

Prime Minister tweets 3D video on Nadi Shodhan Pranayama

With barely two weeks to go for the fourth International Yoga Day, the Prime Minister Narendra Modi shared a 3D yoga video on Nadi Shodhan Pranayam on Twitter. In the animated video, he can be seen demonstrating the Nadi Shodhan Pranayam - "Anulom Vilom".

"Have a look and make it a part of your lives. Practising it daily will bring calm and positivity in your life. #4thYogaDay," the Prime Minister tweeted.

The 3-minute video showcases steps to perform Pranayama and details its benefits. The video explains how Anulom Vilom Pranayama helps in purification and improves concentration.

The main purpose of this Prayanama is purification of the nadis, which are the principal channels that carry energy and nourishes the body. Its regular practice is known to be helpful in preventing many cardiac issues. The Nadi Shodhan Pranayama also helps in healing cough and related problems.

The regular practice of Prayanama boosts concentration levels while reducing stress and anxiety.