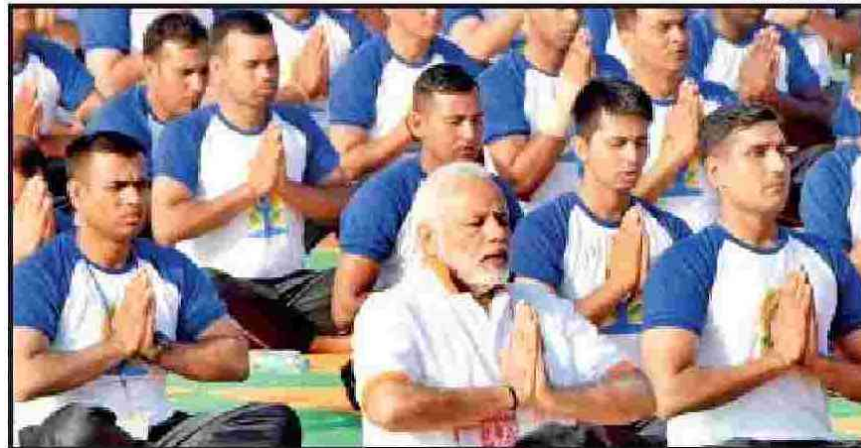


# Yoga a unifying force, says Modi

Amit Sharma



PM Narendra Modi performs yoga in Dehradun on Thursday

**Dehradun:** Prime Minister Narendra Modi on Thursday heralded this year's main event of the International Yoga Day at the sprawling campus of the Forest Research Institute (FRI) in Dehradun where he performed yoga asanas for almost 45 minutes along with an estimated gathering of around 50,000 people. Before starting the yoga session, the PM in his address termed yoga as "one of the most powerful unifying forces in the world" and "a path from illness to wellness which is linking people from Dehradun to Dublin, and Shanghai to Chicago."

"Yoga Day is becoming one of the biggest mass movements in the quest for health and well-being. Yoga is beautiful because it is ancient yet modern, it is constant yet evolving. It has the best of our past and present and a ray of hope for our future. In yoga, we have

the perfect solution to the problems we face, either as individuals or in our society," the PM told those who had assembled at FRI.

"The spread of yoga has brought the world closer to India and India closer to the world," he added.

Incidentally, there was no separate yoga corner made for the PM. Instead, his yoga mat was kept along with students which they termed as a "pleasant surprise."



Several foreigners, including some from Mexico and Ecuador, performed asanas alongside PM Modi on Yoga Day in Dehradun