



सत्यमेव जयते

प्रधान मंत्री

Prime Minister

**MESSAGE**

I am happy to learn that Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya is organizing 'International Day of Yoga Meditation Event' in Delhi on 21 June, 2015.

Yoga is beautiful because it is simple. It is easy to practice. Yoga is a way of life that is based on oneness and integration. It synchronizes the mind with the body, thus automatically relieves the individual from stress and tension. Yoga helps in improving flexibility, strength, balance and endurance. It connects the individual with the society and enables the society to become an extended family of the individual.

On this occasion, I convey my best wishes to the organizers and the participants for this noble cause.

(Narendra Modi)

New Delhi  
18 June, 2015