



Union Minister Shri Ashwini Vaishnaw and Union Minister of State Shri Arjun Ram Meghwal Participate in Mass Yoga Session at Karni Stadium, Bikaner, Promoting Healthy Living

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On the occasion of International Day of Yoga, Union Minister for Railways, Information & Broadcasting, and Electronics & Information Technology Shri Ashwini Vaishnaw, along with Union Minister of State (Independent Charge) for Law & Justice and Minister of State for Parliamentary Affairs Shri Arjun Ram Meghwal, participated in a mass yoga session with a large gathering at Karni Singh Stadium in Bikaner and conveyed the message of healthy living and the importance of yoga.

Union Railway Minister Shri Ashwini Vaishnaw said that yoga is India's ancient and invaluable heritage, which is now being embraced by the entire world under the guidance of Prime Minister Shri Narendra Modi. He said that regular practice of yoga not only improves physical health but also promotes mental peace, positive thinking, and a stress-free life. He urged people to incorporate yoga into their daily routine and stay healthy.

Union Minister of State Shri Arjun Ram Meghwal said that yoga is an integral part of Indian culture and philosophy of life. He noted that a strong society and a developed nation can only be built through a healthy body and a healthy mind. Yoga teaches discipline, self-control, and balance, and therefore every citizen should make it a part of their daily routine.

On this occasion, a large number of school students, youth, women, representatives of social organizations, and officials from various government departments participated in the programme at Karni Stadium. Participants practiced various yoga postures, pranayama, and meditation under the guidance of yoga instructors.



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