

## *Mann Ki Baat*: the PM urges nation to devise campaign to spread awareness on Yoga.

New Delhi, 25<sup>th</sup> March 2018:

In the 42nd edition of *Mann Ki Baat* programme, his monthly radio address to the nation, Prime Minister Narendra Modi today reminded the listeners that less than 100 days are left for the International Day of Yoga (IDY) 2018, and urged one and all to devise a campaign till IDY 2018 to spread awareness on Yoga.

The PM observed that Yoga is a guarantee of both fitness and wellness and that today it has attained worldwide recognition as a measure of preventive health care. He was of the view that Yoga has now become a mass movement and reached every house, thanks to the concerted efforts and commitment of the people to it.

PM Modi had the following words to say about the forthcoming IDY 2018: “Less than a hundred days are now left for the International Yoga Day on 21st June. On the previous three International Yoga Days, people in our country and people all over the world participated with great zeal and enthusiasm. This time too, we need to ensure that we do yoga ourselves and motivate our family, friends and all others from now itself to do yoga. Yoga has to be made popular among the youth, the senior citizens, men and women from all age groups through interesting ways. Usually, the country’s Television and electronic media do a variety of programmes on Yoga the whole year. Can we, beginning now, till the Yoga Day, devise a campaign to spread awareness on Yoga?”

PM also revealed the interesting development that 3-D animated videos of his yoga practice sessions have been prepared some people through their creativity. While the PM has never claimed to be Yoga expert, he has never hid his fondness for this ancient practice, and is known to be a regular Yoga practitioner. Yoga aficionados of the country would now hope that these 3-D animated videos would be released early, so that the entire may do asanas and pranayam with the PM.