



Prime Minister shares an article on yoga and healthy ageing

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The Prime Minister, Shri Narendra Modi has shared an article written by Union Minister of State, Shri Prataprao Jadhav.

The article highlights the need to ensure that citizens remain healthy, active and productive across all stages of life in order to build a stronger and more developed nation. It emphasises that yoga, rooted in India's timeless knowledge, offers a holistic approach to health and serves as a lifelong companion that supports healthy ageing.

In a post on X, the Prime Minister's Office said;

“As the world gears up to celebrate International Day of Yoga 2026, Union MoS Shri @mpprataprao writes about the need to ensure that citizens remain healthy, active and productive across all stages of life to build a stronger and more developed nation.

He emphasises that yoga, rooted in India's timeless knowledge, offers a holistic approach to health, serving as a lifelong companion that supports healthy ageing.”

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He emphasises that yoga,... <https://t.co/xE3bHulTmF>

— PMO India (@PMOIndia) June 14, 2026

MJPS/SS/ST

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