

# Narendra Modi asks world leaders to adopt International Yoga Day

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Prime Minister Narendra Modi addresses the 69th session of the United Nations General Assembly at UN headquarters in New York on Saturday. (Source: PTI)

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Prime Minister [Narendra Modi](#) on Saturday asked the world leaders to adopt an International Yoga Day, saying that by changing lifestyle and creating consciousness, it can help us deal with climate change.

“Let us work towards adopting an International Yoga Day,” Modi said in his maiden address to the 193-member UN General Assembly in [United Nations](#).

Noting that Yoga is “an invaluable gift of our ancient tradition”, he said: “It is not about exercise but to discover the sense of oneness with yourself, the world and the nature.”

Yoga is the 5,000-year-old Indian physical, mental and spiritual practice that aim to transform body and mind.

“Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well being,” he said.

“By changing our lifestyle and creating consciousness, it can help us deal with climate change,” he added.

- See more at: <http://indianexpress.com/article/india/politics/narendra-modi-asks-world-leaders-to-adopt-international-yoga-day/>