



President's Secretariat

President inaugurates Mass Yoga Demonstration on 3rd International Day of Yoga at Rashtrapati Bhavan

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The President of India, Shri Pranab Mukherjee inaugurated a mass yoga demonstration to commemorate the 3rd International Day of Yoga at Rashtrapati Bhavan today (June 21, 2017).

Speaking on the occasion, the President said that on the initiative of Prime Minister, Shri Narendra Modi the UN had declared June 21 as International Day of Yoga. This year, the 3rd International Day of Yoga was being observed. He said that yoga is an ancient Indian practice which is very useful for curing many diseases and health disorders. It is a holistic approach to physical and mental health and well- being. He welcomed all participants to the mass yoga demonstration and urged them to practice yoga everyday as a fit mind and fit body is the abode of God.

Officers, staff of Rashtrapati Bhavan and their family members as well as residents of the President's Estate participated in large numbers in the mass yoga event.

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