

**DEPARTMENT OF PUBLIC RELATIONS
CHANDIGARH ADMINISTRATION**

Press Release

Promotion of yoga among the people of city beautiful

Chandigarh, 10th March, 2017: To promote Yoga among citizens of the city beautiful, a grand event was today organized at Tagore Theatre by the Chandigarh Administration in collaboration with department of AYUSH.

H.E Sh. V P Singh Badnore, Governor of Punjab & Administrator, UT Chandigarh inaugurated the event in the presence of Sh. Parimal Rai, IAS, Adviser to Administrator, Chandigarh Administration, Sh. Anurag Agarwal, IAS, Home Secretary-cum- Secretary Health U.T., Chandigarh and other senior officials of the Chandigarh Administration.

H.E Sh. V P Singh Badnore released the Yoga Fest Publication on the occasion, which is a compilation of various activities that took place during the Yoga Festival held in June 2016 in Chandigarh which was graced by prominent personalities like Baba Ramdev, Acharya Balkrishan and Sh. Sh. Ravi Shankar. This publication has been compiled under the guidance and initiative of Sh. Ajit Balaji Joshi, IAS, Deputy Commissioner U.T Chandigarh. The occasion also marked the release of a documentary on 2nd International Yoga Day and launch of a new website created by the Department of AYUSH where anybody can register herself/himself for free Yoga classes.

H.E Sh. V P Singh Badnore launched the free Yoga classes which will be operational in 38 schools of Chandigarh for any resident of tricity and further would be extended to other government schools of the city. Yoga will be practiced in these schools daily for all age groups.

Addressing the gathering H.E Sh. V P Singh Badnore, Governor of Punjab & Administrator, UT Chandigarh said, “Indian heritage is replete with a rich culture, age old traditions and diverse socio-cultural fabric and “Yoga” is the epitome of Indian legacy. It is the very essence of our culture and this ancient discipline traces its roots to the pre-vedic times. Yoga

is an invaluable gift of ancient Indian tradition. It represents unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being.” He said that Yoga aligns mind, body and soul and it helps in attaining inner peace and salvation. The word “Yoga” has different connotations in different texts. In vedic Sanskrit, the word ‘Yoga’ implies “to join”. According to ‘Yoga Sutras’, yoga implies ‘concentration’. Thus, the goal of Yoga is bringing amity between the meditative, spiritual and physical core of human beings.

He further added, “Hon’ble Prime Minister of India Sh. Narendra Modi has envisioned a new era of Yoga which would inspire humanity in its quest for peace and harmony and every step taken in this direction would aid in achieving that aim. Declaration of 21st June as International Day of Yoga by the United Nations was a giant step towards giving international recognition to Yoga and it was indeed a proud moment for the entire country. It is really commendable that the idea of organising an academic conclave was conceived and executed by the Chandigarh Administration as a prologue to the International Yoga Day celebrations. I consider these efforts as a milestone in the journey of popularising Yoga and taking it to the masses”.

All the Yoga Master Trainers and associate organizations of 2nd International Yoga Day were given Certificates and mementos by H.E Sh. V P Singh Badnore, Governor of Punjab & Administrator, UT Chandigarh.