



Prime Minister shares an article on how Yoga has evolved from a traditional wellness practice to an evidence-based approach to health and well-being

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The Prime Minister, Shri Narendra Modi today, shared an article written by Union Minister of State, Shri Prataprao Jadhav on how over the past decade, Yoga has evolved from a traditional wellness practice to an evidence-based approach to health and well-being. Shri Modi stated that scientific research, digital innovation and global collaboration are helping the world better understand its benefits.

Shri Modi posted on X:

“Union MoS Shri @mpprataprao elaborates how, over the past decade, Yoga has evolved from a traditional wellness practice to an evidence-based approach to health and well-being. Scientific research, digital innovation and global collaboration are helping the world better understand its benefits.”

dailypioneer.com/news/yoga-lead...

via NaMo App

Union MoS Shri @mpprataprao elaborates how, over the past decade, Yoga has evolved from a traditional wellness practice to an evidence-based approach to health and well-being. Scientific research, digital innovation and global collaboration are helping the world better understand... pic.twitter.com/fVAiQ8tt6

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— PMO India (@PMOIndia) March 12, 2026

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