

Union Education Minister Shri Dharmendra Pradhan leads 12th International Day of Yoga celebrations at the University of Delhi

“Yoga is a medium of harmony for body, mind and soul, leading us towards a better and healthier life”: Shri Dharmendra Pradhan

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Union Minister for Education, Shri Dharmendra Pradhan, today led the 12th International Day of Yoga celebrations at the University of Delhi's South Campus Ground, New Delhi.

Speaking on the occasion, Shri Dharmendra Pradhan said that yoga was a powerful medium for achieving harmony among the body, mind, and soul and played an important role in promoting a healthy and balanced lifestyle. He added that yoga continuously guided individuals towards physical well-being, mental peace, and holistic development.

The Minister further stated that owing to the efforts of Prime Minister Shri Narendra Modi, yoga had emerged globally as a symbol of India's rich cultural heritage and healthy way of life, inspiring people worldwide towards health, balance and well-being. He also conveyed his greetings to all citizens on the occasion of International Yoga Day.

Referring to India's growing stature in education, innovation, and entrepreneurship, Shri Pradhan emphasized the role of the country's education ecosystem in nurturing future-ready talent and advancing the vision of Viksit Bharat. He also congratulated the University of Delhi on its continued improvement in global university rankings and commended the contributions of its students, faculty, and staff. Expressing confidence in the University's continued pursuit of academic excellence, he underscored the importance of integrating yoga into campus life as a means of promoting holistic well-being and fostering a healthy, balanced society.





Secretary, Department of School Education & Literacy, Shri Sanjay Kumar; Secretary, Department of Higher Education, Dr. Vineet Joshi; Vice Chancellor, University of Delhi, Prof. Yogesh Singh, senior officials of the Ministry of Education and members of the University community attended the event. Students, faculty, yoga practitioners, and other attendees participated in the celebrations and performed yoga as part of the nationwide observance of the 12th International Day of Yoga. A live telecast of the International Day of Yoga programme led by Prime Minister Shri Narendra Modi was screened during the event.

Yoga helps us tune our bodies to be flexible. It keeps our energy level high. It also helps us maintain a calm, stress-free life and helps to keep lifestyle diseases away. The more we know about ourselves, the better we can manage ourselves. Therefore, Yoga for healthy ageing,... pic.twitter.com/4ngREzP5vv

— Dharmendra Pradhan (@dpradhanbjp) June 21, 2026

Yoga shows the path from mental well-being to physical well-being: Prime Minister Shri @narendramodi Ji pic.twitter.com/4r0wQVjri8

— Dharmendra Pradhan (@dpradhanbjp) June 21, 2026

योग जब स्वभाव में आता है, तो वो मानवीय एकता का आधार बन जाता है : माननीय प्रधानमंत्री श्री @narendramodi जी #YogaForHealthyAgeing #InternationalYogaDay2026 pic.twitter.com/YIJXjg4kla

— Dharmendra Pradhan (@dpradhanbjp) June 21, 2026

योग केवल शारीरिक श्रम का साधन नहीं, बल्कि मानव जीवन में चेतना और ऊर्जा का प्रकाश है : माननीय प्रधानमंत्री श्री @narendramodi जी #YogaForHealthyAgeing#InternationalYogaDay2026 pic.twitter.com/dFEIkyNWIW

— Dharmendra Pradhan (@dpradhanbjp) June 21, 2026

आइए, हम सभी माननीय प्रधानमंत्री जी के आह्वान को आत्मसात करते हुए योग को केवल एक दिवस तक सीमित न रखकर, 365 दिन अपने जीवन का अभिन्न हिस्सा बनाने का संकल्प लें।

सभी देशवासियों को 'अंतरराष्ट्रीय योग दिवस' की हार्दिक शुभकामनाएँ। #InternationalYogaDay2026#YogaForHealthyAgeing pic.twitter.com/vweV7Fqtb7

— Dharmendra Pradhan (@dpradhanbjp) June 21, 2026

#InternationalYogaDay के अवसर पर @UnivofDelhi के South Campus में शिक्षकगण, विद्यार्थियों एवं अन्य साथियों के साथ योगाभ्यास किया। 'योग' शरीर, मन और आत्मा के सामंजस्य का माध्यम है, जो हमें निरंतर बेहतर और स्वस्थ जीवन की ओर अग्रसर करता है।

माननीय प्रधानमंत्री श्री @NarendraModi... pic.twitter.com/1ffMGCCcOvZ

— Dharmendra Pradhan (@dpradhanbjp) June 21, 2026

RRTN

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