



सत्यमेव जयते

प्रधान मंत्री
Prime Minister

New Delhi

ज्येष्ठ 23, शक संवत् 1946

13th June, 2024

Dear Gram Pradhan Ji,

Namaskar!

My warmest regards to the residents of the village panchayat, with best wishes for their continued peace, prosperity, and progress.

Nations across the world are gearing up to celebrate the 10th edition of International Day of Yoga on June 21, 2024. It is a celebration of the impact that Yoga has had on the global community, as well as the positive changes that it has ushered in our lives. The theme of International Day of Yoga this year, 'Yoga for Self and Society' will further strengthen our efforts to build a healthy nation.

Yoga is a gift of our ancient culture that helps pursue holistic health and wellness. The practice of Yoga strengthens us physically and mentally. Just as Yoga is essential for the body and mind, superfoods such as millets, also known as Shree Anna, promote good health through nutrition. They help preserve soil health and aid the fight against climate change. The rising demand for millets also enhances the income of our small farmers.

As the custodians of democratic institutions at the grassroots level, I urge you to make holistic health a people-led movement by spreading more awareness about yoga and millets. The initiative to organise Yoga-based programmes in Panchayat premises, schools, *Anganwadis*, Community Health Centres and other such places will serve as a catalyst to inspire people, particularly the youth, to embrace a sustainable, stress-free lifestyle.

Greetings and best wishes to everyone for the International Day of Yoga.

Jai Hind!

Yours,

(Narendra Modi)