



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

PRESS RELEASE

Press Release No. 126/2022

CM Dr. Sarma Attends Yoga Utsav at Historic Shiva Doul Premise

Yoga is medium to connect body and mind with spirituality: Dr. Sarma

Chief Minister appeals to youths to inculcate yoga as part of life and lifestyle

Sibsagar, May 2: Chief Minister Dr. Himanta Biswa Sarma today took part in a Yoga Utsav at the premises of the historic Ahom-era Shiva Doul here, held in connection with the ongoing Azadi Ka Amrit Mahotsav programme and the upcoming International Yoga Day scheduled on June 21.

Addressing those present at the event, the Chief Minister said: "Yoga is an inseparable part of *Sanatan* civilization and culture. Yoga's role in helping build a beautiful and healthy lifestyle coupled with the inner peace has turned out to be boon for the world community. Yoga isn't just about exercise and practice... it (yoga) is a road that leads to a state of mental strength and good health. That's the reason behind the world today realising the importance of yoga as a fruit of the 5,000-year-old Indian civilization and culture."

Praising Union AYUSH Minister Sarbananda Sonowal for holding this event at the historic Sivasagar town and for taking numerous steps for popularization of yoga, the Chief Minister stated that these measures will go a long way in further cementing the importance of this ancient practice in the lives of the people. The Chief Minister further added that ever since taking over charge as the executive head of the country, Prime Minister Narendra Modi has taken several praiseworthy steps for spread of yoga in the world stage. "On appeal from the Prime Minister, the United Nations General Assembly on December 11, 2014 declared that June 21 henceforth will be observed as the International Day of Yoga. This, apart from bringing legitimacy and approval to Indian civilization and culture at the international stage, can be considered a very important step forward towards India becoming a world leader in days to come..."

Referring to the mention in Bhagabat Geeta about the role of yoga in bringing stability of mind, Dr. Sarma stated that regular practice of this ancient tradition helps in bringing long-term peace and calmness. He further referred to the Indian sages who, many thousand years ago, through practices such as breathing in-breathing out and movement of various organs spoke about building strong tissues for the body. Dr. Sarma also said that the great 15th century saint Srimanta Sankardev was also a witness to the importance and greatness of yoga and was an ardent practitioner. "The kind of valour, strength and talent that was displayed by Mahapurush Sankardev was not possible for a layman to display... Only a yogi could have displayed those qualities. We also observe postures and gestures of yoga in Ankia Naat, Bhaonas and Sattriya dances. The younger generation should adopt the philosophy of Mahapurush Sankardev and adopt the culture of hardwork and dedication along with good health," Chief Minister Dr. Sarma added.

The Chief Minister, speaking on the role certain food play, as mentioned in yogic, ayurvedic literatures, in strengthening the body's defence mechanism against certain illnesses and diseases, said that the world community of late has begun to realise the truth behind those claims.

Website: cm.assam.gov.in/assam.mygov.in **E-mail:** cmprcell09@gmail.com



/CMOfficeAssam



/cmofficeassam



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

PRESS RELEASE

The Chief Minister also said that there is no co-relation between religion/belief and yoga, as the latter is a merely a medium to connect the body and mind with spirituality.

Dr. Sarma, stating that without a physically and mentally strong younger generation, the country won't be able to reach its rightful position on the world stage, urged all to work towards physical and mental growth of the newer generations. The Chief Minister also urged the younger generations to inculcate yoga into their lifestyle for overall physical and intellectual growth.

It is worth mentioning that in today's event, the Chief Minister, along with the other guests, took part in yoga practices.

Today's event was also addressed by Union AYUSH Minister Sarbananda Sonowal, Union Minister of State for AYUSH Dr. Mahendra Munjpara, Assam Health Minister Keshab Mahanta and Special Secretary in the Ministry of AYUSH Pramod Kumar Pathak. Union Petroleum Minister Rameshwar Teli, Assam Ministers Dr. Ranoj Pegu, Jogen Mohan, Bimal Bora, Sikkim Health Minister Dr. Manikumar Sharma, Arunachal Health Minister Alo Libang, Member of Parliament (Jorhat Lok Sabha constituency) Tapan Kumar Gogoi, Rajya Sabha MP (Nagaland) S. F. Konyak, Members of Assam Legislative Assembly Prashanta Phukan, Chakradhar Gogoi, Taranga Gogoi, Sushanta Borgohain and Dharmeshwar Konwar were also presents.

BG/Ayan/ May 2, 2022