



Ahmadiyya Muslim Jama'at
INTERNATIONAL
(INDIA)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
In the name of Allah the Most Gracious the Ever Merciful

PRESS RELEASE

A Registered Religious and Charitable Society in India under the Societies Registration Act XXI 1860

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Ahmdadiyya Muslim community India organizes International Yoga Day in Qadian

Yoga is a physical exercise which is useful for physical fitness

By the special efforts of our Honorable Prime Minister Shri Narendra Kumar Modi Ji the United Nations have declared 21 June 2015 to be celebrated internationally as Yoga Day. In this occasion throughout India the government of India is conducting special programs to highlight the importance and significance of Yoga and to teach this type of exercise. The Ahmadiyya Muslim Community being obedient citizens of India according to this scheme of the government has conducted special programs on 21 June 2015 from 7 to 8 am in Qadian.



Mr. Avinash Rai Khanna MP Rajya Sabha and National Vice President of Bharatya Janta Party participated in this program as special guest. Along with the members of the Ahmadiyya Muslim Community other habitants of this area and dignitaries also participated in this program. In this program the importance and significance of Yoga was explained to the audience after which some lessons of Yoga was taught.



Islam urges every person to be physically fit and a fit believer is better than a weak believer. A fit Muslim can only serve his society, country and humanity properly. Yoga is a physical exercise which is very much important for physical fitness. By this type of exercise a person keep his body active and maintain his health. Only a fit person can help and serve humanity and can fulfill his role in the prosperity and development of the country.

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