



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 Vice President, Thiru C. P. Radhakrishnan on the occasion of International Yoga Day.

The article reflects on yoga and its profound impact on human well-being. Referring to this year's theme, "Yoga for Healthy Ageing", it notes that yogic practices have been thoughtfully adapted into gentle and accessible protocols suitable for senior citizens, drawing from personal experiences.

Highlighting yoga as India's gift to the world, the article urges everyone to embrace yoga as a lifelong cultural and wellness practice.

The Prime Minister's Office posted on X;

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— PMO India (@PMOIndia) June 21, 2026

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