने दुनिया को एकजुट किया	N/A
3561.	United News Of India	अंतरराष्ट्रीय योग दिवस पर देश-विदेश में लाखों लोगों ने किया योग	N/A
3562.	United News Of India	अंतरराष्ट्रीय योग दिवस पर देश-विदेश में लाखों लोगों ने किया योग	N/A

3563.	Bharat Speaks	Global Harmony Through Asanas: International Yoga Day 2025 Breaks Records and Bo...	N/A
3564.	Telangana Journal	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3565.	Gujarat Varta	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3566.	Kashmir Newsline	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3567.	Desh ki Aawaz	International Yoga Day: राजकोट रेल मंडल पर उत्साहपूर्वक मनाया गया 'अंतर्राष्ट्री...	N/A
3568.	Jharkhandtimes	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3569.	News Makhani	Make Yoga a Way of Life for a Healthy Future: Chief Secretary Anurag Rastogi	N/A
3570.	Udaipur Kiran	एसपीयू में मनाया 11वां अंतर्राष्ट्रीय योग दिवस	N/A
3571.	India's News	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3572.	Karnataka Live	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3573.	Mumbai News	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3574.	Haryana Today	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3575.	News Makhani	11th International Yoga Day in Haryana Marked Several Milestones	N/A
3576.	Ranchi Express	प्रधानमंत्री मोदी का अंतरराष्ट्रीय योग दिवस पर विशाखापत्तनम में उद्बोधन-योग ने प...	N/A
3577.	Maharashtra Samachar	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3578.	Vanakkam Tamil Nadu	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3579.	Punjab Live	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3580.	Bihar Times	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3581.	हिमाचल प्रदेश (न्यूज़) समाचार	International Yoga Day: राज्यपाल और सीएम सुक्खू सहित हिमाचल में 2 लाख से अधिक लो...	N/A
3582.	Indianapolis Post	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3583.	Delhi live news	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A

3584.	Kashmir Breaking News	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3585.	Jan Bhadas	निरोगी काया के लिए प्रतिदिन योगाभ्यास का लिया संकल्प	N/A
3586.	New Delhi News	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3587.	Young Bharat News	रूहेलखंड विश्वविद्यालय ने अंतर्राष्ट्रीय योग दिवस पर रचा इतिहास: 51,000 प्रतिभाग...	N/A
3588.	Real Mirror News	IIM Mumbai Successfully Observes the 11th International Day of Yoga with the Th e...	N/A
3589.	Udaipur Kiran	11वें विश्व योग दिवस पर लोगों ने सीखे स्वस्थ्य रहने के गुर	N/A
3590.	Himachal Patrika	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3591.	North East Times	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3592.	South India News	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3593.	UNI	Yoga Day celebrated at College of Air Warfare	N/A
3594.	Udaipur Kiran	'एक पृथ्वी, एक स्वास्थ्य" की थीम पर बीएसएफ ने मनाया अंतरराष्ट्रीय योग दिवस	N/A
3595.	Khabar Padtal	योग दिवस पर नैनीताल में एकता और स्वास्थ्य का संदेश	N/A
3596.	Gujarat Samachar	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3597.	Indian News Network	National Institute of Ayurveda: Jantar Mantar becomes confluence of yoga and cul ...	N/A
3598.	The Impressive Times	CUH Celebrates 11th International Yoga Day with Padma Shri Yogeshwar Dutt	N/A
3599.	The Hans India	Yoga Vital for Health Amid Modern Lifestyle: Collector Adarsh Surabhi	N/A
3600.	Internet Do	Grand Yoga Camp at Fateh Sagar on International Yoga Day	N/A
3601.	Uttarakhand kesari	*विश्व योग दिवस पर भगवान केदारनाथ धाम में आस्था और स्वास्थ्य का संगम, योगाभ्यास ...	N/A
3602.	OB News	HM Shah leads International Yoga Day celebrations in Ahmedabad	N/A
3603.	BW Hotelier	FHRAI and Yashoda Medicity host Yoga Sangam on International Yoga Day	N/A
3604.	Meditation Affinity	The spirit of 'Me to We" is the very soul of India: Prime Minister	N/A
3605.	Timeskerala	Yoga Day : ബീഹാറിൽ ഗവർണറും ഉപ മുഖ്യമന്ത്രിമാരും യോഗ ദിനാചരണത്തിന് നേതൃത്വം നൽകി	N/A
3606.	News DNN TV	"एक पृथ्वी, एक स्वास्थ्य" की थीम पर बीएसएफ ने मनाया अंतरराष्ट्रीय योग दिवस	N/A
3607.	Jagganews	आयुष विभाग द्वारा पांच दिवसीय योग शिविर सम्पन्न	N/A

3608.	News 127	BM D.A.V पब्लिक स्कूल भूपतवाला में उत्साह के साथ मनाया गया योग दिवस	N/A
3609.	Media Express24	The spirit of ‘Me to We" is the very soul of India: Prime Minister	N/A
3610.	Hello Kotpad	The spirit of ‘Me to We" is the very soul of India: Prime Minister	N/A
3611.	Edu News	The spirit of ‘Me to We" is the very soul of India: Prime Minister	N/A
3612.	Local Business News	The spirit of ‘Me to We" is the very soul of India: Prime Minister	N/A
3613.	Next Gen Consultancy	The spirit of ‘Me to We" is the very soul of India: Prime Minister	N/A
3614.	Onlinenews9	The spirit of ‘Me to We" is the very soul of India: Prime Minister	N/A
3615.	Business News This Week	The spirit of ‘Me to We" is the very soul of India: Prime Minister	N/A
3616.	Marketing News Online	The spirit of ‘Me to We" is the very soul of India: Prime Minister	N/A
3617.	Prakhar Samachar	अंतर्राष्ट्रीय योग दिवस : पूर्व मंत्री और विधायक कुरूद अजय चंद्राकर जिला स्तरीय ...	N/A
3618.	Medical Dialogues	Union Minister Urges Embracing Yoga for Mental Strength and Emotional Balance	N/A
3619.	APN News	The spirit of ‘Me to We" is the very soul of India: Prime Minister	N/A
3620.	Devbhoomi Dialogue	योग नीति लागू करने वाला देश का पहला राज्य बना उत्तराखंड, गैरसैंण से दुनिया में ग...	N/A
3621.	khabredinraat	राष्ट्रीय आयुर्वेद संस्थान : जंतर मंतर बना योग और संस्कृति का संगम स्थल	N/A
3622.	APN News	Sharda Care Healthcity :: Yoga for All: Sharda Care – Healthcity and Sharda Univ. ..	N/A
3623.	reporterstoday	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3624.	Bharat Express	Yoga Doga:गोरखपुर में सीएम योगी ने किया योगाभ्यास , बोले- योग के जरिए भारत ने वि...	N/A
3625.	Karnataka Live	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3626.	Vishva Times	Andhra takes centre stage in Yoga Day celebrations; PM Narendra Modi to lead n at...	N/A
3627.	Aizgoanews	Goa Celebrates 11th International Yoga Day with Chief Minister"s Presence	N/A
3628.	Ddindia	Grand Yoga Day event held at Attari-Wagah border	N/A
3629.	Sarkari Doctor	Yoga is the pause button humanity needs, says PM Modi as he leads 11th Interna ti...	N/A
3630.	Utkarsh Classes	PM Modi Leads 11th International Day of Yoga Celebrations from Vizag	N/A
3631.	Vaartha	Kota : दुनिया के सबसे छोटे योग गुरु: प्रत्यक्ष विजय	N/A
3632.	Mumbai Press News	India"s house price index up 3.1 pc in Q4 FY25, Kolkata leads: RBI	N/A
3633.	The Hans India	TG gears up for Yoga Day celebrations today	N/A
3634.	Maverick News3	CM Rekha Gupta Leads Yoga Session by Yamuna on International Yoga Day	N/A

3635.	United News Of India	देश-विदेश में अंतरराष्ट्रीय योग दिवस पर पूरे मनोयोग से किया गया योगाभ्यास	N/A
3636.	United News Of India	देश-विदेश में अंतरराष्ट्रीय योग दिवस पर पूरे मनोयोग से किया गया योगाभ्यास	N/A
3637.	Maharashtra Samachar	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3638.	Suvarna Khandesh Live	आंतरराष्ट्रीय योग दिवस 2025 : भुसावळात रेल्वेचे मैदान झाले योगमय; मंत्री, उच्चपद...	N/A
3639.	Mumbai Press News	Indian stock market shrugs off midweek volatility, ends week on robust note	N/A
3640.	Punjabkesari	एक पृथ्वी, एक स्वास्थ्य के लिए योग तथा योग युक्त, नशा मुक्त हरियाणा थीम के साथ ग...	N/A
3641.	Upplus.in	Yoga Day : Jaipuria School Hosts Inspiring Wellness Workshop	N/A
3642.	Awaaz24x7	उत्तराखंड में लागू हुई देश की पहली योग पॉलिसी 2025! योग और वेलनेस की वैश्विक राज...	N/A
3643.	South India News	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3644.	Maverick News3	Amit Shah Leads Mass Yoga Session in Ahmedabad to Mark 11th International Yoga D...	N/A
3645.	सूरज वार्ता	संगम नोज पर हुआ योगा, स्वस्थ धरती और स्वस्थ शरीर का लिया गया संकल्प	N/A
3646.	Indianapolis Post	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3647.	Raibaar Uttarakhand	रुद्रप्रयाग में अंतर्राष्ट्रीय योग दिवस पर गुलाबराय मैदान में हुआ भव्य योग महोत्...	N/A
3648.	Daily 24x7 News	History will be created in Haryana on International Yoga Day: Nayab Singh Saini	N/A
3649.	Bharat Express	Yoga Day 2025 LIVE Updates: PM मोदी विशाखापट्टनम में कर रहे योग: बोले- दुनिया मे...	N/A
3650.	Delhi live news	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3651.	Mumbai News	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3652.	Udaipur Kiran	जींद के योग साधकों को लेकर कुरुक्षेत्र गई 80 बसें	N/A
3653.	Bihar Times	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3654.	Andhra Pradesh Mirror	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3655.	Jharkhandtimes	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3656.	Vanakkam Tamil Nadu	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3657.	World News Network	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3658.	The Asia News	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A

3659.	Palgharnews	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3660.	Navodaya Times	केदारनाथ में आस्था और स्वास्थ्य का संगम, श्रद्धालुओं ने किया योगाभ्यास	N/A
3661.	Rajasthan Ki Khabar	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3662.	North East Times	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3663.	Chhattisgarh Today	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3664.	Mumbai Varta	राजकोट रेल मंडल पर उत्साहपूर्वक मनाया गया 'अंतर्राष्ट्रीय योग दिवस"।	N/A
3665.	Mumbai Press News	Operation Sindoor: 517 Indians Evacuated From Iran So Far Amid Escalating Iran -I...	N/A
3666.	Punjab Live	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3667.	India's News	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3668.	India's News	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3669.	Network10	अंतरराष्ट्रीय योग दिवस: मैसूर पैलेस में अंतरराष्ट्रीय योग दिवस पर जुटे लोग	N/A
3670.	BharatKi Baat	Bihar Guv and deputy CMs spearhead Yoga Day celebrations across the state.	N/A
3671.	West Bengal Khabar	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3672.	West Bengal Khabar	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3673.	Gujarat Samachar	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3674.	Kashmir Breaking News	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3675.	Gujarat Varta	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3676.	Gujarat Varta	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3677.	Telangana Journal	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3678.	Thip Media	IDY2025: Yoga vital for mental health, cuts down stress, say Ministers	N/A
3679.	Satyaday	International Yoga Day 2025: યોગ દિવસનો આર્થિક પ્રભાવ: ભારતનો યોગ ઉદ્યોગ હજારો ક...	N/A
3680.	Bihar 24x7	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A

3681.	khabargujarat	ITRA ખાતે સાંસદ સહિતે કરી યોગ દિવસની ઉજવણી – VIDEO	N/A
3682.	Investment Guru India	IDY2025: Yoga vital for mental health, cuts down stress, say Ministers	N/A
3683.	Calcutta News	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3684.	Calcutta News	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3685.	Calcutta News	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3686.	Kashmir Newsline	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3687.	Kashmir Newsline	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3688.	Haryana Today	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3689.	APN News	Yog Mahasangam – A Grand Celebration of International Day of Yoga in Noida Conti...	N/A
3690.	New Delhi News	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3691.	UNI	Yoga Day celebrated across Karnataka with message of global unity	N/A
3692.	Chanakya Mantra	प्रधानमंत्री मोदी का अंतरराष्ट्रीय योग दिवस पर विशाखापत्तनम में उद्बोधन-'योग ने ...	N/A
3693.	Karnataka Live	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3694.	Telangana Journal	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3695.	Indian News Network	Yoga is our heritage: Rajasthan Dy CM Diya Kumari celebrates 11th International ...	N/A
3696.	First Piper	Karnataka Governor, Health Minister, enthusiasts participate in yoga demonstrati...	N/A
3697.	Bharat Express	Yoga asana: सर्वांगासन से बढ़ाएं अपनी याददाश्त, कम करें तनाव और रखें दिल का ख्या...	N/A
3698.	247news	Karnataka Governor, Health Minister, enthusiasts participate in yoga demonstrati...	N/A
3699.	Chhattisgarh Today	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3700.	Haryana Today	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3701.	Mumbai News	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3702.	News DNN TV	पुलिस में आयोजित हुआ योग दिवस, गन्ना विकास मंत्री समेत अधिकारियों ने किया योग	N/A
3703.	Indianapolis Post	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3704.	Punjab Live	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A

3705.	Udaipur Kiran	गुरुग्राम: चौधरी सुरेंद्र सिंह क्रिकेट पैवेलियन में हुआ भव्य योग समारोह	N/A
3706.	Kashmir Breaking News	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3707.	Tarunmitra	पुलिस में आयोजित हुआ योग दिवस, गन्ना विकास मंत्री समेत अधिकारियों ने किया योग	N/A
3708.	Udaipur Kiran	नाहन में योग दिवस का आयोजन, विधायक अजय सोलंकी और सांसद सुरेश कश्यप ने किया योगाभ...	N/A
3709.	Sakshi Post	IDY2025: Yoga vital for mental health, cuts down stress, say Ministers	N/A
3710.	Sakshi Post	IDY 2025: Grand Yoga Day event held at Attari-Wagah border	N/A
3711.	Daily World	IDY2025: Yoga vital for mental health, cuts down stress, say Ministers - Agencies...	N/A
3712.	Pune News	IDY2025: Yoga vital for mental health, cuts down stress, say Ministers	N/A
3713.	Himachal Patrika	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3714.	North East Times	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3715.	News DNN TV	गुरुग्राम: चौधरी सुरेंद्र सिंह क्रिकेट पैवेलियन में हुआ भव्य योग समारोह	N/A
3716.	Maharashtra Samachar	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3717.	Mumbai Press News	Mumbai Press – Latest News, News Today , 24 hours news	N/A
3718.	Odisha Post	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3719.	Newspoint	IDY 2025: Grand Yoga Day event held at Attari-Wagah border	N/A
3720.	Newspoint	IDY2025: Yoga vital for mental health, cuts down stress, say Ministers	N/A
3721.	Gujarat Samachar	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3722.	South India News	International Yoga Day: Army conducts Yoga session at world's highest battlefiel...	N/A
3723.	BharatKi Baat	Nadda states yoga gained worldwide acceptance since 2015, highlighting its growi ...	N/A
3724.	Suryaa	IDY 2025: Grand Yoga Day event held at Attari-Wagah border National | IANS | Pub...	N/A
3725.	Bihar 24x7	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3726.	Rajasthan Ki Khabar	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3727.	Rajasthan Ki Khabar	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3728.	Thefreedompress	IDY2025: Yoga vital for mental health, cuts down stress, say Ministers	N/A
3729.	Thefreedompress	IDY 2025: Grand Yoga Day event held at Attari-Wagah border	N/A
3730.	The Hawk	IDY 2025: Grand Yoga Day event held at Attari-Wagah border	N/A
3731.	Bihar Times	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A

3732.	News Makhani	History will be created in Haryana on International Yoga Day: Nayab Singh Saini	N/A
3733.	Bollywoodcountry	IDY2025: Yoga vital for mental health, cuts down stress, say Ministers	N/A
3734.	Andhra Pradesh Mirror	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3735.	Jharkhandtimes	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3736.	Bilkul	IDY 2025: Grand Yoga Day event held at Attari-Wagah border	N/A
3737.	Vanakkam Tamil Nadu	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3738.	Delhi live news	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3739.	The Asia News	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3740.	Indian News Network	International Yoga Day: Army conducts Yoga session at world"s highest battlefie...	N/A
3741.	Times Report	IDY2025: Yoga vital for mental health, cuts down stress, say Ministers	N/A
3742.	News DNN TV	अंतरराष्ट्रीय योग दिवस: राजस्थान के राज्यपाल-मुख्यमंत्री ने किया योगाभ्यास	N/A
3743.	The Newsman of India	JNPA Celebrates International Yoga Day 2025 with “Yoga Sangam” and Inaugurates N...	N/A
3744.	Times Report	IDY 2025: Grand Yoga Day event held at Attari-Wagah border	N/A
3745.	West Bengal Khabar	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3746.	Gujarat Varta	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3747.	Young Bharat News	योग की दिव्यता में डूबा शाहजहांपुर, मंत्री से लेकर अफसर और मास्टर जी तक सबने खीं...	N/A
3748.	New Delhi News	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3749.	Bihar 24x7	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3750.	Vaartha	Yoga Day : ‘योग भारत की ऋषि परंपरा की देन : सीएम योगी	N/A
3751.	Udaipur Kiran	फरीदाबाद : प्रधानमंत्री नरेंद्र मोदी की पहल से वैश्विक योग आंदोलन की प्रेरणा बना...	N/A
3752.	Vishva Times	HM Amit Shah leads International Yoga Day celebrations in Ahmedabad	N/A
3753.	Telangana Journal	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3754.	Karnataka Live	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3755.	Jharkhandtimes	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A

3756.	Vanakkam Tamil Nadu	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3757.	Bihar Times	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3758.	Haryana Today	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3759.	Kashmir Breaking News	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3760.	Kashmir Newsline	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3761.	Chhattisgarh Today	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3762.	Vocal News	उत्तराखंड में लागू हुई देश की पहली योग पॉलिसी 2025, योग और वेलनेस की वैश्विक राज...	N/A
3763.	Delhi live news	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3764.	Punjab Live	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3765.	The Mobi World	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3766.	Kolkata Sun	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3767.	Vbn Mews	सरायकेला में अंतर्राष्ट्रीय योग दिवस पर जिला स्तर पर हुआ भव्य आयोजन, उपायुक्त व ...	N/A
3768.	Himachal Patrika	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3769.	Maharashtra Samachar	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3770.	Jammu Links News	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3771.	North East Times	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3772.	The Hawk	HM Shah leads International Yoga Day celebrations in Ahmedabad	N/A
3773.	Odisha Post	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3774.	Outlook Hindi	सियाचिन से शाही कांगड़ी तक: भारतीय सेना ने सबसे कठिन इलाकों में किया योग अभ्यास	N/A
3775.	Vishva Times	PM Narendra Modi to lead 11th International Yoga Day celebrations in Visakhapatn...	N/A
3776.	Gujarat Samachar	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A

3777.	South India News	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3778.	Indian News Network	Indian Navy joins YogAndhra with participation of over 11,000 naval personnel an...	N/A
3779.	Today News 24	International Yoga Day 2025: ISRO Joins Global Observance of IDY, Highlights 'Yo...	N/A
3780.	Punjab Live	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3781.	Mumbai News	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3782.	BharatKi Baat	Karnataka Governor and Health Minister participate in yoga session in Bengaluru.	N/A
3783.	Indianapolis Post	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3784.	origin.mid-day.com	From Siachen to Shahi Kangri: On International Yoga Day 2025, Indian Army practi...	N/A
3785.	Gujarat Samachar	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3786.	Latestly	India News | Indian Navy Joins YogAndhra with Participation of over 11,000 Naval ...	N/A
3787.	The Asia News	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains ANI 2...	N/A
3788.	Latestly	India News | International Yoga Day: Swami Chidanand Saraswati and Others Perfor...	N/A
3789.	World News Network	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains – Wor...	N/A
3790.	Johar Live	अंतरराष्ट्रीय योग दिवस 2025: PM मोदी और राष्ट्रपति मुर्मू ने किया योग अभ्यास	N/A
3791.	Palgharnews	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains – Wor...	N/A
3792.	Hot Scup	Yoga se Fit India: PM Modi ne Visakhapatnam mein kiya lead!	N/A
3793.	New Delhi News	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3794.	India's News	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3795.	Jammu Links News	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3796.	DD News	अंतरराष्ट्रीय योग दिवस पर बोले ओम बिरला- योग आत्मा की शुद्धि और जीवन में संतुलन ...	N/A
3797.	Bihar Times	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3798.	Jharkhandtimes	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3799.	Delhi live news	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3800.	Jammu Links News	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A

3801.	Sakshi Post	HM Shah leads International Yoga Day celebrations in Ahmedabad	N/A
3802.	Maharashtra Samachar	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3803.	Udaipur Kiran	प्रधानमंत्री मोदी ने योग को सार्वभौमिक बनाया, भारत नया विश्व रिकॉर्ड बनाने के कर...	N/A
3804.	South India News	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3805.	Newspoint	HM Shah leads International Yoga Day celebrations in Ahmedabad	N/A
3806.	The Hans India	HM Shah leads International Yoga Day celebrations in Ahmedabad	N/A
3807.	Bihar 24x7	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3808.	Rajasthan Ki Khabar	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3809.	Vanakkam Tamil Nadu	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3810.	North East Times	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3811.	DD News	गोरखपुर में सीएम योगी ने योगाभ्यास किया, बोले- योग के जरिए भारत ने दुनिया को दिख...	N/A
3812.	Chhattisgarh Today	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3813.	Andhra Pradesh Mirror	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3814.	Indian Defence News	Over 11,000 Navy Personnel, Their Families To Join Yoga Day Event In Andhra	N/A
3815.	News Arena India	Yoga leads us from ‘me to we," says PM Modi in Visakhapatnam	N/A
3816.	Telangana Journal	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3817.	West Bengal Khabar	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3818.	Odisha Post	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3819.	परिवर्तन चक्र	विश्व योग दिवस : भारत की प्राचीन धरोहर का वैश्विक उत्सव	N/A
3820.	Tarunmitra	प्रधानमंत्री मोदी ने कहा अंतरराष्ट्रीय योग दिवस पर "योग ने पूरे विश्व को जोड़ा'...	N/A
3821.	Gujarat Varta	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3822.	Karnataka Live	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3823.	Thefreedompress	HM Shah leads International Yoga Day celebrations in Ahmedabad	N/A
3824.	Times Report	HM Shah leads International Yoga Day celebrations in Ahmedabad	N/A
3825.	The Printlines	CM योगी ने गोरखपुर में किया योगाभ्यास , बोले- योग के जरिए भारत ने विश्व कल्याण क...	N/A
3826.	Kashmir Newsline	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3827.	Haryana Today	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3828.	Kashmir Breaking News	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A
3829.	Indian News Network	From Siachen to Shahi Kangri: Army practices yoga across toughest terrains	N/A

3830.	Idrw	Over 11,000 Navy Personnel, Their Families To Join Yoga Day Event In Andhra	N/A
3831.	Meghalaya Daily	CBC Shillong to Celebrate 11th International Day of Yoga with Ramakrishna Missi o...	N/A
3832.	Eastern Mirror	Narendra Modi to lead 11th International Yoga Day celebrations in Visakhapatna m	N/A
3833.	Disha daily Latest Telugu News	కరీంనగర్ యోగా డే వేడుకల్లో కేంద్ర మంత్రి బండి సంజయ్ ఆసక్తికర వ్యాఖ్యలు	N/A
3834.	origin.mid-day.com	International Yoga Day 2025: Indo-Tibetan Border Police perform yoga at altitude. ..	N/A
3835.	Bharat Express	'Yoga For One Earth, One Health": India Celebrates 11th International Day Of Yo. ..	N/A
3836.	Udaipur Kiran	प्रधानमंत्री मोदी का अंतरराष्ट्रीय योग दिवस पर विशाखापत्तनम में उद्बोधन-'योग ने ...	N/A
3837.	Indias News	गोरखपुर में सीएम योगी ने किया योगाभ्यास , बोले- योग के जरिए भारत ने विश्व कल्याण...	N/A
3838.	Global Green News	PM Modi to Lead 11th International Day of Yoga Celebrations from Visakhapatna m T...	N/A
3839.	Global Green News	IYD 2025: Thousands Of Participants To Practice Yoga At Iconic Historical Sites .. .	N/A
3840.	Cliq India	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
3841.	Airr News	From improving digestion to relieving stress the miraculous benefits of Sukhasan.. .	N/A
3842.	Tampa Bay Indian	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
3843.	Kentucky Indian	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
3844.	World News Network	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3845.	The Hans India	Indian Navy to join 'YogaAndhra" with the participation of over 11,000 naval pe...	N/A
3846.	The Times of India	Nearly one in every four persons in India incorporating yoga, reveals Ayush mini...	N/A
3847.	Palgharnews	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3848.	Newz 9	Unveiling the Fusion of Legacy and Lifestyle: PM Modi's Yoga Day Celebration of ...	N/A
3849.	Ddindia	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3850.	Tezzbuzz	International Yoga Day: PM Modi To Lead Grand Celebration From Vishakhapatn am	N/A
3851.	Central Chronicle	Thousands of participants to practice Yoga at iconic historical sites tomorrow –	N/A
3852.	Calcutta News	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A

3853.	Calcutta News	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3854.	Calcutta News	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3855.	Money9 Live	दिल्ली से विशाखापत्तनम तक योग की धूम, PM मोदी 3 लाख लोगों के साथ करेंगे योग, गिन...	N/A
3856.	Palgharnews	“Yoga is everywhere…”: Delegates arrive in Rishikesh ahead of Yoga Day celebrati...	N/A
3857.	World News Network	“Yoga is everywhere…”: Delegates arrive in Rishikesh ahead of Yoga Day celebrati...	N/A
3858.	Karnataka Live	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3859.	Jackson Ville Indian	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
3860.	Kashmir Newsline	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3861.	Ddindia	Yoga for One Earth, One Health: PM Modi to lead grand 11th International Day of ...	N/A
3862.	Phoenix Indian Community	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
3863.	Punjab Live	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3864.	Kashmir Breaking News	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3865.	Haryana Today	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3866.	Pune News	PM Modi to lead 11th International Yoga Day celebrations in Visakhapatnam	N/A
3867.	India's News	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3868.	Newspoint	PM Modi to lead 11th International Yoga Day celebrations in Visakhapatnam	N/A
3869.	Sakshi Post	PM Modi to lead 11th International Yoga Day celebrations in Visakhapatnam	N/A
3870.	New Delhi News	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3871.	Mumbai News	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3872.	Himachal Patrika	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3873.	India Gazette	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3874.	Kolkata Sun	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3875.	Odisha Post	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3876.	Indianapolis Post	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3877.	Tripuranet	PM Modi to Lead 11th International Yoga Day at Vizag –	N/A
3878.	Maharashtra Samachar	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3879.	Today Studio	अंतरराष्ट्रीय योग दिवस : पीएम मोदी के साथ आज तीन लाख लोग करेंगे योग, इतने हजार स...	N/A

3880.	Gujarat Samachar	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3881.	South India News	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3882.	Thefreedompress	PM Modi to lead 11th International Yoga Day celebrations in Visakhapatnam	N/A
3883.	The Asia News	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3884.	The Asia News	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3885.	The Better Andhra	PM Modi to lead 11th International Yoga Day celebrations in Visakhapatnam	N/A
3886.	Bihar Times	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3887.	Bihar 24x7	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3888.	Times Report	PM Modi to lead 11th International Yoga Day celebrations in Visakhapatnam	N/A
3889.	Delhi live news	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3890.	Jharkhandtimes	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3891.	Rajasthan Ki Khabar	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3892.	Vanakkam Tamil Nadu	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3893.	The Hans India	Vizag gets ready for setting world record	N/A
3894.	World News Network	“Yoga for One Earth, One Health”: PM Modi to lead grand 11th International Yoga ...	N/A
3895.	North East Times	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3896.	Chhattisgarh Today	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3897.	Andhra Pradesh Mirror	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3898.	West Bengal Khabar	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3899.	The Better Andhra	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
3900.	The Better Andhra	Andhra takes centre stage in Yoga Day celebrations; PM Modi to lead national ev e...	N/A
3901.	New Delhi News	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3902.	New Delhi News	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3903.	Telangana Journal	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3904.	Indian News Network	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A
3905.	Gujarat Varta	International Yoga Day: Indo-Tibetan Border Police perform yoga at altitude of o...	N/A

3906.	Palgharnews	“Yoga for One Earth, One Health”: PM Modi to lead grand 11th International Yoga ...	N/A
3907.	West Bengal Khabar	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3908.	Konni Vartha	@21st June 2025:Theme for IDY 2025 – “Yoga for One Earth, One Health” echoes Ind...	N/A
3909.	Telangana Journal	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3910.	Karnataka Live	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3911.	India's News	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3912.	India's News	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3913.	Maharashtra Samachar	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3914.	Kashmir Newsline	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3915.	Konni Vartha	11-ാമത് അന്താരാഷ്ട്ര യോഗ ദിനം:”ഏക ഭൂമിക്കും ഏകാരോഗ്യത്തിനുമായി യോഗ”	N/A
3916.	Punjab Live	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3917.	Kashmir Breaking News	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3918.	Haryana Today	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3919.	Mumbai News	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3920.	Mumbai News	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3921.	India Gazette	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3922.	India Gazette	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3923.	Kolkata Sun	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3924.	Kolkata Sun	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3925.	The Hans India	Indian Navy to Join ‘YogaAndhra" with the participation of over 11,000 Naval Pe...	N/A

3926.	Indianapolis Post	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3927.	Indianapolis Post	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3928.	Indianapolis Post	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3929.	Odisha Post	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3930.	Odisha Post	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3931.	Himachal Patrika	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3932.	South India News	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3933.	Punjab Live	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3934.	Maharashtra Samachar	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3935.	Gujarat Samachar	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3936.	Gujarat Samachar	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3937.	South India News	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3938.	The Asia News	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3939.	Bihar 24x7	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3940.	Bihar Times	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3941.	Rajasthan Ki Khabar	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3942.	Rajasthan Ki Khabar	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3943.	Bihar 24x7	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3944.	Delhi live news	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3945.	Delhi live news	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A

3946.	Jharkhandtimes	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3947.	Jharkhandtimes	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3948.	Vanakkam Tamil Nadu	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3949.	The Asia News	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3950.	North East Times	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3951.	North East Times	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3952.	World News for All	Copyright © 2025 World News for All	N/A
3953.	Chhattisgarh Today	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3954.	Andhra Pradesh Mirror	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3955.	Andhra Pradesh Mirror	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3956.	Gujarat Varta	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3957.	Indian News Network	"Yoga for One Earth, One Health": PM Modi to lead grand 11th International Yoga ...	N/A
3958.	The Mobi World	ASI to host Yoga Day celebrations at 81 historic sites, entry fee waived across ...	N/A
3959.	Mumbai News	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3960.	West Bengal Khabar	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3961.	India Gazette	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3962.	Vanakkam Tamil Nadu	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3963.	Gujarat Varta	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3964.	Kolkata Sun	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3965.	India's News	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3966.	Karnataka Live	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3967.	Kashmir Newsline	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A

3968.	New Delhi News	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3969.	Bihar Times	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3970.	West Bengal Khabar	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3971.	Bihar 24x7	ISRO joins global observance of International Day of Yoga 2025, highlights 'Yoga. ..	N/A
3972.	Gujarat Varta	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3973.	Haryana Today	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3974.	Haryana Today	International Yoga Day: Swami Chidanand Saraswati and others perform Yoga at Gan...	N/A
3975.	South India News	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3976.	Telangana Journal	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3977.	Telangana Journal	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3978.	Karnataka Live	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3979.	Kashmir Breaking News	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3980.	Chhattisgarh Today	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3981.	Himachal Patrika	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3982.	Indian News Network	"Yoga is everywhere...": Delegates arrive in Rishikesh ahead of Yoga Day celebra ...	N/A
3983.	Vanakkam Tamil Nadu	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3984.	Kashmir Newsline	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3985.	Jharkhandtimes	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3986.	Bihar Times	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3987.	Haryana Today	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3988.	Delhi live news	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3989.	North East Times	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3990.	Kashmir Breaking News	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A

3991.	Himachal Patrika	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3992.	Maharashtra Samachar	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3993.	Odisha Post	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3994.	Indian News Network	ISRO joins global observance of International Day of Yoga 2025, highlights "Yog...	N/A
3995.	Market Brew	India Put Yoga on the Map - But Can It Own the Market?	N/A
3996.	Forever News	Modi to Lead Record-Breaking 11th International Day of Yoga from Visakhapatnam w...	N/A
3997.	AnyTV News	Yogandhra 2025: PM Modi welcomes in Visakhapatnam, Andhra Pradesh becomes the ce...	N/A
3998.	Phoenix Indian Community	Andhra Pradesh takes centre stage in Yoga Day celebrations	N/A
3999.	Phoenix Indian Community	ASI to host Yoga Day celebrations at 81 historic sites, entry fee waived across ...	N/A
4000.	Chicago Indian	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
4001.	Kashmir Vision	PM to lead International Day of Yoga Celebrations from Visakhapatnam	N/A
4002.	The Mobi World	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
4003.	Bharat Articles	International Yoga Day 2025 in India	N/A
4004.	Rising Kashmir	India gears up for grand 11th Int"l Day of Yoga today	N/A
4005.	Pune News	Andhra Pradesh takes centre stage in Yoga Day celebrations	N/A
4006.	The Times of India	International Yoga Day 2025 Live Updates: PM Modi to perform yoga with 3 lakh pe...	N/A
4007.	Rediff.com	ASI to host yoga at 81 sites, Amit Shah to attend near Ahmedabad	N/A
4008.	Brighter Kashmir	Yoga Blossoms in Kashmir as a Symbol of Peace	N/A
4009.	Denver Indian	ASI to host Yoga Day celebrations at 81 historic sites, entry fee waived across ...	N/A
4010.	Denver Indian	Andhra Pradesh takes centre stage in Yoga Day celebrations	N/A
4011.	Pune News	ASI to host Yoga Day celebrations at 81 historic sites, entry fee waived across ...	N/A
4012.	Idaho Indian	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
4013.	LA Indian	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
4014.	Tampa Bay Indian	ASI to host Yoga Day celebrations at 81 historic sites, entry fee waived across ...	N/A
4015.	Tampa Bay Indian	Andhra Pradesh takes centre stage in Yoga Day celebrations	N/A
4016.	The Kashmir Horizon	PM Modi to lead 11th Int"l Yoga Day celebrations from Visakhapatnam	N/A

4017.	First Piper	Archaeological Body To Host Yoga Event At 81 Historic Sites, Entry Free For All	N/A
4018.	South India News	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4019.	South India News	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4020.	Bihar 24x7	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4021.	Vanakkam Tamil Nadu	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4022.	Andhra Pradesh Mirror	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4023.	Today News 24	International Yoga Day 2025: Andhra Pradesh Takes Centre Stage in Yoga Day C eleb...	N/A
4024.	Rajasthan Ki Khabar	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4025.	Rajasthan Ki Khabar	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4026.	Channel 6 Network	11th INTERNATIONAL DAY OF YOGA CELEBRATIONS FROM VISAKHAPATN AM, PM MODI TAKES TH...	N/A
4027.	Andhra Pradesh Mirror	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4028.	Punjab Live	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4029.	Punjab Live	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4030.	Andhravilas	PM Modi Leads Yoga Day Celebrations in Vizag as Andhra Takes Centre Stage	N/A
4031.	Chhattisgarh Today	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4032.	West Bengal Khabar	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4033.	West Bengal Khabar	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4034.	Gujarat Varta	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4035.	Gujarat Varta	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4036.	Gujarat Samachar	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4037.	Gujarat Samachar	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4038.	Telangana Journal	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4039.	Telangana Journal	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4040.	Karnataka Live	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4041.	Karnataka Live	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4042.	Kashmir Breaking News	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4043.	Kashmir Breaking News	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4044.	Odisha Post	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A

4045.	Odisha Post	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4046.	Odisha Post	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4047.	Kashmir Newsline	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4048.	Kashmir Newsline	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4049.	Kashmir Newsline	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4050.	Ebm News	PM Modi To Take Part In 11th IDY Celebration At Visakhapatnam, Under 'One Earth,...	N/A
4051.	Bihar Times	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4052.	Bihar Times	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4053.	Newspoint	ASI to host Yoga Day celebrations at 81 historic sites, entry fee waived across ...	N/A
4054.	Newspoint	Andhra takes centre stage in Yoga Day celebrations; PM Modi to lead national eve...	N/A
4055.	Punjab Live	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4056.	Jharkhandtimes	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4057.	Jharkhandtimes	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4058.	Delhi live news	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4059.	Haryana Today	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4060.	Haryana Today	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4061.	Haryana Today	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4062.	Kashmir Breaking News	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4063.	Chhattisgarh Today	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4064.	Himachal Patrika	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4065.	Himachal Patrika	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4066.	Himachal Patrika	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4067.	North East Times	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4068.	North East Times	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4069.	Moomal Art News	अंतर्राष्ट्रीय योग दिवस शनिवार को—	N/A
4070.	Insightonlinenews	Andhra takes centre stage in Yoga Day celebrations; PM Modi to lead national eve...	N/A
4071.	UNI	Telangana plans grand celebrations for International Day of Yoga at Gachibowli s...	N/A

4072.	Sakshi Post	ASI to host Yoga Day celebrations at 81 historic sites, entry fee waived across ...	N/A
4073.	Sakshi Post	Andhra takes centre stage in Yoga Day celebrations; PM Modi to lead national ev e...	N/A
4074.	Samay Jagat	अंतर्राष्ट्रीय योग दिवस शनिवार को—	N/A
4075.	Maharashtra Samachar	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4076.	Maharashtra Samachar	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4077.	Indian News Network	Free entry to 81 monuments as ASI hosts International Yoga Day celebrations	N/A
4078.	Odisha Post	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4079.	Insightonlinenews	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
4080.	Times Report	ASI to host Yoga Day celebrations at 81 historic sites, entry fee waived across ...	N/A
4081.	Thefreedompress	Andhra takes centre stage in Yoga Day celebrations; PM Modi to lead national ev e...	N/A
4082.	Thefreedompress	ASI to host Yoga Day celebrations at 81 historic sites, entry fee waived across ...	N/A
4083.	South India News	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4084.	Times Report	Andhra Pradesh takes centre stage in Yoga Day celebrations	N/A
4085.	Bihar 24x7	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4086.	Bihar 24x7	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4087.	India headline	India Prepares to Celebrate Yoga Day at 81 Heritage Sites With Open Access for A...	N/A
4088.	Dainik News Live	Unity, Wellness, World Records: Andhra Lays Out Welcome Mat For PM Modi-Led Mega...	N/A
4089.	Delhi live news	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4090.	Delhi live news	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4091.	Rediff.com	Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4092.	Rajasthan Ki Khabar	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4093.	Rajasthan Ki Khabar	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4094.	Jharkhandtimes	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4095.	Jharkhandtimes	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4096.	Bihar Times	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4097.	Bihar Times	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4098.	Vanakkam Tamil Nadu	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A

4099.	Vanakkam Tamil Nadu	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4100.	Vanakkam Tamil Nadu	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4101.	Indian News Network	ASI to host 11th International Yoga Day celebrations at 81 historic sites, entry...	N/A
4102.	Daily Good Morning Kashmir	Healthier India: The Impact of PM Modi"s Yoga Initiative	N/A
4103.	North East Times	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4104.	North East Times	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4105.	Mochansamachaar	प्रधानमंत्री विशाखापत्तनम से 11वें अंतर्राष्ट्रीय योग दिवस समारोह का करेंगे नेतृ...	N/A
4106.	Andhra Pradesh Mirror	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4107.	Andhra Pradesh Mirror	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4108.	Tripura Times	PM Modi to lead 11th International Yoga Day celebrations in Vizag	N/A
4109.	Punjab Live	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4110.	Chhattisgarh Today	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4111.	Chhattisgarh Today	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4112.	Gujarat Samachar	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4113.	Telangana Journal	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4114.	Gujarat Varta	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4115.	Gujarat Varta	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4116.	Karnataka Live	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4117.	West Bengal Khabar	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4118.	West Bengal Khabar	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4119.	Venture Company News	Venture Company News	N/A
4120.	BharatKi Baat	Over 11,000 naval personnel and families to celebrate Yoga Day in Vizag.	N/A
4121.	Calcutta News	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4122.	Urban News Online	Urban News Online	N/A
4123.	Indian News Network	Assam Rifles hosts Yoga sessions at four places in Tripura on eve of Internation...	N/A
4124.	South India News	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4125.	Haryana Today	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4126.	Kashmir Newsline	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A

4127.	Himachal Patrika	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4128.	Indian Businessline	India Prepares to Celebrate Yoga Day at 81 Heritage Sites With Open Access for A...	N/A
4129.	Maharashtra Samachar	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4130.	Karnataka Live	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4131.	Telangana Journal	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4132.	Bihar 24x7	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4133.	Kashmir Breaking News	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4134.	Indian News Network	International Yoga Day: Indian Navy joins YogAndhra with participation of over 1...	N/A
4135.	Dainik Jayant	पतंजलि विश्वविद्यालय में 'योग अनप्लग्ड – युवा महोत्सव 2025" का समापन	N/A
4136.	UNI	Visakhapatnam: Over 11k naval personnel and family to participate in YogaAndhra ...	N/A
4137.	Mumbai News	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4138.	अमर संदेश	अंतर्राष्ट्रीय योग दिवस 2025: 10 प्रमुख कार्यक्रमों के साथ मनाया जाएगा एक दशक का...	N/A
4139.	Reh News	International Yoga Day 2025: Yoga Day Become Symbol Of Cultural Festival In Raja...	N/A
4140.	Kolkata Sun	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4141.	India's News	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4142.	Travel And Tour	Rajasthan, Odisha, Karnataka: Celebrating International Day of Yoga at 100 Iconi...	N/A
4143.	Tripuranet	Thousands of participants to practice Yoga at iconic historical sites tomorrow –	N/A
4144.	New Delhi News	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4145.	The Asia News	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam ANI ...	N/A
4146.	Haryana Archives Hindi Samachar	Rewari News : आज 'एक पृथ्वी, एक स्वास्थ्य के लिए योग"-थीम के साथ योग करेगा रेवा...	N/A
4147.	Prajatantra News	ఆధునిక ఆరోగ్యానికి సహజ మార్గాలు యోగ పరిరక్షతి వైద్యం	N/A
4148.	DD News	11वां अंतरराष्ट्रीय योग दिवस : पीएम मोदी के साथ विशाखापत्तनम में 21जून को तीन ला...	N/A
4149.	Pune News	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
4150.	Daily aawaz	IYD 2025: Thousands of participants to practice Yoga at iconic historical sites ...	N/A
4151.	Sakshi Post	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
4152.	Punjab Newsline	History will be created in Haryana on International Yoga Day: Saini	N/A

4153.	Newspoint	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
4154.	Haryana Archives Hindi Samachar	Charkhi Dadri News : गांव-गांव पहुंचा योग का संदेश, जन जागरण यात्रा से गूंजे स्व...	N/A
4155.	The Travel And Tourism Times	LEAD NEWS : ASI TO HOST 11TH INTERNATIONAL YOGA DAY CELEBRATIONS AT 81 HISTORIC ...	N/A
4156.	Thefreedompress	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
4157.	Thip Media	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
4158.	Bharat Express	PM Modi To Lead 11th International Day Of Yoga From Visakhapatnam	N/A
4159.	Times Report	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
4160.	origin.mid-day.com	BMC to organise yoga sessions across Mumbai on June 21 to mark International Day...	N/A
4161.	Eflip	LIVE | International Yoga Day 2025: 3 Lakh People To Stretch Together With PM Mo...	N/A
4162.	Himachal Patrika	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4163.	Namma Kudla English	Gorakhpur Link Expressway: Shortening Travel Time and Distance Between Nepal and...	N/A
4164.	Namma Kudla English	Salkhan Fossils Park Proposed for UNESCO World Natural Heritage Status, Says UP ...	N/A
4165.	Namma Kudla English	ACB Interrogates Sisodia in Classroom Corruption Case	N/A
4166.	Namma Kudla English	Road Infrastructure Essential for 'Viksit Bharat" Vision; National Highways Exp...	N/A
4167.	Namma Kudla English	More than 500 Tri-Service Veterans Gather at DGR Job Fair to Pursue Second Caree...	N/A
4168.	Namma Kudla English	Rahul Pushes for English Language Education and Critiques BJP"s Position	N/A
4169.	Namma Kudla English	PM Modi: Double-engine Government Dedicated to Comprehensive Development of Biha...	N/A
4170.	Namma Kudla English	Flash Flood in Koel River Strands Farmers in Jharkhand; Rescue Efforts Underway	N/A
4171.	Namma Kudla English	Kalanithi Rejects Dayanidhi"s Fraud Allegations, Labeling Them as a 'Family Mat...	N/A
4172.	Namma Kudla English	Sivasubramanian Ramann Appointed as Chairperson of PFRDA	N/A
4173.	Namma Kudla English	Gaurav Gogoi Claims BJP-RSS-VHP Are Inciting Communal Hatred Before Elections; L...	N/A
4174.	Namma Kudla English	UP Government Establishes Over 100 Yoga Parks for the 11th International Yoga Da...	N/A
4175.	Namma Kudla English	Corruption Dominates Headlines for UP Government: Akhilesh Yadav	N/A

4176.	Janpad News Live	Sonbhadra News : अबाड़ी पिकनिक स्पॉट व विशिष्ट स्टेडियम तियरा में आयोजित होगा अन्...	N/A
4177.	India Gazette	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4178.	Jagran English	International Yoga Day: PM Modi To Lead Celebrations From Visakhapatnam On June ...	N/A
4179.	Haryana Archives Hindi Samachar	Charkhi Dadri News : 11 वां अंतरराष्ट्रीय योग दिवस,शुक्रवार को हुई फाईनल रिहर्सल...	N/A
4180.	Chhattisgarh Today	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4181.	West Bengal Khabar	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4182.	News8 Plus	IDY: Prime Minister will lead the 11th International Yoga Day celebrations from ...	N/A
4183.	Youth India News	योग: भारत की धरोहर, विश्व का मार्गदर्शक	N/A
4184.	Bigtv Live	Top Yoga Events in Hyderabad on International Yoga Day 2025	N/A
4185.	Newsband ePaper	One Earth, One Health: Yoga Unites the World on June 21	N/A
4186.	Ndtv	जैसलमेर में स्कूली बच्चों के साथ सामूहिक योग करेंगे सीएम भजनलाल	N/A
4187.	Today News 24	Yoga Day 2025: PM Narendra Modi To Lead 11th International Yoga Day Celebrations...	N/A
4188.	Kashmir Breaking News	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4189.	Karnataka Live	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4190.	Telangana Journal	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4191.	Kashmir Newsline	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4192.	Maverick News3	Prime Minister to Lead 11th International Day of Yoga Celebrations from Visakhap ...	N/A
4193.	BharatKi Baat	ASI will host yoga sessions at 81 sites; Amit Shah to attend Adalaj Vav celebrat...	N/A
4194.	Maverick News3	ASI to Host 11th International Yoga Day Celebrations at 81 Historic Sites, entry...	N/A
4195.	Haryana Today	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4196.	Ddindia	PM Modi to lead 11th International Day of Yoga celebrations from Visakhapatnam	N/A
4197.	Ink Quest	बाल योग गुरु आदित्य राजे : जिसने भारत को योग में नया दृष्टिकोण दिया	N/A
4198.	Lokwarta	जयपुर: जिला कलक्टर डॉ. जितेन्द्र कुमार सोनी ने आमजन से की योगाभ्यास की अपील सर्व...	N/A
4199.	Lokwarta	धौलपुर: अन्तर्राष्ट्रीय योग दिवस पर जिला स्तरीय कार्यक्रम परशुराम धर्मशाला में ह...	N/A
4200.	South India News	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4201.	CII Blog	India"s Global Mission for Wellness and Sustainability: Yoga for One Earth, One...	N/A
4202.	Odisha Post	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A

4203.	Prime Tv India	International Yoga Day : अंतर्राष्ट्रीय योग दिवस के लिए 100 से अधिक योग पार्क कि...	N/A
4204.	Maharashtra Samachar	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4205.	Gujarat Samachar	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4206.	Bihar 24x7	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4207.	Laat Saab	International Yoga Day 2025: योग संगम क्या है, कैसे करें रजिस्टर?	N/A
4208.	UNI	ASI waives off monument fees for Yoga Day participation	N/A
4209.	Delhi live news	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4210.	Bihar Times	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4211.	Jharkhandtimes	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4212.	Gujarat Varta	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4213.	Vanakkam Tamil Nadu	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4214.	North East Times	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4215.	Andhra Pradesh Mirror	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4216.	Punjab Live	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4217.	Indian News Network	PM Modi to lead 11th International Yoga Day celebrations from Visakhapatnam	N/A
4218.	Young Bharat News	Shahjahanpur News:21 जून को हजारों लोग करेंगे सामूहिक योगाभ्यास, प्रशासन ने कसी ...	N/A
4219.	Atulya Hindustan	India Prepares to Celebrate Yoga Day at 81 Heritage Sites With Open Access for A...	N/A
4220.	Hukmnama Samachar	गंगानगर: अन्तर्राष्ट्रीय योग दिवस पर जिला स्तरीय कार्यक्रम 21 जून को हिन्दुमलकोट...	N/A
4221.	Kashmir Pride	PM to Lead 11th International Day of Yoga Celebrations from Visakhapatnam	N/A
4222.	The Internal News	अन्तर्राष्ट्रीय योग दिवस के 5 लाख विद्यार्थियों के साथ होगा ‘‘योग संगम-2025"" ...	N/A
4223.	Young Bharat News	International Yoga Day : यूपी में 100 से अधिक योग पार्क तैयार, सालभर चलेंगी स्वा...	N/A
4224.	Tourism Quest	FHRAI in Collaboration with Jiva Ayurveda Supported by Ministry of Ayush Organiz...	N/A
4225.	Haryana Archives Hindi Samachar	Sirsa News : 11वें अंतर्राष्ट्रीय योग दिवस कार्यक्रम के लिए हुई फाइनल रिहर्सल	N/A
4226.	Udaipur Kiran	अंतरराष्ट्रीय योग दिवस : एक पृथ्वी, एक स्वास्थ्य के वैश्विक मंत्र के साथ गूंजेगी...	N/A
4227.	Wow Enterpreneurs	India Prepares to Celebrate Yoga Day at 81 Heritage Sites With Open Access for A...	N/A
4228.	Haryana Archives Hindi Samachar	Gurugram News : अंतर्राष्ट्रीय योग दिवस को लेकर हुई योग मैराथन व फुलड्रेस रिहर्स...	N/A

4229.	BharatKi Baat	ASI to conduct yoga sessions at 81 locations; Amit Shah to join Adalaj Vav celeb.. .	N/A
4230.	Tathya	Yoga Day 2025: PM Modi to Lead	N/A
4231.	Metro Times India	12 Guinness World Records in Yoga: Akshar Yoga Kendraa Set for Historic Yoga Day...	N/A
4232.	Udaipur Kiran	पांच लाख विद्यार्थियों के साथ होगा ‘‘योग संगम-2025"" का आयोजन	N/A
4233.	UNI	Yoga Parks developed, equipped with all essential facilities	N/A
4234.	Swatantra Prabhat	अंतरराष्ट्रीय योग दिवस के उपमंडल स्तरीय कार्यक्रम की हुई फाइनल रिहर्सल	N/A
4235.	Coverfox	International Day of Yoga 2025	N/A
4236.	Sangritimes	India Prepares to Celebrate Yoga Day at 81 Heritage Sites With Open Access for A...	N/A
4237.	voiceofcapital.page	यूपी में अंतर्राष्ट्रीय योग दिवस के लिए 100 से अधिक योग पार्क तैयार	N/A
4238.	Udaipur Kiran	गुरुग्राम में योग मैराथन व फुलड्रेस रिहर्सल में हजारों ने लिया भाग	N/A
4239.	Udaipur Kiran	अंतरराष्ट्रीय योग दिवसः भारत सरकार के आयुष मंत्रालय ने तैयार किया कॉमन योग प्रोट...	N/A
4240.	Yugwarta	अंतरराष्ट्रीय योग दिवसः भारत सरकार के आयुष मंत्रालय ने तैयार किया कॉमन योग प्रोट...	N/A
4241.	Sahitya Hindustan	Sahitya Hindustan India Prepares to Celebrate Yoga Day at 81 Heritage Sites Wit h...	N/A
4242.	Sanskritiias	International Yoga Day- 2025: 21 June	N/A
4243.	CMG Times	यूपी में 11वें अंतर्राष्ट्रीय योग दिवस के लिए 100 से अधिक योग पार्क विकसित	N/A
4244.	Thenewsindia	अंतर्राष्ट्रीय योग दिवस पर योग संगम कार्यक्रम, -संस्थानों को पोर्टल में पंजीयन क...	N/A
4245.	United News Of India	देश भर में 81 पुरातात्विक महत्व के स्थलों पर योग कार्यक्रम की तैयारी, प्रवेश होग...	N/A
4246.	Hospet.online	Hampi among iconic sites as Ministry of Culture hosts yoga day celebrations acro. ..	N/A
4247.	Jharkhand State News	Exclusive Story :International Yoga Day 2025-Trusted Means to Boost Mental and P...	N/A
4248.	Business News This Week	Noida Celebrates Yoga Day with ‘Yog Mahasangam"	N/A
4249.	Business Daily	Noida Celebrates Yoga Day with ‘Yog Mahasangam"	N/A
4250.	Business News for Profit	Noida Celebrates Yoga Day with ‘Yog Mahasangam"	N/A
4251.	SportsZ News	Noida Celebrates Yoga Day with ‘Yog Mahasangam"	N/A
4252.	Biz News Desk	Noida Celebrates Yoga Day with ‘Yog Mahasangam"	N/A
4253.	Smart Business News	Noida Celebrates Yoga Day with ‘Yog Mahasangam"	N/A
4254.	Onlinemediacafe.com	Noida Celebrates Yoga Day with ‘Yog Mahasangam"	N/A

4255.	Bigtv Live	International Yoga Day 2025: India Sets 5 World Records	N/A
4256.	Hoteltalk	FHRAI to host Medical & Wellness Tourism Summit in New Delhi	N/A
4257.	AnyTV News	From blood sugar control to strengthening of muscles, Naukasana is effective	N/A
4258.	Newspoint	International Yoga Day 2025: What is the Yoga Sangam Portal? Registration steps,...	N/A
4259.	Deshbandhu	ग्रेटर नोएडा: सरकारी और कॉरपोरेट संस्थानों में लोग कर रहे योग, मॉल में भी आयोजन	N/A
4260.	Udaipur Kiran	हिसार : योग को केवल शिविरों तक सीमित न रखकर नियमित जीवन में उतारें : मंदीप सिंह	N/A
4261.	Daily Hindi Milap	अंतरराष्ट्रीय योग दिवस समारोह में एकजुटता और स्वास्थ्य का संदेश	N/A
4262.	Insights On India	UPSC CURRENT AFFAIRS – 20 June 2025	N/A
4263.	Insights On India	11th International Day of Yoga	N/A
4264.	News DNN TV	पतंजलि विश्वविद्यालय में योग अनप्लग्ड: युवा महोत्सव का समापन	N/A
4265.	M9 News	Yogandhra 2025: Making Of A Record-Breaking Event	N/A
4266.	OB News	International Yoga Day 2025: Baba Ramdev To Perform Yoga With CM Saini In Kuruks...	N/A
4267.	Business Remedies	More than 2 lakh 51 thousand people will practice yoga in Jaipur on Internationa...	N/A
4268.	The Mobi World	International Yoga Day 2025: Baba Ramdev To Perform Yoga With CM Saini In Kuruks...	N/A
4269.	DD News	प्रधानमंत्री मोदी 21 जून को आंध्र प्रदेश में अंतर्राष्ट्रीय योग दिवस कार्यक्रम म...	N/A
4270.	Singrauli Mirror	Ministry of Culture to celebrate International Yoga Day at 150 iconic sites acro...	N/A
4271.	India Daily Live	'योग संगम" के साथ इंडियन कोस्ट गार्ड मनाएगा 11वां अंतर्राष्ट्रीय योग दिवस, जाने...	N/A
4272.	Youth India News	योग फॉर वन अर्थ, वन हेल्थ	N/A
4273.	APN News	12 Guinness World Records in Yoga: Akshar Yoga Kendraa Set for Historic Yoga Day...	N/A
4274.	Ddindia	100 tourist destinations, 50 cultural sites to mark Yoga Day	N/A
4275.	DD News	पानीपत: अंतरराष्ट्रीय योग दिवस की तैयारियां जोरों पर, स्कूली बच्चों ने मैराथन मे...	N/A
4276.	Vishvatimes	पानीपत: अंतरराष्ट्रीय योग दिवस की तैयारियां जोरों पर, स्कूली बच्चों ने मैराथन मे...	N/A
4277.	शिवालिक पत्रिका	नगराधीश ने अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में आयोजित योग मैराथन को हरी झंडी...	N/A
4278.	OB News	Nationwide Yoga Events Planned for June 21 Celebrations	N/A
4279.	Tezas Amwad	International Yoga Day | International Yoga Day 2025 | International Yoga Day Hi...	N/A
4280.	Indias News	पानीपत : अंतरराष्ट्रीय योग दिवस की तैयारियां जोरों पर, स्कूली बच्चों ने मैराथन म...	N/A

4281.	Bharat Express	Yoga: Naukasana Benefits- आपके शरीर में ब्लड शुगर कंट्रोल करने से लेकर मांसपेशिय...	N/A
4282.	Udaipur Kiran	नमोघाट पर सपा एमएलसी ने सीआईएसएफ जवानों संग किया योगाभ्यास	N/A
4283.	Urban Acres	Delhi Metro to Begin 4 AM Services on Yoga Day June 21	N/A
4284.	State News Service	अन्तर्राष्ट्रीय योग दिवस उद्योग मंत्री श्री देवांगन कोरबा के योग कार्यक्रम में ह...	N/A
4285.	News DNN TV	नमोघाट पर सपा एमएलसी ने सीआईएसएफ जवानों संग किया योगाभ्यास	N/A
4286.	News Point	International Yoga Day on June, 21 The Main Function of AIIA in the state 'Yog S. ..	N/A
4287.	Vishva Times	ग्रेटर नोएडा : सरकारी और कॉरपोरेट संस्थानों में लोग कर रहे योग, मॉल में भी आयोजन	N/A
4288.	The Hans India	3-day youth Yoga festival held at Moodbidri	N/A
4289.	Chhattisgarh Vishesh	On PM"s Call, Gram Panchayats Gearing up for Historic Nationwide Celebration o f...	N/A
4290.	khabredinraat	"योग संगम 2025"" का जयपुर के जंतर-मंतर पर राष्ट्रीय आयुर्वेद संस्थान करेगा ऐत...	N/A
4291.	The Canara Post	India Gears Up for 11th International Yoga Day; PM Modi to Lead National Cerem on...	N/A
4292.	Udaipur Kiran	बाड़मेर योग दिवस कार्यक्रम में प्रभारी मंत्री जोराराम कुमावत करेंगे शिरकत	N/A
4293.	Saahas Samachar	अंतर्राष्ट्रीय योग दिवस पर शिक्षण संस्थाओं में होगा सामूहिक योग	N/A
4294.	अंजनी खबर (Anjani Khabar)	अंतर्राष्ट्रीय योग दिवस पर शिक्षण संस्थाओं में होगा सामूहिक योग	N/A
4295.	Delhi upto Date	अंतर्राष्ट्रीय योग दिवस पर शिक्षण संस्थाओं में होगा सामूहिक योग	N/A
4296.	Action India Live	अंतर्राष्ट्रीय योग दिवस पर शिक्षण संस्थाओं में होगा सामूहिक योग	N/A
4297.	Refersms	Nationwide Yoga Events Planned for June 21 Celebrations	N/A
4298.	Breaking News Express	योग फॉर वन अर्थ, वन हेल्थ" – विजय गर्ग	N/A
4299.	Breaking News Express	अंतर्राष्ट्रीय योग दिवस-एक धरती एक स्वास्थ्य ,योग से विश्व कल्याण, विश्व शांति औ...	N/A
4300.	Avadhnama	अंतरराष्ट्रीय योग दिवस 21 जून को मनाये जाने के संबंध में बैठक का आयोजन किया गया	N/A
4301.	Urban Acres	Delhi Metro to Start Early on International Yoga Day	N/A
4302.	The Hans India	Yoga sessions take centre stage	N/A
4303.	Central Chronicle	IYD to be celebrated at 100 tourist-based iconic destinations & 50 cultural ...	N/A
4304.	Dogra Herald	Prelude to Int"l Yoga Day: Doda gears up with enthusiastic Yoga Events	N/A
4305.	Global Green News	IYD To Be Celebrated At 100 Tourist-Based Iconic Destinations and 50 Cultural Si ...	N/A
4306.	OB News	Sarpasan is beneficial for people suffering from kidney problems, it also reduce...	N/A
4307.	DD News	अंतरराष्ट्रीय योग दिवस पर संस्कृति मंत्रालय देशभर के 150 प्रमुख स्थलों पर कराएगा...	N/A

4308.	OB News	Swami Ramdev and Haryana CM to Lead International Yoga Day Celebrations in Kuruk...	N/A
4309.	Bh24 News	Yoga Benefit: सुबह या शाम, क्या है योग करने का बेस्ट टाइम? ज्यादा से ज्यादा बेनि...	N/A
4310.	Ddindia	Ministry of Culture to celebrate International Yoga Day at 150 iconic sites acro...	N/A
4311.	Early Times	Vishwa Yog Sansthaan organizes Yoga Day at Hari Ki Pauri	N/A
4312.	Daily 24x7 News	Yoga Session Held at Model Jail, Chandigarh to Mark International Yoga Day 2025	N/A
4313.	Daily 24x7 News	Daily 24x7 News - News Website	N/A
4314.	Mochansamachaar	अंतर्राष्ट्रीय योग दिवस, राज्य में 21 जून को एआईआईए का मुख्य समारोह 'योग संगम" ...	N/A
4315.	Maverick News3	Ministry of Culture to Celebrate International Day of Yoga at 100 Iconic Tourist...	N/A
4316.	Tripurastar News	Ministry Of Culture To Celebrate International Day Of Yoga At 100 Iconic Tourist...	N/A
4317.	Daily aawaz	IYD to be celebrated at 100 tourist-based iconic destinations & 50 cultural ...	N/A
4318.	Guidely	Daily Current Affairs Quiz - 17th June 2025	N/A
4319.	Maverick News3	Public Shows Enthusiasm for Yoga; Mass Practice Sessions Conducted by AYUSH Depa...	N/A
4320.	Upayuktha	ಆಳ್ವಾಸ್: ಮೂರು ದಿನಗಳ ಯೂತ್ ಯೋಗ ಫೆಸ್ಟ್	N/A
4321.	Orange News9	Sri Sri Ravi Shankar Reiterates Message of Peace at Colombian Parliament	N/A
4322.	IBC World News	Colleges directed to observe International Yoga Day	N/A
4323.	The Travel And Tourism Times	WELLNESS : MINISTRY OF CULTURE TO CELEBRATE INTERNATIONAL DAY OF YOGA AT 100 ICO...	N/A
4324.	Pingara	ಆಳ್ವಾಸ್ ಕಾಲೇಜಿನಲ್ಲಿ ಮೂರು ದಿನಗಳ ಯೂತ್ ಯೋಗ ಫೆಸ್ಟ್	N/A
4325.	The spuzz	Insurance vs AYUSH: Who"s blocking your claim?	N/A
4326.	Jammu Links News	Prelude to International Yoga Day: Doda gears up with enthusiastic Yoga Events	N/A
4327.	News X india.com	अंतर्राष्ट्रीय योग दिवस 2025 के तहत मॉडल जेल चंडीगढ़ में आयोजित हुआ आउटडोर योग स...	N/A
4328.	Internet Do	खेलगांव तरणताल तथा फतहसागर के किनारे हुआ योग का अभ्यास	N/A
4329.	Jammu Links News	DAJDUA programme held at Malathi - Medical, Awareness Camp benefits Tribal Commu...	N/A
4330.	People Bugs	People urged to take part in Yoga Day celebrations in Kalaburagi	N/A
4331.	Haryana Archives Hindi Samachar	Rewari News : एक पृथ्वी, एक स्वास्थ्य के लिए योग"-थीम के साथ कल मनाया जाएगा अंत...	N/A
4332.	Udaipur Kiran	स्वस्थ भारत बनाने के लिए योग दिवस पर अधिक से अधिक सहभागिता कर वर्ल्ड रिकॉर्ड बना...	N/A
4333.	bharatsarathi.com	अंतरराष्ट्रीय योग दिवस के जिला स्तरीय कार्यक्रम की फाइनल रिहर्सल व योग मैराथन 21...	N/A

4334.	Udaipur Kiran	संस्कृति मंत्रालय देश में 100 प्रतिष्ठित पर्यटन स्थलों, 50 सांस्कृतिक स्थलों पर ...	N/A
4335.	4PM News	एसटी हसन का बीजेपी पर तंज, नमाज के लिए नहीं मिलता ब्रेक, फिर योग पर क्यों?	N/A
4336.	City Hot News	अंतराष्ट्रीय योग दिवसः उद्योग मंत्री श्री देवांगन कोरबा के योग कार्यक्रम में हों...	N/A
4337.	Udaipur Kiran	बसोहली में अंतर्राष्ट्रीय योग दिवस की तैयारियों को लेकर बैठक आयोजित	N/A
4338.	Udaipur Kiran	करो योग, रहो निरोग के नारों से गूंजा मेहरानगढ़ : जनजागरूकता रैली का आयोजन	N/A
4339.	Haryana Archives Hindi Samachar	Charkhi Dadri News : एसडीएम ने योग दिवस की तैयारियों का जायजा लिया	N/A
4340.	Haryana Archives Hindi Samachar	Charkhi Dadri News : कादमा में योग प्रोटोकाल शिविर आयोजित	N/A
4341.	Encounter India	अंतरराष्ट्रीय योग दिवस पर JNV पेखुबेला में होगा जिला स्तरीय योग दिवस समारोह, उपा...	N/A
4342.	Ddindia	Yoga for all: ten signature events to mark decade of International Day of Yoga i...	N/A
4343.	Himachal Now News	International Yoga Day / अंतरराष्ट्रीय योग दिवस पर ऊना में जिला स्तरीय कार्यक्रम...	N/A
4344.	Mid Day Online	On the occasion of International Yoga Day, yoga practice was done and a tree was...	N/A
4345.	NewsKarnataka	Yenepoya Naturopathy College marks International Yoga Day with ‘Yoga Samavesh’	N/A
4346.	हिंदी सामना	जौनपुर के लोहिया पार्क में योगाभ्यास का शुभारंभ	N/A
4347.	Daily24writer	योग दिवस पर जिला स्तरीय कार्यक्रम में सांसद बृजमोहन अग्रवाल करेंगे शिरकत	N/A
4348.	Mid Day Online	On the occasion of International Yoga Day, yoga practice was done and a tree was...	N/A
4349.	Udaipur Kiran	"योग संगम 2025" का जयपुर के जंतर-मंतर पर राष्ट्रीय आयुर्वेद संस्थान करेगा ऐतिह...	N/A
4350.	Calcutta News	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year"...	N/A
4351.	Investment Guru India	IDY-2025: Yoga Sangam portal crosses 4 lakh registrations, says Ayush Ministry	N/A
4352.	Andhravilas	BJP Slams SP Leader Over Yoga Day Remarks Amid Communal Twist Allegations	N/A
4353.	Jagran English	International Yoga Day 2025: UP Govt Launches Daily "Y-Break Yoga" Sessions In...	N/A
4354.	Navodaya Times	11th International Yoga Day: देश में 4 लाख से ज्यादा स्थानों पर होगा "योग संगम"...	N/A
4355.	Lokhit Kranti	PM Modi Yoga Record : योग दिवस के 10 साल…177 देशों में पहुंचा योग, भारत में 35% ...	N/A
4356.	Hp News	‘एक पृथ्वी, एक स्वास्थ्य" के मंत्र के साथ मनाया जाएगा अंतरराष्ट्रीय योग दिवस: ज...	N/A
4357.	First Piper	योग दिवस को सफल बनाने में अपनी भागीदारी निभाएं अफसर-जनप्रतिनिधि	N/A
4358.	Ddindia	From 9 crore to 24 crore: a decade of growing Yoga Day participation	N/A

4359.	Dainandini	अन्तर्राष्ट्रीय योग दिवस : इण्डोर स्टेडियम बालोद में किया जाएगा जिला स्तरीय योगा...	N/A
4360.	Udaipur Kiran	जन जन तक पहुंचाए योग : प्रो. रमेश मणि त्रिपाठी	N/A
4361.	Udaipur Kiran	हरित योग कार्यक्रम में लिया गया पौधरोपण का संकल्प	N/A
4362.	The Indian Practitioner	Uttarakhand Emerges as a National Model for AYUSH and Wellness Tourism	N/A
4363.	Tri Cities	International Yoga Day 2025: India prepares to observe the occasion on June 21	N/A
4364.	DD News	देशभर की पंचायतें आगामी अंतर्राष्ट्रीय योग दिवस को जन-आंदोलन बनाने की कर रही तैय...	N/A
4365.	The Mobi World	Serpasana, beneficial for people struggling with kidney problems, also reduces t...	N/A
4366.	OB News	Serpasana, beneficial for people struggling with kidney problems, also reduces t...	N/A
4367.	Digi Newz India	किडनी के मरीजों के लिए रामबाण है यह आसन, अस्थमा से भी दिला सकता है राहत, रोज ऐसे...	N/A
4368.	AnyTV News	Serpasana, beneficial for people struggling with kidney problems, also reduces t...	N/A
4369.	BW Hotelier	FHRAI in collaboration with Jiva Ayurveda organises Harit Yoga	N/A
4370.	Indian Institutes of Science Education and Research	International Day of Yoga 2025	N/A
4371.	origin.mid-day.com	International Yoga Day 2025: India prepares to observe the occasion on June 21	N/A
4372.	OB News	Union Minister Says Ayurveda Now Backed By Science, Calls It India’s Soft Powe r ...	N/A
4373.	Singrauli Mirror	International Yoga Day 2025: अंतर्राष्ट्रीय योग दिवस 2025, पूरे भारत में योग उत्...	N/A
4374.	Indianapolis Post	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4375.	Kolkata Sun	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4376.	India's News	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4377.	Ddindia	India gears up for IYD 2025 with theme: ‘Yoga for One Earth, One Health"	N/A
4378.	New Delhi News	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4379.	South India News	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4380.	The Asia News	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4381.	Mumbai News	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4382.	DD News	अंतर्राष्ट्रीय योग दिवस 2025: पूरे भारत में योग उत्सव की चल रही लहर	N/A

4383.	Punjab Live	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4384.	Young Bharat News	Moradabad: योग दिवस पर विशेष ब्रेक को लेकर सपा नेता डॉ. एसटी हसन ने उठाए सवाल	N/A
4385.	Kashmir Breaking News	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4386.	United Impacts	United Impacts- UI Newz asks for your consent to use your personal data to:	N/A
4387.	Chhattisgarh Today	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4388.	Haryana Today	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4389.	Delhi live news	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4390.	Vanakkam Tamil Nadu	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4391.	Lokmarg	India Gears Up For Yoga Day With Theme 'Yoga For One Earth, One Health	N/A
4392.	Gujarat Varta	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4393.	First India	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4394.	Bihar Times	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4395.	Karnataka Live	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4396.	Telangana Journal	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4397.	Jharkhandtimes	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4398.	Jammu Links News	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4399.	Odisha Post	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4400.	Gujarat Samachar	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4401.	Rajasthan Ki Khabar	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4402.	Himachal Patrika	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A

4403.	Kashmir Newsline	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4404.	Bihar 24x7	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4405.	Maharashtra Samachar	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4406.	North East Times	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4407.	West Bengal Khabar	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4408.	Indian News Network	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4409.	Andhra Pradesh Mirror	India gears up for Yoga Day with "Yoga for One Earth, One Health" as this year".. .	N/A
4410.	Singrauli Mirror	Yoga Maha Kumbh Unfolds Across India: A Panoramic Prelude to International D ay o...	N/A
4411.	Daily World	Trying to give communal twist: BJP slams SP leaders over Yoga Day remarks - Agenc...	N/A
4412.	4PM News	सपा नेता एसटी हसन ने सरकार से किया सवाल, बोले- नमाज़ के लिए ब्रेक नहीं, तो योगा ...	N/A
4413.	Sakshi Post	Trying to give communal twist: BJP slams SP leader over Yoga Day remarks	N/A
4414.	Thefreedompress	Trying to give communal twist: BJP slams SP leader over Yoga Day remarks	N/A
4415.	Tampa Bay Indian	Trying to give communal twist: BJP slams SP leaders over Yoga Day remarks	N/A
4416.	The Hawk	Trying to give communal twist: BJP slams SP leader over Yoga Day remarks	N/A
4417.	Denver Indian	Trying to give communal twist: BJP slams SP leader over Yoga Day remarks	N/A
4418.	Phoenix Indian Community	Trying to give communal twist: BJP slams SP leaders over Yoga Day remarks	N/A
4419.	DeshWale	International Day of Yoga 2025: A Global Movement	N/A
4420.	Times Report	Trying to give communal twist: BJP slams SP leader over Yoga Day remarks	N/A
4421.	Ma Media24	A decade of religion: Cultural Renaissance in Modi era	N/A
4422.	DANIK KHABAR	अंतर्राष्ट्रीय योग दिवस पर जयपुर में 2 लाख 51 हजार से ज्यादा लोग करेंगे योगाभ्या...	N/A
4423.	4PM News	योग दिवस पर विशेष ब्रेक पर उठे सवाल, सपा नेता डॉ. एसटी हसन बोले-“नमाज़ के लिए नह...	N/A
4424.	Samay Jagat	अंतर्राष्ट्रीय योग दिवस पर खुले रहेंगे सरकारी स्कूल	N/A
4425.	Government of Sikkim	PRESS RELEASE FROM AYUSH DEPARTMENT, HEALTH AND FAMILY WELF ARE DEPARTMENT NAMCHI	N/A

4426.	Government of Sikkim	Press release from AYUSH Hospital Gyalshing	N/A
4427.	Vishva Times	IDY-2025: Yoga Sangam portal crosses 4 lakh registrations, says Ayush Ministry	N/A
4428.	Goatv24	Yoga Maha Kumbh Energizes Nation Ahead of 11th International Day of Yoga	N/A
4429.	Jharkhand State News	Yoga Sangam Event Registrations Surpass 4 Lakh mark	N/A
4430.	Hukmnama Samachar	JAIPUR : अंतर्राष्ट्रीय योग दिवस पर जयपुर में 2 लाख 51 हजार से ज्यादा लोग करेंगे...	N/A
4431.	Jagmarg	पंचकूला न्यूज़ : अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में आयोजित योग प्रशिक्षण शि...	N/A
4432.	Education Times	Integration of MBBS and BAMS targets a balanced approach for treatment	N/A
4433.	Bureaucracybuzz	NBCC organsies 'Yoga Maha Kumbh"	N/A
4434.	Justbureaucracy	NBCC organsies 'Yoga Maha Kumbh"	N/A
4435.	Observer Voice	Yoga Maha Kumbh Celebrated Across India Ahead of International Event	N/A
4436.	Central Chronicle	Yoga institutionalised globally under Modi govt; Y-Break empowering workplaces: ...	N/A
4437.	Kashmir Convener	Tracing the Timeless Journey of Yoga: From Ancient Roots to Global Movement	N/A
4438.	Tripurastar News	Yoga Maha Kumbh Unfolds Across India: A Panoramic Prelude To The Internatio nal D...	N/A
4439.	Orange News9	After PM"s call, panchayats mobilising villagers for transforming Yoga Day into...	N/A
4440.	Calcutta News	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4441.	Ddindia	Yoga Maha Kumbh Unfolds Across India: A Panoramic Prelude to International D ay o...	N/A
4442.	Kashmir Vision	A Decade of Dharma: Cultural Renaissance in Modi Era	N/A
4443.	BharatKi Baat	Delhi hosts a three-day Yoga Maha Kumbh event, promoting wellness and mindful nes...	N/A
4444.	Millenium Post	NBCC organises 'Yoga Maha Kumbh 2025"	N/A
4445.	DD News	पीएम मोदी की अपील से गांव-गांव में योग को मिला समर्थन, "वन अर्थ, वन हेल्थ" थीम ब...	N/A
4446.	Tripurastar News	On PM"s Call, Gram Panchayats Gearing Up For Historic Nationwide Celebration Of...	N/A
4447.	Statetimes	A Decade of Dharma: Cultural Renaissance in the Modi Era	N/A
4448.	Forever News	Yoga Maha Kumbh Brings Pan-India Momentum to International Day of Yoga 202 5	N/A
4449.	Khair News	नमाज पर नहीं मिलता ब्रेक, फिर योगा डे पर राहत क्यों: एसटी हसन	N/A
4450.	Indianapolis Post	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4451.	IANS Live	नमाज पर नहीं मिलता ब्रेक, फिर योगा डे पर राहत क्यों: एसटी हसन	N/A

4452.	The Asia News	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4453.	Kolkata Sun	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4454.	New Delhi News	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4455.	India's News	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4456.	Mumbai News	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4457.	BharatKi Baat	Panchayati Raj Ministry announces mass mobilization for a historic Yoga Day cele ...	N/A
4458.	Dainik Jaltedeep	अंतरराष्ट्रीय योग दिवस पर जयपुर में दो लाख 51 हजार से ज्यादा लोग करेंगे योगाभ्या...	N/A
4459.	Indian Grapevine	NBCC ORGANISES “YOGA MAHA KUMBH” 2025	N/A
4460.	Andhra Pradesh Mirror	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4461.	Punjab Live	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4462.	BharatKi Baat	PM"s call prompts panchayats to engage villagers in transforming Yoga Day into . ..	N/A
4463.	Odisha Post	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4464.	Maverick News3	Yoga Maha Kumbh Unfolds Across India: A Panoramic Prelude to the Internationa l D...	N/A
4465.	South India News	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4466.	Navabharat Live	UP के सरकारी दफ्तरों में अब रोज करना होगा ये काम, कर्मचारियों को तनाव से मिलेगा ...	N/A
4467.	Delhi live news	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4468.	Chhattisgarh Today	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4469.	Kashmir Breaking News	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4470.	Gujarat Varta	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4471.	Haryana Today	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4472.	Hospitality Biz India	FHRAI Hosts Harit Yoga with Jiva Ayurveda	N/A
4473.	Bihar Times	On PM's call, gram panchayats gearing up for historic nationwide celebration of ...	N/A
4474.	Gujarat Samachar	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4475.	Karnataka Live	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4476.	Himachal Patrika	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4477.	IBC World News	International Yoga Day: Call for mass yoga practice participation	N/A
4478.	Jharkhandtimes	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A

4479.	Telangana Journal	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4480.	Kashmir Newsline	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4481.	Latestly	India News | On PM"s Call, Gram Panchayats Gearing Up for Historic Nationwide C...	N/A
4482.	Rajasthan Ki Khabar	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4483.	Bharat Express	इंटरनेशनल योग दिवस पर Y-Break योगा को भी प्रोत्साहित करेगी योगी सरकार, सरकारी का...	N/A
4484.	Bihar 24x7	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4485.	The Hans India	IDY-2025: Yoga Sangam portal crosses 4 lakh registrations, says Ayush Ministry	N/A
4486.	Vanakkam Tamil Nadu	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4487.	Maharashtra Samachar	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4488.	Ddindia	PM Modi"s Call sparks village-level movement; “Yoga for One Earth, One Health” ...	N/A
4489.	North East Times	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4490.	West Bengal Khabar	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4491.	Indian News Network	On PM"s call, gram panchayats gearing up for historic nationwide celebration of...	N/A
4492.	The State Times News	योग के लिए डिजिटल प्लेटफ़ॉर्म और ऐप्स शेयर, करें चेक	N/A
4493.	Aawazaapki	जिला कलक्टर शुभम चौधरी ने सामान्य योग अभ्यासक्रम पोस्टर का किया विमोचन	N/A
4494.	Sabkasandesh	रेलवे : यहाँ Mio Ayush द्वारा विकसित कुछ डिजिटल प्लेटफ़ॉर्म और ऐप्स दिए गए हैं, ...	N/A
4495.	Thip Media	IDY-2025: Yoga Sangam portal crosses 4 lakh registrations, says Ayush Ministry	N/A
4496.	Pune News	IDY-2025: Yoga Sangam portal crosses 4 lakh registrations, says Ayush Ministry	N/A
4497.	Newspoint	IDY-2025: Yoga Sangam portal crosses 4 lakh registrations, says Ayush Ministry	N/A
4498.	Sakshi Post	IDY-2025: Yoga Sangam portal crosses 4 lakh registrations, says Ayush Ministry	N/A
4499.	Encounter India	एसपी कार्यालय ऊना में ‘ऑफिस योग ब्रेक" का सफल आयोजन	N/A
4500.	Thefreedompress	IDY-2025: Yoga Sangam portal crosses 4 lakh registrations, says Ayush Ministry	N/A
4501.	Times Report	IDY-2025: Yoga Sangam portal crosses 4 lakh registrations, says Ayush Ministry	N/A
4502.	Poorvanchalmedia	मेहरानगढ़ किले पर अंतर्राष्ट्रीय योग दिवस भव्य रूप में किया जायेगा आयोजित	N/A
4503.	Digi Newz India	जिंदगी को खुशहाल बना सकता है यह योगासन, हर उम्र के लोगों के लिए फायदेमंद, नाम सु...	N/A
4504.	News Arena India	UP govt makes yoga breaks mandatory in offices	N/A
4505.	Prakharlive	11वां अन्तर्राष्ट्रीय योग दिवस का आयोजन 21 जून को, कलेक्टरों को निर्देश जारी	N/A
4506.	E Khabar Today	Burhanpur News: योग से रहता है शरीर स्वस्थ	N/A

4507.	Young Bharat News	UP News: इंटरनेशनल योग दिवस पर Y-Break योगा को भी प्रोत्साहित करेगी योगी सरकार	N/A
4508.	State News Service	अंतर्राष्ट्रीय योग दिवस पर योग संगम कार्यक्रम	N/A
4509.	Aaj Ki Jandhara	International Yoga Day: एक पृथ्वी, एक स्वास्थ्य थीम पर होगा इस बार का अंतरराष्ट्...	N/A
4510.	UNI	Yoga Maha Kumbh: India kicks off IDY celebrations	N/A
4511.	UNI	Yoga Maha Kumbh: India kicks off IDY celebrations	N/A
4512.	Calcutta News	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4513.	United News Of India	योग संगम पर पंजीकरण संख्या चार लाख के पार	N/A
4514.	PTC News	इंटरनेशनल योग दिवस पर Y-Break योगा को भी प्रोत्साहित करेगी योगी सरकार	N/A
4515.	UNI	MP govt issues instructions to District Collectors for 11th International Yoga D...	N/A
4516.	Young Bharat News	एक खास मुद्रा: पाचन सुधार से लेकर तनाव मुक्ति तक, सुखासन के चमत्कारी फायदे	N/A
4517.	khabredinraat	अंतर्राष्ट्रीय योग दिवस पर जयपुर में 2 लाख 51 हजार से ज्यादा लोग करेंगे योगाभ्या...	N/A
4518.	Khas Khabar	योग दिवस के कार्यक्रम के लिए भारत सरकार द्वारा योग निर्धारित प्रोटोकॉल अनुसार आय...	N/A
4519.	Shree News	11वां अन्तर्राष्ट्रीय योग दिवस का आयोजन 21 जून को, कलेक्टरों को निर्देश जारी	N/A
4520.	Keekli	Yoga Maha Kumbh 2025 Sweeps India	N/A
4521.	Delhi Bulletin	योग दिवस के कार्यक्रम के लिए भारत सरकार द्वारा योग निर्धारित प्रोटोकॉल अनुसार आय...	N/A
4522.	Evening Times	11वां अन्तर्राष्ट्रीय योग दिवस का आयोजन 21 जून को, कलेक्टरों को निर्देश जारी	N/A
4523.	Action India Live	11वां अन्तर्राष्ट्रीय योग दिवस का आयोजन 21 जून को, कलेक्टरों को निर्देश जारी	N/A
4524.	Real India News	योग दिवस के कार्यक्रम के लिए भारत सरकार द्वारा योग निर्धारित प्रोटोकॉल अनुसार आय...	N/A
4525.	Saahas Samachar	11वां अन्तर्राष्ट्रीय योग दिवस का आयोजन 21 जून को, कलेक्टरों को निर्देश जारी	N/A
4526.	IndiBlogHub	History of Ayurveda: Exploring the Ancient Science of Life	N/A
4527.	Healthcare Radius	Jupiter Hospital brings next-gen cath lab system to Thane	N/A
4528.	अंजनी खबर (Anjani Khabar)	11वां अन्तर्राष्ट्रीय योग दिवस का आयोजन 21 जून को, कलेक्टरों को निर्देश जारी	N/A
4529.	खबर जगत	11वां अन्तर्राष्ट्रीय योग दिवस का आयोजन 21 जून को, कलेक्टरों को निर्देश जारी	N/A
4530.	Singrauli Mirror	Mp News: 11वां अन्तर्राष्ट्रीय योग दिवस का आयोजन 21 जून को, कलेक्टरों को निर्देश...	N/A
4531.	News DNN TV	सिरसा: अंतर्राष्ट्रीय योग दिवस से पहले 19 को होगी हाफ मैराथन	N/A
4532.	DD News	आईडीवाई 2025 : योग संगम कार्यक्रम के लिए पंजीकरण 4 लाख के पार	N/A
4533.	Udaipur Kiran	सिरसा: अंतर्राष्ट्रीय योग दिवस से पहले 19 को होगी हाफ मैराथन	N/A
4534.	True Hunt	Morarji Desai National Institute of Yoga to organise 'Yoga Bandha	N/A
4535.	Brighter Kashmir	A Decade of Dharma: Cultural Renaissance in the Modi Era	N/A

4536.	Mega Media News	Yoga practice for a refreshing life -District AYUSH Officer Dr. Mohammad. Iqbal ...	N/A
4537.	Jagran English	UP Govt To Introduce New AYUSH Policy, Focus On Private Sector Investment And We...	N/A
4538.	Prime24	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा अंतर्राष्ट्रीय योग दिवस	N/A
4539.	Prajavani	Yoga Day- ಯೋಗ ಸಂಗಮ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ 4 ಲಕ್ಷಕ್ಕೂ ಅಧಿಕ ನೋಂದಣಿ: ಆಯುಷ್ ಸಚಿವಾಲಯ	N/A
4540.	BharatKi Baat	Ayush ministry reports over 400,000 registrations for Yoga Day"s flagship event...	N/A
4541.	Udaipur Kiran	11वां अन्तरराष्ट्रीय योग दिवस पर प्रदेशभर में होंगे कार्यक्रम	N/A
4542.	News DNN TV	11वां अन्तरराष्ट्रीय योग दिवस पर प्रदेशभर में होंगे कार्यक्रम	N/A
4543.	Observer Voice	Yoga Sangam Event Registrations Exceed 400,000	N/A
4544.	AnyTV News	From digestive improvement to stress relief, miraculous benefits of Sukhasana	N/A
4545.	Gujarat Varta	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4546.	Himachal Patrika	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4547.	India Gazette	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4548.	Ddindia	Yoga Sangam registrations cross four lakh ahead of International Day of Yoga	N/A
4549.	Dainik Vishwa Pariwar	योग और मानसिक स्वास्थ्य: एक संतुलित दृष्टिकोण	N/A
4550.	Karnataka Live	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4551.	Odisha Post	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4552.	North East Times	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4553.	West Bengal Khabar	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4554.	Bihar Times	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4555.	Indianapolis Post	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4556.	OB News	Why June 21 was chosen as Yoga Day: Theme, history and significance	N/A
4557.	Andhra Pradesh Mirror	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4558.	Punjab Live	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4559.	New Delhi News	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4560.	The Mobi World	Why June 21 was chosen as Yoga Day: Theme, history and significance	N/A
4561.	The Asia News	Yoga Sangam event registrations surpass 4 lakh mark ANI 18 Jun 2025, 14:46 GMT+	N/A
4562.	Kolkata Sun	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4563.	Maharashtra Samachar	Yoga Sangam event registrations surpass 4 lakh mark	N/A

4564.	India's News	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4565.	Mumbai News	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4566.	Chhattisgarh Today	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4567.	South India News	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4568.	Vanakkam Tamil Nadu	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4569.	Delhi live news	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4570.	Bihar 24x7	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4571.	Kashmir Newsline	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4572.	Telangana Journal	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4573.	Kashmir Breaking News	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4574.	Haryana Today	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4575.	Young Bharat News	Moradabad: मुरादाबाद में योग सप्ताह के अंतर्गत जेलों में करवाया गया योगाभ्यास	N/A
4576.	Koyalanchal News	21 जून को अंतर्राष्ट्रीय योग दिवस आयोजन की तैयारियां पूर्ण विभिन्न विभागों को सौ...	N/A
4577.	Indian News Network	Yoga Sangam event registrations surpass 4 lakh mark	N/A
4578.	FinTechBizNews	Yoga Sangam: 4 Lakh Listed, U 2 Can Join	N/A
4579.	Newspoint	Why June 21 was chosen as Yoga Day: Theme, history and significance	N/A
4580.	DD News	योग महाकुंभ : अनुशासन, स्वास्थ्य, आरोग्य और आंतरिक शांति का भव्य आयोजन	N/A
4581.	Rclipse	Why June 21 was chosen as Yoga Day: Theme, history and significance	N/A
4582.	Garhwal Post	IDY Special: U"khand on way to becoming Global Wellness Destination	N/A
4583.	Business News This Week	12 Guinness World Records in Yoga: Akshar Yoga Kendraa Set for Historic Yoga Day...	N/A
4584.	Business Daily	12 Guinness World Records in Yoga: Akshar Yoga Kendraa Set for Historic Yoga Day...	N/A
4585.	Smart Business News	12 Guinness World Records in Yoga: Akshar Yoga Kendraa Set for Historic Yoga Day...	N/A
4586.	Onlinemediacafe.com	12 Guinness World Records in Yoga: Akshar Yoga Kendraa Set for Historic Yoga Day...	N/A
4587.	National Biz News	12 Guinness World Records in Yoga: Akshar Yoga Kendraa Set for Historic Yoga Day...	N/A
4588.	Business News for Profit	12 Guinness World Records in Yoga: Akshar Yoga Kendraa Set for Historic Yoga Day...	N/A
4589.	Netindia123	Delhi: Ministry of Ayush organises Yoga ...	N/A

4590.	NewsKarnataka	Mangaluru Gears Up for Yoga Day with 60,000+ Trained Participants	N/A
4591.	Hamarbani	21 जून अंतरराष्ट्रीय योग दिवस के अवसर पर जिला स्तरीय योग दिवस का आयोजन	N/A
4592.	Airr News	मैसूरु को योग जिला बनाने की तैयारी में सरकार, केंद्र को भेजा प्रस्ताव	N/A
4593.	Indian Parspective	21 जून अंतरराष्ट्रीय योग दिवस के अवसर पर जिला स्तरीय योग दिवस का आयोजन	N/A
4594.	Vishva Times	योग महाकुंभ : स्वास्थ्य और योग का भव्य उत्सव	N/A
4595.	Ink Quest	योग और मानसिक स्वास्थ्य: एक संतुलित दृष्टिकोण	N/A
4596.	Dainik Vishwa Pariwar	21 जून अंतरराष्ट्रीय योग दिवस के अवसर पर किया जाएगा जिला स्तरीय योग दिवस का आयोज...	N/A
4597.	Indias News	योग महाकुंभ : स्वास्थ्य और योग का भव्य उत्सव	N/A
4598.	Media Passion	योग और मानसिक स्वास्थ्य: एक संतुलित दृष्टिकोण	N/A
4599.	Tarunmitra	भोपाल में योग विषय पर "शक्ति योग समागम" कार्यक्रम आज	N/A
4600.	World News Network	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4601.	Palgharnews	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4602.	NewsKarnataka	Karnataka Gears Up for International Yoga Day with Mega Gatherings	N/A
4603.	Newzfatafat	आंध्र प्रदेश के राज्यपाल ने योग को बताया भारत का अनमोल उपहार	N/A
4604.	South India News	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4605.	Indianapolis Post	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4606.	Kashmir Newsline	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4607.	Calcutta News	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4608.	Calcutta News	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4609.	Express Pharma	Madhavbaug partners with Ministry of Ayush to promote yoga for cardiac and diabe...	N/A
4610.	Bihar 24x7	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4611.	World News Network	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4612.	Telangana Journal	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A

4613.	Palgharnews	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4614.	Gurgaon Mail	बारिश भी नहीं रोक सकी जज़्बा! नमो घाट पर CRPF जवानों ने किया प्रेरणादायक योगाभ्य...	N/A
4615.	Bio Energy Times	योग ही शिव है, शिव ही जीवन है के दिव्य मंत्र के साथ,।	N/A
4616.	New Delhi News	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4617.	Gujarat Samachar	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4618.	Gujarat Samachar	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4619.	Mumbai News	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4620.	Jharkhandtimes	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4621.	Karnataka Live	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4622.	Kashmir Breaking News	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4623.	Udaipur Kiran	योग सप्ताह: बारिश में भी डटे रहे सीआरपीएफ जवान, नमो घाट पर किया योगाभ्यास	N/A
4624.	The Asia News	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4625.	India's News	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4626.	Kolkata Sun	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4627.	India Gazette	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4628.	Bihar Times	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4629.	Odisha Post	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4630.	West Bengal Khabar	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4631.	Rajasthan Ki Khabar	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4632.	Maharashtra Samachar	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A

4633.	Andhra Pradesh Mirror	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4634.	Punjab Live	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4635.	Chhattisgarh Today	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4636.	Vanakkam Tamil Nadu	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4637.	North East Times	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4638.	Haryana Today	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4639.	Delhi live news	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4640.	Indianapolis Post	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4641.	Indian News Network	Delhi: Ministry of Ayush organises Yoga Maha Kumbh ahead of International Yoga D...	N/A
4642.	The Asia News	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4643.	India Gazette	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4644.	Kashmir Breaking News	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4645.	India's News	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4646.	Jharkhandtimes	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4647.	Karnataka Live	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4648.	Mumbai News	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4649.	New Delhi News	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4650.	Kolkata Sun	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4651.	Bihar Times	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A

4652.	GK India Today	Prime Minister Modi was awarded Cyprus" highest civilian honour 'Grand Cross of ...	N/A
4653.	West Bengal Khabar	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4654.	Andhra Pradesh Mirror	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4655.	Maharashtra Samachar	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4656.	Punjab Live	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4657.	Odisha Post	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4658.	Vanakkam Tamil Nadu	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4659.	North East Times	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4660.	South India News	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4661.	Himachal Patrika	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4662.	Haryana Today	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4663.	Kashmir Newsline	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4664.	Delhi live news	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4665.	Rajasthan Ki Khabar	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4666.	Gujarat Varta	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4667.	Telangana Journal	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4668.	Chhattisgarh Today	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4669.	Bihar 24x7	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A
4670.	Indian News Network	Gorakhpur: Yoga camp organised at Gorakhnath temple ahead of International Yoga ...	N/A

4671.	Meghalaya Daily	Students Embrace Yoga, Creativity, and Nature in Run-Up to IDY 2025 Organized by...	N/A
4672.	NDTV Madhya Pradesh Chhattisgarh	International Yoga Day 2025: योग मिटाए रोग; 11वें योग दिवस पर ऐसा होगा कार्यक्रम...	N/A
4673.	Scoop News	MIMC Hosts Yoga Event at SNM Hospital for International Yoga Day 2025	N/A
4674.	Scoop News	MIMC Hosts "Sam Yoga - Fusion of Healing Science" Event at Sowa Rigpa for Intern...	N/A
4675.	AnyTV News	अंतर्राष्ट्रीय योग दिवस: आंध्र सरकार VMRDA कार्यालय में उच्च-स्तरीय समीक्षा बैठक...	N/A
4676.	Central Chronicle	Yoga Bandhan unites nations ahead of International Yoga Day 2025 –	N/A
4677.	Kolkata Sun	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4678.	Kolkata Sun	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4679.	The Hans India	Yoga practice session held at Raj Bhavan	N/A
4680.	Calcutta News	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4681.	Calcutta News	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4682.	World News Network	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4683.	World News Network	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4684.	Jharkhandtimes	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4685.	Jharkhandtimes	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4686.	Palgharnews	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4687.	Palgharnews	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4688.	Karnataka Live	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4689.	Karnataka Live	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4690.	West Bengal Khabar	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4691.	West Bengal Khabar	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4692.	Indianapolis Post	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4693.	Indianapolis Post	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A

4694.	The Asia News	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4695.	The Asia News	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4696.	Maharashtra Samachar	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4697.	Maharashtra Samachar	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4698.	Andhra Pradesh Mirror	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4699.	Punjab Live	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4700.	Punjab Live	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4701.	North East Times	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4702.	North East Times	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4703.	South India News	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4704.	South India News	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4705.	Vanakkam Tamil Nadu	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4706.	Vanakkam Tamil Nadu	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4707.	India's News	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4708.	India's News	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4709.	Haryana Today	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4710.	Haryana Today	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4711.	Mumbai News	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4712.	Mumbai News	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4713.	New Delhi News	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4714.	New Delhi News	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4715.	Odisha Post	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4716.	Odisha Post	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A

4717.	India Gazette	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4718.	India Gazette	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4719.	Delhi live news	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4720.	Delhi live news	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4721.	Telangana Journal	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4722.	Telangana Journal	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4723.	Chhattisgarh Today	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4724.	Chhattisgarh Today	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4725.	Bihar 24x7	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4726.	Bihar 24x7	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4727.	Jagat Prahari	विद्यालय परिसर में अंतर्राष्ट्रीय योग दिवस कार्यक्रम का शुभारंभ	N/A
4728.	Jagat Prahari	विद्यालय परिसर में अंतर्राष्ट्रीय योग दिवस कार्यक्रम का शुभारंभ	N/A
4729.	Rajasthan Ki Khabar	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4730.	Rajasthan Ki Khabar	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4731.	Gujarat Varta	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4732.	Gujarat Varta	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4733.	Kashmir Breaking News	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4734.	Kashmir Breaking News	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4735.	Gujarat Samachar	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4736.	Gujarat Samachar	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4737.	Bihar Times	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4738.	Bihar Times	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A
4739.	Kashmir Newsline	International Yoga Day: Andhra govt conducts high-level review meeting at VMRDA ...	N/A

4740.	Kashmir Newsline	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4741.	Himachal Patrika	International Yoga Day: Andhra govt conducts high-level review meeting at VMRD A ...	N/A
4742.	Himachal Patrika	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4743.	Indian News Network	International Yoga Day: Visakhapatnam Police impose strict traffic, drone restri...	N/A
4744.	Indian News Network	International Yoga Day: Andhra govt conducts high-level review meeting at VMRD A ...	N/A
4745.	Affairrs Cloud	Current Affairs 18 June 2025	N/A
4746.	Udaipur Kiran	भोपालः योग विषय पर होगा शक्ति योग समागम कार्यक्रम 18 जून को	N/A
4747.	Udaipur Kiran	भोपाल में योग विषय पर शक्ति योग समागम कार्यक्रम आज	N/A
4748.	Uttarakhand Times Live	Uttarakhand Times Live	N/A
4749.	Young Bharat News	अंतर्राष्ट्रीय योग दिवस: आयुष और संस्कृति मंत्रालय ने रामपुर रजा लाइब्रेरी को दे...	N/A
4750.	Jagran English	Yoga Day 2025: Bihar Health Minister Announces Statewide Celebrations With Mass ...	N/A
4751.	Khas Khabar	योग विषय पर होगा शक्ति योग समागम कार्यक्रम 18 जून को	N/A
4752.	Maverick News3	MDNIY Hosts Yoga Bandhan: Global Yoga Ambassadors Share their Yoga-empowered Jou...	N/A
4753.	Disha daily Latest Telugu News	పాఠశాలల్లో అంతర్జాతీయ యోగా దినోత్సవ వేడుకలు	N/A
4754.	अंजनी खबर (Anjani Khabar)	योग विषय पर होगा शक्ति योग समागम कार्यक्रम 18 जून को	N/A
4755.	Delhi upto Date	योग विषय पर होगा शक्ति योग समागम कार्यक्रम 18 जून को	N/A
4756.	Saahas Samachar	योग विषय पर होगा शक्ति योग समागम कार्यक्रम 18 जून को	N/A
4757.	Delhi Bulletin	योग विषय पर होगा शक्ति योग समागम कार्यक्रम 18 जून को	N/A
4758.	Action India Live	योग विषय पर होगा शक्ति योग समागम कार्यक्रम 18 जून को	N/A
4759.	Sarasjanvaad	पतंजलि विश्वविद्यालय में योग अनप्लग्ड, युवा महोत्सव 2025 का शुभारंभ	N/A
4760.	Ddindia	MDNIY launches ‘Yoga Bandhan" to celebrate global unity ahead of IDY 2025	N/A
4761.	Daily 24x7 News	One-Day Seminar-cum-Workshop Organized to Commemorate International Day of Yoga	N/A
4762.	Imnb	21 जून अंतरराष्ट्रीय योग दिवस के अवसर पर किया जाएगा जिला स्तरीय योग दिवस का आयोज...	N/A
4763.	Lokwarta	सरवाड़ : अंतर्राष्ट्रीय योग दिवस की पूर्व तैयारी को लेकर बैठक में की चर्चा	N/A
4764.	Hukmnama Samachar	सरवाड़ : अंतर्राष्ट्रीय योग दिवस की पूर्व तैयारी को लेकर बैठक में की चर्चा	N/A
4765.	IBC World News	International Yoga Day on June 21, call to participate in mass yoga practice	N/A

4766.	Jammu Links News	Arrangements for International Day of Yoga-2025 finalized at Bhaderwah	N/A
4767.	Haryana Archives Hindi Samachar	Rewari News : सभी विभाग अंतरराष्ट्रीय योग दिवस की तैयारियां समय रहते पूरा करना क...	N/A
4768.	Rihand Times	उत्तर बस्तर कांकेर : अंतर्राष्ट्रीय योग दिवस : जिला स्तर पर 'योग संगम" की थीम प...	N/A
4769.	AnyTV News	'Matsyasana" reduces both belly fat and mental stress, know its miraculous bene.. .	N/A
4770.	Hukmnama Samachar	धौलपुर: आमजन की अधिकतम भागीदारी के साथ हो अंतर्राष्ट्रीय योग दिवस का आयोजन-जिला ...	N/A
4771.	Kolkata Sun	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4772.	Newspoint	International Yoga Day 2025: Bengaluru"s Akshar Yoga Kendraa Aims For 12 Guinne...	N/A
4773.	TV 13 Gujarati News	આંતરરાષ્ટ્રીય યોગ દિવસ પર મુખ્યમંત્રી દેવેન્દ્ર ફડણવીસને આમંત્રણ, કોસ્ટ ગાર્ડના ...	N/A
4774.	Janmorcha	उत्तर बस्तर कांकेर : अंतर्राष्ट्रीय योग दिवस : जिला स्तर पर 'योग संगम" की थीम प...	N/A
4775.	Khas Khabar	ग्राम स्तर पर हरित योग के रूप में मनाया जाएगा, अधिकारियों को सौंपे गए दायित्व	N/A
4776.	State News Service	21 जून अंतरराष्ट्रीय योग दिवस के अवसर पर किया जाएगा जिला स्तरीय योग दिवस का आयोज...	N/A
4777.	Action India Live	उत्तर बस्तर कांकेर : अंतर्राष्ट्रीय योग दिवस : जिला स्तर पर 'योग संगम" की थीम प...	N/A
4778.	Saahas Samachar	उत्तर बस्तर कांकेर : अंतर्राष्ट्रीय योग दिवस : जिला स्तर पर 'योग संगम" की थीम प...	N/A
4779.	अंजनी खबर (Anjani Khabar)	उत्तर बस्तर कांकेर : अंतर्राष्ट्रीय योग दिवस : जिला स्तर पर 'योग संगम" की थीम प...	N/A
4780.	Udaipur Kiran	सेरी मंच मंडी में आयोजित होगा अंतरराष्ट्रीय योग दिवस	N/A
4781.	Delhi upto Date	उत्तर बस्तर कांकेर : अंतर्राष्ट्रीय योग दिवस : जिला स्तर पर 'योग संगम" की थीम प...	N/A
4782.	Delhi Bulletin	ग्राम स्तर पर हरित योग के रूप में मनाया जाएगा, अधिकारियों को सौंपे गए दायित्व	N/A
4783.	Udaipur Kiran	चंबल किनारे योगाभ्यास कर हरित योग का दिया संदेश	N/A
4784.	Haryana Archives Hindi Samachar	Jind News : महिला एवं बाल विकास विभाग ने किया योग प्रोटोकॉल प्रशिक्षण शिविर का आ...	N/A
4785.	News DNN TV	पतंजलि विश्वविद्यालय में योग अनप्लग्ड, युवा महोत्सव 2025 का शुभारंभ	N/A
4786.	Gurgaon Mail	पतंजलि विश्वविद्यालय में 'योग अनप्लग्ड – यूथ फेस्ट 2025" का भव्य शुभारंभ	N/A
4787.	Tarunmitra	चंबल किनारे योगाभ्यास कर हरित योग का दिया संदेश	N/A
4788.	Daily24writer	रायपुर में 21 जून को जिला स्तरीय योग दिवस का आयोजन, लोगों को योग के प्रति किया ज...	N/A
4789.	Haryana Archives Hindi Samachar	Charkhi Dadri News : एक पृथ्वी, एक स्वास्थ्य थीम पर त्रिदिवसीय योग प्रशिक्षण सम्...	N/A
4790.	Haryana Archives Hindi Samachar	Charkhi Dadri News : अंतरराष्ट्रीय योग दिवस की जिला स्तरीय रिहर्सल सम्पन्न	N/A
4791.	AnyTV News	Yoga on border: BSF soldiers gave the message of discipline and balance before I...	N/A

4792.	Janpatra News	21 जून अंतरराष्ट्रीय योग दिवस के अवसर पर किया जाएगा जिला स्तरीय योग दिवस का आयोज...	N/A
4793.	Bw Health Care World	Madhavbaug, Ayush Ministry Roll Out Yoga-Led Preventive Health Drive	N/A
4794.	New Delhi News	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4795.	India's News	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4796.	Indianapolis Post	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4797.	The Asia News	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4798.	Mumbai News	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4799.	Anaadinews	रायपुर में 21 जून को जिला स्तरीय योग दिवस का आयोजन	N/A
4800.	Healthcare Radius	Ayush Ministry, Madhavbaug to scale yoga-led heart care in Maharashtra	N/A
4801.	Bharat Baani	भारत में सिर्फ 11% लोग करते हैं योग, बाबा रामदेव से जानें क्यों जरूरी है ये हर उ...	N/A
4802.	The Lucknow Tribune	UP Gears Up for International Yoga Day with Cultural Celebrations	N/A
4803.	Tripuranet	Yoga Bandhan unites nations ahead of International Yoga Day 2025 –	N/A
4804.	Itdc News	संत हिरदाराम मेडिकल कॉलेज में योगा अनप्लग्ड के अंतर्गत सांस्कृतिक कार्यक्रमों का...	N/A
4805.	Himachal Patrika	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4806.	Kashmir Newsline	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4807.	Delhi live news	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4808.	OB News	Leh Hosts Samyoga to Promote Yoga and Healing by : Jun 17 2025 10:26:21 IST	N/A
4809.	Chhattisgarh Today	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4810.	Telangana Journal	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4811.	Gujarat Varta	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4812.	Gujarat Samachar	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4813.	Haryana Today	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4814.	Bihar 24x7	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4815.	Bihar Times	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4816.	Jharkhandtimes	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4817.	South India News	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4818.	Kashmir Breaking News	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4819.	Maharashtra Samachar	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4820.	West Bengal Khabar	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A

4821.	Karnataka Live	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4822.	Odisha Post	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4823.	North East Times	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4824.	Rajasthan Ki Khabar	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4825.	Punjab Live	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4826.	Vanakkam Tamil Nadu	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4827.	The Deccan Messenger	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4828.	Andhra Pradesh Mirror	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4829.	MintMoney	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4830.	Calcutta News	Yoga session held at Rajasthan CM"s residence ahead of International Day of Yo g...	N/A
4831.	Calcutta News	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga D ay	N/A
4832.	Indian News Network	Sikkim: Governor, state health minister perform yoga at Raj Bhawan	N/A
4833.	Shekhawati Samachar	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4834.	UNI	Maha Yoga Day at historic Bibi Ka Maqbara grounds	N/A
4835.	Avadhnama	योगा फांर वन अर्थ वन हेल्थ के तहत योग प्रशिक्षण का आयोजन किया गया	N/A
4836.	National Insight	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4837.	The Daily Metro	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4838.	United News Of India	योग बंधन में किया योगाचार्यों ने योग	N/A
4839.	United News Of India	योग बंधन में किया योगाचार्यों ने योग	N/A
4840.	Prevalent India	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4841.	News Daddy	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4842.	Gujarat Samachar	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga D ay	N/A
4843.	News9Network	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A

4844.	DD News	योग केवल एक व्यायाम नहीं, बल्कि शरीर, मन और आत्मा के बीच सामंजस्य का मार्ग है: क...	N/A
4845.	Bundel Khand Samachar	Cricketers got yoga training in Shivpuri | शिवपुरी में क्रिकेटर्स को मिली योगा ट...	N/A
4846.	Khabare Rajasthan	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4847.	Udaipur Dispatch	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4848.	Nagpur News Today	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4849.	The Asia News	Yoga session held at Rajasthan CM"s residence ahead of International Day of Yo g...	N/A
4850.	The Asia News	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga D ay ...	N/A
4851.	Indore Pioneer	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4852.	Maharashtra 24x7	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4853.	Your Bangalore	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4854.	Khamma Ghani Rajasthan	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4855.	TaxGuru	Punishment Should End During Lifetime of Convict: Delhi HC	N/A
4856.	Live Jabalpur	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4857.	Allahabad Post	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4858.	Madhya Pradesh Mirror	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4859.	Kashmir Newsline	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga D ay	N/A
4860.	Mumbai News	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga D ay	N/A
4861.	Rajasthan Mirror	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4862.	India Gazette	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga D ay	N/A
4863.	MP News Line	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A

4864.	New Delhi News	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga Day	N/A
4865.	Indianapolis Post	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga Day	N/A
4866.	Chhattisgarh Today	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga Day	N/A
4867.	Kolkata Sun	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga Day	N/A
4868.	Delhi live news	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga Day	N/A
4869.	MP Guardian	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4870.	Prakhar Jagran	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4871.	India's News	Yoga session held at Rajasthan CM"s residence ahead of International Day of Yog...	N/A
4872.	India's News	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga Day	N/A
4873.	Delhi News Now	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4874.	Up Patrika	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4875.	India Gazette	Yoga session held at Rajasthan CM"s residence ahead of International Day of Yog...	N/A
4876.	Gujarat Varta	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga Day	N/A
4877.	Business Point	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4878.	Deccan Express	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4879.	North East Times	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga Day	N/A
4880.	Telangana Journal	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga Day	N/A
4881.	Maharashtra Samachar	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga Day	N/A
4882.	Rajasthan Express	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A

4883.	Himachal Patrika	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga Day	N/A
4884.	Jodhpur Reporter	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4885.	Latestly	India News | Yoga Session Held at Rajasthan CM"s Residence Ahead of Internation...	N/A
4886.	Nashik 24	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4887.	Hot Scup	Yoga Day 2025: 'One Earth, One Health" Theme ke saath Ready?	N/A
4888.	Delhi News Watch	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4889.	North West News Times	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4890.	Live Mumbai	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4891.	News Track Bhopal	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4892.	Satta Express	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4893.	Bihar Times	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga Day	N/A
4894.	Bihar 24x7	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga Day	N/A
4895.	Marudhar Chronicle	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4896.	Jharkhandtimes	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga Day	N/A
4897.	Haryana Today	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga Day	N/A
4898.	Bizz Sight	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4899.	The Capital News	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4900.	Central Herald	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4901.	West Bengal Khabar	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga Day	N/A
4902.	Guidely	Daily Current Affairs 17th June 2025 | Latest News | Download Free PDF	N/A

4903.	South India News	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga D ay	N/A
4904.	Kashmir Breaking News	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga D ay	N/A
4905.	Odisha Post	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga D ay	N/A
4906.	Rajasthan Journal	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4907.	The Evening Post	Grand Yoga Mahakumbh Held in Delhi – Yoga is the Soul of Our Sanatan Culture | D...	N/A
4908.	Rajasthan Ki Khabar	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga D ay	N/A
4909.	Andhra Pradesh Mirror	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga D ay	N/A
4910.	Vanakkam Tamil Nadu	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga D ay	N/A
4911.	Punjab Live	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga D ay	N/A
4912.	Refersms	Leh Hosts Samyoga to Promote Yoga and Healing	N/A
4913.	Karnataka Live	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga D ay	N/A
4914.	Indian News Network	Uttar Pradesh: People perform Yoga at Namo Ghat ahead of International Yoga D ay	N/A
4915.	Tezzbuzz	Visakhapatnam Gears Up to Host 11th International Day of Yoga	N/A
4916.	Young Bharat News	Yoga : योग सप्ताह पर स्प्रिंगडेल्स स्कूल में भव्य योग आयोजन	N/A
4917.	Ndtv Profit	International Yoga Day 2025: Date, Theme, History, How To Celebrate And Asan as M...	N/A
4918.	Punjabkesari	Haryana: बच्चे कस लें कमर...गर्मी की छुट्टियों के बीच इस दिन खुलेंगे सभी स्कूल, ...	N/A
4919.	DD News	अंतर्राष्ट्रीय योग दिवस 2025 : मोरारजी देसाई राष्ट्रीय योग संस्थान के 'योग बंधन'...	N/A
4920.	Kashmir Convener	India"s Timeless Gift to the World Online Editor Last updated Jun 17, 2025 0	N/A
4921.	Tripurastar News	The National Institute Of Sowa-Rigpa (NISR), Leh Organises A One-Day Samyog a Eve...	N/A
4922.	Ddindia	Morarji Desai National Institute of Yoga to host 'Yoga Bandhan" on June 17	N/A
4923.	The Business Bytes	NTPC Bongaigaon leads with six-day yoga drive to promote 'One Earth, One Heal th'...	N/A

4924.	Batesi Tv	Students Embrace Yoga, Creativity, and Nature in Run-Up to IDY 2025 Organized by...	N/A
4925.	Maverick News3	Morarji Desai National Institute of Yoga to organise ‘Yoga Bandhan" tomorrow	N/A
4926.	Maverick News3	The National Institute of Sowa-Rigpa (NISR), Leh organises a one-day Samyoga eve...	N/A
4927.	Ncr Khabar	11वें अंतर्राष्ट्रीय योग दिवस के उपलक्ष में जनपद में 15 जून से 21 जून 2025 तक आय...	N/A
4928.	Drug Today Medical Times	Yoga Becomes Lifestyle for 41% Indians, But Challenges Remain	N/A
4929.	A Bit Far	"करें योग, रहें निरोग" के संकल्प के साथ हरिद्वार में निकली रन... ”करें योग, रह...	N/A
4930.	Naya Bharat	योग केवल शरीर को स्वस्थ रखने की विधि नहीं है, यह हमारी सनातन संस्कृति का मूल है ...	N/A
4931.	Bharat Articles	International Yoga Day 2025 Celebrations	N/A
4932.	Lokwarta	गंगानगर: मुख्यमंत्री की मंशा के अनुरूप हो अंतर्राष्ट्रीय योग दिवस का आयोजन	N/A
4933.	Lokwarta	भरतपुर : अंतर्राष्ट्रीय योग दिवस पर अधिकाधिक लोगों की सहभागिता करें सुनिश्चित – ...	N/A
4934.	Hukmnama Samachar	भरतपुर : अंतर्राष्ट्रीय योग दिवस पर अधिकाधिक लोगों की सहभागिता करें सुनिश्चित - ...	N/A
4935.	News Mantra	NTPC Bongaigaon organized a six-day yoga workshop	N/A
4936.	Dainik Jayant	“रन फॉर योग“ कार्यक्रम को लेकर कार्मिकों में दिखा उत्साह	N/A
4937.	Daily 24x7 News	Daily 24x7 News - News Website	N/A
4938.	Daily 24x7 News	Daily 24x7 News - News Website	N/A
4939.	Prime24	अन्तर्राष्ट्रीय योग दिवस 21 जून को पूरे जिले में सामूहिक योग कार्यक्रम होगें - क...	N/A
4940.	BW Wellbeingworld	Yoga Connect - A Global Yoga Summit	N/A
4941.	The Times News	योग केवल अच्छे स्वास्थ्य का नहीं, हमारी सनातन संस्कृति का मूल है : अभिषेक वर्मा	N/A
4942.	The Right News	Ayush Secretary with officials reviews IDY 2025 preparations at host city Visakh...	N/A
4943.	Swabhimani Odia	PM Modi Made Yoga Global Movement	N/A
4944.	Observer Voice	Yoga Connect 2025: A Hybrid Global Summit on ‘Yoga for One Earth"	N/A
4945.	Vizag News	Team Hello Vizag	N/A
4946.	The Bharat Now	अंतर्राष्ट्रीय योग दिवस पर खुले रहेंगे सरकारी स्कूल	N/A
4947.	Andhravilas	విశాఖపట్నం: అంతర్జాతీయ యోగా దినోత్సవానికి భారీ ఏర్పాట్లు, ఉన్నత అధికారుల సమీక్ష	N/A
4948.	Janjaagran	अंतर्राष्ट्रीय योग दिवस पर खुले रहेंगे सरकारी स्कूल	N/A
4949.	Khulasa	अंतर्राष्ट्रीय योग दिवस पर खुले रहेंगे सरकारी स्कूल	N/A

4950.	Elite Answers	Massive arrangements for International Yoga Day in Visakhapatnam: Major revie ws ...	N/A
4951.	Hindustan Times	విశాఖపట్నంలో అంతర్జాతీయ యోగా దినోత్సవానికి భారీ ఏర్పాట్లు: ఉన్నతాధికారుల కీలక సమ...	N/A
4952.	Government of Sikkim	Press Release from Regional Ayurveda Research Institute	N/A
4953.	Tripuranet	Ayush Secretary with officials reviews IDY 2025 preparations at host city Visakh...	N/A
4954.	India Habitat Centre	देश में 41% लोगों ने अपनाई योगमय जीवनशैली: आयुष मंत्रालय सर्वे	N/A
4955.	Observer Voice	Visakhapatnam Prepares for International Day of Yoga 2025: Senior Officials Hold ...	N/A
4956.	Refersms	Visakhapatnam Gears Up to Host 11th International Day of Yoga	N/A
4957.	Khabaraajtak24x7	देश में 41% लोगों ने अपनाई योगमय जीवनशैली: आयुष मंत्रालय सर्वे	N/A
4958.	Khulasa	देश में 41% लोगों ने अपनाई योगमय जीवनशैली: आयुष मंत्रालय सर्वे	N/A
4959.	World News Network	Rajasthan Speaker urges public to adopt yoga daily, credits PM Modi for its glob...	N/A
4960.	Sattasudhar	देश में 41% लोगों ने अपनाई योगमय जीवनशैली: आयुष मंत्रालय सर्वे	N/A
4961.	Redalertnews.in	देश में 41% लोगों ने अपनाई योगमय जीवनशैली: आयुष मंत्रालय सर्वे	N/A
4962.	Samacharika	देश में 41% लोगों ने अपनाई योगमय जीवनशैली: आयुष मंत्रालय सर्वे	N/A
4963.	Calcutta News	Rajasthan Speaker urges public to adopt yoga daily, credits PM Modi for its glob...	N/A
4964.	Maharashtra Samachar	Rajasthan Speaker urges public to adopt yoga daily, credits PM Modi for its glob...	N/A
4965.	India's News	Rajasthan Speaker urges public to adopt yoga daily, credits PM Modi for its glob...	N/A
4966.	The Asia News	Rajasthan Speaker urges public to adopt yoga daily, credits PM Modi for its glob...	N/A
4967.	India Gazette	Rajasthan Speaker urges public to adopt yoga daily, credits PM Modi for its glob...	N/A
4968.	Jagmarg	पंचकूला में आज से शुरू होगा योग प्रोटोकॉल का तीन दिवसीय अभ्यास	N/A
4969.	Vishva Times	Gita Jayanti will be held in association with Britain: Haryana CM Nayab Singh Sa.. .	N/A
4970.	Chhattisgarh Vishesh	योग से जोड़ो अभियान अंतर्गत एसईसीएल सीएमडी श्री हरीश दुहन बिलासपुर ब्रह्माकुमारी...	N/A
4971.	E - PAO	Awareness on Yoga held in Kakching	N/A
4972.	Caas India	Yoga Day New Delhi 2025: नई दिल्ली में कर्तव्य पथ समेत 8 स्थानों पर होगा योग आयो...	N/A
4973.	Pune Media	Over 41 per cent of respondents have incorporated Yoga into their lifestyle: Ayu...	N/A
4974.	World News Network	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4975.	Palgharnews	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A

4976.	Calcutta News	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4977.	Anytime News	11 वर्ष पूर्व भारत के विरासत, सनातन विद्या योग को जन-जन का हिस्सा प्रधानमंत्री ज...	N/A
4978.	Kolkata Sun	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4979.	Indianapolis Post	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4980.	New Delhi News	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4981.	Chandigarh City News	Haryana most suitable state in the country for poultry industry: CM	N/A
4982.	The Asia News	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4983.	Mumbai News	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4984.	India Gazette	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4985.	India's News	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4986.	Maverick News3	Visakhapatnam Readies for IDY 2025: Senior Officials Conduct Key Review Meeting	N/A
4987.	Dainik Jayant	रन फॉर योगा के जरिए आमजन को योग से जोड़ने का प्रयास	N/A
4988.	North East Times	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4989.	Haryana Today	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4990.	Andhra Pradesh Mirror	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4991.	Kashmir Newsline	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4992.	Telangana Journal	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4993.	Karnataka Live	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4994.	Gujarat Samachar	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4995.	Punjab Live	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A

4996.	Gujarat Varta	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4997.	Delhi live news	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4998.	Kashmir Breaking News	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
4999.	Chhattisgarh Today	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
5000.	Himachal Patrika	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
5001.	South India News	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
5002.	Bihar 24x7	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
5003.	Odisha Post	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
5004.	Rajasthan Ki Khabar	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
5005.	West Bengal Khabar	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
5006.	Vanakkam Tamil Nadu	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
5007.	Bihar Times	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
5008.	Indian News Network	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
5009.	Jharkhandtimes	Visakhapatnam readies for International Day of Yoga: Senior officials conduct ke.. .	N/A
5010.	Aawazaapki	महापौर ने दीप प्रज्वलन कर योग सप्ताह का किया गया शुभारंभ	N/A
5011.	Tarunmitra	मंडल कारागार में योग सप्ताह का हुआ शुभारंभ	N/A
5012.	Garhwal Post	Harish Rawat flays Gairsain Yoga Fest as fake exercise	N/A
5013.	The Hans India	Gita Jayanti will be held in association with Britain: Haryana CM	N/A
5014.	लीजेंड न्यूज़	जवाहर बाग में हुआ योग सप्ताह शुभारंभ, जनप्रतिनिधियों ने किया उद्घाटन	N/A
5015.	India News Calling	NEWS RECEIVED FROM HARYANA STATE UNDER THE LEADERSHIP OF C. M.SH.NAYAB SINGH SAIN...	N/A
5016.	Thefreedompress	Gita Jayanti will be held in association with Britain: Haryana CM	N/A

5017.	Sakshi Post	Gita Jayanti will be held in association with Britain: Haryana CM	N/A
5018.	Haryana Archives Hindi Samachar	Charkhi Dadri News : तन, मन और पर्यावरण की शुद्धि में सहायक है योग: वसुधा बहन	N/A
5019.	Times Report	Gita Jayanti will be held in association with Britain: Haryana CM	N/A
5020.	Khabreelal	बिजनौर में योग की बही गंगा: 11वें अंतर्राष्ट्रीय योग दिवस पर "एक पृथ्वी एक स्वा...	N/A
5021.	Youth India News	गंगा तट पर 11वें अंतरराष्ट्रीय योग सप्ताह का हुआ शुभारंभ	N/A
5022.	Prabhat Khabar	योग केवल शरीर को स्वस्थ रखने की विधि नहीं है, यह हमारी सनातन संस्कृति का मूल है-...	N/A
5023.	Udaipur Kiran	योग से तन व मन को चुस्त-दुरूस्त एवं स्वस्थ्य रखे : राजेंद्र मौर्य	N/A
5024.	Breaking News Express	कन्नौज: नियमित योग करने से होती है, आनन्द की अनुभूति:डीएम	N/A
5025.	Udaipur Kiran	योग सप्ताह का प्रयागराज महापौर ने दीप प्रज्वलन कर किया शुभारंभ	N/A
5026.	DD News	वाराणसी में योग सप्ताह का भव्य शुभारंभ, 'एक पृथ्वी, एक स्वास्थ्य" का दिया संदेश	N/A
5027.	The Media Setu	अंतरराष्ट्रीय योग दिवस से पहले हरियाणा में जोशीला योग मैराथन आयोजित	N/A
5028.	Tarunmitra	सीडीओ ने किया सामूहिक योगाभ्यास का उद्घाटन	N/A
5029.	BharatKi Baat	Ayush survey: Over 41% of respondents have integrated Yoga into their daily life.. .	N/A
5030.	BharatKi Baat	UP government prepares for a grand celebration of Yoga Day on June 21.	N/A
5031.	Ddindia	Visakhapatnam gears up for International Yoga Day 2025	N/A
5032.	India News Calling	NEWS RECEIVED FROM HARYANA STATE UNDER THE LEADERSHIP OF C. M.SH.NAYAB SINGH SAIN...	N/A
5033.	The Impressive Times	Chief Minister Saini takes part in state-level yoga marathon in Kurukshetra	N/A
5034.	Tripurastar News	Visakhapatnam Readies For IDY 2025: Senior Officials Conduct Key Review Meeting.	N/A
5035.	Tezzbuzz	Yoga Connect 2025: Global Summit in New Delhi	N/A
5036.	The Impressive Times	Visakhapatnam Readies for IDY 2025: Senior Officials Conduct Key Review Meeting	N/A
5037.	Mumbai News	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5038.	Young Bharat News	Yoga : 11वां अंतर्राष्ट्रीय योग दिवस, योग सप्ताह का शुभारंभ	N/A
5039.	The Asia News	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra ANI 15 Ju ...	N/A
5040.	India's News	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5041.	New Delhi News	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A

5042.	Bharat Neeti	Senior Officials Conduct Review Meeting for International Day of Yoga in Visakha. ..	N/A
5043.	Parpanch	Kanpur : नाना राव पार्क से योग सप्ताह का शुभारंभ	N/A
5044.	Vaartha	World Yoga Day : केवल 11% लोग ही प्रतिदिन करतें हैं योगाभ्यास	N/A
5045.	Airr News	Trikonasana yoga benefits. A simple and beneficial posture of yoga.	N/A
5046.	Young Bharat News	आयुर्वेद महाविद्यालय में योग सप्ताह का आगाज, मंत्री दयाशंकर मिश्र बोले-योगाभ्याय...	N/A
5047.	Udaipur Kiran	शरीर, आत्मा और मन को जोड़ता है योग : डॉ.दयाशंकर मिश्र	N/A
5048.	Gurgaon Mail	अंतर्राष्ट्रीय योग दिवस: नमोघाट पर योग सप्ताह शुरू – “करें योग, रहें निरोग” का स...	N/A
5049.	Bharat Express	Trikonasana kaise kare	N/A
5050.	Tarunmitra	अंतर्राष्ट्रीय योग दिवस : नमोघाट पर योग सप्ताह शुरू,करें योग रहें निरोग का संदेश	N/A
5051.	The Printlines	International Yoga Day 2025: वाराणसी में योग सप्ताह का भव्य शुभारंभ, ‘एक पृथ्वी,...	N/A
5052.	OB News	For better blood circulation and glowing skin, do trigonasana, learn the right w...	N/A
5053.	The Mobi World	For better blood circulation and glowing skin, do trigonasana, learn the right w...	N/A
5054.	Vishva Times	वाराणसी में योग सप्ताह का भव्य शुभारंभ, "एक पृथ्वी, एक स्वास्थ्य" का संदेश	N/A
5055.	Tezzbuzz	For better blood circulation and glowing skin, do trigonasana, learn the right w...	N/A
5056.	Indias News	वाराणसी में योग सप्ताह का भव्य शुभारंभ, ‘एक पृथ्वी, एक स्वास्थ्य" का संदेश	N/A
5057.	World News Network	Haryana CM Nayab Singh Saini flags off ‘Run for Yoga’ in Kurukshetra – World N ew...	N/A
5058.	Namma Kudla English	Yoga Enhances Chronic Illness Management and Promotes Global Wellness: Rep ort fr...	N/A
5059.	South India News	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5060.	Bihar Times	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5061.	Palgharnews	Haryana CM Nayab Singh Saini flags off ‘Run for Yoga" in Kurukshetra – World N e...	N/A
5062.	Jharkhandtimes	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5063.	Maharashtra Samachar	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5064.	North East Times	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5065.	Gujarat Samachar	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5066.	Kashmir Breaking News	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5067.	Vanakkam Tamil Nadu	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5068.	Chhattisgarh Today	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A

5069.	West Bengal Khabar	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5070.	Kashmir Newsline	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5071.	Bihar 24x7	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5072.	Andhra Pradesh Mirror	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5073.	Haryana Today	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5074.	Rajasthan Ki Khabar	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5075.	Telangana Journal	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5076.	Delhi live news	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5077.	Himachal Patrika	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5078.	Karnataka Live	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5079.	Punjab Live	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5080.	Odisha Post	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5081.	Gujarat Varta	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5082.	Indian News Network	Haryana CM Nayab Singh Saini flags off "Run for Yoga" in Kurukshetra	N/A
5083.	Tripurastar News	Yoga Connect 2025: A Hybrid Global Summit On ‘Yoga For One Earth, One Healt h" I...	N/A
5084.	BharatKi Baat	Ayush Minister highlights studies showing yoga aids in diabetes management and c...	N/A
5085.	Maverick News3	Yoga Connect 2025 Kicks Off in Delhi with Global Participation	N/A
5086.	Janta Ki Jankari News	વિશ્વ શાંતિ કેન્દ્રમાં “રાષ્ટ્રીય આરોગ્ય મિશન” અંતર્ગત હરિયાણા આરોગ્ય વિભાગના અધ...	N/A
5087.	Psucornner	Yoga Connect 2025: A Hybrid Global Summit on ‘Yoga for One Earth, One Health " I...	N/A
5088.	News Grid	Uttarakhand News: योगा डे 2025 की तैयारियों को लेकर मुख्य सचिव की समीक्षा बैठक…	N/A
5089.	AnyTV News	Simple way to get relief from cervical and back pain ‘Gomukhasana", stress and .. .	N/A
5090.	Naya Bharat	Uttarakhand News: योगा डे 2025 की तैयारियों को लेकर मुख्य सचिव की समीक्षा बैठक…	N/A
5091.	Gurgaon Mail	सूरजपुर में 15 से 21 जून तक मनाया जाएगा योग सप्ताह, 11वें अंतर्राष्ट्रीय योग दिव...	N/A
5092.	Udaipur Kiran	पतंजलि विश्वविद्यालय में योग अनप्लग्ड-युवा महोत्सव का आयोजन	N/A
5093.	E Khabar Today	Chhatarpur News: स्वस्थ रहने के लिए कराया योग का अभ्यास	N/A
5094.	Young Bharat News	International Yoga Day: विशाखापत्तनम में होगा मेगा कार्यक्रम, PM Modi करेंगे योग...	N/A

5095.	Jagran English	UP Monsoon Alert: Govt To Conduct Tehsil-Level Mock Drills, Tighten Flood Prepar...	N/A
5096.	Udaipur Kiran	योग अब वैश्विक स्वास्थ्य व शांति की दिशा में एक सशक्त आंदोलन बन चुका है: प्रतापर...	N/A
5097.	Daily World	"Yoga Connect" summit begins today in New Delhi -Agencies | National - Dailywo...	N/A
5098.	Skgnews	योग केवल व्यायाम नहीं, आत्मशुद्धि की वैज्ञानिक प्रक्रिया है – डॉ. अश्वनी कौशिक	N/A
5099.	Insights On India	UPSC CURRENT AFFAIRS – 14 June 2025	N/A
5100.	Insights On India	Y-Break for Workplace Wellness	N/A
5101.	Singrauli Mirror	'Yoga Connect" global summit begins in Delhi with over 1,000 participants	N/A
5102.	Udaipur Kiran	नारनौलः योग मैराथन में विजेता को मिलेगा 5100 रुपये का पुरस्कारः डॉ विवेक भारती	N/A
5103.	Udaipur Kiran	सिरसा: योग मन, शरीर और आत्मा के बीच सामंजस्य स्थापित करने की कला: कुलपति	N/A
5104.	OB News	"Yoga Connect" summit begins today in New Delhi	N/A
5105.	The Mobi World	"Yoga Connect" summit begins today in New Delhi	N/A
5106.	Orange News9	Yoga now a global mass movement thanks to PM Modi's efforts, says Union Ayush Mi...	N/A
5107.	BharatKi Baat	Union Ayush Minister Jadhav credits PM Modi for making yoga a global mass moveme...	N/A
5108.	Vishva Times	'Yoga Connect' summit begins today in New Delhi	N/A
5109.	Young Bharat News	Yoga Benefits: साइटिका से लेकर लिवर संबंधी समस्याओं से हैं परेशान, नियमित करें प...	N/A
5110.	Uttarakhand Times Live	मुख्य सचिव ने दिए निर्देश: योग दिवस पर बेहतर समन्वय से पूरी हों तैयारियां	N/A
5111.	Breaking News Express	अंतर्राष्ट्रीय योग दिवस-एक पृथ्वी -एक स्वास्थ्य के लिए योग सर्वे संतु निरामया –	N/A
5112.	Ddindia	'Yoga Connect" global summit begins in Delhi with over 1,000 participants	N/A
5113.	Daily 24x7 News	Doda administration gears up for International Day of Yoga 2025	N/A
5114.	News Point	Ministry of Ayush to Host Global Yoga Summit 'Yoga Connect' Today in New Delhi	N/A
5115.	Bharat Express	'Yoga Connect" Summit To Bring Global Focus On Yoga Ahead Of International Day ...	N/A
5116.	Sakshi Post	'Yoga Connect' summit begins today in New Delhi	N/A
5117.	The Hans India	'Yoga Connect" summit begins today in New Delhi	N/A
5118.	The Hawk	'Yoga Connect" summit begins today in New Delhi	N/A
5119.	Thefreedompress	'Yoga Connect" summit begins today in New Delhi	N/A
5120.	Vishva Times	Haryana to see participation of 11 lakh people on Yoga Day: c Saini	N/A

5121.	Nation Press	What to Expect from the ‘Yoga Connect" Summit in New Delhi?	N/A
5122.	Pune News	‘Yoga Connect" summit begins today in New Delhi	N/A
5123.	Times Report	‘Yoga Connect' summit begins today in New Delhi	N/A
5124.	Namma Kudla English	AYUSH Ministry"s ‘Yoga Connect" Summit to Showcase Baba Ramdev, Acharya Balakr...	N/A
5125.	The Kashmir Horizon	Doda Admin gears up for Int"l Day of Yoga 2025, DC chairs meeting to finalise p.. .	N/A
5126.	Central Chronicle	Ayush Ministry to host ‘Yoga Connect" Global summit in Delhi –	N/A
5127.	Indian White Paper	Uniting communities, Visakhapatnam gears up for IDY-2025	N/A
5128.	Scoop News	Doda administration gears up for Int"l Day of Yoga 2025	N/A
5129.	The Hans India	Uniting communities, Visakhapatnam gears up for IDY-2025	N/A
5130.	Kolkata Sun	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5131.	The Asia News	Haryana"s International Yoga Day state-level event to be held at Kurukshetra AN.. .	N/A
5132.	Calcutta News	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5133.	Calcutta News	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5134.	India Gazette	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5135.	New Delhi News	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5136.	Mumbai News	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5137.	India's News	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5138.	Indianapolis Post	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5139.	The Mobi World	Haryana to see participation of 11 lakh people on Yoga Day: CM Nayab Saini	N/A
5140.	Pahadi khabarnama	देहरादून में 15 जून को रन फॉर योग कार्यक्रम का आयोजन होगा	N/A
5141.	Kolkata Sun	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5142.	Maharashtra Samachar	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5143.	Maharashtra Samachar	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5144.	Delhi live news	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5145.	Punjab Live	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5146.	Gujarat Varta	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A

5147.	Haryana Today	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5148.	Andhra Pradesh Mirror	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5149.	Odisha Post	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5150.	Gujarat Samachar	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5151.	Bihar Times	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5152.	Bihar 24x7	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5153.	Vanakkam Tamil Nadu	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5154.	North East Times	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5155.	Jharkhandtimes	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5156.	Rajasthan Ki Khabar	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5157.	Kashmir Breaking News	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5158.	Karnataka Live	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5159.	Haryana Archives Hindi Samachar	Charkhi Dadri News : योग नकारात्मक बातों से दूर और खुशी के नजदीक रखता है: वसुधा ...	N/A
5160.	Chhattisgarh Today	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5161.	Kashmir Newsline	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5162.	Himachal Patrika	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5163.	Indianapolis Post	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5164.	Telangana Journal	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5165.	South India News	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5166.	West Bengal Khabar	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5167.	Indian News Network	Haryana"s International Yoga Day state-level event to be held at Kurukshetra	N/A
5168.	Forever News	Yoga Connect 2025 Brings Global Leaders to New Delhi for ‘One Earth, One Health'...	N/A
5169.	India's News	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5170.	New Delhi News	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5171.	India Gazette	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A

5172.	The Asia News	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5173.	Mumbai News	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5174.	South India News	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5175.	Rajasthan Ki Khabar	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5176.	Maverick News3	Yoga Connect 2025: A Hybrid Global Summit on 'Yoga for One Earth, One Health ' to...	N/A
5177.	Kashmir Breaking News	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5178.	Odisha Post	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5179.	Kashmir Newsline	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5180.	Chandigarh City News	CM attends Yoga Protocol Training Camp at ITBP BTC, Bhanu, Panchkula	N/A
5181.	DD News	Yoga Connect 2025: दिल्ली में 'एक पृथ्वी, एक स्वास्थ्य" थीम पर शनिवार को होगा व...	N/A
5182.	Delhi live news	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5183.	Himachal Patrika	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5184.	Punjab Live	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5185.	Chhattisgarh Today	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5186.	Gujarat Varta	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5187.	Andhra Pradesh Mirror	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5188.	Gujarat Samachar	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5189.	Dainik Jayant	देहरादून में 15 जून,2025 को आयोजित होगा "रन फॉर योगा" कार्यक्रम	N/A
5190.	Bihar Times	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5191.	Haryana Today	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A

5192.	Karnataka Live	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5193.	Daily aawaz	Ayush Ministry to host 'Yoga Connect" Global summit in Delhi	N/A
5194.	Jharkhandtimes	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5195.	Bihar 24x7	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5196.	Vanakkam Tamil Nadu	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5197.	West Bengal Khabar	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5198.	Telangana Journal	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5199.	North East Times	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5200.	Indian News Network	Yoga Connect 2025: A Hybrid Global Summit on "Yoga for One Earth, One Health " ...	N/A
5201.	Arihant Samachar	देहरादून में 15 जून को आयोजित ''रन फॉर योगा"" कार्यक्रम में मुख्यमंत्री पुष्कर...	N/A
5202.	Daily Uttarakhand	देहरादून में 15 जून को आयोजित होगा ''रन फॉर योगा" कार्यक्रम	N/A
5203.	The Impressive Times	11th International Yoga Day in Haryana to be Historic; more than 11 lakh Yoga Pr ...	N/A
5204.	DANIK KHABAR	नई दिल्ली में कल मिश्रित स्वरूप में "एक पृथ्वी, एक स्वास्थ्य के लिए योग" पर व...	N/A
5205.	The Hans India	Haryana to see participation of 11 lakh people on Yoga Day: CM Nayab Saini	N/A
5206.	Satyaday	Yoga For Health: શરીર અને મનની શક્તિ વધારો – પશ્ચિમોત્તાનાસનના અદ્ભુત ફાયદા	N/A
5207.	Jammu Links News	Doda administration gears up for International Day of Yoga 2025	N/A
5208.	Uttarakhand Today News	देहरादून में 15 जून,2025 को आयोजित होगा ''रन फॉर योगा"" कार्यक्रम	N/A
5209.	Hillvani	देहरादून में 15 जून,2025 को आयोजित होगा ''रन फॉर योगा"" कार्यक्रम	N/A
5210.	Udaipur Kiran	कैबिनेट मंत्री राव नरबीर ने युवा पीढ़ी से जीवन में योग को अपनाने का किया आह्वान	N/A
5211.	Udaipur Kiran	सीएम का दावा- योग दिवस पर 11 लाख साधक एक साथ करेंगे योगाभ्यास	N/A
5212.	Pune News	Haryana to see participation of 11 lakh people on Yoga Day: CM Nayab Saini	N/A
5213.	Koyalanchal News	एसईसीएल में अंतर्राष्ट्रीय योग दिवस 2025 के उपलक्ष्य में 14 जून से 7 दिवसीय बूटक...	N/A
5214.	enewstime	Haryana to see participation of 11 lakh people on Yoga Day: CM Nayab Saini	N/A
5215.	Times Report	Haryana to see participation of 11 lakh people on Yoga Day: CM Nayab Saini	N/A

5216.	Tripuranet	Ayush Ministry to host 'Yoga Connect" Global summit in Delhi –	N/A
5217.	Thefreedompress	Haryana to see participation of 11 lakh people on Yoga Day: CM Nayab Saini	N/A
5218.	Health Economictimes	Over 5 lakh people likely to participate in International Yoga Day: Minister	N/A
5219.	BharatKi Baat	Haryana CM Saini announces International Yoga Day events statewide on June 2 1.	N/A
5220.	Jagmarg	अंतरराष्ट्रीय योग दिवस पर 11 लाख से अधिक योग साधक करेंगे योगाभ्यास : नायब सैनी	N/A
5221.	Dalal Street	Tamil Nadu-based textile penny stock below Rs 2: Stock Price Jumps on Rs 4.22 Cr...	N/A
5222.	Punjab Newsline	Haryana: 11th International Yoga Day; more than 11 lakh Yoga Practitioners to Pe ...	N/A
5223.	Itdc News	अंतरराष्ट्रीय योग दिवस पर रंगारंग कार्यक्रम	N/A
5224.	Observer Voice	Yoga Connect 2025: A Hybrid Global Summit on 'Yoga for One Earth, One	N/A
5225.	Udaipur Kiran	आयुष मंत्रालय वैश्विक शिखर सम्मेलन 'योग कनेक्ट" की करेगा मेजबानी	N/A
5226.	AnyTV News	From sciatica to liver problems, you are troubled by regularity, West to regular	N/A
5227.	UNI	Ayush Ministry to host Yoga Connect on Saturday	N/A
5228.	UNI	Ayush Ministry to host Yoga Connect on Saturday	N/A
5229.	The Media Setu	21 जून को हरियाणा में बनेगा योग का नया रिकॉर्ड	N/A
5230.	Responsibleus	India Begins Countdown to Yoga Day 2025	N/A
5231.	Next Edge	Ministry of Ayush to Host 'Yoga Connect' Global Summit Ahead of International D a...	N/A
5232.	Kaithal Breaking Tv	21 जून को कुरुक्षेत्र पहुंचेंगे योग गुरु स्वामी रामदेव : मुख्यमंत्री	N/A
5233.	Garima Times	हरियाणा में अंतरराष्ट्रीय योग दिवस होगा ऐतिहासिक, 11 लाख से अधिक योग साधक एक साथ...	N/A
5234.	United News Of India	योग पर वैश्विक सम्मेलन शनिवार को	N/A
5235.	Refersms	Yoga Connect 2025: Global Summit in New Delhi	N/A
5236.	Daily 24x7 News	Global yoga movement began with PM Modi"s vision: Prataprao Jadhav	N/A
5237.	Pharmabiz.com	Madhavbaug partners with Ministry of Ayush to lead yoga-driven preventive health ...	N/A
5238.	Jagat Kranti News	योग से करनी चाहिए दिन की शुरुआत: डॉ संजय वैद	N/A
5239.	Daily 24x7 News	Daily 24x7 News - News Website	N/A
5240.	Equity Bulls	Hylex Fashion Pvt Ltd receives order for Unbranded Ethylene Vinyl Acetate Yoga M...	N/A
5241.	सरहद का साक्षी	नरेंद्रनगर ब्लॉक के फकोट मुख्यालय में आयुष विभाग ने किया योग शिविर का आयोजन, जाग...	N/A

5242.	Vishvatimes	नोएडा स्टेडियम में 21 जून को 11वें अंतर्राष्ट्रीय योग दिवस का आयोजन, 15 जून से य...	N/A
5243.	Citrus Interactive	Garment Mantra Lifestyle's arm bags order worth Rs 4.22 crore	N/A
5244.	Vishva Times	Global yoga movement began with PM Narendra Modi"s vision: Prataprao Jadhav	N/A
5245.	Healthcare Radius	Yoga Sangam 2025 set to break records with over 50,000 registrations	N/A
5246.	The Kashmir Horizon	Div Com-K, reviews arrangements for International Yoga Day	N/A
5247.	Tripurastar News	International Day Of Yoga 2025 Is Not Just A Milestone, It Is A Global Wellness ...	N/A
5248.	Brighter Kashmir	Div Com reviews Yoga Day preparations across Kashmir	N/A
5249.	Channel 6 Network	International Day of Yoga 2025: A Global Wellness Revolution Led by India"s Vis.. .	N/A
5250.	Maverick News3	International Day of Yoga 2025 Is Not Just a Milestone, It is a Global Wellness ...	N/A
5251.	Daily aawaz	Over one lakh Yoga events to mark International Day of Yoga on June 21	N/A
5252.	DANIK KHABAR	आयुष विभाग द्वारा प्रतिदिन योग प्रोटोकॉल व हरित क्रांति अभियान का किया जा रहा है...	N/A
5253.	Jammu Links News	Div Com Kashmir reviews arrangements for International Yoga Day	N/A
5254.	The Impressive Times	IDY 2025 Is Not Just a Milestone, It is a Global Wellness Movement: Union Ayush ...	N/A
5255.	Jammu Links News	Stretching Towards Wellness: AYUSH Kishtwar hosts District Yoga Championship 202...	N/A
5256.	Samaja Live	୨୦୨୫ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ଏକ ବୈଶ୍ୱିକ ଆନ୍ଦୋଳନ – ଆୟୁଷ ମନ୍ତ୍ରୀ	N/A
5257.	BharatKi Baat	AYUSH minister highlights Ayurveda"s global influence, emphasizing research-bac...	N/A
5258.	The Hans India	Global yoga movement began with PM Modi"s vision: Prataprao Jadhav	N/A
5259.	AnyTV News	Regarding Yoga Day, Minister Pratap Rao Jadhav said, ‘This time the program will...	N/A
5260.	BharatKi Baat	Over 500,000 expected to join International Yoga Day celebrations, says Minister.. .	N/A
5261.	Newspoint	Global yoga movement began with PM Modi"s vision: Prataprao Jadhav	N/A
5262.	News8 Plus	International Day of Yoga: PM will participate in the historic yoga session in V...	N/A
5263.	enewstime	Global yoga movement began with PM Modi"s vision: Prataprao Jadhav	N/A
5264.	Bharat Shikhar Times	Devayaa Launches Signature "Yog Samavesh" Program for Pregnant Women at VMMC &...	N/A
5265.	Latest Kannada News	ಬಿ.ಎಲ್.ಡಿ.ಇ ಯಲ್ಲಿ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ	N/A
5266.	The Mobi World	Global yoga movement began with PM Modi"s vision: Prataprao Jadhav	N/A

5267.	The Internal News	हरित योग कार्यक्रम आयोजित, योगाभ्यास से दिया आरोग्यता का संदेश...	N/A
5268.	Thip Media	Global yoga movement began with PM Modi"s vision: Prataprao Jadhav	N/A
5269.	Tender Detail	Tender For Supply Of Yoga Met With Cover, Baran-Rajasthan	N/A
5270.	Ddindia	International Day of Yoga 2025: A global wellness movement led by PM Modi	N/A
5271.	B4unews	हरित योग कार्यक्रम आयोजित, योगाभ्यास से दिया आरोग्यता का संदेश	N/A
5272.	Indias News	नोएडा स्टेडियम में 21 जून को 11वें अंतर्राष्ट्रीय योग दिवस का आयोजन, 15 जून से य...	N/A
5273.	Daily 24x7 News	Daily 24x7 News - News Website	N/A
5274.	Nation Press	How Did PM Modi"s Vision Spark the Global Yoga Movement?	N/A
5275.	UNI	India gears up for historic IDY 2025 at Visakhapatnam	N/A
5276.	UNI	India gears up for historic IDY 2025 at Visakhapatnam	N/A
5277.	UNI	Gehlot to students: Say no to drugs, yes to yoga	N/A
5278.	Calcutta News	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5279.	Itdc News	अंतर्राष्ट्रीय योग दिवस 2025: युवाओं में जागरूकता के लिए विविध आयोजन	N/A
5280.	World News Network	“Yoga has reached hearts across the world in a decade of PM Modi’s initiative”: ...	N/A
5281.	Tripuranet	AYUSH Minister Prataprao Jadhav highlights 11 years of Yoga Promotion & Inno.. .	N/A
5282.	Palgharnews	“Yoga has reached hearts across the world in a decade of PM Modi"s initiative”:...	N/A
5283.	Tezzbuzz	International Yoga Day 2025: PM Modi in Visakhapatnam will do 19 yoga posture s i...	N/A
5284.	India Gazette	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5285.	Indianapolis Post	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5286.	Mumbai News	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5287.	The Asia News	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5288.	India's News	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5289.	New Delhi News	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5290.	Kolkata Sun	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5291.	Maharashtra Samachar	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5292.	Rajasthan Ki Khabar	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5293.	NewsCrab	Grand Preparations Underway for International Yoga Day: PM Modi to Lead Event in...	N/A

5294.	Punjab Live	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5295.	North East Times	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5296.	South India News	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5297.	Kashmir Newsline	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5298.	Kashmir Breaking News	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5299.	Haryana Today	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5300.	Telangana Journal	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5301.	Andhra Pradesh Mirror	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5302.	Gujarat Samachar	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5303.	Bihar Times	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5304.	Karnataka Live	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5305.	Chhattisgarh Today	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5306.	West Bengal Khabar	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5307.	Delhi live news	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5308.	Bihar 24x7	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5309.	Tripuranet	Over one lakh Yoga events to mark International Day of Yoga on June 21 –	N/A
5310.	Odisha Post	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5311.	Himachal Patrika	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5312.	Vanakkam Tamil Nadu	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5313.	Gujarat Varta	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5314.	Indian News Network	"Yoga has reached hearts across the world in a decade of PM Modi"s initiative":...	N/A
5315.	Krishak Jagat	अंतर्राष्ट्रीय योग दिवस 21 जून को प्रदेश स्तरीय होंगे कार्यक्रम	N/A
5316.	Government of Sikkim	Press release from AYUSH Hospital Gyalshing	N/A
5317.	Government of Sikkim	PRESS RELEASE FROM DEPARTMENT OF AYUSH, DISTRICT HOSPITAL NA MCHI	N/A
5318.	First Piper	RGUHS makes mandatory for medical college campuses to be free of drugs and t obac...	N/A
5319.	JK News Service	GVEI observes international Yoga Day	N/A
5320.	People Bugs	RGUHS makes mandatory for medical college campuses to be free of drugs and t obac...	N/A

5321.	Kashmir Convener	GVEI observes international Yoga Day	N/A
5322.	Samachar Pradesh Hindi News Portal	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा अंतर्राष्ट्रीय योग दिवस	N/A
5323.	Irn 24	अन्तर्राष्ट्रीय योग दिवस 2025 : “योग संगम – हरित योग” थीम पर होगा आयोजन Mahendra...	N/A
5324.	The Bharat Now	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा अंतर्राष्ट्रीय योग दिवस	N/A
5325.	Mplive24	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा अंतर्राष्ट्रीय योग दिवस	N/A
5326.	Sameera	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा अंतर्राष्ट्रीय योग दिवस	N/A
5327.	Vishleshan	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा अंतर्राष्ट्रीय योग दिवस	N/A
5328.	Khulasa	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा अंतर्राष्ट्रीय योग दिवस	N/A
5329.	Moomal Art News	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा अंतर्राष्ट्रीय योग दिवस	N/A
5330.	Sattasudhar	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा अंतर्राष्ट्रीय योग दिवस	N/A
5331.	Redalertnews.in	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा अंतर्राष्ट्रीय योग दिवस	N/A
5332.	Ayush India News	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा अंतर्राष्ट्रीय योग दिवस	N/A
5333.	Indian Public mail	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा अंतर्राष्ट्रीय योग दिवस	N/A
5334.	India Habitat Centre	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा अंतर्राष्ट्रीय योग दिवस	N/A
5335.	Satyaexpress	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा अंतर्राष्ट्रीय योग दिवस	N/A
5336.	Statebreaking	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा अंतर्राष्ट्रीय योग दिवस	N/A
5337.	Samay Jagat	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा अंतर्राष्ट्रीय योग दिवस	N/A
5338.	Dainik Jagran Mpcg	21 जून को मध्यप्रदेश में योग का महाआयोजन: गांव से शहर तक गूंजेगा योग का संदेश, C...	N/A
5339.	Local News11	There is a need to have the spirit to achieve the target before the deadline: Go...	N/A
5340.	Udaipur Kiran	मप्र: एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा 11वां अंतरराष्ट्रीय य...	N/A
5341.	Tender Detail	Tender For Procurement Of Yoga (Mat)On The Occasion Of Idy 2025, Kurukshetra-Har...	N/A
5342.	Tender Detail	Tender For Temporary Tentage On Dated 21.05.2025 On The Occasion On State Level ...	N/A
5343.	Young Bharat News	Lucknow University : कुलपति ने की अंतर्राष्ट्रीय योग दिवस की तैयारियों की समीक्ष...	N/A
5344.	Daily 24x7 News	Daily 24x7 News - News Website	N/A
5345.	B4unews	धरणीधर महादेव मंदिर में सैकड़ो साधक करेंगे योग प्रोटोकॉल का अभ्यास	N/A
5346.	Firstpage News	एक पृथ्वी एक स्वास्थ्य के लिए योग थीम पर आधारित होगा अंतर्राष्ट्रीय योग दिवस	N/A
5347.	Vande Bharat Live Tv News	अंतर्राष्ट्रीय योग दिवस 21 जून को से प्रदेशस्तरीय होंगे कार्यक्रम	N/A

5348.	Shahwez Khan Meerut	International Yoga Day पर जीएस आयुर्वेद महाविद्यालय ने किया औषधीय पौधों का रोपण	N/A
5349.	Babushahi Hindi	11वें अंतर्राष्ट्रीय योग दिवस में भाग लेने के लिए जिलावासी करे ऑनलाइन पंजीकरण-उप...	N/A
5350.	Udaipur Kiran	हिसार में पांच दिवसीय योग शिविर का शुभारंभ	N/A
5351.	Haryana Archives Hindi Samachar	Yamunanagar News : सिविल हस्पताल यमुनानगर व जगाधरी में योग साधकों को करवाया योग ...	N/A
5352.	Babushahi Hindi	राष्ट्रीय आयुर्वेद संस्थान, पंचकूला द्वारा योग और स्वास्थ्य के प्रचार-प्रसार हेत...	N/A
5353.	Dainik Vishwa Pariwar	एनआईटी रायपुर में 5-दिवसीय योग प्रोटोकॉल अभ्यास सत्र का किया जाएगा आयोजन	N/A
5354.	Skgnews	योग केवल व्यायाम नहीं बल्कि जिस्म और जेहन की चिकित्सा – डॉ. फराज खान	N/A
5355.	Ragazone	योगमय दिखाई दिया हरियाणा विधानसभा का प्रांगण: सीएम सैनी के साथ विधायकों और स्टाफ...	N/A
5356.	The Right News	Over 50 thousand organisations from across the country register to host Yoga Sa n...	N/A
5357.	Rajasthan News(राजस्थान समाचार)	International Yoga Day 2025: राजस्थान योग दिवस पर रच सकता है इतिहास, इस मामले मे...	N/A
5358.	DD News	'योग संगम पोर्टल" पर हुए 50 हजार से अधिक पंजीकरण, आयुष मंत्रालय ने दी जानकारी	N/A
5359.	Ndtv	International Day Of Yoga: योग दिवस पर राजस्थान बना सकता है रिकॉर्ड, इस मामले मे...	N/A
5360.	Singrauli Mirror	IDY 2025: Yoga Sangam Portal crosses 50,000 registrations	N/A
5361.	Ilouge Media	Over 50,000 Organisations Register for Yoga Sangam 2025: Rajasthan Leads Nat iona...	N/A
5362.	The Hans India	Make IYD celebrations a grand success: Lokesh to officials	N/A
5363.	Khas Khabar	प्रदेश में 21 जून को अंतर्राष्ट्रीय योग दिवस के अवसर पर प्रदेश स्तरीय सामूहिक यो...	N/A
5364.	OB News	Yoga protocol training program organized at Ayurvedic Medical College Patikara	N/A
5365.	The Mobi World	Yoga protocol training program organized at Ayurvedic Medical College Patikara	N/A
5366.	Daily aawaz	अंतर्राष्ट्रीय योग दिवस 21 जून को प्रदेश स्तरीय होंगे कार्यक्रम	N/A
5367.	Action India Live	अंतर्राष्ट्रीय योग दिवस 21 जून को प्रदेश स्तरीय होंगे कार्यक्रम, जीएडी ने जारी क...	N/A
5368.	ITDC India	Specialist Treatment and Admission Facility for Women at Bhopal Homeopathy C ente...	N/A
5369.	Saahas Samachar	अंतर्राष्ट्रीय योग दिवस 21 जून को प्रदेश स्तरीय होंगे कार्यक्रम, जीएडी ने जारी क...	N/A
5370.	Shree News	अंतर्राष्ट्रीय योग दिवस 21 जून को प्रदेश स्तरीय होंगे कार्यक्रम, जीएडी ने जारी क...	N/A
5371.	Delhi upto Date	अंतर्राष्ट्रीय योग दिवस 21 जून को प्रदेश स्तरीय होंगे कार्यक्रम, जीएडी ने जारी क...	N/A
5372.	अंजनी खबर (Anjani Khabar)	अंतर्राष्ट्रीय योग दिवस 21 जून को प्रदेश स्तरीय होंगे कार्यक्रम, जीएडी ने जारी क...	N/A
5373.	खबर जगत	अंतर्राष्ट्रीय योग दिवस 21 जून को प्रदेश स्तरीय होंगे कार्यक्रम, जीएडी ने जारी क...	N/A

5374.	Mp Headline	प्रदेश में 21 जून को अंतर्राष्ट्रीय योग दिवस के अवसर पर प्रदेश स्तरीय सामूहिक यो...	N/A
5375.	Delhi Bulletin	प्रदेश में 21 जून को अंतर्राष्ट्रीय योग दिवस के अवसर पर प्रदेश स्तरीय सामूहिक यो...	N/A
5376.	Web Akhbar	अंतर्राष्ट्रीय योग दिवस 21 जून को प्रदेश स्तरीय होंगे कार्यक्रम, जीएडी ने जारी क...	N/A
5377.	Real India News	प्रदेश में 21 जून को अंतर्राष्ट्रीय योग दिवस के अवसर पर प्रदेश स्तरीय सामूहिक यो...	N/A
5378.	Tezzbuzz	Yoga protocol training program organized at Ayurvedic Medical College Patikara	N/A
5379.	Vishva Times	"योग संगम पोर्टल" पर हुए 50 हजार से अधिक पंजीकरण, आयुष मंत्रालय ने दी जानकारी	N/A
5380.	Firstpage News	अंतर्राष्ट्रीय योग दिवस पर देशभर में ऐतिहासिक भागीदारी	N/A
5381.	Tourism Breaking News	A Decade of Dharma: Cultural renaissance in the Modi Era	N/A
5382.	Ddindia	IDY 2025: Yoga Sangam Portal crosses 50,000 registrations	N/A
5383.	News Point	Over 50k organisations from across country register to host Yoga Sangam to be h e...	N/A
5384.	Jagmarg	योगमय दिखाई दिया हरियाणा विधानसभा का प्रांगण: सीएम सैनी के साथ विधायकों और स्टाफ...	N/A
5385.	Jharkhand State News	Yoga Portal Crosses 50,000 Registrations, boosting National Wellness Movement	N/A
5386.	AnyTV News	More than 50 thousand registration on ‘Yoga Sangam Portal", Ministry of AYUSH g...	N/A
5387.	Chandigarh City News	Yoga Protocol Training Camp organized at Haryana Legislative Assembly	N/A
5388.	Royal Patiala	IDY 2025 countdown program held at Haryana Vidhan Sabha	N/A
5389.	Daily aawaz	Yoga Sangam 2025: Over 50,000 Organisations to Host Events on June 21	N/A
5390.	Maverick News3	Yoga Portal Crosses 50,000 Registrations, furthering a National Wellness Movem en...	N/A
5391.	Tripuranet	Over 50,000 Organisations to Host Events on June 21 –	N/A
5392.	Udaipur Kiran	मुख्यमंत्री ने 15 विधायकों संग लिया योग का प्रशिक्षण	N/A
5393.	Swabhimani Odia	India"s Yoga Sangam Hits 50,000 Registrations	N/A
5394.	India News Calling	NEWS RECEIVED FROM HARYANA STATE UNDER THE LEADERSHIP OF C. M.SH.NAYAB SINGH SAIN...	N/A
5395.	Udaipur Kiran	ग्रेटर निगम महापौर बनीं राजस्थान की योग ब्रांड एंबेसेडर	N/A
5396.	B4unews	हरित योग कार्यक्रम 12 को	N/A
5397.	Udaipur Kiran	मप्रः अंतरराष्ट्रीय योग दिवस पर 21 जून को प्रदेश स्तरीय होंगे कार्यक्रम	N/A
5398.	Tripura Times	"Yoga Sangam portal hits 50K+ registrations: Ayush Ministry"	N/A
5399.	United News Of India	सौम्या गुर्जर बनी राजस्थान की योग ब्रांड एंबेसेडर	N/A
5400.	Gurgaon Mail	ग्रेटर निगम महापौर बनीं राजस्थान की योग ब्रांड एंबेसेडर	N/A

5401.	Pune News	IDY2025: Yoga Sangam portal crosses 50,000 registrations, says Ayush Ministry	N/A
5402.	Punjab Newsline	Yoga Protocol Training Camp organized at Haryana Legislative Assembly	N/A
5403.	enewstime	IDY2025: Yoga Sangam portal crosses 50,000 registrations, says Ayush Ministry	N/A
5404.	Daily 24x7 News	Daily 24x7 News - News Website	N/A
5405.	Haryana Archives Hindi Samachar	Mahendragarh News : अंतर्राष्ट्रीय योग दिवस 2025 के उपलक्ष्य में योग मैराथन 15 क...	N/A
5406.	Udaipur Kiran	गुरुग्राम: बीएसएफ कैंप व नेहरू स्टेडियम में लगाए गए योग प्रोटोकॉल शिविर	N/A
5407.	World News Network	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day – World News...	N/A
5408.	Thip Media	IDY2025: Yoga Sangam portal crosses 50,000 registrations, says Ayush Ministry	N/A
5409.	Newspoint	IDY2025: Yoga Sangam portal crosses 50,000 registrations, says Ayush Ministry	N/A
5410.	United News Of India	प्रभावशाली व्यक्तियों ने अंतरराष्ट्रीय योग दिवस को दिया समर्थन	N/A
5411.	DANIK KHABAR	हरियाणा योग आयोग, हरियाणा विधानसभा एवं आयुष विभाग के संयुक्त तत्वावधान में योग प...	N/A
5412.	Sarkaritel	IDY2025: Yoga Sangam portal crosses 50,000 registrations, says Ayush Ministry	N/A
5413.	UNI	Celebrities rally ahead of International Day of Yoga 2025	N/A
5414.	UNI	Celebrities rally ahead of International Day of Yoga 2025	N/A
5415.	The Media Setu	सीएम सैनी ने योग प्रोटोकॉल शिविर में की शिरकत	N/A
5416.	Saahas Samachar	अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य पर विधानसभा में योग प्रोटोकॉल प्रशिक्षण शिवि...	N/A
5417.	Delhi upto Date	अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य पर विधानसभा में योग प्रोटोकॉल प्रशिक्षण शिवि...	N/A
5418.	Action India Live	अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य पर विधानसभा में योग प्रोटोकॉल प्रशिक्षण शिवि...	N/A
5419.	United News Of India	योग संगम पोर्टल पर पंजीकरण 50 हजार के पार	N/A
5420.	Tarunmitra	पार्क में योग दिवस प्रोटोकॉल एवं रोगानुसार योगाभ्यास	N/A
5421.	Palgharnews	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day – World News...	N/A
5422.	Swatantra Prabhat	आयुर्वैदिक मेडिकल कॉलेज पटीकरा में योग प्रोटोकॉल प्रशिक्षण कार्यक्रम आयोजित	N/A
5423.	India News Calling	NEWS RECEIVED FROM HARYANA STATE UNDER THE LEADERSHIP OF C. M.SH.NAYAB SINGH SAIN...	N/A
5424.	Janta Ki Jankari News	ઇટ્રાના 250 લોકોએ શિવરાજપુર બીચ પર કર્યું યોગ નિદર્શન	N/A
5425.	New Delhi News	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5426.	Karnataka Live	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5427.	Punjab Live	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A

5428.	India Gazette	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5429.	Indianapolis Post	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5430.	Mumbai News	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5431.	India's News	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5432.	The Asia News	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day ANI 10 Jun 2...	N/A
5433.	Calcutta News	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5434.	Odisha Post	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5435.	Kolkata Sun	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5436.	Rajasthan Ki Khabar	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5437.	Bihar Times	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5438.	Travelmail	23% increase in Tourists from India to...	N/A
5439.	Delhi live news	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5440.	Vanakkam Tamil Nadu	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5441.	Jharkhandtimes	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5442.	Gujarat Varta	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5443.	Gujarat Samachar	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5444.	Himachal Patrika	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5445.	Kashmir Newsline	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5446.	South India News	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5447.	Bihar 24x7	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5448.	Haryana Today	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5449.	North East Times	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5450.	Kashmir Breaking News	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5451.	Maharashtra Samachar	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5452.	Andhra Pradesh Mirror	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5453.	Telangana Journal	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5454.	Chhattisgarh Today	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5455.	West Bengal Khabar	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A

5456.	Newzfatafat	हरियाणा में अंतर्राष्ट्रीय योग दिवस: 10 लाख लोगों की भागीदारी से गिनीज रिकॉर्ड ब...	N/A
5457.	Indian News Network	Gujarat: Yoga camp held in Vadodara ahead of International Yoga Day	N/A
5458.	The Education Times	IIT Mandi Signs MoU with Art of Living Foundation to Advance Research...	N/A
5459.	Jagat Kranti News	Haryana CM सैनी ने योग प्रशिक्षण शिविर का किया शुभारंभ, मंत्री-डिप्टी स्पीकर के ...	N/A
5460.	Punjabkesari	Haryana CM सैनी ने योग प्रशिक्षण शिविर का किया शुभारंभ, मंत्री-डिप्टी स्पीकर के ...	N/A
5461.	Haryana Archives Hindi Samachar	Haryana News: हरियाणा के सीएम नायब सैनी ने किया योगाभ्यास	N/A
5462.	Haryana Archives Hindi Samachar	Charkhi Dadri News : राज्य स्तरीय योगासन प्रतियोगिता के लिए खंड झोझू कलां के 8 ख...	N/A
5463.	Haryana Archives Hindi Samachar	Panchkula News : 11वें अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में 345 प्रतिभागियों ...	N/A
5464.	Skills Wale	10वी पास हेतु Yoga Instructor Recruitment 2025: ऑनलाइन यहाँ से भरे फार्म, Direct...	N/A
5465.	Garhwal Post	Yoga—Most Precious Gift of Indian Heritage	N/A
5466.	Tender Detail	Tender For Providing Of Tentage On The Occasion On State Level International Yog...	N/A
5467.	Gujju Reporter	ઉધના ખાતે યોગ પ્રોટોકોલ તાલીમ અને મેદસ્વિતામુક્ત ગુજરાત અંતર્ગત યોગશિબિર યોજાઈ	N/A
5468.	Kalikumaun khabar	रिपोर्ट:लक्ष्मण बिष्ट : चम्पावत में पंचम वाहिनी एसएसबी के सहयोग से "हरित योग"...	N/A
5469.	Ebnw Story	IIT Mandi Signs MoU with Art of Living Foundation to Advance Research in Consc io...	N/A
5470.	Tarunmitra	चंपावत में हरित योग के साथ 11वें अंतरराष्ट्रीय योग दिवस की तैयारियां जोरों पर	N/A
5471.	रुबरु न्यूज़	योग दिवस 21 को, अभ्यास जारी	N/A
5472.	Udaipur Kiran	चंपावत में हरित योग के साथ 11वें अंतरराष्ट्रीय योग दिवस की तैयारियां जोरों पर	N/A
5473.	The Lucknow Tribune	CM Yogi Adityanath Inspects Mahayogi Guru Gorakhnath AYUSH University in G orakhp...	N/A
5474.	Street news	Workshop Organized to Prepare Officials for Rising Demand of Updates on Intern at...	N/A
5475.	Airr News	Setu Bandhasana Benefits: Reduce mental stress and physical fatigue	N/A
5476.	Affairrs Cloud	Current Affairs 8 & 9 June 2025	N/A
5477.	Calcutta News	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5478.	Udaipur Kiran	एक पृथ्वी एक स्वास्थ्य के लिए योग की थीम पर मनाया जाएगा 11वां अन्तरराष्ट्रीय योग...	N/A
5479.	The Asia News	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A

5480.	New Delhi News	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5481.	Mumbai News	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5482.	India's News	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5483.	India Gazette	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5484.	Indianapolis Post	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5485.	DANIK KHABAR	प्रदेशभर में विशेष योग पखवाड़ा कार्यशाला में 1,37,468 लोगों ने किया योगाभ्यास	N/A
5486.	Bihar 24x7	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5487.	Maharashtra Samachar	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5488.	Rajasthan Ki Khabar	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5489.	Gujarat Varta	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5490.	Telangana Journal	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5491.	Karnataka Live	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5492.	North East Times	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5493.	Gujarat Samachar	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5494.	Himachal Patrika	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5495.	Andhra Pradesh Mirror	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5496.	West Bengal Khabar	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5497.	Bihar Times	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5498.	Odisha Post	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A
5499.	Haryana Today	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samav es...	N/A

5500.	Chhattisgarh Today	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samaves...	N/A
5501.	Jharkhandtimes	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samaves...	N/A
5502.	Punjab Live	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samaves...	N/A
5503.	South India News	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samaves...	N/A
5504.	Kashmir Newsline	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samaves...	N/A
5505.	Vanakkam Tamil Nadu	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samaves...	N/A
5506.	Indian News Network	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samaves...	N/A
5507.	Kashmir Breaking News	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samaves...	N/A
5508.	Delhi live news	All India Institute of Ayurveda to host Iyengar Yoga Workshop under Yoga Samaves...	N/A
5509.	Aawazaapki	आसोड़ा में योग प्रशिक्षकों द्वारा योगाभ्यास का आयोजन	N/A
5510.	Hukmnama Samachar	राजस्थान के खजुराहो ""किराडू"" से योग का संदेश	N/A
5511.	Tarunmitra	योग दिवस प्रोटोकॉल एवं प्राकृतिक चिकित्सा में जल नेति का अभ्यास	N/A
5512.	All Events in	Sunday Bliss Workshop: Yoga, Healing & Meditation	N/A
5513.	Dynamite News	MBCC 2025: Art of Living and IIT Mandi jointly boost Consciousness Research and ...	N/A
5514.	Khair News	हार्मोन संतुलन से लेकर अच्छी नींद तक, सेतुबंधासन है कई परेशानियों का समाधान	N/A
5515.	ITDC India	Media Delegation Visits Panchakarma Wellness Center	N/A
5516.	Haryana Archives Hindi Samachar	Charkhi Dadri News : आयुष विभाग दादरी ने पूरे जिले में 1475 लोगों को करवाया योगा...	N/A
5517.	Chandigarh City News	Palwal Assembly Constituency set for new wave of devpt, CM announces proj worth ...	N/A
5518.	bharatsarathi.com	11 वां अंतरराष्ट्रीय योग दिवस -आयुष विभाग द्वारा जारी है ऑनलाइन पंजीकरण प्रक्रिय...	N/A
5519.	Hindustan Abtak	अंतर्राष्ट्रीय योग दिवस के लिए आयुष विभाग की मिस्ड कॉल पंजीकरण सुविधा शुरू : उपा...	N/A
5520.	Haryana Archives Hindi Samachar	Gurugram News : अंतरराष्ट्रीय योग दिवस के लिए मिस कॉल करके या ऑनलाइन कराएं पंजीक...	N/A
5521.	Jk Updates	7th June 2025 Daily Current Affairs	N/A

5522.	Suspense Crime	Makarasana Benefits: How Crocodile Pose Enhances Physical and Mental Wellness	N/A
5523.	Next Edge	India Launches ‘Ayush Nivesh Saarthi' Portal to Boost Global Investment in Tradi...	N/A
5524.	Daily 24x7 News	Yoga must be made a part of policemen"s lifestyle: Dr. Arshinder Singh Chawla	N/A
5525.	All Events in	One day Workshop: Yoga, Healing & Meditation	N/A
5526.	E - PAO	Harit Yoga-Tree plantation drive held	N/A
5527.	Tezzbuzz	Health: For strong spine and better digestion, do Makarasana, know the right way...	N/A
5528.	Arthparkash	पुलिसकर्मियों ने किया योगाभ्यास	N/A
5529.	All Events in	One day Workshop: Yoga, Healing & Meditation	N/A
5530.	Bharatiya Digital News	Workshop Conducted to Equip Officials to Meet Surging Demand for IDY2025 Updates	N/A
5531.	Jammu Links News	Yoga"s Role in Drug De-Addiction: 2nd Awareness Session held at GGHS Bhaderwah	N/A
5532.	Unn Daily News	NCC Cadets in Guwahati Lead by Example Through Green Action, Yoga & Blood Do...	N/A
5533.	News Harpal	अंतर्राष्ट्रीय योग दिवस 2025 से संबंधित ताजा जानकारी की बढ़ती मांग से अधिकारियों...	N/A
5534.	BharatKi Baat	Over 400 participants joined Ayush Ministry"s workshop celebrating the 11th Int...	N/A
5535.	India News Calling	NEWS RECEIVED FROM HARYANA STATE UNDER THE LEADERSHIP OF C.M.SH.NAYAB SINGH SAIN...	N/A
5536.	Dainik Jayant	शिविर में लोगों ने सीखे योग के गुर	N/A
5537.	Udaipur Kiran	योग मानसिक स्वास्थय को भी बनाता है मजबूतर: एसपी भूपेंद्र सिंह	N/A
5538.	Udaipur Kiran	गुरुग्राम: आईटीआई में 552 छात्र-छात्राओं व अध्यापकों ने किया योगाभ्यास	N/A
5539.	NewsCrab	Health: This yogasana will strengthen your spine, make your heart and mind fit, ...	N/A
5540.	ITDC India	International Yoga Day 2025: Special Program for Youth	N/A
5541.	Education Post	India launched the "Ayush Nivesh Saarthi" platform: to establish India as a glob...	N/A
5542.	Itdc News	अंतर्राष्ट्रीय योग दिवस 2025: युवाओं के लिए विशेष कार्यक्रम	N/A
5543.	Hoteltalk	FHRAI hosts Harit Yoga session in multiple cities	N/A
5544.	Udaipur Kiran	फरीदाबाद : योग शिविर में पुलिस कर्मियों को स्वस्थ्य रहने के गुर सिखाये	N/A
5545.	Young Bharat News	Yoga Benefits: मजबूत रीढ़ और बेहतर पाचन के लिए करें मकरासन, जानें आसन का सही तरी...	N/A
5546.	Ne India Broadcast	NCC Cadets in Guwahati Lead by Example Through Green Action, Yoga & Blood Do...	N/A

5547.	AnyTV News	For strong spine and better digestion, do Makarasan, know the right way of postu...	N/A
5548.	Rajasthan News(राजस्थान समाचार)	ऑफिस में "वाई-ब्रेक" के जरिए स्वस्थ और तनाव मुक्त रह सकते हैं कर्मचारी	N/A
5549.	Khair News	ऑफिस में 'वाई-ब्रेक" के जरिए स्वस्थ और तनाव मुक्त रह सकते हैं कर्मचारी	N/A
5550.	Hindustan Abtak	एसडीएम अमित गुलिया की अध्यक्षता में योग मैराथन की तैयारियों को लेकर समीक्षा बैठक...	N/A
5551.	United News Of India	अंतरराष्ट्रीय योग दिवस पर अधिकारियों को तैयार करने के लिए कार्यशाला	N/A
5552.	Singrauli Mirror	Centre holds workshop to prepare for International Yoga Day 2025	N/A
5553.	Imnb	अंतर्राष्ट्रीय योग दिवस 2025 से संबंधित ताजा जानकारी की बढ़ती मांग से अधिकारियों...	N/A
5554.	Daily 24x7 News	MLA Yudhvir Sethi dedicates power transformer in Ward 8	N/A
5555.	Insights On India	UPSC CURRENT AFFAIRS – 6 June 2025	N/A
5556.	Ddindia	Centre ramps up preparations for International Yoga Day 2025 with workshop	N/A
5557.	Insights On India	Ayush Nivesh Saarthi Portal	N/A
5558.	Business News for Profit	FHRAI Marks World Environment Day with 'Harit Yoga" in Ghaziabad	N/A
5559.	Business News Matters	FHRAI Marks World Environment Day with 'Harit Yoga" in Ghaziabad	N/A
5560.	SportsZ News	FHRAI Marks World Environment Day with 'Harit Yoga" in Ghaziabad	N/A
5561.	National Biz News	FHRAI Marks World Environment Day with 'Harit Yoga" in Ghaziabad	N/A
5562.	Biz News Desk	FHRAI Marks World Environment Day with 'Harit Yoga" in Ghaziabad	N/A
5563.	Garima Times	International Yoga Day 2025: हरियाणा में राज्यव्यापी योग महोत्सव के लिए 70 हजार ...	N/A
5564.	The Mobi World	Spiritual And Wellness Summit: Government Goes All Out To Convince Investors	N/A
5565.	Kentucky Indian	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadh...	N/A
5566.	Citizenvoice	11वां अंतर्राष्ट्रीय योग दिवस: "एक पृथ्वी, एक स्वास्थ्य के लिए योग" थीम पर उत्तर...	N/A
5567.	DANIK KHABAR	हरियाणा अंतर्राष्ट्रीय योग दिवस 2025 के भव्य समारोह के लिए तैयार	N/A
5568.	India Saga	FHRAI Marks World Environment Day with 'Harit Yoga" in Ghaziabad	N/A
5569.	The Asian Talks	FHRAI Marks World Environment Day with 'Harit Yoga" in Ghaziabad	N/A
5570.	Singhbhum Halchal	जिले में 57 योग प्रशिक्षकों की नियुक्ति प्रक्रिया संपन्न, जल्द जारी होगी मेरिट ल...	N/A
5571.	Skgnews	विश्व पर्यावरण दिवस : हरित योग से हरित जीवन की ओर, हरिद्वार में मनाया गया योग, प...	N/A
5572.	bharatsarathi.com	हरियाणा अंतर्राष्ट्रीय योग दिवस 2025 के भव्य समारोह के लिए तैयार	N/A
5573.	Tycoon World	FHRAI Marks World Environment Day with 'Harit Yoga" in Ghaziabad	N/A

5574.	मीडिया जगत	Haryana News: हरियाणा अंतर्राष्ट्रीय योग दिवस 2025 के भव्य समारोह के लिए तैयार	N/A
5575.	AnyTV News	Uttanmandukasana: For the stomach, lungs and the whole body, it is beneficial, a...	N/A
5576.	India News Calling	NEWS RECEIVED FROM HARYANA STATE UNDER THE LEADERSHIP OF C. M.SH.NAYAB SINGH SAIN...	N/A
5577.	AnyTV News	Organizing Yoga Unplugged Session at Dausa Medical College, unique initiative to...	N/A
5578.	Udaipur Kiran	राजभवन में 20 जून तक चलता रहेगा सामूहिक योगाभ्यास	N/A
5579.	Udaipur Kiran	हरिद्वार में मनाया गया योग, प्रकृति और संरक्षण का पर्व	N/A
5580.	Smestreet	MBCC 2025 Begins at IIT Mandi with Global Experts and Scholars	N/A
5581.	AnyTV News	30 thousand organizations registered for Yoga Sangam 2025: Ministry of AYUSH	N/A
5582.	Poorvanchalmedia	देश भर की 30,000 संस्थाओं ने योग संगम में हिस्सा लेने के लिए कराया रेजिस्ट्रेशन	N/A
5583.	News Mantra	IIT Mandi Signs MoU with Art of Living Foundation to Advance Research in Consc io...	N/A
5584.	Tezzbuzz	Yoga for new mothers: impressive postures suggested by experts for new mothers	N/A
5585.	Knownewz	Yoga for New Mothers: नई माताओं के लिए विशेषज्ञों द्वारा सुझाए गए प्रभावशाली आसन	N/A
5586.	Sarkaritel	30k organisations register for Yoga Sangam 2025: Ayush Ministry	N/A
5587.	Vishvatimes	योग संगम 2025 के लिए 30 हजार संगठनों ने कराया पंजीकरण: आयुष मंत्रालय	N/A
5588.	Sakshi Post	30k organisations register for Yoga Sangam 2025: Ayush Ministry	N/A
5589.	Rajasthan News(राजस्थान समाचार)	योग संगम 2025 के लिए 30 हजार संगठनों ने कराया पंजीकरण : आयुष मंत्रालय	N/A
5590.	Thip Media	30k organisations register for Yoga Sangam 2025: Ayush Ministry	N/A
5591.	Khair News	योग संगम 2025 के लिए 30 हजार संगठनों ने कराया पंजीकरण : आयुष मंत्रालय	N/A
5592.	Tezzbuzz	Prenatal, postpartum healing: Yoga expert shares the best asanas for new moms	N/A
5593.	Tripuranet	More than 30 thousand organisations register to participate in Yoga Sangam 2025 ...	N/A
5594.	Suryaa	30k organisations register for Yoga Sangam 2025: Ayush Ministry National | IANS ...	N/A
5595.	Maverick News3	Yoga Sangam 2025 Unites India: Over 30,000 Organisations Join the Movement	N/A
5596.	Daily aawaz	देशभर के 30 हजार से ज्यादा संगठनों ने अंतरराष्ट्रीय योग दिवस के अवसर पर योग संगम...	N/A
5597.	Daily World	30k organisations register for Yoga Sangam 2025: Ayush Ministry -Agencies | Nati ...	N/A

5598.	Thefreedompress	30k organisations register for Yoga Sangam 2025: Ayush Ministry	N/A
5599.	enewstime	30k organisations register for Yoga Sangam 2025: Ayush Ministry	N/A
5600.	Pune News	30k organisations register for Yoga Sangam 2025: Ayush Ministry	N/A
5601.	Times Report	30k organisations register for Yoga Sangam 2025: Ayush Ministry	N/A
5602.	Tripura Times	30k organisations register for Yoga Sangam 2025: Ayush Ministry	N/A
5603.	Nation Press	Did 30,000 organisations register for Yoga Sangam 2025? Ayush Ministry	N/A
5604.	Next Gen Consultancy	IIT Mandi, Art of Living Join Hands to Boost Research in Consciousness & Wel...	N/A
5605.	Right Column Media	IIT Mandi, Art of Living Join Hands to Boost Research in Consciousness & Wel...	N/A
5606.	Onlinenews9	IIT Mandi, Art of Living Join Hands to Boost Research in Consciousness & Wel...	N/A
5607.	Quick Biz News	IIT Mandi, Art of Living Join Hands to Boost Research in Consciousness & Wel...	N/A
5608.	Daily Lok Manch	योग दिवस 2025 : 30 हजार से अधिक संगठनों ने कार्यक्रम में भाग लेने के लिए कराया प...	N/A
5609.	Newzfatafat	हरियाणा में अंतरराष्ट्रीय योग दिवस 2025 के लिए रजिस्ट्रेशन शुरू	N/A
5610.	Early Times	SWD Reasi hosts Yoga, Meditation Camp	N/A
5611.	Bharatiya Digital News	Yoga Sangam 2025 Unites India: Over 30,000 Organisations Join the Movement	N/A
5612.	New Delhi Times	Prime Minister lauds Andhra Pradesh"s Yogandhra 2025 Initiative	N/A
5613.	DD News	योग संगम 2025 की उल्लेखनीय उपलब्धि: 30 हजार से अधिक संगठनों ने कार्यक्रम में भाग...	N/A
5614.	Ddindia	Yoga Sangam 2025 draws unprecedented participation with over 30,000 organisat ion...	N/A
5615.	Garhwal Post	DM reviews preparations for President Murmu"s Doon visit on 20 June	N/A
5616.	United News Of India	योग संगम पर 30 हजार से अधिक संगठन पंजीकृत	N/A
5617.	Jammu Links News	AYUSH Department Ramban conducts Yoga Awareness Session	N/A
5618.	Action India Live	अंतर्राष्ट्रीय योग दिवस की तैयारियां- विशेष योग शिविर का आयोजन, मेयर व पा...	N/A
5619.	Jammu Links News	SWD Reasi hosts Yoga, Meditation Camp for Students under "Nasha Mukt Bharat Abh...	N/A
5620.	Delhi upto Date	अंतर्राष्ट्रीय योग दिवस की तैयारियां- विशेष योग शिविर का आयोजन, मेयर व पा...	N/A
5621.	Udaipur Kiran	कैथल: अंतरराष्ट्रीय योग दिवस में भाग लेने के ऑनलाइन पंजीकरण करें आमजन	N/A
5622.	Vsrs News	डॉ. डी. वाय. पाटील आयुर्वेद महाविद्यालयाच्या योगोत्सवाला भरघोस प्रतिसाद	N/A
5623.	Jagat Kranti News	अंतर्राष्ट्रीय योग दिवस की तैयारियां- मेयर व पार्षदों ने किया योग	N/A
5624.	पत्रिका जगत(Patrika Jagat)	IIT Mandi Signs MoU with Art of Living Foundation to Advance Research in Consc io...	N/A

5625.	24 News Hour	IIT Mandi Signs MoU with Art of Living Foundation to Advance Research in Consc io...	N/A
5626.	Udaipur Kiran	गुरुग्राम निगम के अधिकारियों व पार्षदों ने सामुदायिक केंद्र में किया योग	N/A
5627.	Haryana Archives Hindi Samachar	Faridabad News : अंतर्राष्ट्रीय योग दिवस के अंतर्गत किया गया योग प्रोटोकॉल प्रशि...	N/A
5628.	Edu Advice	IIT Mandi Signs MoU with Art of Living Foundation to Advance Research in Consc io...	N/A
5629.	News Patrolling	IIT Mandi Signs MoU with Art of Living Foundation to Advance Research in Consc io...	N/A
5630.	Punjabkesari	अंतर्राष्ट्रीय योग दिवस की तैयारियां- मेयर व पार्षदों ने किया योग	N/A
5631.	Ddindia	India"s cultural renaissance: A journey of heritage, unity and global influence	N/A
5632.	New Delhi News	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on J un...	N/A
5633.	Calcutta News	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on J ul...	N/A
5634.	Maverick News3	Prime Minister lauds Andhra Pradesh"s Yogandhra 2025 Initiative	N/A
5635.	Indianapolis Post	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on J ul...	N/A
5636.	Maharashtra Samachar	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on J un...	N/A
5637.	South India News	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on J un...	N/A
5638.	Uttarakhand Times Live	मुनि की रेती में योग की हरियाली: अंतर्राष्ट्रीय योग दिवस पूर्व संध्या पर आयोजन	N/A
5639.	India's News	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on J ul...	N/A
5640.	Kolkata Sun	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on J ul...	N/A
5641.	New Delhi News	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on J ul...	N/A
5642.	News Riveting	Prime Minister lauds Andhra Pradesh"s Yogandhra 2025 initiative	N/A
5643.	India Gazette	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on J ul...	N/A
5644.	The Asia News	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on J ul...	N/A
5645.	Mumbai News	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on J ul...	N/A

5646.	Bharat Express	Yogandhra 2025: Andhra Pradesh Prepares For Record-Breaking Yoga Day Celebration	N/A
5647.	Bharat Express	Yogandhra 2025: आंध्र प्रदेश में योग दिवस पर बनेगा रिकार्ड, तैयारियां जोरों पर, ...	N/A
5648.	Kashmir Newsline	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jun...	N/A
5649.	Karnataka Live	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jun...	N/A
5650.	Odisha Post	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jun...	N/A
5651.	North East Times	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jun...	N/A
5652.	Vanakkam Tamil Nadu	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jun...	N/A
5653.	West Bengal Khabar	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jun...	N/A
5654.	Chhattisgarh Today	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jun...	N/A
5655.	Bihar Times	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jun...	N/A
5656.	BharatKi Baat	PM Modi celebrates International Yoga Day in Andhra Pradesh, promoting wellness ...	N/A
5657.	Haryana Today	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jun...	N/A
5658.	Jharkhandtimes	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jun...	N/A
5659.	Bihar 24x7	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jun...	N/A
5660.	Delhi live news	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jun...	N/A
5661.	Gujarat Samachar	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jun...	N/A
5662.	Himachal Patrika	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jul...	N/A
5663.	Kashmir Breaking News	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jul...	N/A
5664.	Bihar 24x7	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jul...	N/A
5665.	Andhra Pradesh Mirror	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jul...	N/A

5666.	Telangana Journal	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jul...	N/A
5667.	Gujarat Varta	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jul...	N/A
5668.	Punjab Live	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jul...	N/A
5669.	Punjab Live	PM Modi expected to participate in Yoga Day celebration in Andhra Pradesh on Jun...	N/A
5670.	PM India	PM lauds Andhra Pradesh"s Yogandhra 2025 Initiative	N/A
5671.	Skgnews	हरिद्वार में हरित योग कार्यक्रम सम्पन्न, हौसले की मिसाल बनीं मंजू, “एक धरती, एक ...	N/A
5672.	Udaipur Kiran	नारनौल रेडक्रॉस भवन में योग प्रशिक्षण कार्यक्रम आयोजित	N/A
5673.	bharatsarathi.com	शारीरिक, मानसिक एवं आत्मिक संतुलन के लिए योग को बनाएं जीवन का हिस्सा : डीसी अजय ...	N/A
5674.	Jagat Kranti News	हलवासिया में तीन दिवसीय योग प्रशिक्षण कार्यक्रम आयोजित	N/A
5675.	The Lucknow Tribune	Chief Minister Yogi Adityanath Reviews Law and Order, Public Grievance Redressal	N/A
5676.	Udaipur Kiran	गंगा घाट पर हुआ हरित योग कार्यक्रम	N/A
5677.	खबर जगत	अंतर्राष्ट्रीय योग दिवस 2025 के लिए जबरदस्त उत्साह, 'योग संगम" में 25,000 से अध...	N/A
5678.	Action India Live	अंतर्राष्ट्रीय योग दिवस 2025 के लिए जबरदस्त उत्साह, 'योग संगम" में 25,000 से अध...	N/A
5679.	अंजनी खबर (Anjani Khabar)	अंतर्राष्ट्रीय योग दिवस 2025 के लिए जबरदस्त उत्साह, 'योग संगम" में 25,000 से अध...	N/A
5680.	Shree News	अंतर्राष्ट्रीय योग दिवस 2025 के लिए जबरदस्त उत्साह, 'योग संगम" में 25,000 से अध...	N/A
5681.	Khas Khabar	अंतरराष्ट्रीय योग दिवस 2025 के लिए आयुष मंत्रालय ने घोषित किए 10 कार्यक्रम, 25,0...	N/A
5682.	Mp Headline	अंतरराष्ट्रीय योग दिवस 2025 के लिए आयुष मंत्रालय ने घोषित किए 10 कार्यक्रम, 25,0...	N/A
5683.	Delhi upto Date	अंतर्राष्ट्रीय योग दिवस 2025 के लिए जबरदस्त उत्साह, 'योग संगम" में 25,000 से अध...	N/A
5684.	Delhi Bulletin	अंतरराष्ट्रीय योग दिवस 2025 के लिए आयुष मंत्रालय ने घोषित किए 10 कार्यक्रम, 25,0...	N/A
5685.	Web Akhbar	अंतर्राष्ट्रीय योग दिवस 2025 के लिए जबरदस्त उत्साह, 'योग संगम" में 25,000 से अध...	N/A
5686.	Evening Times	अंतर्राष्ट्रीय योग दिवस 2025 के लिए जबरदस्त उत्साह, 'योग संगम" में 25,000 से अध...	N/A
5687.	Real India News	अंतरराष्ट्रीय योग दिवस 2025 के लिए आयुष मंत्रालय ने घोषित किए 10 कार्यक्रम, 25,0...	N/A
5688.	Government of Sikkim	Press Release from National AYUSH Mission	N/A
5689.	Gk247	India–WHO Collaboration to Mainstream AYUSH Globally	N/A
5690.	Guidely	Important Weekly Current Affairs 2025 News - May 22nd to 31st	N/A
5691.	The News Gali	गलगोटिया विश्वविद्यालय में 21 जून तक होगा योग से संबंधित कार्यक्रम:योगा फार वन अ...	N/A

5692.	Gurgaon Mail	हिसार : केंद्रीय कारागार में 900 कैदियों ने एक साथ किया योगाभ्यास	N/A
5693.	Udaipur Kiran	हिसार : केंद्रीय कारागार में 900 कैदियों ने एक साथ किया योगाभ्यास	N/A
5694.	Professional Beauty India	Ayush Ministry launches weekly yoga podcast	N/A
5695.	Garima Times	Rohtak News: 21 जून को जिला व खंड स्तर पर मनाया जाएगा अंतरराष्ट्रीय योग दिवस	N/A
5696.	Kalikumaun khabar	रिपोर्ट:लक्ष्मण बिष्ट : लोहाघाट:योग और पर्यावरण संरक्षण का संगम आइटीबीपी में ...	N/A
5697.	Avadhnama	अंतर्राष्ट्रीय योग दिवस का योग प्रोटोकॉल अभ्यास से होगी निरोगी काया – योगाचार्य ...	N/A
5698.	Central Herald	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5699.	Ddindia	Over 25,000 organisations register for Yoga Sangam ahead of International Day o f...	N/A
5700.	PTC News	अंतरराष्ट्रीय योग दिवस: योगी सरकार 4000 स्थानों पर आयोजित कराएगी योगाभ्यास कार्य...	N/A
5701.	The Lucknow Tribune	India Leads Global Movement with Countdown to International Yoga Day 2025 Un derw...	N/A
5702.	Greno Express	गलगोटिया विश्वविद्यालय ने अंतर्राष्ट्रीय योग दिवस 2025 को मनाने के लिये कार्यक्र...	N/A
5703.	Chennai Online	“Summer in Moscow” Returns on June 1	N/A
5704.	Tourism Breaking News	Summer in Moscow” returns on June 1	N/A
5705.	OB News	UP Raj Bhavan Launches Yoga Series Ahead Of International Yoga Day, Govern or Ana...	N/A
5706.	The Mobi World	UP Raj Bhavan Launches Yoga Series Ahead Of International Yoga Day, Govern or Ana...	N/A
5707.	Bio Energy Times	गलगोटिया विश्वविद्यालय ने अंतर्राष्ट्रीय योग दिवस 2025 को मनाने के लिये कार्यक्र...	N/A
5708.	Newspoint	UP Raj Bhavan Launches Yoga Series Ahead Of International Yoga Day, Govern or Ana...	N/A
5709.	Affairrs Cloud	Current Affairs 1 & 2 June 2025	N/A
5710.	CMG Times	योगी सरकार 4000 से अधिक स्थानों पर अंतरराष्ट्रीय योग दिवस पर आयोजित कराएगी योगाभ...	N/A
5711.	Early Times	IYA & IIMUN Conclude Transformative Yoga Conference	N/A
5712.	The Lucknow Tribune	Special Yoga Practice Session Commences at Raj Bhavan Ahead of 11th Internat iona...	N/A
5713.	NCR Express News	गलगोटिया विश्वविद्यालय ने अंतर्राष्ट्रीय योग दिवस 2025 को मनाने के लिये कार्यक्र...	N/A
5714.	Anytime News	राजभवन में 11वें अंतर्राष्ट्रीय योग दिवस (21 जून,) की श्रृंखला में विशेष योगाभ्य...	N/A
5715.	Bharat Prakash News	राज भवन में योगाभ्यास का शुभारंभ	N/A
5716.	Maverick News3	Yogi govt to hold yoga practice sessions at over 4,000 locations on Internationa...	N/A

5717.	Breaking News Express	LUCKNOW :*योगी सरकार 4000 से अधिक स्थानों पर अंतरराष्ट्रीय योग दिवस पर आयोजित कर.. .	N/A
5718.	Kalikumaun khabar	रिपोर्ट:लक्ष्मण बिष्ट : लोहाघाट:अद्वैत आश्रम मायावती में हरित योग" के माध्यम ...	N/A
5719.	Tarunmitra	अंतर्राष्ट्रीय योग दिवस का योग प्रोटोकॉल अभ्यास से होगी निरोगी काया - योगाचार्य ...	N/A
5720.	Udaipur Kiran	सिरसा: योग हमारे पूर्वजों की देन: एसपी	N/A
5721.	Bharat Express	योगी सरकार 4000 से अधिक स्थानों पर अंतरराष्ट्रीय योग दिवस पर आयोजित कराएगी योगाभ...	N/A
5722.	Suspense Crime	Anulom Vilom Benefits: Improve Mental and Physical Health with This Ancient Brea...	N/A
5723.	Jagat Kranti News	11वें अंतर्राष्ट्रीय योग दिवस पर Kurukshetra में होगा राज्यस्तरीय समारोह, 1 लाख ...	N/A
5724.	Shagun News India	21 जून को 'एक धरती, एक स्वास्थ्य" थीम के साथ मनाया जाएगा अंतरराष्ट्रीय योग दिवस	N/A
5725.	Punjabkesari	11वें अंतर्राष्ट्रीय योग दिवस पर Kurukshetra में होगा राज्यस्तरीय समारोह, 1 लाख ...	N/A
5726.	Uttarakhand City News	बड़ी खबर (चम्पावत)हरित योग" कार्यक्रम के माध्यम से दिया गया पर्यावरण संरक्षण और ...	N/A
5727.	Pune Media	UP govt to hold International Yoga Day events across public hospitals on June 21. ..	N/A
5728.	Udaipur Kiran	सिरमौर : सरकारी कार्यालयों में शुरू हुआ सूक्ष्म योगाभ्यास, तनाव मुक्त होंगे अधिक...	N/A
5729.	United News Of India	अंतर्राष्ट्रीय योग दिवस के प्रोटोकॉल का हुआ शुभारंभ	N/A
5730.	CMG Times	जिला अस्पताल, सीएचसी, पीएचसी व आयुष्मान आरोग्य मंदिर में योगाभ्यास कराने की हिदा...	N/A
5731.	Jagat Kranti News	भोंडसी जेल में 3045 बंदियों ने एक साथ किया योगाभ्यास	N/A
5732.	Haryana Archives Hindi Samachar	Gurugram News : गुरुग्राम जिला जेल में बंदियों ने किया सामूहिक योगाभ्यास	N/A
5733.	Jagat Kranti News	झज्जर जेल में लगाया योग प्रशिक्षण शिविर: सीजेएम विशाल	N/A
5734.	Jagat Kranti News	तीन दिवसीय योग प्रशिक्षण शिविर संपन्न	N/A
5735.	Maverick News3	Yogi govt to organize International Yoga Day Programs across all government hosp...	N/A
5736.	Udaipur Kiran	पानीपत जेल में कैदियों को तनावमुक्त रखने के लिए कराया गया योग	N/A
5737.	Garima Times	International Yoga Day : योगी सरकार प्रदेश के सभी सरकारी अस्पतालों में कराएगी अं...	N/A
5738.	UNI	International Yoga Day to be organised across all govt hospitals in UP	N/A
5739.	Tarunmitra	पानीपत जेल में कैदियों को तनावमुक्त रखने के लिए कराया गया योग	N/A
5740.	AnyTV News	Anulom Antonym is very beneficial for both body and mind	N/A
5741.	Udaipur Kiran	गुरुग्राम जिला जेल में बंदियों ने किया सामूहिक योगाभ्यास	N/A
5742.	Tarunmitra	गुरुग्राम जिला जेल में बंदियों ने किया सामूहिक योगाभ्यास	N/A

5743.	Kalikumaun khabar	रिपोर्ट:लक्ष्मण बिष्ट : लोहाघाट:आयुष विभाग ने लोहाघाट में विशाल योग अभ्यास का...	N/A
5744.	Pulse Of India	“Summer in Moscow” Returns on June 1	N/A
5745.	Talk 4 City	“Summer in Moscow” Returns on June 1	N/A
5746.	Expressnews Asia	“Summer in Moscow” Returns on June 1	N/A
5747.	Pynr	AP aims for Yoga Day Guinness record: Vijayanand	N/A
5748.	Marudhar Chronicle	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5749.	Bw Health Care World	Experts Call For Balanced, Informed Edible Oil Use To Curb India"s Obesity &...	N/A
5750.	Shekhawati Samachar	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5751.	IBC World News	International Yoga Day	N/A
5752.	Almora Today	अंतरराष्ट्रीय योग दिवस से पहले दून को मिलेगी योग पार्क की सौगात	N/A
5753.	चमोली न्यूज़	अंतरराष्ट्रीय योग दिवस से पहले दून को मिलेगी योग पार्क की सौगात	N/A
5754.	Affairrs Cloud	78th World Health Assembly Held from 19 to 27 May 2025 in Geneva, Switzerland – ...	N/A
5755.	Prevalent India	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5756.	Avadhnama	वन हैल्थ के तहत योग प्रशिक्षण और विचार गोष्ठी का आयोजन किया गया	N/A
5757.	Live Mumbai	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5758.	News Track Bhopal	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5759.	DANIK KHABAR	योग संस्थान वैश्विक कल्याण आंदोलन को आगे बढ़ाने के लिए मंत्रालयों के साथ एकजुट ह...	N/A
5760.	The Daily Metro	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5761.	Khabar India	Ayush Minister Hosts High-Level Interaction With Industry Leaders To Drive “Yoga ...	N/A
5762.	Gujarat News Network	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5763.	India headline	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5764.	Konni Vartha	ആഗോള വെല്നെസ് പ്രസ്ഥാനത്തിന് യോഗ സ്ഥാപനങ്ങളും മന്ത്രാലയങ്ങളും കൈകോർക്കുന്നു	N/A
5765.	Tripurastar News	Yoga Institutions Unite With Ministries To Orchestrate Global Wellness Movement .	N/A

5766.	Pynr	CS: 'YogaAndhra" steering State towards Swarnandhra vision"	N/A
5767.	Keekli	Ministries and Yoga Institutions Collaborate for International Day of Yoga 2025	N/A
5768.	OB News	India Gears Up for 11th International Yoga Day 2025 ★★★★★	N/A
5769.	The Mobi World	India Gears Up for 11th International Yoga Day 2025	N/A
5770.	The Lucknow Tribune	Expert Lecture on Yoga Organised at BBD University under "Yoga Month" Initiativ e	N/A
5771.	Tezzbuzz	India Gears Up for 11th International Yoga Day 2025	N/A
5772.	The prime India	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5773.	Udaipur Kiran	अंतर्राष्ट्रीय योग दिवस 2025 से पहले जीडीसी कठुआ में योग सत्र आयोजित	N/A
5774.	MyNation	Devrishi Introduces Sonic Philosophy: India"s Ancient Sound Wisdom Reimagined f...	N/A
5775.	Tender Detail	Tender For Procurement And Supply Of 1 Lakh T-Shirt And 1 Lakh Yoga Mat On The O...	N/A
5776.	Atulya Hindustan	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5777.	UNI	Working to bring Yoga closer to people: AP CS	N/A
5778.	Rajasthan Express	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5779.	Observer Voice	Yoga Institutions Collaborate with Ministries to Promote Global Wellness	N/A
5780.	Maverick News3	Yoga Institutions Unite with Ministries to Orchestrate Global Wellness Movement	N/A
5781.	Maharashtra Samachar	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5782.	South India News	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5783.	Punjab Live	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5784.	Odisha Post	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5785.	West Bengal Khabar	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5786.	Street news	Yoga Institutions Join Hands with Ministries to Advance the Global Welfare Move m...	N/A
5787.	News Harpal	योग संस्थान वैश्विक कल्याण आंदोलन को आगे बढ़ाने के लिए मंत्रालयों के साथ एकजुट ह...	N/A
5788.	Bihar 24x7	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5789.	Business Point	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5790.	Gujarat Samachar	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A

5791.	Andhra Pradesh Mirror	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5792.	Himachal Patrika	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5793.	Jharkhandtimes	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5794.	Bihar Times	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5795.	Kashmir Breaking News	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5796.	Kashmir Newsline	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5797.	Delhi live news	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5798.	Telangana Journal	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5799.	Rajasthan Ki Khabar	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5800.	Haryana Today	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5801.	Karnataka Live	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5802.	North East Times	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5803.	Vanakkam Tamil Nadu	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5804.	Gujarat Varta	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5805.	Indian News Network	Yoga institutions, ministries collaborate for 11th International Day of Yoga, PM...	N/A
5806.	Nashik 24	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5807.	Wow Enterpreneurs	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5808.	Goatv24	India Gears Up for 11th International Yoga Day with Grand National Movement	N/A
5809.	World News Network	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5810.	Tripuranet	Ayush Ministry gears up for 11th International Day of Yoga with over 1 lakh even.. .	N/A
5811.	Chhattisgarh Today	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A
5812.	Primex News Network	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5813.	Palgharnews	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5814.	Gujarat Samachar	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A

5815.	Allahabad Post	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5816.	Nagpur News Today	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5817.	Bizz Sight	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5818.	Buffalo Despatch	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship -...	N/A
5819.	East Asiaall News Portal	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship -...	N/A
5820.	The Capital News	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5821.	Srilanka Island News	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship -...	N/A
5822.	Deccan Express	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5823.	Udaipur Dispatch	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5824.	US World Today	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship -...	N/A
5825.	Maldives Star Plus	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship -...	N/A
5826.	France Network Times	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship -...	N/A
5827.	Birminghamall News Network	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship -...	N/A
5828.	San Francisco Star	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship -...	N/A
5829.	Sahitya Hindustan	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5830.	National Insight	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A
5831.	Middle East Times	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship -...	N/A
5832.	Jharkhandtimes	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship -...	N/A
5833.	The Evening Post	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Champion ship –...	N/A

5834.	Delhi live news	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A
5835.	Telangana Journal	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A
5836.	Your Bangalore	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5837.	Maharashtra 24x7	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5838.	Kashmir Breaking News	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A
5839.	Live Story Time	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5840.	Madhya Pradesh Mirror	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5841.	Live Jabalpur	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5842.	Khamma Ghani Rajasthan	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5843.	Thip Media	International Day of Yoga 2025 to be Led by PM in Visakhapatnam	N/A
5844.	Rajasthan Mirror	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5845.	Sangritimes	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5846.	MP News Line	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5847.	MP Guardian	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5848.	Prakhar Jagran	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5849.	Imnb	योग संस्थान वैश्विक कल्याण आंदोलन को आगे बढ़ाने के लिए मंत्रालयों के साथ एकजुट ह...	N/A
5850.	Up Patrika	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5851.	Delhi News Now	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5852.	Daily 24x7 News	A Grand State-Level Celebration to be organized in Kurukshetra on June 21	N/A
5853.	Kashmir Newsline	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A

5854.	Haryana Today	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A
5855.	Karnataka Live	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A
5856.	Rajasthan Journal	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5857.	Rajasthan Ki Khabar	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A
5858.	Gujarat Varta	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A
5859.	Vanakkam Tamil Nadu	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A
5860.	Satta Express	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5861.	Odisha Post	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A
5862.	Jodhpur Reporter	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5863.	Punjab Live	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A
5864.	Mumbai Times	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5865.	Delhi News Watch	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship –...	N/A
5866.	North East Times	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A
5867.	Andhra Pradesh Mirror	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A
5868.	Himachal Patrika	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A
5869.	Refersms	India Gears Up for 11th International Yoga Day 2025	N/A
5870.	Bihar Times	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A
5871.	Bihar 24x7	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A
5872.	West Bengal Khabar	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A
5873.	Indian News Network	India Crowned World No. 1 at the 1st Commonwealth Yogasana Sports Championship -...	N/A

5874.	The Impressive Times	Yoga Institutions Unite with Ministries to Orchestrate Global Wellness Movement	N/A
5875.	Muslimnow.net -मुस्लिम नाउ	जामिया और एएमयू में योग की नई चेतना: अंतरराष्ट्रीय योग दिवस 2025 के बहाने स्वस्थ...	N/A
5876.	NxtPix Media	“Together, Let Us Strengthen India"s Leadership in Ayush-Based Medical Value Tr...	N/A
5877.	TaxGuru	Understanding CSR (Corporate Social Responsibility) under Companies Act, 2013	N/A
5878.	BharatKi Baat	Inter-ministerial committee convenes to strategize for International Yoga Day pr...	N/A
5879.	India News Network	अंतर्राष्ट्रीय योग दिवस पर योग युक्त हरियाणा – नशामुक्त हरियाणा का भी होगा आगाज	N/A
5880.	Guidely	Daily Current Affairs Quiz - 27th May 2025	N/A
5881.	BharatKi Baat	Haryana"s CM Saini announces ‘Yoga Yukt Haryana-Nasha Mukt Haryana" initiative...	N/A
5882.	Gk247	India Reinforces Global Traditional Medicine at 78th WHA	N/A
5883.	Udaipur Kiran	योग दिवस पर कुरुक्षेत्र में होगा राज्य स्तरीय समारोह, बाबा रामदेव कराएंगे योग	N/A
5884.	Newzfatafat	हरियाणा में अंतर्राष्ट्रीय योग दिवस की तैयारियाँ शुरू	N/A
5885.	bharatsarathi.com	अंतर्राष्ट्रीय योग दिवस पर हरियाणा होगा योगमय	N/A
5886.	Hindi khabar	Haryana :	N/A
5887.	Khabare Rajasthan	Devrishi Launches ‘Svaryam’, a Vedic Sound-Based Mental Wellness Platform	N/A
5888.	Daily 24x7 News	Daily 24x7 News - News Website	N/A
5889.	Haryana Archives Hindi Samachar	Faridabad News : विद्यालयों में तीन दिवसीय योग प्रशिक्षण कार्यक्रम संपन्न, छात्र...	N/A
5890.	Jagat Kranti News	Haryana में खुलेंगे योग और प्राकृतिक चिकित्सा केंद्र ,Yoga Therapy से होगा लोगों...	N/A
5891.	Indore Pioneer	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5892.	Rajasthan Express	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5893.	Hindustan Abtak	विद्यालयों में तीन दिवसीय योग प्रशिक्षण कार्यक्रम संपन्न, छात्रों में योग के प्र...	N/A
5894.	Deccan Express	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5895.	Ragazone	नायब घोषणा : दुर्घटना में मृत्यु होने पर आयुष योग सहायकों के परिवारों को मिलेगी ...	N/A
5896.	Sangritimes	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5897.	The Bizz Stories	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5898.	Central Herald	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5899.	Rtvlive.com	IYD 2025: కౌంట్‌డౌన్ స్టార్ట్.. ముదుచ్చేరిలో ప్రారంభమైన యోగ మహోత్సవాలు.. 6,000 ప...	N/A
5900.	Maverick News3	Chief Minister Announces Rs. 3 lakh financial assistance for families of Ayush Y...	N/A

5901.	News9Network	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5902.	News Track Bhopal	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5903.	The Evening Post	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5904.	Bizz Sight	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5905.	The Capital News	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5906.	Your Bangalore	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5907.	Jharkhand State News	Vat Amavasya Meets Harit Yoga: A Celebration of Tradition and Nature	N/A
5908.	Maharashtra 24x7	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5909.	Madhya Pradesh Mirror	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5910.	Nagpur News Today	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5911.	Allahabad Post	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5912.	Live Jabalpur	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5913.	Khamma Ghani Rajasthan	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5914.	Maharashtra Samachar	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5915.	MP Guardian	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5916.	MP News Line	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5917.	Prakhar Jagran	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5918.	Delhi News Now	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5919.	Rajasthan Mirror	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5920.	Up Patrika	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5921.	OB News	Devrishi Introduces “Svaryam,” a Platform for Vedic Sound-Based Mental Wellness	N/A
5922.	The Mobi World	Devrishi Introduces “Svaryam,” a Platform for Vedic Sound-Based Mental Wellness	N/A
5923.	Rajasthan Journal	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5924.	Nashik 24	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5925.	Jodhpur Reporter	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5926.	Live Mumbai	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5927.	Delhi News Watch	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5928.	Satta Express	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A

5929.	Kashmir Breaking News	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5930.	Andhra Pradesh Mirror	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5931.	Himachal Patrika	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5932.	Kashmir Newsline	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5933.	World News Network	Devrishi Launches ‘Svaryam’, a Vedic Sound-Based Mental Wellness Platform – Worl...	N/A
5934.	Punjab Live	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5935.	Vishvatimes	after-pm-modis-call-in-mann-ki-baat-more-than-10-thousand-organizations-have-reg...	N/A
5936.	North East Times	Devrishi Launches 'Svaryam', a Vedic Sound-Based Mental Wellness Platform	N/A
5937.	Palgharnews	Devrishi Launches ‘Svaryam", a Vedic Sound-Based Mental Wellness Platform – Wor...	N/A
5938.	Bihar Times	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5939.	Netindia123	Devrishi Launches "Svaryam", a Vedic Sou...	N/A
5940.	South India News	Devrishi Launches 'Svaryam', a Vedic Sound-Based Mental Wellness Platform	N/A
5941.	Gujarat Samachar	Devrishi Launches 'Svaryam', a Vedic Sound-Based Mental Wellness Platform	N/A
5942.	Chhattisgarh Today	Devrishi Launches 'Svaryam', a Vedic Sound-Based Mental Wellness Platform	N/A
5943.	Middle East Times	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5944.	US World Today	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5945.	East Asiaall News Portal	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5946.	Telangana Journal	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5947.	Maldives Star Plus	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5948.	Srilanka Island News	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5949.	France Network Times	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5950.	Birminghamall News Network	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5951.	England News Portal	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5952.	Vanakkam Tamil Nadu	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5953.	Buffalo Despatch	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5954.	West Bengal Khabar	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5955.	Jharkhandtimes	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A

5956.	Odisha Post	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5957.	San Francisco Star	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5958.	Gujarat Varta	Devrishi Launches 'Svaryam', a Vedic Sound-Based Mental Wellness Platform	N/A
5959.	Karnataka Live	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5960.	Rajasthan Ki Khabar	Devrishi Launches 'Svaryam', a Vedic Sound-Based Mental Wellness Platform	N/A
5961.	Haryana Today	Devrishi Launches 'Svaryam', a Vedic Sound-Based Mental Wellness Platform	N/A
5962.	Bizrapidx	FHRAI Organises ‘Harit Yoga" Session with the Support of Ministry of Ayush	N/A
5963.	Cine Buzz News	FHRAI Organises ‘Harit Yoga" Session with the Support of Ministry of Ayush	N/A
5964.	Bihar 24x7	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5965.	Couturefashion	FHRAI Organises ‘Harit Yoga" Session with the Support of Ministry of Ayush	N/A
5966.	Delhi live news	Devrishi Launches 'Svaryam', a Vedic Sound-Based Mental Wellness Platform	N/A
5967.	Businessmicro	FHRAI Organises ‘Harit Yoga" Session with the Support of Ministry of Ayush	N/A
5968.	Jagmarg	नायब घोषणा : दुर्घटना में मृत्यु होने पर आयुष योग सहायकों के परिवारों को मिलेगी ...	N/A
5969.	Indian News Network	Devrishi Launches "Svaryam", a Vedic Sound-Based Mental Wellness Platform	N/A
5970.	India Brand Equity Foundation	Indian Economy News	N/A
5971.	Haryana Archives Hindi Samachar	Haryana News: हरियाणा में आयुष योग सहायकों की सेवा के दौरान दुर्घटना में मृत्यु ...	N/A
5972.	The Mobi World	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadh.. .	N/A
5973.	Health Economictimes	India reinforces commitment to WHO global traditional medicine strategy at World. ..	N/A
5974.	Forever News	India Strengthens Global Traditional Medicine Leadership at 78th World Health As ...	N/A
5975.	Forever News	Vat Amavasya Celebration Blends Tradition and Yoga, Promoting Environmental Awar...	N/A
5976.	The Right News	MoS for Ayush, Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherr y	N/A
5977.	Millenium Post	Hry CM announces Rs 3L aid for families of Ayush Yoga Sahayaks who die in acc ide...	N/A
5978.	Jackson Ville Indian	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadh.. .	N/A
5979.	LA Indian	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadh.. .	N/A

5980.	Bihar 24x7	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	N/A
5981.	Refugee Message	India Champions Traditional Medicine at WHO"s 78th Assembly	N/A
5982.	Tampa Bay Indian	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadh.. .	N/A
5983.	Phoenix Indian Community	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadh.. .	N/A
5984.	Idaho Indian	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadh.. .	N/A
5985.	The Mobi World	India reinforces commitment to WHO global traditional medicine strategy at World. ..	N/A
5986.	Chicago Indian	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadh.. .	N/A
5987.	OB News	India reinforces commitment to WHO global traditional medicine strategy at World. ..	N/A
5988.	Telangana Journal	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	N/A
5989.	West Bengal Khabar	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	N/A
5990.	Haryana Today	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	N/A
5991.	South India News	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	N/A
5992.	Gujarat Samachar	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	N/A
5993.	Kashmir Breaking News	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	N/A
5994.	Gujarat Varta	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	N/A
5995.	Delhi live news	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	N/A
5996.	Jharkhandtimes	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	N/A
5997.	Bihar Times	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	N/A
5998.	Vanakkam Tamil Nadu	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	N/A
5999.	Karnataka Live	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	N/A

6000.	North East Times	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	N/A
6001.	Kashmir Newsline	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	N/A
6002.	Himachal Patrika	'India gives health mantra to world in form of yoga,' says Uttarakhand CM Dhami	N/A
6003.	Indian News Network	"India gives health mantra to world in form of yoga," says Uttarakhand CM Dham.. .	N/A
6004.	Bharatiya Digital News	India Reinforces Commitment to WHO Global Traditional Medicine Strategy at 78th ...	N/A
6005.	BharatKi Baat	Nayab Singh Saini emphasizes yoga"s significance in daily life in India and glo...	N/A
6006.	Keekli	Puducherry Hosts Yoga Mahotsav as IDY 2025 Countdown Begins	N/A
6007.	enewstime	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadh.. .	N/A
6008.	Maverick News3	Prataprao Jadhav inaugurates 25-Day Countdown to International Day of Yoga 2025 ...	N/A
6009.	OB News	Yoga Day Countdown Begins in Puducherry with Enthusiasm	N/A
6010.	The Mobi World	Yoga Day Countdown Begins in Puducherry with Enthusiasm	N/A
6011.	First Piper	Mass demonstration marks countdown to international yoga day	N/A
6012.	AnyTV News	After PM Modi"s call in ‘Mann Ki Baat", more than 10 thousand organizations re...	N/A
6013.	Tezzbuzz	Yoga Day Countdown Begins in Puducherry with Enthusiasm	N/A
6014.	Nri News 24x7	FHRAI Hosts ‘Harit Yoga" Session in Collaboration with the Ministry of Ayush	N/A
6015.	Newyork Indian	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadh.. .	N/A
6016.	Hamara Mahanagar	Yoga Sangam Registration: योग संगम" के लिए 10 हजार का संगठनों का पंजीकरण!	N/A
6017.	BharatKi Baat	India reaffirms support for WHO"s global traditional medicine strategy at World...	N/A
6018.	Albuquerque	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadh.. .	N/A
6019.	Sacramento Indian	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadh.. .	N/A
6020.	IBC World News	10k+ organizations register for Yoga Sangam	N/A
6021.	India Saga	FHRAI Hosts ‘Harit Yoga" Session with Ministry of Ayush Support	N/A
6022.	enewstime	Over 10k organisations register for Yoga Sangam after PM Modi"s call in Mann Ki ...	N/A
6023.	The Asian Talks	FHRAI Hosts ‘Harit Yoga" Session with Ministry of Ayush Support	N/A

6024.	Tycoon World	FHRAI Hosts ‘Harit Yoga" Session with Ministry of Ayush Support	N/A
6025.	Indias News	‘मन की बात" में पीएम मोदी के आह्वान के बाद 10 हजार से अधिक संगठनों ने योग संगम ...	N/A
6026.	India News Calling	NEWS RECEIVED FROM HARYANA STATE UNDER THE LEADERSHIP OF C. M.SH.NAYAB SINGH SAIN...	N/A
6027.	Thip Media	Over 10k organisations register for Yoga Sangam after PM Modi"s call in Mann Ki ...	N/A
6028.	Rajasthan News(राजस्थान समाचार)	"मन की बात" में पीएम मोदी के आह्वान के बाद 10 हजार से अधिक संगठनों ने योग संगम...	N/A
6029.	Khair News	‘मन की बात" में पीएम मोदी के आह्वान के बाद 10 हजार से अधिक संगठनों ने योग संगम ...	N/A
6030.	Udaipur Kiran	हरियाणा में पंजीकृत होंगे योग व प्राकृतिक चिकित्सक, शुरुआत इसी वर्ष	N/A
6031.	Sakshi Post	Over 10k organisations register for Yoga Sangam after PM Modi"s call in Mann Ki ...	N/A
6032.	Vikral	केंद्रीय मंत्री प्रतापराव जाधव ने पुडुचेरी में अंतर्राष्ट्रीय योग दिवस 2025 के ल...	N/A
6033.	Pune News	Over 10k organisations register for Yoga Sangam after PM Modi"s call in Mann Ki ...	N/A
6034.	Sanskritiias	राष्ट्रीय आयुष मिशन (National Ayush Mission:NAM): भारत की पारंपरिक चिकित्सा पद्ध...	N/A
6035.	Thefreedompress	Over 10k organisations register for Yoga Sangam after PM Modi"s call in Mann Ki ...	N/A
6036.	Times Report	Over 10k organisations register for Yoga Sangam after PM Modi"s call in Mann Ki ...	N/A
6037.	Sonebhadra Live	International Yoga Day 7-Day Yoga Workshop for Women s Health Awareness Launched...	N/A
6038.	The Media Setu	योग व प्राकृतिक चिकित्सकों का पंजीकरण शुरू होगा – CM	N/A
6039.	Vishva Times	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadh.. .	N/A
6040.	United News Of India	पुड्डुचेरी में योग महोत्सव की शुरुआत	N/A
6041.	BW Hotelier	FHRAI organises ‘Harit Yoga’ session with the support of Ministry of Ayush	N/A
6042.	Daily 24x7 News	Daily 24x7 News - News Website	N/A
6043.	Jagmarg	योग और खेल से जुड़ेंगे विद्यार्थी, स्कूलों में परीक्षाओं का होगा आयोजन : नायब सैन...	N/A
6044.	Thip Media	Yoga ancient art of healthy living interconnecting mind and body: Prataprao Jadh.. .	N/A
6045.	Education Economictimes Indiatimes	Teachers must play proactive role in nurturing new generation: UP CM	N/A
6046.	Nation Press	Is Yoga an Ancient Art of Healthy Living Interconnecting Mind and Body?	N/A

6047.	मीडिया जगत	Haryana: पंचकूला में मनाया गया योग महोत्सव, CM नायब सैनी ने 'सूर्य नमस्कार 2025'...	N/A
6048.	Fusion World	Over 6,000 Yoga Enthusiasts Unite in Puducherry for Yoga Mahotsav, Marking 25 -Da...	N/A
6049.	Garima Times	CM नायब सिंह सैनी ने की बड़ी घोषणाएं: अब पंजीकृत होंगे योग व प्राकृतिक चिकित्सक,...	N/A
6050.	Ddindia	Puducherry hosts 25-day countdown event to International Day of Yoga 2025	N/A
6051.	The Mobi World	New Delhi, May 27 (IANS) India is emerging as a trusted destination for holistic...	N/A
6052.	DD News	अंतर्राष्ट्रीय योग दिवस 2025 की उल्टी गिनती शुरू, प्रतापराव जाधव ने पुडुचेरी में...	N/A
6053.	Observer Voice	India Affirms Support for WHO Global Traditional Medicine Strategy at 78th Meeti. ..	N/A
6054.	Refersms	Yoga Day Countdown Begins in Puducherry with Enthusiasm	N/A
6055.	Tripurastar News	Union Minister Shri Prataprao Jadhav Inaugurates 25-Day Countdown To Internati on...	N/A
6056.	UNI	Union Min launches 25-Day countdown for International Yoga Day in Pondy	N/A
6057.	Daily 24x7 News	Daily 24x7 News - News Website	N/A
6058.	Calcutta News	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6059.	Next Edge	South Regional Summit in Chennai Strengthens India's Position in Global Ayush Me...	N/A
6060.	India Pharma Outlook	WHO and India Unite to Bring Ayush into Global Health Fold	N/A
6061.	Business North East	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6062.	enewstime	India emerging as trusted destination for holistic, evidence-based wellness: Min...	N/A
6063.	Kolkata Sun	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6064.	Maharashtra Samachar	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6065.	Newspoint	India emerging as trusted destination for holistic, evidence-based wellness: Min...	N/A
6066.	The Asia News	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6067.	Tripuranet	MoS for Ayush, Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherr y –	N/A
6068.	Gujarat Samachar	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6069.	South India News	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A

6070.	Guidely	Daily Current Affairs May 27th 2025 | Latest News | Download Free PDF	N/A
6071.	India Gazette	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6072.	Indianapolis Post	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6073.	Mumbai News	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6074.	New Delhi News	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6075.	Rajasthan Ki Khabar	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6076.	India's News	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6077.	World News Network	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6078.	Palgharnews	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6079.	Bihar 24x7	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6080.	Pune News	India emerging as trusted destination for holistic, evidence-based wellness: Min...	N/A
6081.	Jharkhandtimes	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6082.	Daily World	India emerging as trusted destination for holistic, evidence-based wellness: Min...	N/A
6083.	Punjab Live	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6084.	Vanakkam Tamil Nadu	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6085.	North East Times	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6086.	Himachal Patrika	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6087.	Karnataka Live	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6088.	Haryana Today	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6089.	Thip Media	India emerging as trusted destination for holistic, evidence-based wellness: Min...	N/A

6090.	Andhra Pradesh Mirror	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6091.	Kashmir Breaking News	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6092.	Telangana Journal	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6093.	Delhi live news	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6094.	Kashmir Newsline	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6095.	West Bengal Khabar	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6096.	Bihar Times	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6097.	Chhattisgarh Today	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6098.	Gujarat Varta	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6099.	Indian News Network	Union MoS Prataprao Jadhav inaugurates Yoga Mahotsav 2025 in Puducherry, th anks ...	N/A
6100.	Observer Voice	Together, Strengthening India"s Leadership in Ayush-Based Medical Value	N/A
6101.	Affairrs Cloud	Current Affairs 27 May 2025	N/A
6102.	Pune Media	India and WHO sign agreement on traditional medicine module Pune Media On M ay 26...	N/A
6103.	Forever News	India Strengthens Global Leadership in Ayush-Based Medical Value Travel	N/A
6104.	Haryana Archives Hindi Samachar	Rewari News : डीसी अभिषेक मीणा ने योग प्रशिक्षकों द्वारा दिए जा रहे प्रशिक्षण शि...	N/A
6105.	Chennai Glitz	“Together, Let Us Strengthen India"s Leadership in Ayush-Based Medical Value T r...	N/A
6106.	Maverick News3	India Aims to Lead in Ayush Medical Tourism: Prataprao Jadhav	N/A
6107.	BharatKi Baat	Adityanath announces Rs 3,300 crore projects, praises advancements in UP"s sc ho...	N/A
6108.	North East News	India signs MoU with World Health Organization to promote traditional medicine	N/A
6109.	Expressnews Asia	Government to Launch Comprehensive Digital Portal for Medical Value Travel: Pr at...	N/A
6110.	Only My Health	India"s Ayush Set for Global Stage: PM Modi Unveils Scientific Outreach Plan	N/A
6111.	Tarunmitra	आईवाईए ने कराया योगाभ्यास, हंस हंस कर लोट पोट हुए बच्चे	N/A

6112.	Udaipur Kiran	योग विषय पर आयोजित हुई चित्रकला व निबंध प्रतियोगिता	N/A
6113.	UNI	Teacher-student ratio to be ensured in every school: Yogi	N/A
6114.	UNI	Teacher-student ratio to be ensured in every school: Yogi	N/A
6115.	EHealth Magazine	India and WHO Forge Historic Agreement to Globalise Ayush Through Scientific C la...	N/A
6116.	Mokokchung Times	AYUSH and WHO strike deal to globalize traditional medicine — but will it delive...	N/A
6117.	Jharkhand State News	India Partners with WHO to Mainstream Ayush Globally	N/A
6118.	Daily 24x7 News	Daily 24x7 News - News Website	N/A
6119.	Vishva Times	New global health agreement to take Ayush to world in scientific way: PM Narendr ...	N/A
6120.	OB News	Collector advises employees to do yoga to reduce stress	N/A
6121.	The Mobi World	Collector advises employees to do yoga to reduce stress	N/A
6122.	Ilouge Media	Ministry of Ayush, WHO Agreement Paves Way for Global Recognition of Traditio nal...	N/A
6123.	Observer Voice	India Collaborates with WHO to Promote Ayush on a Global Scale	N/A
6124.	The Hans India	Stay stress-free with yoga, Collector tells staff	N/A
6125.	Namma Kudla English	PM Calls for Worldwide Engagement in Yoga Day, Emphasizes Innovative and In clusi...	N/A
6126.	India Med Today	India and WHO Team Up to Bring Ayush to the World Stage	N/A
6127.	Apac News Network	India, WHO begin work on global classification of Ayush treatments under health . ..	N/A
6128.	Health Economictimes	Ahead of International Yoga Day, PM Modi invites people to embrace yoga for vib r...	N/A
6129.	Tripurastar News	Prime Minister Narendra Modi Calls For Mass Participation In International Day O. ..	N/A
6130.	Tezzbuzz	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6131.	Forever News	India-WHO Agreement to Expand Global Reach of Ayurveda, Yoga, and Tradition al Me...	N/A
6132.	Palgharnews	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6133.	Rising Kashmir	Yoga Day: Zeal, enthusiasm among people all over world amply visible: PM Modi	N/A
6134.	Calcutta News	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A

6135.	World News Network	“This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
6136.	Palgharnews	“This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
6137.	Hindustan Global Times	मंत्रालय (आयुर्वेद, योग, यूनानी, सिद्ध और होम्योपैथी) और विश्व स्वास्थ्य संगठन (...	N/A
6138.	Keekli	PM Modi Urges Mass Participation in Yoga Day 2025, to Join Celebrations in Visak...	N/A
6139.	Sambad	ଯୋଗ ଦିବସକୁ ଏକ ଅଭିନବ ଉପାୟରେ ପାଳନ କରିବାକୁ ବିଚାର କରନ୍ତୁ : ପ୍ରଧାନମନ୍ତ୍ରୀ	N/A
6140.	Kolkata Sun	India partners with WHO to mainstream Ayush globally through agreement on tradit...	N/A
6141.	Kolkata Sun	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
6142.	OB News	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
6143.	Indianapolis Post	India partners with WHO to mainstream Ayush globally through agreement on tradit...	N/A
6144.	The Mobi World	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
6145.	New Delhi News	India partners with WHO to mainstream Ayush globally through agreement on tradit...	N/A
6146.	India's News	India partners with WHO to mainstream Ayush globally through agreement on tradit...	N/A
6147.	Mumbai News	India partners with WHO to mainstream Ayush globally through agreement on tradit...	N/A
6148.	The Asia News	India partners with WHO to mainstream Ayush globally through agreement on tradit...	N/A
6149.	Andhra Pradesh Mirror	India partners with WHO to mainstream Ayush globally through agreement on tradit...	N/A
6150.	Kashmir Breaking News	India partners with WHO to mainstream Ayush globally through agreement on tradit...	N/A
6151.	West Bengal Khabar	India partners with WHO to mainstream Ayush globally through agreement on tradit...	N/A
6152.	Jharkhandtimes	India partners with WHO to mainstream Ayush globally through agreement on tradit...	N/A
6153.	Chhattisgarh Today	India partners with WHO to mainstream Ayush globally through agreement on tradit...	N/A
6154.	Maharashtra Samachar	India partners with WHO to mainstream Ayush globally through agreement on tradit...	N/A

6155.	Telangana Journal	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6156.	Vanakkam Tamil Nadu	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6157.	Odisha Post	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6158.	Bihar Times	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6159.	South India News	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6160.	Rajasthan Ki Khabar	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6161.	Himachal Patrika	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6162.	Bihar 24x7	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6163.	Gujarat Varta	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6164.	North East Times	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6165.	Haryana Today	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6166.	Punjab Live	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6167.	Karnataka Live	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6168.	IBC World News	India-WHO MoU boosts traditional medicine	N/A
6169.	Kashmir Newsline	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6170.	Delhi live news	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6171.	Gujarat Samachar	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6172.	Insightonlinenews	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
6173.	Indian News Network	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6174.	Maverick News3	Prime Minister Shri Narendra Modi Calls for Mass Participation in International ...	N/A

6175.	Forever News	Modi Urges Mass Participation in International Day of Yoga 2025, Highlights Grow ...	N/A
6176.	Chhattisgarh Today	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6177.	FinTechBizNews	India Partners With WHO	N/A
6178.	Indianapolis Post	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6179.	Calcutta News	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6180.	India's News	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6181.	New Delhi News	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6182.	Mumbai News	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6183.	The Asia News	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6184.	Airr News	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6185.	Kashmir Breaking News	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6186.	Maharashtra Samachar	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6187.	West Bengal Khabar	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6188.	enewstime	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
6189.	Jharkhandtimes	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6190.	Health Economictimes	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yo ga	N/A
6191.	Andhra Pradesh Mirror	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6192.	Newspoint	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
6193.	Health Economictimes	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6194.	Vanakkam Tamil Nadu	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A

6195.	Telangana Journal	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6196.	Bihar Times	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6197.	Odisha Post	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6198.	Himachal Patrika	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6199.	South India News	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6200.	Rajasthan Ki Khabar	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6201.	Gujarat Varta	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6202.	Bihar 24x7	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6203.	OB News	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6204.	North East Times	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6205.	Haryana Today	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6206.	The Mobi World	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6207.	Karnataka Live	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6208.	Punjab Live	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6209.	Delhi live news	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6210.	Kashmir Newsline	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6211.	Gujarat Samachar	"This time too, zeal and enthusiasm among people all over world with regard to Y. ..	N/A
6212.	Sakshi Post	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
6213.	Times Report	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
6214.	The Hans India	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A

6215.	Indian News Network	"This time too, zeal and enthusiasm among people all over world with regard to Y...	N/A
6216.	Thip Media	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
6217.	Tri Cities	Ayush ministry and WHO sign to create module for traditional medicine	N/A
6218.	Thefreedompress	New global health agreement to take Ayush to world in scientific way: PM Modi	N/A
6219.	True Hunt	PM Calls For Mass Participation In International Day Of Yoga 2025	N/A
6220.	Millenium Post	India partners with WHO to mainstream Ayush globally through agreement on trad it...	N/A
6221.	BharatKi Baat	India collaborates with WHO to promote Ayush globally via traditional medicine a...	N/A
6222.	AnyTV News	‘Ardhachakrasana" asana is one benefit from many, back pain to weight loss	N/A
6223.	BharatKi Baat	PM Modi encourages everyone to adopt yoga for a vibrant lifestyle ahead of Inter...	N/A
6224.	Tarunmitra	सावित्री विद्या विहार एवं जीवीएम कान्वेंट में आई वाई ए ने कराया योगाभ्यास	N/A
6225.	Carawan	Prayagraj Conference Calls for Full Surgical Rights for Unani Practitioners	N/A
6226.	Ne India Broadcast	Think of celebrating Yoga Day in some interesting way this time: Prime Minister	N/A
6227.	Calcutta News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6228.	Sonebhadra Live	International yoga day 2025 ardha chakrasana benefits: अर्ध चक्रासन से होते हैं ...	N/A
6229.	World News Network	PM Modi lauds Andhra’s ‘YogAndhraAbhiyan’, encourages people to practice Yoga – ...	N/A
6230.	Palgharnews	PM Modi lauds Andhra"s ‘YogAndhraAbhiyan", encourages people to practice Yoga ...	N/A
6231.	Jharkhandtimes	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6232.	Himachal Patrika	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6233.	Regional news resource	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6234.	Ddindia	PM Modi lauds Andhra"s ‘YogAndhraAbhiyan", encourages people to practice yoga	N/A
6235.	Indianapolis Post	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6236.	India Gazette	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A

6237.	Kashmir Newsline	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
6238.	India's News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6239.	New Delhi News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6240.	Mumbai News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6241.	The Asia News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga...	N/A
6242.	Chhattisgarh Today	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6243.	Haryana Today	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6244.	Bihar 24x7	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
6245.	Gujarat Samachar	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6246.	Odisha Post	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6247.	Kashmir Breaking News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6248.	Delhi live news	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
6249.	West Bengal Khabar	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6250.	Maharashtra Samachar	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6251.	Bihar Times	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6252.	Vanakkam Tamil Nadu	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
6253.	Telangana Journal	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
6254.	Jammu Links News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6255.	South India News	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A

6256.	Punjab Live	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
6257.	Rajasthan Ki Khabar	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
6258.	Gujarat Varta	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6259.	North East Times	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
6260.	Karnataka Live	PM Modi lauds Andhra's 'YogAndhraAbhiyan', encourages people to practice Yoga	N/A
6261.	Indian News Network	PM Modi lauds Andhra"s "YogAndhraAbhiyan", encourages people to practice Yoga	N/A
6262.	Jammu Links News	One-day seminar on promotion, cultivation & conservation of medicinal plants...	N/A
6263.	OB News	Drinking water while eating food, nectar or poison? Ayurveda told the shocking t...	N/A
6264.	The Mobi World	Drinking water while eating food, nectar or poison? Ayurveda told the shocking t...	N/A
6265.	Tezzbuzz	Drinking water while eating food, nectar or poison? Ayurveda told the shocking t...	N/A
6266.	The Right News	Week-long International Yoga and Meditation Festival to start from June 15 in La...	N/A
6267.	India Online News	Week-long International Yoga and Meditation Festival to start from June 15 in La...	N/A
6268.	Udaipur Kiran	अंतरराष्ट्रीय योग दिवस पर हर घर में पहुंचेगा प्रशिक्षित योग ट्रेनर	N/A
6269.	Gurgaon Mail	अंतरराष्ट्रीय योग दिवस पर हर घर में पहुंचेगा प्रशिक्षित योग ट्रेनर	N/A
6270.	Tarunmitra	हर घर में पहुंचेगा अंतरराष्ट्रीय योग दिवस पर प्रशिक्षित योग ट्रेनर	N/A
6271.	News Height	Big breaking :-International Yoga Day: इस बार गैरसैंण में होगा मुख्य कार्यक्रम, ...	N/A
6272.	India Talks Live	इस बार गैरसैंण में होगा अंतरराष्ट्रीय योग दिवस का मुख्य कार्यक्रम, 10 देशों के र...	N/A
6273.	Khabar Bharat 24	इस बार गैरसैंण में होगा मुख्य कार्यक्रम अंतर्राष्ट्रीय योग दिवस, 10 देशों के राज...	N/A
6274.	Reh News	International Yoga Day 2025 This Time State Level Event Will Be Held In Summer C...	N/A
6275.	Hoteltalk	FHRAI, Ethiopia Embassy hold special Harit Yoga event in Delhi	N/A
6276.	Health Economictimes	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6277.	India Saga	FHRAI, Ethiopian Embassy Host “Coffee & Harit Yoga” Ahead of IDY 2025	N/A
6278.	Travel World Online	FHRAI Collaborates with Ethiopian Embassy and AYUSH Ministry to Host ‘Coffee and...	N/A
6279.	Hindustan Abtak	अंतरराष्ट्रीय योग दिवस की तैयारी हेतु अभ्यास सत्र का हुआ शुभारंभ	N/A

6280.	Kalikumaun khabar	रिपोर्ट: लक्ष्मण बिष्ट : चंपावत:पाटी में आयुर्वेदिक एवं यूनानी विभाग ने विशाल...	N/A
6281.	Skgnews	हरिद्वार में योग सत्र की लाइव स्ट्रीमिंग दूसरे दिन भी रही आकर्षण का केंद्र, सैक...	N/A
6282.	The Hans India	Yoga brings mental peace, complete health: Geetanjali Sharma	N/A
6283.	IndiBlogHub	Exploring Emerging Medical Courses in India Beyond MBBS – A Smart Guide for NEET...	N/A
6284.	World News Network	Assam: Health Minister reviews preparedness for International Day of Yoga – Worl...	N/A
6285.	Kashmir Breaking News	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6286.	Palgharnews	Assam: Health Minister reviews preparedness for International Day of Yoga – Worl...	N/A
6287.	Odisha Post	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6288.	India's News	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6289.	Haryana Today	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6290.	Bihar 24x7	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6291.	Gujarat Samachar	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6292.	Kashmir Newsline	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6293.	Andhra Pradesh Mirror	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6294.	Chhattisgarh Today	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6295.	Indianapolis Post	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6296.	Bihar Times	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6297.	Gujarat Varta	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6298.	New Delhi News	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6299.	Punjab Live	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6300.	Telangana Journal	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6301.	The Asia News	Assam: Health Minister reviews preparedness for International Day of Yoga ANI 22...	N/A
6302.	Vanakkam Tamil Nadu	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6303.	Mumbai News	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6304.	Jharkhandtimes	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6305.	Newspoint	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6306.	West Bengal Khabar	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A

6307.	Delhi live news	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6308.	Karnataka Live	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6309.	South India News	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6310.	North East Times	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6311.	Himachal Patrika	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6312.	Indian News Network	Assam: Health Minister reviews preparedness for International Day of Yoga	N/A
6313.	Dainik Jayant	राजकीय इण्टर कॉलेज बसेड़ी में छात्र छात्राओं व कॉलेज स्टाफ ने किया योग	N/A
6314.	Dainik Jayant	ब्लॉक स्तरीय योग दिवस 28 मई को	N/A
6315.	Investment Guru India	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
6316.	DeshWale	हिमालय से कन्याकुमारी तक गूंजेगा 'योग संगम", 1000+ संस्थाओं ने IDY 2025 के लिए ...	N/A
6317.	Medgate Today Magazine	FHRAI in collaboration with embassy of Ethiopia supported by ministry of ayush a. ..	N/A
6318.	India Outbound	India and Ethiopia celebrate yoga, coffee and sustainable friendship	N/A
6319.	Travel jingles	Ethiopia Celebrates the Harit Yoga program	N/A
6320.	BW Hotelier	FHRAI and Ethiopian Embassy blend wellness with Harit Yoga event	N/A
6321.	Public Tv	'Pakistanis came to India to create problem": Ethiopian Ambassador on Pahalgam ...	N/A
6322.	Health Economictimes	Ayush Secretary Vaidya Rajesh Kotecha gets fourth extension	N/A
6323.	DANIK KHABAR	योग दिवस पर होने वाला कार्यक्रम भारत का सबसे बड़ा स्वास्थ्य (वेलनेस) समारोह बनने...	N/A
6324.	ITDC India	Pranayama Boosts Heart Health, Relieves Stress: AIIMS Study	N/A
6325.	Vishva Times	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
6326.	Jharkhand State News	From Himalayas to Kanyakumari: Over 1,000 Entities Register on Yoga Sangam Porta...	N/A
6327.	Tezzbuzz	Pahalgam Terror Attack: Ethiopian Ambassador Points Finger at Pakistanis	N/A
6328.	Forever News	India Showcases Holistic Health Leadership at Osaka Expo 2025 Through Daily Yoga...	N/A
6329.	Forever News	India Gears Up for Historic Yoga Sangam as Over 1,000 Organizations Register for...	N/A
6330.	Newspoint	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
6331.	Pune Media	Ayush ministry showcases India"s wellness traditions at Osaka expo Pune Media O...	N/A
6332.	BharatKi Baat	Ayush Expo in Osaka garners significant attention, according to the Ministry"s ...	N/A

6333.	BharatKi Baat	Over 1,000 organizations registered for Yoga Sangam"s June 21 event celebratin g...	N/A
6334.	Daily World	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
6335.	enewstime	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
6336.	Thip Media	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
6337.	Sakshi Post	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
6338.	Haryana Archives Hindi Samachar	Charkhi Dadri News : जनभागीदारी के साथ 21 जून को आयोजित होगा अंतरराष्ट्रीय योग द...	N/A
6339.	Nation Press	Will You Join the Ayush Ministry for Yoga Sangam 2025?	N/A
6340.	Times Report	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
6341.	Thefreedompress	IDY 2025: Ayush Ministry invites citizens, institutions to be part of Yoga Sanga...	N/A
6342.	Maverick News3	Over 1,000 Register on Yoga Sangam for IDY 2025 Mega Celebration	N/A
6343.	Maverick News3	Stretching Across Borders: Ayush Showcases India"s Holistic Health Power at Os a...	N/A
6344.	United News Of India	योग संगम पोर्टल पर 1,000 से अधिक संस्थाओं का पंजीकरण	N/A
6345.	Bharat Speaks	India Gears Up for World"s Biggest Yoga Celebration on IDY 2025—Over 1,000 E nti...	N/A
6346.	Ddindia	Yoga Sangam 2025: India gears up for historic wellness celebration	N/A
6347.	BharatKi Baat	Ayush Secretary Vaidya Rajesh Kotecha receives fourth extension in his tenure.	N/A
6348.	Haryana Archives Hindi Samachar	Rewari News : एक पृथ्वी, एक स्वास्थ्य के लिए योग- थीम के साथ मनेगा 11वां अन्तर्र...	N/A
6349.	Haryana Archives Hindi Samachar	Gurugram News : अंतरराष्ट्रीय योग दिवस 21 जून को, 20 को होगी रिहर्सल	N/A
6350.	Haryana Archives Hindi Samachar	Jind News : आगामी 21 जून को मनाया जाएगा अंतरराष्ट्रीय योग दिवस	N/A
6351.	Hello Kotpad	FHRAI & Prestige Group Host Harit Yoga at Nandi Hills to Champion Wellness &.. .	N/A
6352.	Biz News Desk	FHRAI and Prestige Group Drive Sustainability with Harit Yoga Session at Nandi H...	N/A
6353.	Smart Business News	Nandi Hills Turns Green with FHRAI"s Harit Yoga in Partnership with Prestige Gr.. .	N/A
6354.	Business News This Week	FHRAI Hosts Harit Yoga at Nandi Hills in Collaboration with Prestige Group to Pr.. .	N/A
6355.	Travel Daily Media	FHRAI Hosts Harit Yoga at Nandi Hills	N/A
6356.	Affairrs Cloud	Current Affairs 18 & 19 May 2025	N/A

6357.	Tarunmitra	शारीरिक , बौद्धिक एवं चरित्र निर्माण शिविर में योग संगम	N/A
6358.	The Mobi World	"Integrated AYUSH Colleges To Be Set Up In Every Division Of Uttar Pradesh," S ...	N/A
6359.	Sambad	ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ-୨୦୨୫ରେ 'ଯୋଗ ଅନ୍‌ପ୍ଲଗଡ" କାର୍ଯ୍ୟକ୍ରମ	N/A
6360.	Janta Ki Jankari News	આંતરરાષ્ટ્રીય યોગ દિવસ (IDY) ૨૦૨૫ માટે યુવા-કેન્દ્રિત પહેલ "યોગ અનપ્લગ્ડ"ને પ્રો...	N/A
6361.	Health Economictimes	Integrated AYUSH colleges to be set up in every division of UP: Adityanath	N/A
6362.	The Kashmir Horizon	AYUSH Shopian conducts school health check-ups, Marks 'World Hypertension D ay" ...	N/A
6363.	Travel And Tour	Harit Yoga at JW Marriott Prestige Golfshire Unites Wellness and Sustainability,...	N/A
6364.	Hoteldealers	Harit Yoga at JW Marriott Prestige Golfshire Unites Wellness and Sustainability,...	N/A
6365.	Jammu Links News	AYUSH Shopian conducts school health check-ups	N/A
6366.	BharatKi Baat	Yoga Unplugged initiative gains momentum as prominent institutions join the mov e...	N/A
6367.	Maverick News3	"Yoga Unplugged" the youth-centric initiative for International Day of Yoga (IDY...	N/A
6368.	FinTechBizNews	For Yoga Event In Locality, Register On Portal	N/A
6369.	BharatKi Baat	UP to establish integrated AYUSH colleges in every division, announces Adityanat ...	N/A
6370.	Pune Media	India"s pioneering yoga institute backs 'Yoga Unplugged": AYUSH Ministry Pune . ..	N/A
6371.	OB News	CM Yogi demands that AYUSH colleges be established in each UP division	N/A
6372.	The Mobi World	CM Yogi demands that AYUSH colleges be established in each UP division	N/A
6373.	Dainik Jayant	योग, भाषण एवं निबंध प्रतियोगिता में छात्रों ने दिखाई प्रतिभा	N/A
6374.	Lokwarta	मेघवाल ने युवाओं से स्वस्थ भविष्य के लिए प्राकृतिक चिकित्सा, योग अपनाने का आग्रह...	N/A
6375.	Hukmnama Samachar	मेघवाल ने युवाओं से स्वस्थ भविष्य के लिए प्राकृतिक चिकित्सा, योग अपनाने का आग्रह...	N/A
6376.	Habib Ki Report	"योग अनप्लग्ड": अंतर्राष्ट्रीय योग दिवस 2025 में युवाओं को जोड़ने की नई पहल	N/A
6377.	Singrauli Mirror	Youth-centric 'Yoga Unplugged" gains momentum ahead of International Day of Y og...	N/A
6378.	The Hans India	Youth are torchbearers of a healthier India: Union Minister	N/A
6379.	Ddindia	Youth-centric 'Yoga Unplugged" gains momentum ahead of International Day of Y og...	N/A
6380.	Observer Voice	Government Launches "Yoga Unplugged" Initiative for International Day of Yoga	N/A
6381.	Health Economictimes	Union Minister Meghwal urges youth to embrace naturopathy, yoga for healthier fu ...	N/A

6382.	The Hans India	Vizag set to create record on Yoga Day	N/A
6383.	The Better Andhra	With 2.5 lakh participants, Vizag Yoga Day event to create world record	N/A
6384.	Vaartha	11वें अंतर्राष्ट्रीय योग दिवस में भाग लेंगे प्रधानमंत्री मोदीःचन्द्रबाबू नायुडू	N/A
6385.	enewstime	With 2.5 lakh participants, Vizag Yoga Day event to create world record	N/A
6386.	Daily World	With 2.5 lakh participants, Vizag Yoga Day event to create world record - Agencie...	N/A
6387.	Dynamite News	PM to participate in Yoga Day in AP, CM reviews arrangements	N/A
6388.	Sakshi Post	With 2.5 lakh participants, Vizag Yoga Day event to create world record	N/A
6389.	Newspoint	With 2.5 lakh participants, Vizag Yoga Day event to create world record	N/A
6390.	Yes Punjab	With 2.5 lakh participants, Vizag Yoga Day event to create world record	N/A
6391.	Times Report	With 2.5 lakh participants, Vizag Yoga Day event to create world record	N/A
6392.	Thip Media	With 2.5 lakh participants, Vizag Yoga Day event to create world record	N/A
6393.	Thefreedompress	With 2.5 lakh participants, Vizag Yoga Day event to create world record	N/A
6394.	UNI	PM to participate in Yoga Day in AP, CM reviews arrangements	N/A
6395.	Life And More	‘Samyoga" and ‘Yoga Unplugged" signal a bold new direction for this Intl Yoga ...	N/A
6396.	Calcutta News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yog...	N/A
6397.	OB News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yog...	N/A
6398.	Maharashtra Samachar	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yog...	N/A
6399.	Kolkata Sun	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yog...	N/A
6400.	Indianapolis Post	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yog...	N/A
6401.	Punjab Live	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yog...	N/A
6402.	India Gazette	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yog...	N/A
6403.	The Asia News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yog...	N/A
6404.	New Delhi News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yog...	N/A

6405.	West Bengal Khabar	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6406.	India's News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6407.	Kashmir Breaking News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6408.	Mumbai News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6409.	Odisha Post	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6410.	South India News	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6411.	Gujarat Samachar	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6412.	North East Times	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6413.	Telangana Journal	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6414.	Gujarat Varta	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6415.	Karnataka Live	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6416.	Bihar Times	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6417.	Jharkhandtimes	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6418.	Haryana Today	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6419.	Andhra Pradesh Mirror	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6420.	Chhattisgarh Today	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6421.	Vanakkam Tamil Nadu	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6422.	Bihar 24x7	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6423.	Kashmir Newsline	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A

6424.	Delhi live news	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6425.	Himachal Patrika	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6426.	Indian News Network	"Samyoga" and "Yoga Unplugged" signal a bold new direction for International Yo g...	N/A
6427.	BharatKi Baat	Yoga Day 2025: Samyoga and Yoga Unplugged seek to transform yoga practices globa...	N/A
6428.	Deccan Republic	Latest news	N/A
6429.	The Hans India	Global voices in natural healing gather in Dakshina Kannada	N/A
6430.	The Hans India	CS reviews Int"l Yoga Day arrangements	N/A
6431.	The Better Andhra	PM Modi to attend Yoga Day celebrations in Vizag	N/A
6432.	Bigtv Live	International Yoga Day 2025: PM Modi to Attend Grand Event in Visakhapatnam	N/A
6433.	Echo Of Arunachal	RGU joins 99 others to successfully host 'IDY countdown" celebration	N/A
6434.	UNI	Arunachal: RGU hosts Yogotsav-2025 countdown programme	N/A
6435.	UNI	PM to participate in Intl. Yoga Day programme in Visakhapatnam June 21	N/A
6436.	Andhravilas	PM Modi to Attend International Yoga Day Celebrations in Visakhapatnam	N/A
6437.	Sakshi Post	PM Modi to attend Yoga Day celebrations in Vizag	N/A
6438.	Times Now News	జూన్ 21న విశాఖకు ప్రధాని నరేంద్రమోడీ...ఎందుకొస్తున్నారంటే!	N/A
6439.	Thefreedompress	PM Modi to attend Yoga Day celebrations in Vizag	N/A
6440.	Times Report	PM Modi to attend Yoga Day celebrations in Vizag	N/A
6441.	Coherent Market Insights	Medicinal Herbs Market Analysis	N/A
6442.	Tarunmitra	आई वाई ए ने श्री कृष्णा पांडे स्कूल में बच्चों को कराया योग संगम	N/A
6443.	TaxGuru	Veterinary Healthcare Services: A GST Perspective	N/A
6444.	IBC World News	Dr D Veerendra Heggade on Yoga and Naturopathy	N/A
6445.	Airr News	kapalbhati pranayama benefits: कापालभाति प्रानायाम के बाउनेट के रोग है तो गुलाट ...	N/A
6446.	Sanskritiias	Ministry of AYUSH launches weekly podcast	N/A
6447.	HospiBuz	Over 350 Participants Participate In FHRAI & HRAWI"s Yoga Mahotsav In Goa	N/A
6448.	चमोली न्यूज़	आयुष विभाग का 11 वें अंतरराष्ट्रीय योग दिवस की तैयारियों में जन-जागरूकता अभियान ...	N/A
6449.	IndiBlogHub	What is the Duration and Syllabus of a Government-Recognised Yoga Teacher Tr aini...	N/A

6450.	Bilkul	Bilkul Online	N/A
6451.	Invest policy	Now Get Health Insurance Cover for Ayurveda, Yoga and Homeopathy	N/A
6452.	Creative News Express	करो योग रहो निरोग : योग जागरुगता कार्यक्रम, रेड क्रॉस स्वयंसेवियों की बढ़चढ़कर भ...	N/A
6453.	The Hans India	Global Voices in Natural Healing Gather in Ujire as International Yoga and Natur...	N/A
6454.	GK India Today	More than 100 terrorists killed in Operation Sindoor, masterminds of IC-814 and ...	N/A
6455.	BW Hotelier	FHRAI hosts Yoga Mahotsav in Goa ahead of International Yoga Day	N/A
6456.	Tri Cities	This weekly yoga podcast aims to promote holistic wellness	N/A
6457.	origin.mid-day.com	This weekly yoga podcast aims to promote holistic wellness	N/A
6458.	Central Chronicle	Ayush Ministry Launches Weekly Yoga Podcast to Bring Timeless Wisdom to Eve ry Ho...	N/A
6459.	World News Network	Ayush ministry launches weekly yoga podcast to promote holistic wellness – Worl d...	N/A
6460.	Palgharnews	Ayush ministry launches weekly yoga podcast to promote holistic wellness – Worl d...	N/A
6461.	Kolkata Sun	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6462.	Maharashtra Samachar	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6463.	Newspoint	Weekly yoga podcast launched to promote holistic wellness	N/A
6464.	Mumbai News	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6465.	Industries News	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6466.	New Delhi News	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6467.	India's News	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6468.	Indianapolis Post	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6469.	South India News	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6470.	The Asia News	Ayush ministry launches weekly yoga podcast to promote holistic wellness ANI 12 ...	N/A
6471.	Himachal Patrika	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6472.	Gujarat Varta	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6473.	The Mobi World	Weekly yoga podcast launched to promote holistic wellness	N/A
6474.	Odisha Post	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6475.	Delhi live news	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6476.	Gujarat Samachar	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A

6477.	Medindia	Weekly Yoga Podcast to Elevate Your Mind, Body, and Soul	N/A
6478.	Andhra Pradesh Mirror	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6479.	Kashmir Breaking News	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6480.	North East Times	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6481.	Bihar Times	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6482.	Bihar 24x7	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6483.	Kashmir Newsline	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6484.	Rajasthan Ki Khabar	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6485.	Jharkhandtimes	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6486.	Chhattisgarh Today	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6487.	Telangana Journal	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6488.	Punjab Live	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6489.	Haryana Today	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6490.	West Bengal Khabar	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6491.	Vanakkam Tamil Nadu	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6492.	Karnataka Live	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6493.	Indian News Network	Ayush ministry launches weekly yoga podcast to promote holistic wellness	N/A
6494.	Sakshi Post	Weekly yoga podcast launched to promote holistic wellness	N/A
6495.	enewstime	Weekly yoga podcast launched to promote holistic wellness	N/A
6496.	Thip Media	Weekly yoga podcast launched to promote holistic wellness	N/A
6497.	BharatKi Baat	Ayush ministry introduces weekly podcast exploring the transformative benefits o.. .	N/A
6498.	Maverick News3	Union Minister of Ayush, Shri Prataprao Jadhav Launches Weekly Yoga Podcast t o P...	N/A
6499.	Thefreedompress	Weekly yoga podcast launched to promote holistic wellness	N/A
6500.	The Hans India	Weekly yoga podcast launched to promote holistic wellness	N/A
6501.	Nation Press	What New Initiative Has the Ministry of Ayush Launched?	N/A
6502.	Times Report	Weekly yoga podcast launched to promote holistic wellness	N/A
6503.	DD News	केंद्रीय आयुष मंत्री प्रतापराव जाधव ने लॉन्च किया साप्ताहिक योगा पॉडकास्ट	N/A
6504.	चमोली न्यूज़	अंतरराष्ट्रीय योग दिवस को लेकर सिमली न्याय पंचायत के सिमल्ट ग्राम सभा व सैनू ग्र...	N/A

6505.	Tarunmitra	योग,आसन एवं प्राणायाम से जीवन में अनेक रोगों का निवारण - राम मोहन पाल	N/A
6506.	The Asian Talks	Over 350 Participants Attend FHRAI"s Yoga Mahotsav in Goa as Part of the Intern...	N/A
6507.	India Saga	Over 350 Participants Attend FHRAI"s Yoga Mahotsav in Goa as Part of the Intern...	N/A
6508.	Tycoon World	Over 350 Participants Attend FHRAI"s Yoga Mahotsav in Goa as Part of the Intern...	N/A
6509.	The Hans India	Scientific Study on Mantra and Sonic Therapy Begins at NYRI: Devrishi Named Prin...	N/A
6510.	Kumaun News	देहरादून : कार्यस्थलीय तनाव (Workplace Stress) प्रबंधन और उत्पादकता वृद्धि हेतु ...	N/A
6511.	IndiBlogHub	Ayurveda: The Future of Natural Healthcare in 2025 and Beyond	N/A
6512.	Tarunmitra	इंडियन योग एसोसिएशन ने 600 से अधिक बच्चों को कराया योगाभ्यास	N/A
6513.	Health Economictimes	Delhi govt plans to sponsor Ayurveda start-ups, host global summit: CM	N/A
6514.	Millenium Post	Delhi govt plans to sponsor Ayurveda start-ups, says CM	N/A
6515.	Tripurastar News	Union Ayush Minister Shri Prataprao Jadhav Reviews Preparations For Internationa...	N/A
6516.	Maverick News3	Prataprao Jadhav Reviews Preparations for International Day of Yoga 2025	N/A
6517.	AnyTV News	What is ‘Common Yoga Protocol", who keep the body fit and healthy	N/A
6518.	enewstime	Spread message of holistic well-being through yoga worldwide: Ayush Minister	N/A
6519.	Keekli	Prataprao Jadhav Reviews Yoga Day 2025 Preparations	N/A
6520.	Bilkul	Spread message of holistic well-being through yoga worldwide: Ayush Minister	N/A
6521.	Udaipur Kiran	छात्राओं के लिए स्वास्थ्य एवं योग जागरूकता कार्यक्रम आयोजित	N/A
6522.	Udaipur Kiran	एमजीसीयू में योग पर पोस्टर प्रतियोगिता का आयोजन	N/A
6523.	Udaipur Kiran	अंतरराष्ट्रीय योग दिवस 2025 पूरे विश्व के लिए प्रेरणादायी होगा: प्रतापराव जाधव	N/A
6524.	Tampa Bay Indian	Spread message of holistic well-being through yoga worldwide: Ayush Minister	N/A
6525.	Phoenix Indian Community	Spread message of holistic well-being through yoga worldwide: Ayush Minister	N/A
6526.	Newspoint	Spread message of holistic well-being through yoga worldwide: Ayush Minister	N/A
6527.	Thip Media	Spread message of holistic well-being through yoga worldwide: Ayush Minister	N/A
6528.	Nation Press	How Can We Spread the Message of Holistic Well-Being Through Yoga Worldwide?	N/A
6529.	Sonebhadra Live	Common Yoga Protocol For Maximum Health Benefits : क्या है कॉमन योग प्रोटोकॉल, क ...	N/A

6530.	thepatriot.in	Govt plans to sponsor Ayurveda start-ups, host global summit: Delhi CM	N/A
6531.	Knownewz	Common Yoga Protocol: कॉमन योग प्रोटोकॉल क्या है? जानें आसान तरीका, फायदे और इसे...	N/A
6532.	News India Live	Common Yoga Protocol: कॉमन योग प्रोटोकॉल क्या है? जानें आसान तरीका, फायदे और इसे...	N/A
6533.	NDTV Madhya Pradesh Chhattisgarh	International Day of Yoga 2025: शरीर रहेगा चुस्त-दुरुस्त और तंदुरुस्त! जानिए कॉम...	N/A
6534.	Vishvatimes	क्या है "कॉमन योग प्रोटोकॉल", जो शरीर को रखते हैं चुस्त-दुरुस्त और तंदुरुस्त	N/A
6535.	Poorvanchalmedia	दिनचर्या में जुड़ते ही आपको बड़े परिणाम देता है 'कॉमन योग प्रोटोकॉल", जानें कैसे ...	N/A
6536.	Indias News	क्या है 'कॉमन योग प्रोटोकॉल", जो शरीर को रखते हैं चुस्त-दुरुस्त और तंदुरुस्त	N/A
6537.	Tourism Breaking News	FHRAI and HRAWI to conduct yoga programme on May 10 in Goa to promote holistic w...	N/A
6538.	HealthTekPak	Visit to National Institute of Naturopathy Pune	N/A
6539.	BharatKi Baat	UP Governor meets private universities to strategize for International Yoga Day ...	N/A
6540.	Udaipur Kiran	योग भारतीय संस्कृति की अमूल्य देन: राज्यपाल	N/A
6541.	Skgnews	अंतर्राष्ट्रीय योग दिवस के अवसर पर हरिद्वार में आयोजित योग शिविरों में समाज के स...	N/A
6542.	Udaipur Kiran	अंतरराष्ट्रीय योग दिवस पर योग शिविरों में होगी विभिन्न समुदायों की भागीदारी	N/A
6543.	Change Started	Nature"s Pharmacy – Rise of Medicinal Plants in India	N/A
6544.	Forever News	Ancient Wildfires in Godavari Basin Reveal Climate Shifts 250 Million Years Ago	N/A
6545.	Early Times	Mega Yoga and HIV awareness camp promotes holistic health	N/A
6546.	Skgnews	हरिद्वार के गांव-गांव में गूंजा योग का मंत्र : जनप्रतिनिधियों और डॉक्टरों की मौज...	N/A
6547.	Tarunmitra	सात थीम पर आधारित होगा योग दिवस कार्यक्रम	N/A
6548.	MintMoney	Polycystic Ovary Syndrome (PCOS): Understanding the Disorder and Ayurvedic Solut...	N/A
6549.	Vishvatimes	अंतरराष्ट्रीय योग दिवस सिर्फ उत्सव नहीं, एक वैश्विक आंदोलन: राज्यपाल आनंदीबेन पट...	N/A
6550.	The Economic Times	Rajasthan leads AYUSH Mission with ₹ crore boost, tops in infrastructure and ...	N/A
6551.	APN News	FHRAI & HRAWI Collaborate With Mdniy For 100-Day Countdown To International ...	N/A
6552.	OB News	Is ancient Ayurveda defeating modern science?	N/A
6553.	The Mobi World	Is ancient Ayurveda defeating modern science?	N/A
6554.	Tezzbuzz	Is ancient Ayurveda defeating modern science?	N/A
6555.	Udaipur Kiran	विश्वविद्यालय परिसरों में योग के लिए स्थायी स्थल विकसित किए जाएं: राज्यपाल	N/A

6556.	The Lucknow Tribune	UP Governor Chairs High-Level Meeting to Review International Yoga Day 2025	N/A
6557.	Breaking News Express	LUCKNOW :योग और पर्यावरण संरक्षण को एकीकृत करते हुए पौधरोपण, स्वच्छता जैसे कार्य...	N/A
6558.	HospiBuz	FHRAI & HRAWI Collaborate With MDNIY for 100-Day Countdown To Internation al ...	N/A
6559.	Udaipur Kiran	1 जून से 29 जून तक हरिद्वार में योग महोत्सव का आयोजन	N/A
6560.	Hospitality Biz India	FHRAI & HRAWI Embraces Yoga for Wellness with “Yogotsav”	N/A
6561.	BW Hotelier	FHRAI & HRAWI announces ‘Yogotsav’ in Goa	N/A
6562.	Health Economictimes	National Ayush Mission delegates immerse in naturopathy at National Institute of.. .	N/A
6563.	Affairrs Cloud	Current Affairs 4 & 5 May 2025	N/A
6564.	BharatKi Baat	National Ayush Mission delegates explore naturopathy at Pune"s National Institu.. .	N/A
6565.	Udaipur Kiran	आयुष मंत्रालय सांबा ने लगाया योग शिविर	N/A
6566.	E - PAO	Yoga awareness activities mark IDY	N/A
6567.	E - PAO	CRPF organises Yoga awareness activities	N/A
6568.	Eduvarta	शालेय अभ्यासक्रमात होणार "योगा"चा समावेश; आयुष मंत्र्याची माहिती	N/A
6569.	DANIK KHABAR	योग संगम स्वास्थ्य के लिए वैश्विक एकजुटता का प्रतीक है - योग और उससे परे मानवता ...	N/A
6570.	Jharkhand State News	Yoga Sangam Portal Launched; Nashik celebrates Grand Yoga Mahotsav	N/A
6571.	Hindustan Bytes	Anish Kumar P.K.	N/A
6572.	Government of Sikkim	PRESS RELEASE	N/A
6573.	Tripurastar News	Yoga Sangam Embodies Global Solidarity For Health — A Powerful Movement U niting ...	N/A
6574.	BharatKi Baat	Yoga Mahotsav in Nashik begins 50-day countdown to International Yoga Day cel ebr...	N/A
6575.	Fusion World	Yoga Sangam embodies global solidarity for health — a powerful movement unitin g ...	N/A
6576.	Keekli	India"s Yoga Movement Goes Global with Decade-Long Celebration of IDY	N/A
6577.	UNI	Yoga has become a valuable gift to the world thanks to efforts of PM Modi: Ayush. ..	N/A
6578.	Tampa Bay Indian	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	N/A
6579.	Tampa Bay Indian	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	N/A
6580.	Phoenix Indian Community	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	N/A

6581.	BharatKi Baat	Union Minister Jadhav highlights yoga"s global growth, emphasizing its Indian o...	N/A
6582.	Investment Guru India	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	N/A
6583.	Thip Media	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	N/A
6584.	Newspoint	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	N/A
6585.	Calcutta News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6586.	enewstime	Yoga Day becoming powerful global movement uniting humanity: Ayush Minister	N/A
6587.	Nation Press	Is the International Day of Yoga a Powerful Global Movement Uniting Humanity?	N/A
6588.	Indianapolis Post	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6589.	The Asia News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day AN...	N/A
6590.	Himachal Patrika	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6591.	Gujarat Morning Post	#NAM Conclave 2025	N/A
6592.	India's News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6593.	World News Network	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day – ...	N/A
6594.	Palgharnews	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day – ...	N/A
6595.	Mumbai News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6596.	New Delhi News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6597.	Hot Line Gujarat	#NAM Conclave 2025	N/A
6598.	Express Gujarat News	#NAM Conclave 2025	N/A
6599.	News Bharat Daily	#NAM Conclave 2025	N/A
6600.	Gujarat Business Watch	#NAM Conclave 2025	N/A
6601.	Ultimate Gujarat	#NAM Conclave 2025	N/A
6602.	Kashmir Newsline	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6603.	North East Times	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A

6604.	Vanakkam Tamil Nadu	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6605.	South India News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6606.	Odisha Post	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6607.	Kashmir Breaking News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6608.	Haryana Today	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6609.	Bihar Times	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6610.	Gujarat Samachar	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6611.	Andhra Pradesh Mirror	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6612.	Jharkhandtimes	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6613.	Gujarat Varta	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6614.	Chhattisgarh Today	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6615.	Delhi live news	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6616.	OB News	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6617.	The Mobi World	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6618.	Rajasthan Ki Khabar	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6619.	Bihar 24x7	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6620.	Telangana Journal	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6621.	West Bengal Khabar	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A
6622.	Karnataka Live	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Day	N/A

6623.	Punjab Live	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Da y	N/A
6624.	Indian News Network	Yoga Mahotsav 2025 in Nashik marks 50-day countdown to International Yoga Da y	N/A
6625.	Tripurastar News	Day One Of NAM Conclave Witnesses Dynamic Participation From State & UT Ay us...	N/A
6626.	BharatKi Baat	Nashik, Maharashtra, to host 'Yoga Mahotsav 2025' event this Friday.	N/A
6627.	Maverick News3	50 Days to International Day of Yoga 2025: Nashik prepares to celebrate "Yoga M a...	N/A
6628.	Deshbandhu	पूरी दुनिया ने योग और आयुर्वेद को स्वीकारा: मंत्री प्रतापराव जाधव	N/A
6629.	Deshbandhu	पूरी दुनिया ने योग और आयुर्वेद को स्वीकारा: मंत्री प्रतापराव जाधव	N/A
6630.	Sakshi Post	Global recognition of Yoga testament to India's rich cultural heritage: Ayush Mi...	N/A
6631.	Today India News	Global recognition of Yoga testament to India"s rich cultural heritage: Ayush M...	N/A
6632.	Newspoint	Global recognition of Yoga testament to India"s rich cultural heritage: Ayush M...	N/A
6633.	Thip Media	Global recognition of Yoga testament to India"s rich cultural heritage: Ayush M...	N/A
6634.	enewstime	Global recognition of Yoga testament to India's rich cultural heritage: Ayush Mi...	N/A
6635.	Thefreedompress	Global recognition of Yoga testament to India's rich cultural heritage: Ayush Mi...	N/A
6636.	Nation Press	Is the Global Recognition of Yoga a Testament to India's Cultural Heritage?	N/A
6637.	Indias News	पूरी दुनिया ने योग और आयुर्वेद को स्वीकारा : मंत्री प्रतापराव जाधव	N/A
6638.	Nagpur News Today	डॉ. दिव्यांशु पटेल द्वारा हज़ारों गरीबों का निःशुल्क उपचार, समाज सेवा में मिसाल	N/A
6639.	Prakhar Jagran	Prakhar Jagran	N/A
6640.	Maharashtra 24x7	डॉ. दिव्यांशु पटेल द्वारा हज़ारों गरीबों का निःशुल्क उपचार, समाज सेवा में मिसाल	N/A
6641.	Indore Pioneer	Indore Pioneer	N/A
6642.	Live Story Time	डॉ. दिव्यांशु पटेल द्वारा हज़ारों गरीबों का निःशुल्क उपचार, समाज सेवा में मिसाल	N/A
6643.	Travel Turtle	FHRAI Hosts 'Harit Yoga' Event	N/A
6644.	The Bharat Insider	Praveen Pathak of Uttar Pradesh won 2nd gold medals in 2nd Asian Yogasana	N/A
6645.	Tourism Breaking News	FHRAI hosts 'Harit Yoga' at FHRAI-IHM to mark International Day of Yoga	N/A
6646.	Ezy Travel Hub	FHRAI Hosts 'Harit Yoga" at FHRAI-IHM to Mark International Day of Yoga	N/A
6647.	India Saga	FHRAI Hosts 'Harit Yoga' at FHRAI-IHM to Mark International Day of Yoga	N/A
6648.	Tycoon World	FHRAI Hosts 'Harit Yoga' at FHRAI-IHM to Mark International Day of Yoga	N/A
6649.	Chicago Indian	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A

6650.	Travel And Tour	FHRAI Hosts ‘Harit Yoga" Event in Greater Noida to Celebrate International Day .. .	N/A
6651.	BW Hotelier	FHRAI celebrates yoga and sustainability with ‘Harit Yoga’ in Greater Noida	N/A
6652.	The Asian Talks	FHRAI Hosts ‘Harit Yoga" at FHRAI-IHM to Mark International Day of Yoga	N/A
6653.	Jharkhand State News	Lonavala to Host the the National Ayush Mission to Strengthen Traditional Health. ..	N/A
6654.	Uttarakhand News Hours	Grand Finale of the 2nd Asian Yogasana Sport Championship Held in Delhi.	N/A
6655.	Medical Buyer	India emerges as major MVT destination; eyes double growth	N/A
6656.	The Mobi World	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A
6657.	OB News	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A
6658.	Maverick News3	National Ayush Mission Conclave 2025	N/A
6659.	Odisha News Times	National Ayush Mission Conclave 2025: States and UTs Collaborate to Strengthe n T...	N/A
6660.	Daily World	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A
6661.	Sakshi Post	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A
6662.	Thip Media	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A
6663.	Newspoint	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A
6664.	Keekli	Ayush Conclave 2025: Integration of Ayurveda, Yoga & Unani in Focus	N/A
6665.	Thefreedompress	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A
6666.	BharatKi Baat	Lonavala, Maharashtra, to host the second National Ayush Mission Conclave soo n.	N/A
6667.	Nation Press	Ayush Conclave 2025: A New Era for Healthcare : Will the Ayush Ministry"s Natio. ..	N/A
6668.	Pune News	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A
6669.	enewstime	Ayush Ministry to hold national conclave to boost traditional healthcare deliver...	N/A
6670.	Observer Voice	National Ayush Mission Conclave 2025: Collaboration Among States and UTs	N/A
6671.	Bharat Shikhar Times	Successful Completion of Workshop on Health & Wellness through YOGA at VM MC ...	N/A
6672.	Uttar Bharat Live	उत्तराखंड लागू करेगा देश की प्रथम योग नीति – मुख्यमंत्री धामी	N/A
6673.	AnyTV News	International Yoga Day: Preparations start 100 days in advance at 100 places of .. .	N/A
6674.	Poorvanchalmedia	भीषण गर्मी में शरीर को ठंडक प्रदान करते हैं ये योगासन	N/A

6675.	Habib Ki Report	अंतराष्ट्रीय योग दिवस 2025 में 52 दिन शेष : देश के 100 स्थानों पर 100 दिनों पूर्...	N/A
6676.	Express Healthcare	Govt of Delhi aims to improve medical tourism, strategy unveiled at FICCI"s 5th...	N/A
6677.	The Indian Practitioner	Delhi Unveils Ambitious Plan to Boost Medical Value Travel	N/A
6678.	IndiBlogHub	Which Yoga Institute offers the Best Yoga Teacher Training in India?	N/A
6679.	Indias News	अष्टांग योग के हैं अनंत लाभ, शोध में दावा- अभ्यास से जीवन में आता है सकारात्मक ब...	N/A
6680.	Vishvatimes	अष्टांग योग के हैं अनंत लाभ, शोध में दावा- अभ्यास से जीवन में आता है सकारात्मक ब...	N/A
6681.	National News Vision	मेजबान भारत ने 83 स्वर्ण के साथ द्वितीय एशियन योगासन स्पोर्ट्स चैंपियनशिप में लह...	N/A
6682.	Udaipur Kiran	द्वितीय एशियाई योगासन खेल चैम्पियनशिप का भव्य समापन, भारत बना स्वर्ण पदक विजेता	N/A
6683.	Healthandme	Why Is Tulsi Planted Around Ancient Monuments?	N/A
6684.	AnyTV News	Yogasan who will make the feeling of coolness in the heat of the jeth, the mind ...	N/A
6685.	Sonebhadra Live	Body Cooling Yoga Poses in Summer: गर्मी में शरीर को ठंडा रखने के लिए करें ये 2 ...	N/A
6686.	Digi Newz India	मई-जून की भीषण गर्मी में ये 2 योगासन शरीर को रखेंगे ठंडा, मन-मस्तिष्क रहेगा शांत...	N/A
6687.	Vishvatimes	योगासन जो जेठ की गर्मी में कराएंगे शीतलता का एहसास, मन मस्तिष्क को रखेंगे शांत	N/A
6688.	Indias News	योगासन जो जेठ की गर्मी में कराएंगे शीतलता का एहसास, मन मस्तिष्क को रखेंगे शांत	N/A
6689.	Uttarakhand News Hours	Yogasana to Be Proposed as a mainstream sport for Olympics 2036: Youth Affair s a...	N/A
6690.	Bw Health Care World	The Future Of AYUSH: Policy Changes Needed To Strengthen The Homeopathy Sector	N/A
6691.	Navodaya Times	योगासन को एक वैश्विक खेल के रूप में मनाने की नई शुरुआत - CM रेखा गुप्ता	N/A
6692.	Bw Health Care World	Delhi Targets Global Medical Tourism Leadership	N/A
6693.	National News Vision	केंद्रीय युवा कार्य और खेल मंत्री डॉ. मनसुख मांडविया ने द्वितीय एशियन योगासन स्प...	N/A
6694.	Drug Today Medical Times	Delhi Sets Sights on Becoming Global Medical Value Travel Hub: Minister Ashish S...	N/A
6695.	Creative Bharat	Indore to get largest AYUSH hospital in division by May, ET HealthWorld	N/A
6696.	Health Economictimes	Indore to get largest AYUSH hospital in division by May	N/A
6697.	Tourism India	Sajeev Kurup Re-elected as President of Kerala Ayurveda Promotion Society	N/A
6698.	India Shorts	Complementary and Alternative Medicine Market Size Worth USD 1,282.70 Bn by 2034	N/A
6699.	BizWire Express	Complementary and Alternative Medicine Market Size Worth USD 1,282.70 Bn by 2034	N/A
6700.	Poorvanchalmedia	प्राणायाम या योगाभ्यास करने से पहले जरुर जान लें ये नियम	N/A

6701.	AnyTV News	Yoga is for everyone, elderly from child, it is important to know the rules befo...	N/A
6702.	Vishvatimes	बच्चे से बुजुर्ग सबके लिए है योग, अभ्यास से पहले नियम जानना जरूरी	N/A
6703.	Khabar India	World Earth Day With Nationwide Tree Plantation Drive Under Harit Yoga Initiativ...	N/A
6704.	Observer Voice	Indian Yoga Association and State Chapters Commemorate World Earth Day	N/A
6705.	Indias News	बच्चे से बुजुर्ग सबके लिए है योग, अभ्यास से पहले नियम जानना जरूरी	N/A
6706.	Tripurastar News	Indian Yoga Association And State Chapters Celebrate World Earth Day With Nation...	N/A
6707.	Local News11	AYUSH department should participate in increasing medical tourism: Chief Ministe...	N/A
6708.	New Age Islam	Superstition Among Muslims in Kerala: Fake Certificates, Fake Treatments, And Re...	N/A
6709.	Singrauli Mirror	FHRAI unveils plans for Harit Yoga events ahead of International Day of Yoga 202...	N/A
6710.	DANIK KHABAR	अंतरराष्ट्रीय योग दिवस 2025: 'एक पृथ्वी, एक स्वास्थ्य के लिए योग" थीम के साथ वि...	N/A
6711.	DD News	फेडरेशन ऑफ होटल एंड रेस्तरां एसोसिएशन ऑफ इंडिया 'हरित योग" गतिविधियां करेगा आयो...	N/A
6712.	Ddindia	FHRAI unveils plans for Harit Yoga events ahead of International Day of Yoga 202...	N/A
6713.	Forever News	Hotel and Restaurant Federation Gears Up for International Yoga Day 2025 With 'H...	N/A
6714.	BharatKi Baat	FHRAI reveals initiatives in preparation for International Yoga Day celebrations...	N/A
6715.	Udaipur Kiran	होटल एवं रेस्तरां संघ 'हरित योग" गतिविधियां करेगा आयोजित	N/A
6716.	Ddindia	PM Modi set to visit Jeddah, bolster India-Saudi Arabia ties	N/A
6717.	नेशनल फ्रंटियर	अंतरराष्ट्रीय योग दिवस पर राज्य में होंगे योग मेले, सीएम धामी ने दिए निर्देश	N/A
6718.	Ndtv	Can Ayurvedic Treatment Help Cure Psoriasis?	N/A
6719.	Pahal Times	ग्राम स्तर तक चलाया जाए योग अभियान : सीएम धामी	N/A
6720.	BW Wellbeingworld	The Growing Popularity Of Wellness Tourism In India	N/A
6721.	Medical Buyer	Centre spent Rs 65000 crore on health infrastructure across India, says minister	N/A
6722.	Skgnews	ग्राम स्तर तक चलाया जाए योग अभियान – मुख्यमंत्री पुष्कर सिंह धामी	N/A
6723.	Today News 24	Amit Shah Shares His Wellness Routine, Says 'Healthy India Key Towards Realising...	N/A
6724.	Healthandme	It"s Not Just Alcohol, Ayurveda Says Your Anger Might Be Damaging Your Liver	N/A
6725.	UNI	UP set to emerge as a health tourism hub with growing popularity of Ayurveda	N/A

6726.	The Media Setu	ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A
6727.	Ravivar Delhi	अंतर्राष्ट्रीय योग दिवस की तैयारियों संबंध में सीएम ने बैठक ली	N/A
6728.	Pune Media	India"s wellness wave: Rising to global dominance in nutraceuticals Pune Media .. .	N/A
6729.	Chanakya Mantra	योग दिवस की तैयारियां: मुख्यमंत्री ने ग्राम स्तर तक योग अभियान चलाने के दिए निर्...	N/A
6730.	Doonited India	ग्राम स्तर तक योग अभियान चलाया जाए-मुख्यमंत्री	N/A
6731.	Garhprabhat	ग्राम स्तर तक चलाया जाए योग अभियानः मुख्यमंत्री	N/A
6732.	Gadwarta	अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में राज्य में योग मेले	N/A
6733.	Raath Samachar	अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में राज्य में योग मेले	N/A
6734.	The Singori Times	ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A
6735.	Chuppi ki Goonj	ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A
6736.	Jan Bhadas	ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A
6737.	Uttarakhand Talks	ग्राम स्तर तक चलाया जाए योग अभियानः मुख्यमंत्री	N/A
6738.	Daily Uttarakhand	ग्राम स्तर तक चलाया जाए योग अभियानः मुख्यमंत्री	N/A
6739.	The Uttarakhandtribune	ग्राम स्तर तक चलाया जाए योग अभियानः मुख्यमंत्री	N/A
6740.	Dhriti News	ग्राम स्तर तक चलाया जाए योग अभियानः मुख्यमंत्री	N/A
6741.	चमोली न्यूज़	आगामी 21 जून को आयोजित होने वाले अंतर्राष्ट्रीय योग दिवस की तैयारियों के सम्बंध ...	N/A
6742.	Bharat Express	Amit Shah Inaugurates LiHab Center; Promotes Liver Health On World Liver Day	N/A
6743.	Keekli	Amit Shah Launches HEALED Scheme on World Liver Day 2025	N/A
6744.	Idaho Indian	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
6745.	Tampa Bay Indian	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
6746.	Detroit Indian	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
6747.	Maverick News3	Amit Shah attends the program organized by Institute of Liver and Biliary Scienc...	N/A
6748.	Uttarakhand kesari	*ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री*	N/A
6749.	Kamal Sandesh	Union Home Minister attends the program organized by ILBS on World Liver Day in ...	N/A
6750.	Fusion World	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
6751.	Newspoint	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
6752.	The Hans India	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
6753.	Hillvani	ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A

6754.	Uttarakhand Today News	ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A
6755.	Absolute India	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
6756.	Times Report	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
6757.	Thip Media	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
6758.	Arihant Samachar	ग्राम स्तर तक योग अभियान चलाया जाए: मुख्यमंत्री	N/A
6759.	News Height	Big breaking :-ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A
6760.	Andhravilas	Amit Shah Stresses Healthy Lifestyle for Viksit Bharat Goal on World Liver Day	N/A
6761.	Spo India	Strategic Convergence: PM Modi''s Saudi Visit and the Future of Indo-Gulf Diplom ...	N/A
6762.	enewstime	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
6763.	Today India News	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
6764.	UNI	Shah urges citizens to prioritise health	N/A
6765.	UNI	Shah urges citizens to prioritise health	N/A
6766.	UNI	Shah urges citizens to prioritise health	N/A
6767.	Thefreedompress	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
6768.	Ians	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
6769.	Nation Press	A Healthy India is Key to Viksit Bharat : A Healthy India is Essential for Achie...	N/A
6770.	Pune News	Healthy India key towards realising Viksit Bharat goal: HM Shah	N/A
6771.	Indianelectionsnews	Union Home Minister and Minister of Cooperation Amit Shah attends the program or...	N/A
6772.	Breaking News Express	dehradun :ग्राम स्तर तक योग अभियान चलाया जाए-मुख्यमंत्री	N/A
6773.	Saksham Uttarakhand	ग्राम स्तर तक योग अभियान चलाया जाए – मुख्यमंत्री	N/A
6774.	Udaipur Kiran	योग दिवस की तैयारियां: मुख्यमंत्री ने ग्राम स्तर तक योग अभियान चलाने के दिए निर्...	N/A
6775.	Uttar Bharat Live	विद्यालयों और महाविद्यालयों में विशेष योग शिविरों का किया जाए आयोजन – मुख्यमंत्र...	N/A
6776.	Pahaad News	विद्यालयों और महाविद्यालयों में विशेष योग शिविरों का किया जाए आयोजन – मुख्यमंत्र...	N/A
6777.	The Hillpost	विद्यालयों और महाविद्यालयों में विशेष योग शिविरों का किया जाए आयोजन : मुख्यमंत्र...	N/A
6778.	Aakash Gyan Vatika	विद्यालयों और महाविद्यालयों में विशेष योग शिविरों का किया जाए आयोजन – मुख्यमंत्र...	N/A
6779.	Jagmarg	ग्राम स्तर तक योग अभियान चलाया जाए: अंतरराष्ट्रीय योग दिवस की तैयारियों की बैठक ...	N/A
6780.	ITDC India	Yoga: Medicine for Every Disease, Identity of Indian Culture	N/A
6781.	Uttarakhand Morning Post	ग्राम स्तर तक योग अभियान चलाया जाए- मुख्यमंत्री	N/A

6782.	Sajag India	अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में राज्य में योग मेले, हरित योग और योग पर आ...	N/A
6783.	The Hans India	Special health camps begin for pregnant women	N/A
6784.	Healthandme	Ayurvedic Immunity Boosters You Should Add To Your Daily Life, According To Di na...	N/A
6785.	Daily Samvad	Haryana News: स्कूलों में अब सिखाया जाएगा योग, सरकार ने लिया फैसला	N/A
6786.	Garima Times	हरियाणा के सरकारी स्कूलों में योग सिखाया जाएगा, 857 योग सहायकों की नियुक्ति की ज...	N/A
6787.	AAJ KI NEWS	हरियाणा के सीएम नायब सैनी का बड़ा कदम, सरकारी स्कूलों में होगी 'योग सहायकों" की...	N/A
6788.	Haryana Archives Hindi Samachar	Haryana News: हरियाणा के सरकारी स्कूलों में सिखाया जाएगा योग, 857 योग सहायकों की...	N/A
6789.	Mahendra India News	हरियाणा में 857 योग सहायकों की स्कूलों में होगी नियुक्ति, स्वास्थ्य कॉलेज और अंत...	N/A
6790.	Millenium Post	Haryana to employ Yoga Sahayaks in schools to teach yoga to students	N/A
6791.	BharatKi Baat	Haryana introduces 'sahayaks" to teach yoga to school students across the state.. .	N/A
6792.	मीडिया जगत	Haryana News: आयुष विभाग के मुख्य सचिव सुधीर राजपाल ने राज्य के सरकारी स्कूलों म...	N/A
6793.	Chandigarh City News	Haryana to employ Yoga Sahayaks in schools to teach yoga to students	N/A
6794.	Garhwal Post	Ayurveda, Yoga & Naturopathy are invaluable treasures of India: Gov	N/A
6795.	Ddindia	Ministry of Ayush hosts Rashtriya Karmayogi Jan Seva programme to strengthen pub...	N/A
6796.	Palgharnews	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme – World News ...	N/A
6797.	Kolkata Sun	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6798.	The Asia News	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6799.	New Delhi News	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6800.	India's News	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6801.	Gujarat Samachar	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6802.	Rajasthan Ki Khabar	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6803.	Jharkhandtimes	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6804.	OB News	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6805.	The Mobi World	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6806.	Delhi live news	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6807.	Punjab Live	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A

6808.	South India News	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6809.	Kashmir Breaking News	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6810.	Karnataka Live	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6811.	Bihar Times	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6812.	Telangana Journal	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6813.	North East Times	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6814.	Maharashtra Samachar	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6815.	Vanakkam Tamil Nadu	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6816.	Haryana Today	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6817.	Odisha Post	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6818.	West Bengal Khabar	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6819.	Bihar 24x7	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6820.	Tripurastar News	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme.	N/A
6821.	Gujarat Varta	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6822.	Himachal Patrika	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6823.	Andhra Pradesh Mirror	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6824.	Chhattisgarh Today	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6825.	Kashmir Newsline	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6826.	Indian News Network	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6827.	Odisha News Times	Ministry of Ayush Organises Rashtriya Karmayogi Jan Seva Programme	N/A
6828.	Bw Health Care World	The Homeopathy Angle Of Trump"s Tariff Decision & What the World Forgot To .. .	N/A
6829.	ITDC India	Yoga Festival at Sant Hirdaram College	N/A
6830.	IndiBlogHub	Which government institutions offer certified yoga teacher training programs in ...	N/A
6831.	India News Archives	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6832.	The Quick Update	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6833.	Stroy India	Stroy India	N/A
6834.	State Newz	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A

6835.	Newz Today 24	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6836.	India World News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6837.	State News Today	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6838.	Indian World News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6839.	India Global News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6840.	News Today 99	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6841.	The News Net	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6842.	Chronicle Today News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6843.	News Mirror Net	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6844.	Post Time News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6845.	Standard Today News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6846.	Rapid Report	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6847.	Scroll India News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6848.	The Report Net	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6849.	Say Goodbye To Expensive Cloud Storage	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6850.	The Daily Glimpse	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6851.	Nagpur Project News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6852.	Gossip Today	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6853.	India Career Week	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A

6854.	Rabale	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6855.	Travller News India	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6856.	Jharkhand India Newsagency	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6857.	Rajasthan News Time	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6858.	Sandwich	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6859.	Indian Express Daily	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6860.	News India Live	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6861.	India latest News Update	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6862.	Delhi News Daily	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6863.	Insider India Times	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6864.	Report News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6865.	Quick News Now	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6866.	Jharkhand News Hub	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6867.	Gujarat Watch	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6868.	Standard News Wire	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6869.	Brief Buzz	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6870.	The Report World	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6871.	OB News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6872.	The Mobi World	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A

6873.	Palgharnews	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6874.	Odisha Post	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6875.	Rajasthan Ki Khabar	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6876.	Gujarat Samachar	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6877.	Kashmir Breaking News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6878.	Andhra Pradesh Mirror	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6879.	Maharashtra Samachar	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6880.	Kashmir Newsline	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6881.	Himachal Patrika	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6882.	Haryana Today	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6883.	Delhi live news	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6884.	North East Times	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6885.	Vanakkam Tamil Nadu	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6886.	Bihar 24x7	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6887.	England News Portal	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6888.	San Francisco Star	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6889.	New Delhi News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6890.	East Asiaall News Portal	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6891.	Maldives Star Plus	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A

6892.	Middle East Times	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6893.	France Network Times	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6894.	West Bengal Khabar	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6895.	Birminghamall News Network	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6896.	US World Today	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6897.	Telangana Journal	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6898.	Srilanka Island News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6899.	Karnataka Live	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6900.	Punjab Live	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6901.	Chhattisgarh Today	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6902.	India's News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6903.	Buffalo Despatch	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6904.	South India News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6905.	Mumbai News	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6906.	Jharkhandtimes	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6907.	Gujarat Varta	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6908.	Bihar Times	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6909.	Indian News Network	India and Georgia Unite at Yoga for LiFE Conference to Promote Global Wellness a...	N/A
6910.	Counter Currents	Now communal polarization for business: Even Sharbat is divided between Hindus a...	N/A
6911.	Chandigarh City News	Chief Minister visited the under-construction Maruti Suzuki plant in Kharkhoda	N/A

6912.	Daily World	The Governing Body Meeting of Haryana State AYUSH Society, chaired by Chief Secr...	N/A
6913.	Bright News	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6914.	Punjab Newsline	Haryana Boosts Holistic Healthcare with 73.02CR AYUSH Plan for 2025-26	N/A
6915.	India News Calling	NEWS RECEIVED FROM HARYANA STATE UNDER THE LEADERSHIP OF C. M.SH.NAYAB SINGH SAIN...	N/A
6916.	Tripura India	Tripura Govt working to boost AYUSH services in state: CM Dr Manik Saha	N/A
6917.	Affairrs Cloud	Current Affairs 11 April 2025	N/A
6918.	Affairrs Cloud	World Homeopathy Day 2025 – April 10	N/A
6919.	Observer Voice	New Yoga Newsletter Launches Ahead of IDY 2025	N/A
6920.	Only My Health	World Homeopathy Day 2025: Theme, History And Its Significance	N/A
6921.	Indians In Kuwait	Indian Learners" Own Academy Hosts Curtain Raiser for International Day of Yoga...	N/A
6922.	The Hans India	'Yogotsav" evokes enthusiastic response	N/A
6923.	The Pharma Times	India's Hidden Health Pandemic: Vitamin D Deficiency Affects One in Five	N/A
6924.	Healthcare Radius	AYUSH goes global: India signs 75 MoUs to boost traditional medicine	N/A
6925.	News Patrolling	India's Hidden Health Pandemic: Vitamin D Deficiency Affects One in Five	N/A
6926.	Delhi News Now	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6927.	Madhya Pradesh Mirror	Madhya Pradesh Mirror	N/A
6928.	MP News Line	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6929.	Maharashtra 24x7	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6930.	Khamma Ghani Rajasthan	Khamma Ghani Rajasthan	N/A
6931.	Rajasthan Mirror	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6932.	Your Bangalore	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6933.	MP Guardian	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6934.	Rajasthan Journal	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6935.	Allahabad Post	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6936.	Live Jabalpur	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6937.	News Harpal	मंडला में योग से स्वस्थ जीवन की ओर: कलेक्टर सोमेश मिश्रा का एक और नवाचार	N/A
6938.	Street news	A Step Towards Healthy Living: Free Yoga Camp Begins at Mandla"s Mahishmati Gha...	N/A

6939.	Janta Ki Jankari News	ઓડિશા યોગ કનેક્ટ: ભુવનેશ્વરના કલિંગા સ્ટેડિયમમાં ૬૦૦૦થી વધુ યોગ પ્રેમીઓએ યોગનો અ...	N/A
6940.	Prevalent India	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6941.	Marudhar Chronicle	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6942.	Live Mumbai	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6943.	Rajasthan Express	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6944.	National Herald News	“Our goal is to grow the Ayush sector to $200 billion by 2030 – powered by trust...	N/A
6945.	Delhi News Watch	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6946.	Jodhpur Reporter	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6947.	Mumbai News Express	Our goal is to grow the Ayush sector to $200 billion by 2030 – powered by trust,...	N/A
6948.	The Deccan Messenger	The Deccan Messenger	N/A
6949.	The Hans India	Harit Yoga nurtures personal, planetary health: Jadhav	N/A
6950.	North West News Times	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6951.	The Hans India	Harit Yoga nurtures personal, planetary health: Jadhav	N/A
6952.	Affairrs Cloud	Current Affairs 8 April 2025	N/A
6953.	Sambad	‘ହରିତ ଯୋଗ"ର ଶୁଭାରମ୍ଭ	N/A
6954.	Tripurastar News	‘Harit Yoga" Nurtures Both Personal And Planetary Health: Union Minister Shri P.. .	N/A
6955.	DANIK KHABAR	"हरित योग" व्यक्तिगत और भूमंडलीय स्वास्थ्य दोनों को पोषित करता है: केंद्रीय मं...	N/A
6956.	Maverick News3	‘Harit Yoga" nurtures both personal and planetary health: Union Minister Shri P...	N/A
6957.	Indore Pioneer	Indore Pioneer	N/A
6958.	reporterstoday	Harit Yoga nurtures both personal, planetary health: Union minister	N/A
6959.	Finger Print News	Odisha hosts Yoga Mahotsav	N/A
6960.	Fusion World	‘Harit Yoga" nurtures both personal and planetary health -Shri Pratap Rao Jadha.. .	N/A
6961.	Live Story Time	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6962.	DeshWale	Stretch, Breathe, Plant: Harit Yoga Goes Live!	N/A
6963.	News	Harit Yoga Unites Wellness and Sustainability Ahead of International Day of Yoga. ..	N/A
6964.	Vishvatimes	आयुष मंत्री ने शुरू किया "हरित योग", पर्यावरण और इंसानों के लिए होगा फायदेमंद	N/A
6965.	AnyTV News	AYUSH Minister started ‘Green Yoga", will be beneficial for environment and hum. ..	N/A

6966.	Odisha Ray	Odisha hosts Yoga Mahotsav	N/A
6967.	The Capital News	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6968.	The Samikhsya	Odisha Yoga Connect: More than 6000 Yoga enthusiasts practiced in Bhubaneshwar	N/A
6969.	Central Herald	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6970.	Prakhar Jagran	Prakhar Jagran	N/A
6971.	News Track Bhopal	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6972.	Satta Express	SattaExpress	N/A
6973.	Deccan Express	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6974.	Up Patrika	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6975.	Nagpur News Today	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6976.	Bizz Sight	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6977.	Affairrs Cloud	World Health Day 2025 – April 7	N/A
6978.	MintMoney	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6979.	Business Point	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6980.	Khabare Rajasthan	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6981.	National Insight	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6982.	Udaipur Dispatch	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6983.	The Evening Post	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6984.	News Daddy	AAPCON 2025 Ayurveda Parv Showcases Ayurveda as a Global Bridge to Health	N/A
6985.	OB News	Ayush Minister launches "Harit yoga" to boost personal, planetary health	N/A
6986.	The Mobi World	Ayush Minister launches "Harit yoga" to boost personal, planetary health	N/A
6987.	BharatKi Baat	AAPCON 2025 Ayurveda Parv Highlights Ayurveda"s Role as a Global Health Bridge.	N/A
6988.	News Makhani	‘Harit Yoga" nurtures both personal and planetary health: Union Minister Shri P...	N/A
6989.	Airr News	AYUSH ministry launches Harit Yoga program in Delhi – ET HealthWorld	N/A
6990.	Medical Dialogues	What is Harit Yoga? Recent Initiative Launched by Ayush Minister	N/A
6991.	Khair News	आयुष मंत्री ने शुरू किया ‘हरित योग", पर्यावरण और इंसानों के लिए होगा फायदेमंद	N/A
6992.	Spirit Of Mumbai	Our goal is to grow the Ayush sector to $200 billion by 2030 – powered by trust,...	N/A

6993.	Calcutta News	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
6994.	Construction World	India to Establish Centre of Excellence for Traditional Medicine	N/A
6995.	Tathya	Harit Yoga Launched	N/A
6996.	Time Motion	‘Harit Yoga" nurtures both personal and planetary health: Union Minister Shri P...	N/A
6997.	Observer Voice	Bhubaneshwar Hosts Grand Yoga Celebration	N/A
6998.	Health Economictimes	AYUSH ministry launches Harit Yoga programme in Delhi	N/A
6999.	Today India News	Ayush Minister launches ‘Harit yoga" to boost personal, planetary health	N/A
7000.	BharatKi Baat	AYUSH Ministry introduces Harit Yoga program in Delhi for wellness and environme...	N/A
7001.	BharatKi Baat	Harit Yoga promotes personal and planetary health, according to the Union minist...	N/A
7002.	Daily World	Ayush Minister launches "Harit yogaâ€ to boost personal, planetary health - Agen...	N/A
7003.	India Online Mart	Ayush Minister launches ‘Harit yoga" to boost personal, planetary health	N/A
7004.	Pune News	Ayush Minister launches ‘Harit yoga" to boost personal, planetary health	N/A
7005.	Newspoint	Ayush Minister launches "Harit yoga" to boost personal, planetary health	N/A
7006.	Nation Press	Ayush Minister Launches "Harit Yoga" : Ayush Minister Unveils ‘Harit Yoga" to...	N/A
7007.	Thip Media	Ayush Minister launches ‘Harit yoga" to boost personal, planetary health	N/A
7008.	The Hans India	Ayush Minister launches ‘Harit yoga" to boost personal, planetary health	N/A
7009.	Namma Kudla English	Rahul Gandhi to Participate in Kanhaiya Kumar"s Padyatra Today in Begusarai, Bi...	N/A
7010.	Indianapolis Post	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7011.	Gujarat Samachar	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7012.	Mumbai News	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7013.	India's News	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7014.	India Gazette	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7015.	Namma Kudla English	Champion of Farmers: Dallewal"s Role in the Fight for Agricultural Reform	N/A
7016.	Namma Kudla English	BJP Challenges Former FM Chidambaram"s Economic Analysis Logic	N/A

7017.	Kolkata Sun	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7018.	Business News This Week	Mass Yoga Festival Celebrated in Bhubaneswar on World Health Day	N/A
7019.	Kashmir Breaking News	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7020.	Karnataka Live	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7021.	New Delhi News	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7022.	North East Times	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7023.	The Asia News	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7024.	West Bengal Khabar	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7025.	Bihar 24x7	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7026.	Odisha Post	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7027.	Andhra Pradesh Mirror	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7028.	Newspoint	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7029.	Jharkhandtimes	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7030.	Shiksha	Ministry of Ayush Establishes Academic Chairs to Promote Indian Medicine Systems...	N/A
7031.	South India News	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7032.	Vanakkam Tamil Nadu	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7033.	Telangana Journal	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7034.	Bihar Times	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7035.	Gujarat Varta	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7036.	Himachal Patrika	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A

7037.	Maharashtra Samachar	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7038.	Delhi live news	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7039.	Haryana Today	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7040.	Punjab Live	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7041.	Chhattisgarh Today	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7042.	Kashmir Newsline	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7043.	Indian News Network	Odisha ministers inaugurate 100-day countdown program "Yoga Mahotsav" in Bhuba...	N/A
7044.	Odiaspotnews.in	ରାଜଧାନୀରେ ବିଶାଳ 'ଯୋଗ ମହୋତ୍ସବ"	N/A
7045.	AnyTV News	75 days left on International Yoga Day, Count Down starts with special event in ...	N/A
7046.	Namma Kudla English	Ayush Ministry to Host Yoga Mahotsav	N/A
7047.	Odisha Today	ବିଶ୍ୱ ସ୍ୱାସ୍ଥ୍ୟଦିବସ ଉପଲକ୍ଷେ ରାଜଧାନୀରେ ବିଶାଳ 'ଯୋଗ ମହୋତ୍ସବ" ଅନୁଷ୍ଠିତ	N/A
7048.	Khabar India	Ministry Of Ayush To Celebrate 'Yoga Mahotsav" On The World Health Day	N/A
7049.	The Mobi World	Tomorrow marks the start of the 75-day countdown to the International Day of Yog...	N/A
7050.	The Hans India	Odisha to host Yoga Mahotsav today	N/A
7051.	Sambad	ବିଶ୍ୱ ସ୍ୱାସ୍ଥ୍ୟଦିବସ ଉପଲକ୍ଷେ ରାଜଧାନୀରେ ବିଶାଳ 'ଯୋଗ ମହୋତ୍ସବ" ଅନୁଷ୍ଠିତ	N/A
7052.	The Hans India	GITAM to host Yoga 'Countdown Day" event tomorrow	N/A
7053.	India Med Today	PM Narendra Modi announces COE for Traditional Medicine during BIMSTEC Summit in...	N/A
7054.	Global Green News	Ministry of Ayush to celebrate 'Yoga Mahotsav" on World Health Day Team On Apr ...	N/A
7055.	Newspoint	75-day countdown to International Day of Yoga to begin in Odisha tomorrow	N/A
7056.	Yes Punjab	75-day countdown to International Day of Yoga to begin in Odisha tomorrow	N/A
7057.	Sakshi Post	75-day countdown to International Day of Yoga to begin in Odisha tomorrow	N/A
7058.	reporterstoday	Odisha to host 'Yoga Mahotsav" on Monday to mark 75-day countdown to Internatio...	N/A
7059.	Pune News	75-day countdown to International Day of Yoga to begin in Odisha tomorrow	N/A

7060.	Finger Print News	Ministry of Ayush to celebrate Yoga Mahotsav on World Health Day	N/A
7061.	India Online Mart	75-day countdown to International Day of Yoga to begin in Odisha tomorrow	N/A
7062.	The Hans India	75-day countdown to International Day of Yoga to begin in Odisha tomorrow	N/A
7063.	Maverick News3	Ministry of Ayush to celebrate ‘Yoga Mahotsav" on the World Health Day	N/A
7064.	Times Report	75-day countdown to International Day of Yoga to begin in Odisha tomorrow	N/A
7065.	Thefreedompress	75-day countdown to International Day of Yoga to begin in Odisha tomorrow	N/A
7066.	Nation Press	Countdown to IDY Starts in Odisha : 75-Day Countdown to the International Day o f...	N/A
7067.	The Samikhsya	World Health Day: Ayush to celebrate ‘Yoga Mahotsav" in Bhubaneswar	N/A
7068.	Royal Patiala	Yogotsav at Govt Arts & Sports College, Jalandhar	N/A
7069.	Odisha Ray	Ministry of Ayush to celebrate Yoga Mahotsav on World Health Day	N/A
7070.	BharatKi Baat	Odisha will host ‘Yoga Mahotsav" on Monday, starting the 75-day countdown to In ...	N/A
7071.	Dharitri	ସୋମବାର ଭୁବନେଶ୍ୱର ରଙ୍ଗୋତ୍ସୋଜନ ହେବ ଯୋଗ ମହୋତ୍ସବ-୨୦୨୫; ଜାଣନ୍ତୁ ସ୍ଥାନ, ସମସ୍ତ 6:26 pm / 1 0	N/A
7072.	Odisha Sambad	ଆସନ୍ତାକାଲି ଭୁବନେଶ୍ୱର ରକଳିଙ୍ଗ ଷ୍ଟାଡିୟମରେ ଆୟୋଜିତ ହେବ ବିଶାଳ ଯୋଗ ମହୋତ୍ସବ	N/A
7073.	Sambad	ଅପ୍ରେଲ୍ ୭ରେ କଳିଙ୍ଗ ଷ୍ଟାଡିୟମରେ ବିଶାଳ ଯୋଗ ମହୋତ୍ସବର ଆୟୋଜନ	N/A
7074.	The Mobi World	PM Modi announces Centre of Excellence for traditional medicine during BIMSTE C S...	N/A
7075.	Bizrapidx	Vegas Mall Invites Community to Get Active on World Health Day	N/A
7076.	Suryaa	India to support cancer care, set up a CoE for traditional medicine in BIMSTEC c.. .	N/A
7077.	Newspoint	India to support cancer care, set up a CoE for traditional medicine in BIMSTEC c.. .	N/A
7078.	Medical Buyer	Ayush Ministry inks 75 MoUs to promote traditional medicine globally	N/A
7079.	Pune News	India to support cancer care, set up a CoE for traditional medicine in BIMSTEC c.. .	N/A
7080.	The Hans India	India to support cancer care, set up a CoE for traditional medicine in BIMSTEC c.. .	N/A
7081.	Today India News	India to support cancer care, set up a CoE for traditional medicine in BIMSTEC c.. .	N/A
7082.	Nation Press	India to Boost Cancer Care in BIMSTEC : India to Enhance Cancer Care and Est abli...	N/A

7083.	India Online Mart	India to support cancer care, set up a CoE for traditional medicine in BIMSTEC c.. .	N/A
7084.	Metro Vaartha	PM Modi announces Centre of Excellence for traditional medicine during BIMSTEC S...	N/A
7085.	Health Economictimes	PM Modi announces Centre of Excellence for traditional medicine during BIMSTEC S...	N/A
7086.	Koshur Samachar	PM Modi announces Centre of Excellence for traditional medicine during BIMSTEC S...	N/A
7087.	Tripurastar News	Prime Minister Narendra Modi Announces Centre Of Excellence For Traditional Medi...	N/A
7088.	Eastern Mirror	PM Modi announces Centre of Excellence for traditional medicine during BIMSTEC S...	N/A
7089.	Smart Governance	Yogotsav program held in Karbi Anglong as Assam unites for Yoga	N/A
7090.	Maverick News3	Yogotsav Programme organised in Karbi Anglong; Assam Unites for Yoga	N/A
7091.	BharatKi Baat	PM Modi announces a Centre of Excellence for traditional medicine at the BIMSTEC...	N/A
7092.	Forever News	India Strengthens Global Influence Through AYUSH Academic Chairs and Collaborati...	N/A
7093.	Udaipur Kiran	बदलते मौसम में सामान्य भोजन खाएं, योग को दिनचर्या में करें शामिल	N/A
7094.	Udaipur Kiran	बदलते मौसम में सामान्य भोजन खाएं, योग को दिनचर्या में करें शामिल	N/A
7095.	Vishvatimes	अंतर्राष्ट्रीय योग दिवस 2025: भारतीय योग संघ की भागीदारी से भव्य आयोजन की तैयारी	N/A
7096.	Jharkhand State News	Indian Yoga Association joins for celebration of International Day of Yoga 2025	N/A
7097.	Indias News	अंतर्राष्ट्रीय योग दिवस 2025 : भारतीय योग संघ की भागीदारी से भव्य आयोजन की तैयार...	N/A
7098.	TaxGuru	Penalties for CSR Non-Compliance Under Companies Act	N/A
7099.	International Khabar	Gautam Ayurveda Completes 25 Glorious Years, Over 7,50,000 Patients Treated	N/A
7100.	IndiBlogHub	"From BAMS to Success: Career Trends and Higher Studies You Should Know"	N/A
7101.	Affairrs Cloud	Current Affairs 2 April 2025	N/A
7102.	The Deccan Messenger	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7103.	North West News Times	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7104.	Prevalent India	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7105.	News Aryawart	देश भर से पहुंचे नेचुरोपैथी हितधारकों ने योग नेचुरोपैथी को राष्ट्रीय भारतीय चिकि...	N/A
7106.	Indore Pioneer	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7107.	MP Guardian	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A

7108.	Rajasthan Journal	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7109.	Khamma Ghani Rajasthan	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7110.	Your Bangalore	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7111.	Delhi News Now	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7112.	Allahabad Post	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7113.	Live Jabalpur	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7114.	Madhya Pradesh Mirror	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7115.	Rajasthan Mirror	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7116.	MP News Line	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7117.	Maharashtra 24x7	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7118.	Marudhar Chronicle	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7119.	Delhi News Watch	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7120.	India headline	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7121.	Udaipur Dispatch	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7122.	Live Mumbai	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7123.	Shekhawati Samachar	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7124.	Rajasthan Express	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7125.	Nashik 24	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7126.	Jodhpur Reporter	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7127.	Satta Express	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7128.	Nagpur News Today	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7129.	News Track Bhopal	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7130.	Bizz Sight	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7131.	Khabare Rajasthan	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7132.	GK India Today	Rana Dasgupta wins Yale"s 2025 non-fiction Windham Campbell PrizeV	N/A
7133.	Privileged News	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7134.	Indian Businessline	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7135.	Central Herald	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7136.	Sangritimes	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A

7137.	The Daily Metro	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7138.	Venture Company News	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7139.	Bollychakkar	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7140.	Forever News	Yoga for One Earth, One Health: India Sets Global Vision for Yoga and Wellness	N/A
7141.	The prime India	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7142.	UNI	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7143.	News9Network	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7144.	Palgharnews	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25 – W ...	N/A
7145.	TaxGuru	GST Exemptions on Training Services in Art, Culture, Yoga, and Sports	N/A
7146.	Nevada Tribune	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7147.	Sahitya Hindustan	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7148.	Wow Enterpreneurs	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7149.	The Capital News	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7150.	Up Patrika	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7151.	Mid Day Online	Yog Aravind honoured with Icon of Responsibility Award	N/A
7152.	Mid Day Online	Yog Aravind honoured with Icon of Responsibility Award	N/A
7153.	Business Point	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7154.	Deccan Express	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7155.	Atulya Hindustan	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7156.	MintMoney	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7157.	Financial Post	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7158.	The Mobi World	Yoga Arvind was awarded the Icon of Responsibility Award	N/A
7159.	National Insight	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7160.	The Evening Post	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7161.	News Daddy	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A
7162.	South India News	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7163.	Maharashtra Samachar	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7164.	Prakhar Jagran	Yoga Aravind Honored with Icon of Responsibility Award – A Trailblazer at 25	N/A

7165.	Tezzbuzz	Yoga Arvind was awarded the Icon of Responsibility Award	N/A
7166.	Mumbai News	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7167.	Kashmir Newsline	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7168.	Kolkata Sun	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7169.	Chhattisgarh Today	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7170.	Andhra Pradesh Mirror	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7171.	Delhi live news	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7172.	Buffalo Despatch	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7173.	Bihar Times	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7174.	West Bengal Khabar	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7175.	Karnataka Live	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7176.	East Asiaall News Portal	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7177.	Birminghamall News Network	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7178.	Maldives Star Plus	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7179.	Vanakkam Tamil Nadu	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7180.	Middle East Times	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7181.	New Delhi News	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7182.	Srilanka Island News	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7183.	France Network Times	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7184.	US World Today	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7185.	San Francisco Star	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7186.	Jharkhandtimes	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7187.	England News Portal	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7188.	Gujarat Varta	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7189.	Telangana Journal	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7190.	Odisha Post	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7191.	Bihar 24x7	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7192.	Rajasthan Ki Khabar	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A

7193.	Kashmir Breaking News	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7194.	Punjab Live	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7195.	Haryana Today	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7196.	Himachal Patrika	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7197.	North East Times	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7198.	Indian News Network	Yoga Aravind Honored with Icon of Responsibility Award - A Trailblazer at 25	N/A
7199.	Time Motion	'Yoga for One Earth, One Health" – Theme for IDY2025: PM in 'Mann Ki Baat"	N/A
7200.	Jammu Links News	Yoga at 11,562 ft: National Institute of Sowa-Rigpa conducts special event in Le...	N/A
7201.	AlJazeera	Yoga at 11,562 ft: National Institute of Sowa-Rigpa conducts special event in Le...	N/A
7202.	BharatKi Baat	Yoga at 11,562 ft: Sowa-Rigpa Institute hosts special event in Leh.	N/A
7203.	The Mobi World	Not intense studying, 5 tips to boost academic performance and secure good marks	N/A
7204.	OB News	Not intense studying, 5 tips to boost academic performance and secure good marks	N/A
7205.	Medical Buyer	WHO GTMC in Jamnagar to emerge as centre of global wellness	N/A
7206.	khabredinraat	नेचुरोपैथी हितधारकों ने योग नेचुरोपैथी को राष्ट्रीय भारतीय चिकित्सा पद्धति आयोग ...	N/A
7207.	Hamara Mahanagar	Jadhav Yoga Therapy: योग - प्राकृतिक चिकित्सा पर बनेगा कानून: जाधव	N/A
7208.	Maverick News3	CM distributes appointment letters to 283 candidates selected in AYUSH and FSL	N/A
7209.	Udaipur Kiran	राष्ट्रीय योग महासंघ ने केंद्रीय आयुष मंत्री को सौंपा ज्ञापन, वेतन सहित अन्य मां...	N/A
7210.	BharatKi Baat	Adityanath: A nation is built not on slogans, but through dedicated duty perform...	N/A
7211.	Time Motion	AYUSH Ministry Approves 145 New Integrated Hospitals in Last Five Years	N/A
7212.	UNI	Serve with integrity and dedication as nation comes first: Yogi	N/A
7213.	UNI	Serve with integrity and dedication as nation comes first: Yogi	N/A
7214.	AnyTV News	Country service paramount, honestly discharge your duties: CM Yogi	N/A
7215.	Observer Voice	Leh Hosts Special Yoga Event for Countdown to 2025	N/A
7216.	People Bugs	Nation not built by slogans, but performing duties: Adityanath	N/A
7217.	Koshur Samachar	Nation not built by slogans, but performing duties: Yogi Adityanath	N/A
7218.	BharatKi Baat	Adityanath: A nation is built through actions, not just slogans.	N/A
7219.	Asalbaat	Yoga at 11,562 Feet: National Institute of Sowa-Rigpa conducts special event in ...	N/A

7220.	News Point	Yoga at 11,562 Feet: National Institute of Sowa-Rigpa conducts special event in .. .	N/A
7221.	Maverick News3	Yoga at 11,562 Feet: National Institute of Sowa-Rigpa conducts special event in .. .	N/A
7222.	Swabhimani Odia	Yoga at 11,562 Feet in Leh	N/A
7223.	Asian Mail	Yoga at 11,562 Feet: National Institute of Sowa-Rigpa conducts special event in .. .	N/A
7224.	Forever News	National Institute of Sowa-Rigpa Hosts Landmark Yoga Event at High Altitude in L ...	N/A
7225.	Drug Today Medical Times	Over 1.76 Lakh Ayushman Arogya Mandirs Operational Across India, Wellness Ac tivi...	N/A
7226.	Observer Voice	Ayush Mission Boosts Traditional Healthcare Across India	N/A
7227.	Health Economictimes	No data on suicide by medical interns maintained by central govt, says MoS Healt ...	N/A
7228.	Millenium Post	'No data on suicide by medical interns maintained by Central govt"	N/A
7229.	Meghalaya Today	At the Double-Decker Root Bridge in Meghalaya, yoga practitioners gather	N/A
7230.	DD News	Yoga Meets Nature: NEIAH hosts event at Meghalaya"s living root bridge ahead o f...	N/A
7231.	Ddindia	Yoga Meets Nature: NEIAH hosts event at Meghalaya"s living root bridge ahead o f...	N/A
7232.	Vishva Times	North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M egh...	N/A
7233.	OB News	North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M egh...	N/A
7234.	The Mobi World	North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M egh...	N/A
7235.	Pune News	North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M egh...	N/A
7236.	Newspoint	North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M egh...	N/A
7237.	The Hans India	North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M egh...	N/A
7238.	Today India News	North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M egh...	N/A
7239.	Thefreedompress	North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in M egh...	N/A

7240.	Times Report	North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in Megh...	N/A
7241.	BharatKi Baat	Join our yoga session at the stunning Double-Decker Root Bridge in Meghalaya.	N/A
7242.	India Online Mart	North Eastern Institute of Ayurveda and Homoeopathy organises Yoga event in Megh...	N/A
7243.	Nation Press	Yoga Event at Living Root Bridge : North Eastern Institute of Ayurveda and Homoe...	N/A
7244.	Creative Bharat	Yoga session held at Double-Decker Root Bridge in Meghalaya | Health	N/A
7245.	Udaipur Kiran	आगामी योग दिवस को लेकर देशभर में कार्यक्रम शुरू, मेघालय के लिविंग ब्रिज पर किया ...	N/A
7246.	Hamara Mahanagar	Living Root Bridge Yoga: मेघालय में 'डबल डेकर लिविंग रूट ब्रिज" पर योग!	N/A
7247.	Express Healthcare	Air pollution identified as a key contributor to heart disease at ASSOCHAM"s 'I...	N/A
7248.	Bio Voice News	Air pollution has a deadly impact on cardiac health, say experts at ASSOCHAM"s ...	N/A
7249.	Cityuday	राजकीय योग शिक्षा एवं स्वास्थ्य महाविद्यालय, सेक्टर 23 चंडीगढ़ में हरियाणा योग आ...	N/A
7250.	The Pharma Times	Air pollution has a deadly impact on cardiac health, say experts at ASSOCHAM's '...	N/A
7251.	121 News Online	Surya Namaskar Event organized by Government College of Yoga Education and Healt...	N/A
7252.	PNI	Air pollution has a deadly impact on cardiac health, say experts	N/A
7253.	Chandigarh City News	Surya Namaskar Event organized by Govt College of Yoga Edu&Health, Sector 23...	N/A
7254.	India News Calling	Surya Namaskar Event organized by Government College of Yoga Education And Healt...	N/A
7255.	Sanj Samachar	ઈટ્ટા ખાતે આવતીકાલે સામૂહિક યોગ શિબિર	N/A
7256.	Bw Health Care World	Experts Warn: Air Pollution Poses Severe Cardiac Risks At ASSOCHAM Summit	N/A
7257.	Medical Dialogues	Experts at ASSOCHAM Summit Highlight Air Pollution"s Impact on Heart Health	N/A
7258.	Responsibleus	Air Pollution Has A Deadly Impact On Cardiac Health: Experts	N/A
7259.	Medgate Today Magazine	Air pollution has a deadly impact on cardiac health, say experts at ASSOCHAM's '...	N/A
7260.	OB News	Speaking at ASSOCHAM"s "Illness To Wellness" Summit, specialists claim that air...	N/A
7261.	The Mobi World	Speaking at ASSOCHAM"s "Illness To Wellness" Summit, specialists claim that air...	N/A
7262.	Jharkhand State News	Behind The News: WHO Global Traditional Medicine Centre comes up in Jamnagar	N/A

7263.	Health Economictimes	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	N/A
7264.	The Hans India	Air pollution has a deadly impact on cardiac health, say experts at ASSOCHAM"s ...	N/A
7265.	Airr News	Ayush Ministry initiates sensitization drive for heatwave prevention – ET Health...	N/A
7266.	Indianapolis Post	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	N/A
7267.	The Asia News	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	N/A
7268.	Kolkata Sun	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	N/A
7269.	Tripurastar News	Ayush Institutes Organize Free Dental Check-Ups & Workshops For Oral Health ...	N/A
7270.	Mumbai News	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	N/A
7271.	New Delhi News	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	N/A
7272.	India Gazette	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	N/A
7273.	The Csr Universe	Air Pollution Has Deadly Impact On Cardiac Health, Say Experts At ASSOCHAM" s 'I...	N/A
7274.	India's News	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	N/A
7275.	Calcutta News	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	N/A
7276.	Haryana Today	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	N/A
7277.	Odisha Post	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	N/A
7278.	Chhattisgarh Today	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	N/A
7279.	Gujarat Varta	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	N/A
7280.	Punjab Live	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	N/A
7281.	OB News	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	N/A
7282.	Maharashtra Samachar	Ayush institutes organize free dental check-ups and workshops for Oral health aw...	N/A

7283.	Jharkhandtimes	Ayush institutes organize free dental check-ups and workshops for Oral health aw..	N/A
7284.	The Mobi World	Ayush institutes organize free dental check-ups and workshops for Oral health aw..	N/A
7285.	Kashmir Breaking News	Ayush institutes organize free dental check-ups and workshops for Oral health aw..	N/A
7286.	Delhi live news	Ayush institutes organize free dental check-ups and workshops for Oral health aw..	N/A
7287.	North East Times	Ayush institutes organize free dental check-ups and workshops for Oral health aw..	N/A
7288.	South India News	Ayush institutes organize free dental check-ups and workshops for Oral health aw..	N/A
7289.	Rajasthan Ki Khabar	Ayush institutes organize free dental check-ups and workshops for Oral health aw..	N/A
7290.	Telangana Journal	Ayush institutes organize free dental check-ups and workshops for Oral health aw..	N/A
7291.	Himachal Patrika	Ayush institutes organize free dental check-ups and workshops for Oral health aw..	N/A
7292.	Karnataka Live	Ayush institutes organize free dental check-ups and workshops for Oral health aw..	N/A
7293.	West Bengal Khabar	Ayush institutes organize free dental check-ups and workshops for Oral health aw..	N/A
7294.	Kashmir Newsline	Ayush institutes organize free dental check-ups and workshops for Oral health aw..	N/A
7295.	Andhra Pradesh Mirror	Ayush institutes organize free dental check-ups and workshops for Oral health aw..	N/A
7296.	Bihar 24x7	Ayush institutes organize free dental check-ups and workshops for Oral health aw..	N/A
7297.	Vanakkam Tamil Nadu	Ayush institutes organize free dental check-ups and workshops for Oral health aw..	N/A
7298.	Bihar Times	Ayush institutes organize free dental check-ups and workshops for Oral health aw..	N/A
7299.	Indian News Network	Ayush institutes organize free dental check-ups and workshops for Oral health aw..	N/A
7300.	Maverick News3	Ayush Institutes Organize Free Dental Check-ups & Workshops for Oral Health ...	N/A
7301.	Health Economictimes	Ayush Ministry initiates sensitisation drive for heatwave prevention	N/A
7302.	News Patrolling	Air pollution has a deadly impact on cardiac health, say experts at ASSOCHAM's '...	N/A

7303.	Construction World	Ministry of Ayush Launches Nationwide Heatwave Awareness Drive	N/A
7304.	Medical Dialogues	Ministry of Ayush Initiates Measures to Protect Public Health Amid Heatwave	N/A
7305.	The Samikhsya	Heatwave Alert: Ministry of Ayush Takes Steps to Safeguard Public Health	N/A
7306.	India's News	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7307.	Calcutta News	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7308.	Tripurastar News	“Ministry of Ayush Takes Proactive Steps To Safeguard Public Health Regarding He...	N/A
7309.	India Gazette	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7310.	Kolkata Sun	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7311.	Namma Kudla English	Guaranteeing Complete Enrollment and Simplified Voting: ECI	N/A
7312.	Namma Kudla English	Government Implements Measures to Protect Public Health During Heatwave	N/A
7313.	Namma Kudla English	Elon Musk"s X Accuses Central Government of “Arbitrary Censorship”	N/A
7314.	Namma Kudla English	India Falls Below Pakistan in 2025 World Happiness Report; Finland Tops the List ...	N/A
7315.	Odisha News Times	“Ministry of Ayush Takes Proactive Steps to Safeguard Public Health Regarding He...	N/A
7316.	Mumbai News	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7317.	New Delhi News	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7318.	Tender Detail	Tender For Procurement And Supply Of Equipment, And Other Items For Implementing...	N/A
7319.	Odisha Post	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7320.	Gujarat Varta	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7321.	Telangana Journal	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7322.	Karnataka Live	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7323.	West Bengal Khabar	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7324.	Andhra Pradesh Mirror	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7325.	Kashmir Newsline	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7326.	Haryana Today	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7327.	Chhattisgarh Today	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7328.	Gujarat Samachar	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7329.	Bihar Times	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A

7330.	South India News	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7331.	Rajasthan Ki Khabar	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7332.	North East Times	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7333.	Himachal Patrika	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7334.	Delhi live news	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7335.	Jharkhandtimes	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7336.	Punjab Live	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7337.	Bihar 24x7	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7338.	Vanakkam Tamil Nadu	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7339.	Kashmir Breaking News	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7340.	Indian News Network	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7341.	Maharashtra Samachar	Ministry of Ayush takes proactive steps to safeguard public health regarding hea...	N/A
7342.	The Mobi World	Telangana govt proposes Rs 1385 crore for new medical, nursing colleges	N/A
7343.	Affairrs Cloud	Current Affairs 20 March 2025	N/A
7344.	Etnownews	International Yoga Day 2025: इस दिन मनाया जाएगा योग दिवस, 100 दिन पहले शुरू हुई ...	N/A
7345.	Education Times	Ministry of Ayush formulating framework to launch AI electives in traditional me...	N/A
7346.	New Delhi Times	Pratap Rao Jadhav inaugurates the Yoga Mahotsav-2025	N/A
7347.	Health Economictimes	Govt will consider uniform norms, registration process for study of Naturopathy:...	N/A
7348.	Cliq India	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7349.	Indianelectionsnews	Mr Pratap Rao Jadhav inaugurates the Yoga Mahotsav-2025, a Grand Prelude to Inte...	N/A
7350.	Maverick News3	Pratap Rao Jadhav inaugurates the Yoga Mahotsav-2025, a Grand Prelude to Int erna...	N/A
7351.	Kashmir Convener	Ayush Labs Online Editor On Mar 14, 2025	N/A
7352.	Newsr	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A
7353.	Calcutta News	MDNIY embarks on 100-day countdown to International Day of Yoga	N/A
7354.	New Delhi News	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7355.	The Kashmir Horizon	Ayush Deptt organises medical checkup cum awareness Prog at IRP Camp Parno te	N/A

7356.	India Gazette	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7357.	Indianapolis Post	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7358.	India's News	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7359.	Kolkata Sun	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7360.	Mumbai News	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7361.	The Asia News	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7362.	OB News	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7363.	The Mobi World	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7364.	Kashmir Newsline	Yoga Mahotsav 2025: Curtain Raiser to 11th edition of International Yoga Day	N/A
7365.	Odisha Post	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7366.	Punjab Live	Yoga Mahotsav 2025: Curtain Raiser to 11th edition of International Yoga Day	N/A
7367.	Karnataka Live	Yoga Mahotsav 2025: Curtain Raiser to 11th edition of International Yoga Day	N/A
7368.	Himachal Patrika	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7369.	Bihar Times	Yoga Mahotsav 2025: Curtain Raiser to 11th edition of International Yoga Day	N/A
7370.	Andhra Pradesh Mirror	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7371.	Chhattisgarh Today	Yoga Mahotsav 2025: Curtain Raiser to 11th edition of International Yoga Day	N/A
7372.	Kashmir Breaking News	Yoga Mahotsav 2025: Curtain Raiser to 11th edition of International Yoga Day	N/A
7373.	Kashmir Breaking News	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7374.	Delhi live news	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7375.	West Bengal Khabar	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7376.	Kashmir Newsline	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A

7377.	Jharkhandtimes	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7378.	Chhattisgarh Today	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7379.	Haryana Today	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7380.	Karnataka Live	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7381.	Rajasthan Ki Khabar	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7382.	Gujarat Varta	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7383.	Maharashtra Samachar	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7384.	Vanakkam Tamil Nadu	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7385.	North East Times	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7386.	Bihar 24x7	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7387.	Bihar Times	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7388.	South India News	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7389.	Gujarat Samachar	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7390.	Punjab Live	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7391.	Telangana Journal	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7392.	Indian News Network	MDNIY embarks on 100-day countdown to 11th International Day of Yoga with Gr and ...	N/A
7393.	Jammu Links News	Ayush Department organises medical checkup cum awareness programme at IRP Camp P...	N/A
7394.	Fusion World	Yoga Mahotsav-2025: Grand Prelude to IDY Organised in New DelhiMinistry of Ayush...	N/A
7395.	The Mobi World	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A
7396.	OB News	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A

7397.	Chhattisgarh Vishesh	Shri Pratap Rao Jadhav inaugurates the Yoga Mahotsav-2025	N/A
7398.	Today India News	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A
7399.	Sakshi Post	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A
7400.	Daily World	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav -...	N/A
7401.	Thip Media	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A
7402.	Yes Punjab	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A
7403.	The Hans India	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A
7404.	Nation Press	Yoga as a Tool for Health : Yoga: A Potent Tool for Enhancing Mental and Physic a...	N/A
7405.	India Online Mart	Yoga powerful way to maintain mental and physical well-being: Prataprao Jadhav	N/A
7406.	Tripurastar News	Ministry Of Ayush Unveils Ambitious Global Initiatives To Make Yoga More Inclusi. ..	N/A