**International Yoga Day Celebration on 21-06-2019**









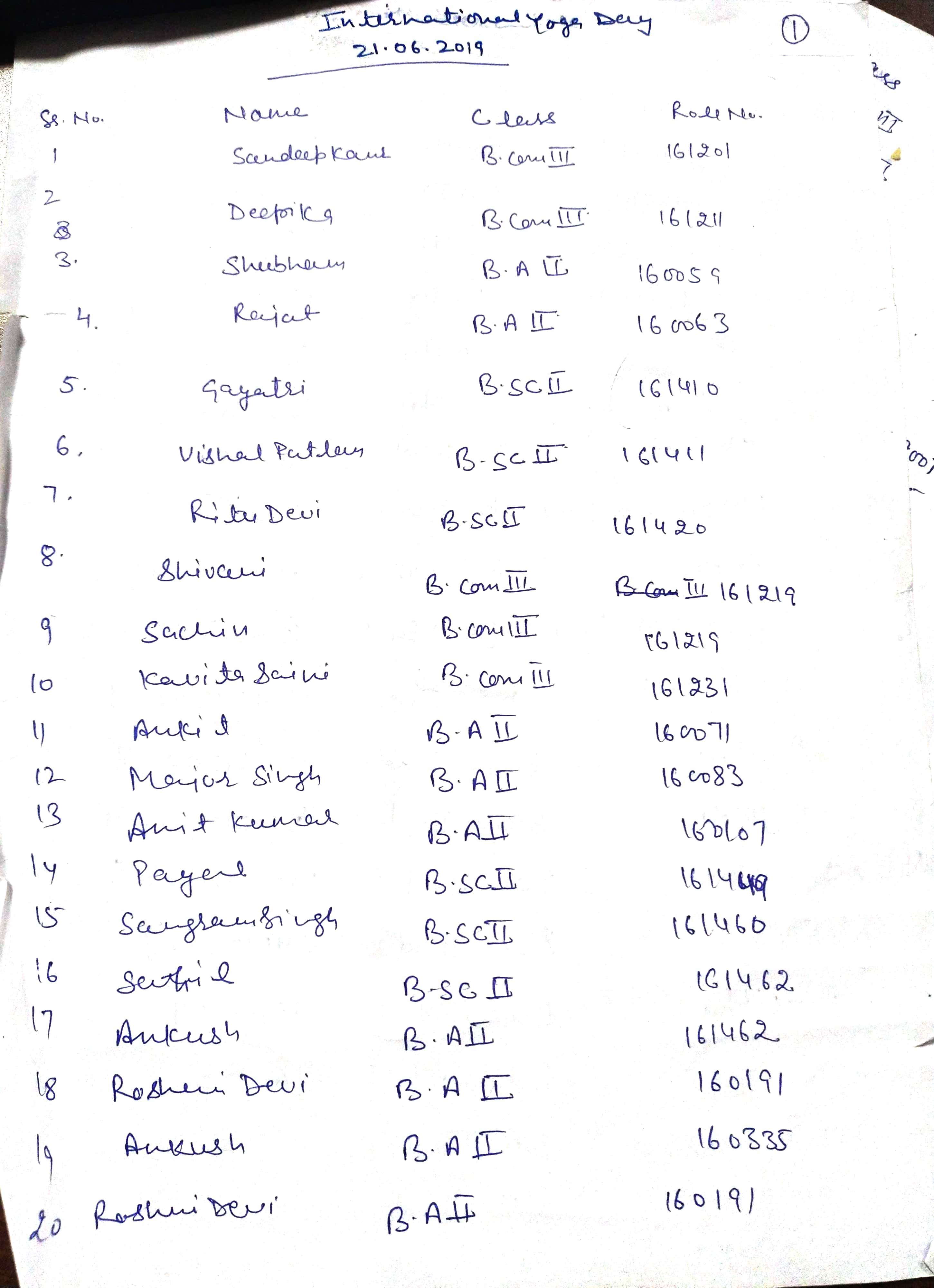
**21-6-2019**

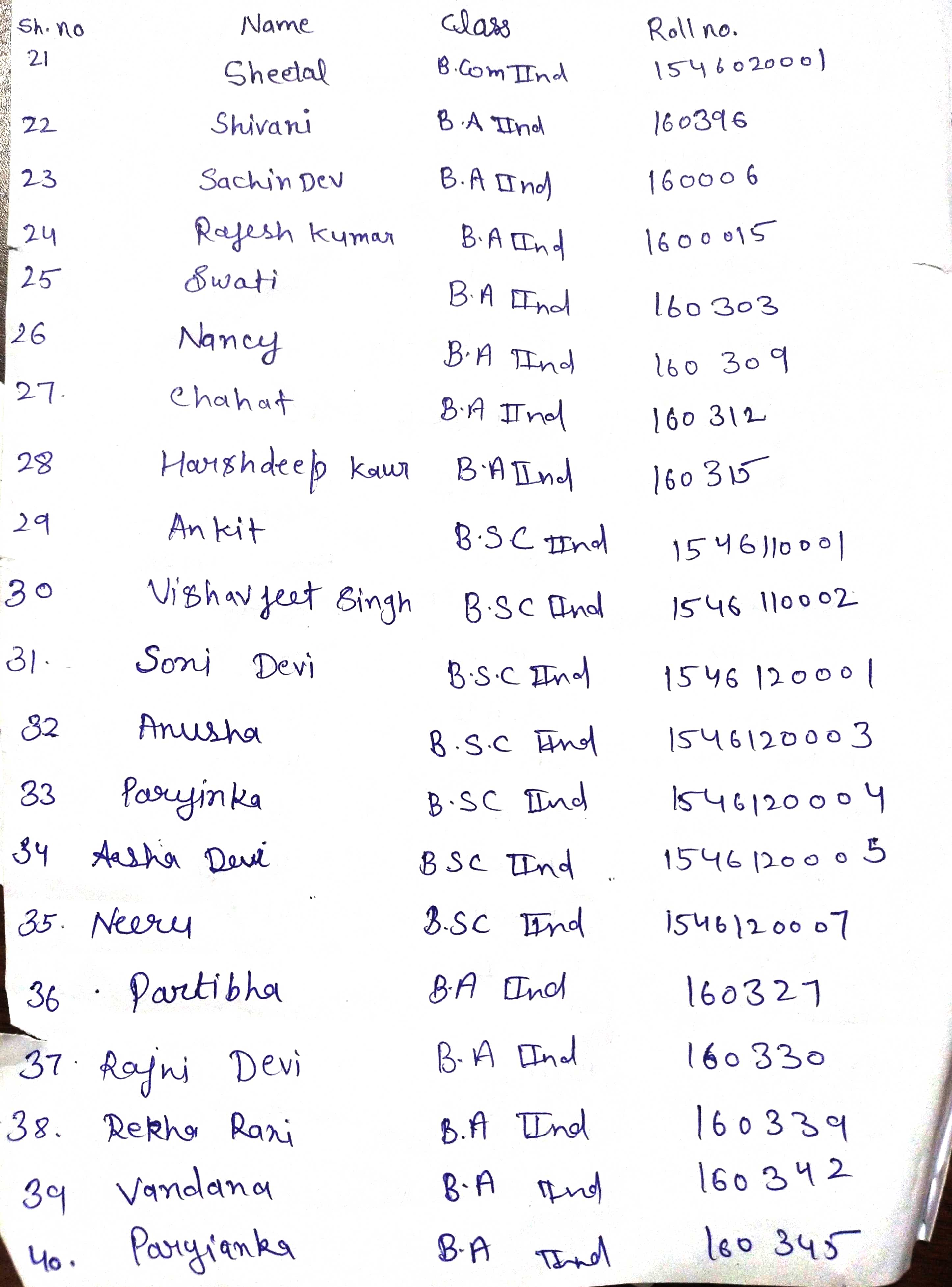
**Report of International Yoga Day**

**bfUnjk xk¡/kh us’kuy dkWyst] ykMok**

vkt bfUnjk xk¡/kh us’kuy dkWyst] ykMok ds izkax.k esa vUrjkZ"Vªh; ;ksx f’kfoj dk vk;kstu fd;k x;kA bl f’kfoj esa ,u-lh-lh- bUpktZ MkW- jkses’k Hkky vkSj ,u-,l-,l- vf/kdkjh lfgr lHkh ,u-lh-lh- dSMsV~l vkSj Lo;alsodksa us Hkkx fy;kA MkW- Hkky us thou esa ;ksx dks cgqr egRoiw.kZ crkrs gq, dgk fd izfrfnu ;ksx djus ls cgqr ls jksxksa dk uk’k gksrk gSA MkW- caly us dgk fd ;ksx gekjs 'kjhj esa mtkZ dk fodkl djrk gSA bl dk;ZØe esa MkW- gfjizdk’k 'kekZ] izkpk;Z Hkh mifLFkr jgsA izkpk;Z egksn; us Nk=ksa dks izfrfnu ;ksx djus ds fy, izsj.kk nhA mUgksusa dgk fd & ;ksx LoLFk thou 'kSyh vkSj ges’kk ds fy, csgrj thou thus esa lgk;rk djrk gSA izkpk;Z egksn; us dgk fd igyk lq[k fujksxh dk;k gS] bl dk;k dks ge ;ksx ds ek/;e ls gh dk;e j[k ldrs gSA vkt ds le; esa gekjh fcxM+rh gqbZ fnup;kZ esa ;ksx gh ,dek= ,slk lk/ku gS tks gesa LoLFk j[k ldrk gSA gesa vius vkl&ikl ds yksxksa] fj’rsnkjksa ,oa cPpksa dks ;ksx ds ykHkksa dks crkus ds lkFk gh mUgsa ;ksx djus dk fu;fer vH;kl Hkh djkuk pkfg,A ;ksx 'kjhj vkSj efLr"d dks ,d lkFk larqfyr djds izd`fr ls tqM+us dk lcls lqjf{kr ek/;e gSA var esa izkpk;Z egksn; us bl f’kfoj esa mifLFkr f’k{kd ,oa xSj&f’k{kd oxZ rFkk Nk=ksa dk /kU;okn fd;kA bl ;ksx f’kfoj esa yxHkx 50 fo|kfFkZ;ksa us Hkkx fy;kA

**izkpk;Z**

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