Beat: News

Yoga Is A Science, Not A Dogma

Vice President Of India

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USPA NEWS - Yoga Is A Science, Not A Dogma; It Helps Improve The Levels Of Fitness And The Overall Health Profile: Vice President

Inaugurates International Conference On "˜Yoga For Body And Beyond´

The Vice President said that all systems of faith or belief have within them the practice of meditation.

The Vice President of India, Mr. M. Hamid Ansari has said that Yoga is a science, not a dogma and it helps improve the levels of fitness and the overall health profile. He was addressing the audience after inaugurating a two-day International Conference on "˜Yoga for Body and Beyond´, on June 22. The Minister of State for AYUSH (I/C) and Health & Family Welfare, Mr. Shripad Yesso Naik, Yoga Guru Swami Ramdev, Dr. Pranav Pandya, Swami Amrita Suryananda, Swami Chidanand Muni and Prof. H.R. Nagendra were also present on the occasion.

The Vice President said that there is a stark relationship between poverty and ill health. The importance of good health, and of sanitation, was well understood by the leaders of our Freedom Movement, he added.

The Vice President said that given the inability or unwillingness to augment public health funding in developing countries including India, the quest for complementary health approaches assumes urgency. Amongst these is Yoga, which has acquired a following worldwide, he added.

He further said that these complementary approaches do not prevent or cure but certainly assist the process of retarding the degeneration of those functions of the human body that allow the diseases to make inroads.

The Vice President said that all systems of faith or belief have within them the practice of meditation. The convergence or parallelisms are striking even if rituals or modalities of enunciation may vary, he added.

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