

# Union Minister Shri Jual Oram Reviews Preparations for International Day of Yoga

## Yoga it is not just an exercise but a path to harmony between body, mind, and spirit: Union Minister Shri Jual Oram

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Minister of Tribal Affairs, Shri Jual Oram has emphasized on the need for inclusive and community-led celebrations of International Day of Yoga on 21<sup>st</sup> June 2025. He said this time the celebration in tribal areas would highlight the unique convergence of indigenous wellness practices with modern yoga. Shri Oram encouraged active participation by tribal communities through yoga demonstrations, wellness sessions, and awareness program at the grassroots level.

The Minister of Tribal Affairs, Shri Oram today chaired a high-level review meeting to assess the Ministry's preparedness for the observance of the 10<sup>th</sup> Anniversary of the **International Day of Yoga** in New Delhi. The Yoga Day celebrations are being organized as a key component of the ongoing nationwide awareness and benefit saturation campaign, **Dharti Aaba Janbhagidari Abhiyan**.

The meeting was attended by the Secretary and senior officials of the Ministry.

Underlining the importance of Yoga the Union Minister said that it is not just an exercise but a path to harmony between body, mind, and spirit. He said that tribal communities, with their deep-rooted connection to nature and traditional healing practices, embody this harmony. He said that we must ensure that this year's Yoga Day becomes a celebration of both modern and indigenous wellness systems.

As part of the celebrations, **approximately 1.4 lakh students from 477 Eklavya Model Residential Schools (EMRSs)** and more than **10 lakh tribal citizens** are expected to participate in the forthcoming yoga sessions and related activities during the 10<sup>th</sup> Anniversary of the International Day of Yoga.

The Minister has also called for effective convergence with the **Ministries of AYUSH, State Tribal Welfare Departments, Tribal Research Institutes, EMRSs, Ashram Schools, TRIFED, NSTFDC**, and other stakeholders to ensure successful YOGA Day celebrations. He stressed the importance of leveraging digital platforms, community radio, and local tribal languages to ensure last-mile communication and mass mobilization for the event.

These efforts reflect the Ministry's continued commitment to promoting holistic health, cultural pride, and community empowerment in tribal regions through the **Dharti Aaba Janbhagidari Abhiyan-An IEC campaign of the Ministry being held from 15<sup>th</sup>-30<sup>th</sup> June, 2025**.



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