

Yoga Day: Ramdev holds preparatory session

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New Delhi: Ahead of the first International Yoga Day celebrations on June 21, yoga guru Ramdev today held a preparatory session with a large number of his followers and children at Jawahar Lal Nehru stadium here.

Braving rains, 5,200 teachers from his Patanjali Yogpeeth and other practioners including children rehearsed a 35-minute long "Common Yoga Protocol" formulated by AYUSH Ministry this morning.

The rehearsal yoga programme was attended by those who will participate in the main programme on International Yoga Day at Rajpath, said S J Tijarwala, spokesman of Ramdev. Ramdev also demonstrated a package of Yogic Asanas that keeps people healthy and helps them lead a medicine-free life, he said.

People from other faiths, including Mufti Sahmoon Qasmi, general secretary of an organisation of Imams, attended the session, he stated.

Later, the yoga guru said on a microblogging site Twitter: "Whole world should get up in morning & do yoga for a medicine-free healthy life."

The Patanjali Yogpeeth organised the programme under its plan for celebration of International Yoga day globally. Arrangements were also made for telecast of the programme in several countries.

The Yoga guru expressed satisfaction over large participation in the rehearsal despite the rains, terming it "Varsha Yoga" in a lighter vein.

India will lead 191 nations to mark the "International Yoga Day" (IYD) on June 21, highlighted by a mega event here on Rajpath.