



JANASANYOG, ASSAM
CHIEF MINISTER'S PUBLIC RELATIONS CELL, DISPUR

PRESS RELEASE

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CM attends 8th International Day of Yoga

Yoga is an integral part of ancient Indian tradition: CM

Dispur, June 21: Assam also joins in celebrating the 8th International Day of Yoga, as Chief Minister Dr. Himanta Biswa Sarma attended the state programme of the celebrations, organised by the Directorate of AYUSH and National AYUSH Mission in association with Dibrugarh District Administration in Dibrugarh today. The Chief Minister also took part in yoga session organised on the occasion.

Speaking on the occasion, Chief Minister Dr. Sarma said that yoga is an indispensable part of ancient Indian tradition. Referring to Prime Minister Narendra Modi, who for the first time realising the immense role of yoga in attaining the overall development of mind, body and soul pitched to make yoga a global phenomena by raising it at the General Assembly of UNO. As a result, the United Nations declared 21 June as International Day of Yoga. This announcement led to recognition of Indian heritage and ancient tradition to all over the world.

He said that the world has now realised that some food mentioned in yoga and ayurveda have therapeutic value and can improve immunity in human kind. He also observed that the significance of Yoga Day is increasing day by day. Yoga harmonises mind, body and soul. It also empowers the human power to cope with modern day pressures. The Chief Minister also said that there exists an intrinsic relationship between yoga and happiness and this has been made possible by considering yoga as a science.

Dr. Sarma also hailed the 100 day yoga programme launched by the Directorate of AYUSH to promote popularity of yoga across the country. He also lauded the steps taken by Union Minister for AYUSH Sarbananda Sonowal in this regard. He said that if the new generation of the country cannot be made strong, the country would not stand on a strong foundation. Therefore, the young generation should have a strong physical and mental health. Therefore, yoga will also be integrated with academics and sports.

The Chief Minister also said that through yoga, the supremacy of the country with regards to its tradition and heritage will be made strong. It is always evident that there is always an undercurrent of yoga in music, dance etc. Dr. Sarma also said that in the recent times, State government is waging a war against drug menace. In this war, the guardians also should take the lead in educating their wards in yoga.

Mission Director National Health Mission Dr. Laxmi Priya gave the welcome address in the programme, which was also addressed by Cultural Affairs Minister Bimal Bora. Health and Family Welfare Minister Keshab Mahanta, MLAs Prasanta Phukan, Chakradhar Gogoi, Taranga Gogoi, Ponakon Baruah, Chairman Assam Tourism Development Corporation Rituparna Baruah and a host of senior government officers were present on the occasion.

HKS/SD/ June 21, 2022.

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