

-Padmashri Milkha Singh flagged off the Yoga Run at India Gate today-

'Practice Yoga to promote peace & harmony in self & society' - **Mr Bandaru Dattatreya**
'Yoga can be practiced even while running, walking or working' - **Dadi Hirdaya Mohini**

New Delhi, June 18: Ahead of International Day of Yoga (IDY), Iconic Runner Padmashri Milkha Singh along with Union Labor & Employment Minister Mr Bandaru Dattatreya, Union Youth Affairs Secretary Mr Rajiv Gupta and Brahma Kumaris' Addl. Chief Rajyogini Dadi Hirday Mohini flagged off a Mini Marathon 'Yoga Run for Peace & Unity' from India Gate here today evening.

This Yoga Run was organized by the Brahma kumaris' as a part of its IDY initiatives. The event was supported by the **Union Ministry of AYUSH, Union Ministry of Youth Affairs & Sports** and the **United Nations Information Center (UNIC)** in India.

Over five thousand youth and gentry representing **Nehru Yuva Kendra(NYK), National Service Scheme(NSS), Bharat Scouts & Guides, Patanjali Yoga Peeth, Youth Wings of Lions Club** and the **Brahma Kumaris** participated in this 5KM Marathon.

As **Chief Guest** in the flag off function, **Mr Bandaru Dattatreya** said that practice of Yoga not only promotes physical and mental health, but also social health, peace and harmony in human life and society.

He complimented the Brahma Kumaris for spearheading the cause of raj-yoga, spirituality and universal values all over India and abroad for last several decades.

Padmashri Milkha Singh said that through the regular practice of yoga a person can develop honesty and integrity of character, can improve the inner strength, stamina, spirit and skill of a person to excel not only in sports and games but also in all walks of life..

Rajyogini Dadi Hirdaya Mohini, Addl. Chief of Brahma Kumaris blessed the occasion with her words of wisdom that yoga in true sense is raj-yoga which is more about positive attitude, broad outlook, moral rectitude and healthy life style.

She said that raj-yoga simply means our soul conscious and loving remembrance of the Supreme Soul in all human relations. It can be practiced by anyone, anytime, anywhere and in any manner, even while walking, running or doing one's daily duties, she stressed.

Youth Affairs Secretary Mr Rajeev Gupta in his greetings said that yoga not only helps in self control but also in results in peace and holistic development in life. B K Chandrika, Youth Wing National Coordinator of Brahma Kumaris said that the aim of the Yoga Run is to cultivate the culture of peace & unity among people.

The flag off ceremony also witnessed colorful balloons released to the sky from the stage. The Marathon Yoga Run constituting mostly young as well as old sports enthusiasts in Yoga T-shirts and caps and after completing the entire 5KM stretch through Rafi Marg, Dr Rajendra Prasad Road, Janpath and Rajpath reached India Gate back to a rousing reception.