



Photo shows Union Urban Development Minister, Delhi, Lt.Governor, Chairman and Vice Chairman, NDMC practising Yoga at Connaught Place today. 21-6-2016



Photo shows Diplomats at Yoga session at Nehru Park, Chanakyapuri today 21-6-2016

NEW DELHI MUNICIPAL COUNCIL

➤ To identify with Blissful self is Yoga –

Shri Venkaiah Naidu

New Delhi – June 21, 2016

Yoga is a perfect practical system of self-culture and an exact science which aims at the harmonious development of the body, mind and soul. This was observed by the Union Minister for Urban Development Shri Venkaiah Naidu. He was speaking at the 2nd International Yoga Day, organized by NDMC in collaboration with Ministry of AYUSH at Connaught Place in New Delhi [today](#).

The Minister said that the body is but a temporary manifestation of the Self. The real Self is always there, blissful and unchangeable. He added that to realise this, to identify with the blissful self is Yoga. Yoga is not a religion, it is a way of living whose aim is ‘a healthy mind in a healthy body’, he said.

The Minister called upon the people to make yoga a part of their life and a part of their daily schedule to transform their life. And to make Yoga a mass movement, connecting people and strengthening the bonds of humanity, he added.

Lt. Governor of Delhi in his address said that the whole world is looking towards India and the Yoga has crossed the boundaries and had been popularised in overseas.

Smt. Lekhi said that Yoga is a part of our traditional preventive health care aspects from ancient period and added that it is an ancient physical and spiritual discipline and branch of philosophy and our lifestyle.

In order to promote Yoga and general well being of the citizen, the Chairman, NDMC said that the NDMC is committed to popularize Yoga in its schools and [New Delhi](#) area. The Yoga programme would be continued on regular basis, in the morning hours at its main gardens for the purpose.

About 12000 people took part in the Yoga session at Connaught Place and its six radial roads, inner circle and three major gardens – Lodhi Garden, Nehru Park and Talkatora Garden and diplomats from the 40 countries including Afghanistan, Russia, Sri Lanka, Mexico, Ghana, Belgium etc. participated in the event and Nehru Park. -----

Shehrawat