

Prime Minister Narendra Modi promotes Yoga with Vrikshasana 3D animated Video

Continuing with the series of 3D animated videos on Yoga, Prime Minister Narendra Modi on 2nd April shared a video of himself practicing Vrikshasana on the social media. In the 3D video, Modi guides the viewer to perform Vrikshasana (tree posture) as part of the 'Fit India' campaign, and also outlines its health benefits.

“Begin your week by practising Vrikshasana. Apart from other benefits, this Asana improves concentration and reduces back pain. [#4thYogaDay](#) [#FitIndia](#)” Prime Minister Modi tweeted

The Prime Minister has been active in promoting Yoga through social media platforms and shared his first Yoga animation practicing Trikonasana (the triangle posture) on March 25. The second video was tweeted on March 28 wherein he promoted Tadasana (palm tree posture).

These animated videos cover instructions for doing the asanas, as well as their health benefits. The videos are available both in Hindi and English presently, and it is learnt that regional languages will be added soon.

In his 42nd Mann Ki Baat, Prime Minister Modi stressed on Fit India where Yoga can play an important role as a tool of preventive health. He also reminded the audience that IDY will be celebrated on June 21, and called upon one and all to start working from now to encourage their near and dear to adopt Yoga.