

अंतरराष्ट्रीय योग दिवस की शुभकामनाएं



Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga .

Today is the fifth annual international day of Yoga celebrated at the United Nations , with "YOGA with Gurus. The practice of Yoga is something that has the power to heal your entire body! It is the best medicine that any doctor give you for any disease. Yoga day is celebrated every year on 21st of June which came into being in the year 2015 with the genuine effort made by the Sri Narendra Modi, the Prime Minister of India. Thus on a final note, yoga helps you to achieve the perfect harmony between your mind, body and soul. It drives away all negativity from your system and promotes in the achievement of a healthy and a happy life

"योग", जीवन का वह दर्शन है,
जो मनुष्य को उसके आत्मा से जोड़ता है