

Government of Tripura
Directorate of Information & Cultural Affairs

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State-Level 8th International Yoga Day observed

Yoga is an ancient culture and tradition of the country: YAS Minister

Yoga is an ancient culture and tradition of the country. Prime Minister Narendra Modi has taken this ancient culture up to the world arena, enunciated Youth Affairs & Sports Minister Sushanta Choudhury after inaugurating the State-Level 8th International Yoga Day at Birendranagar Higher Secondary School in Jirania sub-division today. He said, the Prime Minister is taking the country forward based on the country's heritage and ancient culture. We also have a duty to respect the country's traditions and ancient culture. Sabhadhipati of West Tripura Zilla Parishad Antara Sarkar Deb, former Mayor of Indore, Madhya Pradesh, Kailash Vijayvargiya and Secretary of Ramkrishna Mission, Viveknagar Swami Shubhakarananda Maharaj were present as the guests of honor at the event. The event was presided over by Chairperson of Jirania Nagar Panchayat Ratan Kumar Das.

YAS Minister also said, International Yoga Day has been celebrated all over the world since June 21, 2015. There is no substitute for yoga to keep the body healthy. He urged the students to get more involved in yoga. He said, students are the future of the country. Students will be able to play a supportive role in building the country only if they can build themselves properly. Because yoga helps build healthy body and healthy mind. Secretary of Ramkrishna Mission, Viveknagar Swami Shubhakarananda Maharaj said, spiritual consciousness comes from the practice of yoga. Yoga plays a vital role in developing the body and mind.

Welcome speech was delivered by the Director of Youth Affairs & Sports department Subikash Debbarma. Students from different schools of Jirania sub-division and the guests participated in yoga. Rhythmic Yoga was also organized.
