

SUPREME COURT OF INDIA

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PRESS RELEASE

Supreme Court of India Celebrates International Yoga Day



On the occasion of International Yoga Day, the Supreme Court of India organised a special yoga session at the Supreme Court Complex today. The Chief Justice of India and Judges of the Supreme Court along with the officials and staff of the Registry and the members of the Executive committee of the SCBA and SCAORA participated in the event.

The event commenced with a yoga session under the supervision of expert yoga teachers from Kaivalyadhama institute. Thereafter Advocate Tejaswi Kumar Sharma, a specially abled, three-time International Champion in yog- asanas, performed a spectacular set of asanas. A team of doctors and staff belonging to the All India institute of Ayurveda performed a yoga fusion dance combining rhythmic movements set to music in yog-asanas. Dr Tanuja Nesari, Director of the All India Institute of Ayurveda made a presentation on the relationship between Yoga and Ayurveda and stressed on the need to maintain a holistic lifestyle.



The event concluded with an address by Chief Justice Dhananjaya Y Chandrachud. While dwelling the importance of yoga the CJI observed that International Yoga day is not only a day of celebration and observance. He indicated that the Day marks the importance of yoga in maintaining a balanced style of life. Yoga, he stated combines physical exercise with spirituality. He emphasised the four ‘S’s in his speech in Hindi - (i) ‘Siddhant’ or principles which underlie the discipline of yoga like the discipline of law; (ii) ‘Samanvay’ or inclusion; (iii) ‘Sadbhavana’ or fraternity and compassion; and (iv) ‘Sashaktikaran’ which is a movement from the individual towards society, from society to the nation and from the nation towards global humanity.



The CJI narrated the importance of humility in conducting yogic practices, emphasizing that the field of knowledge rests higher than the individual who imbibes it. Finally he emphasised on his own experience of being a vegan which rests in maintaining equal respect for every living creature.

The day was observed with a special cleanliness drive in the premises of the Supreme Court of India.
