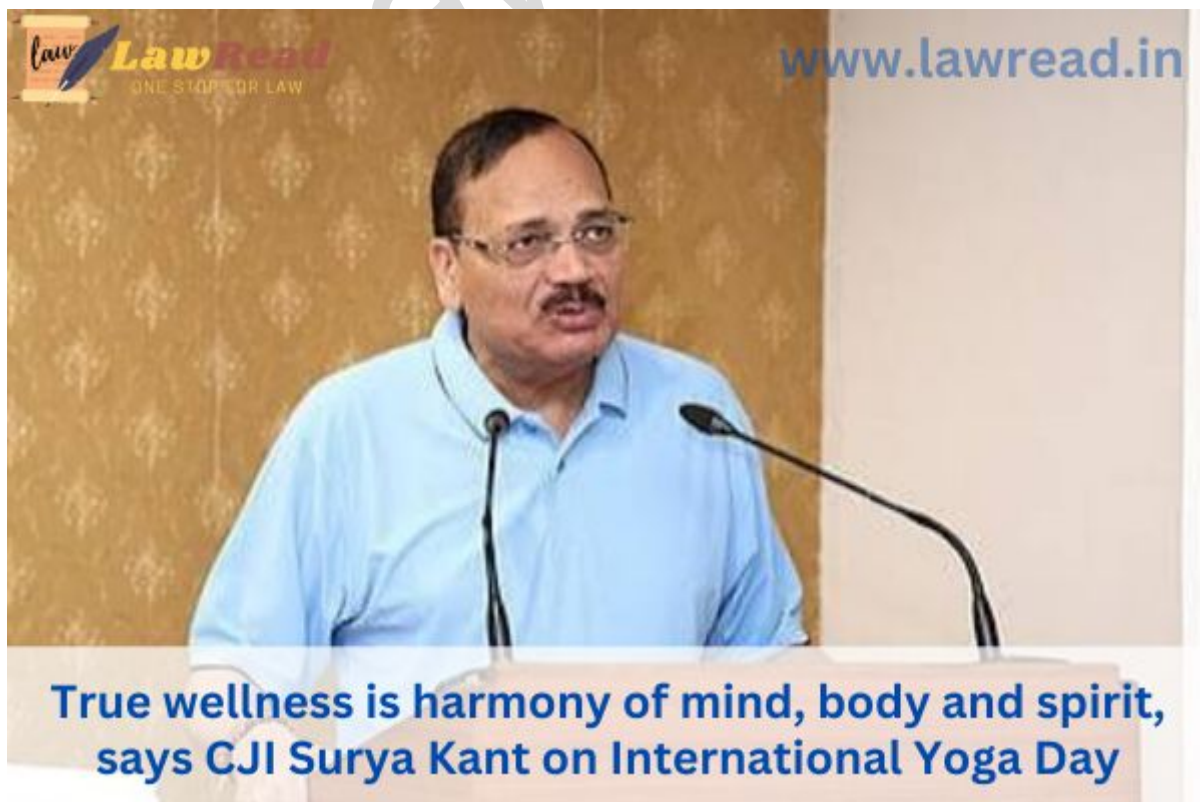


## News

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**According to CJI Surya Kant on International Yoga Day, true wellbeing is balance of mind, body, and spirit.**

**The Chief Justice encouraged individuals to practice yoga every day, claiming that even a short period of deliberate breathing might help reduce stress**



True wellness, according to **Chief Justice of India (CJI) Surya Kant** on Sunday, is about attaining harmony between the mind, body, and spirit rather than just being physically strong. Yoga is a useful way to achieve this balance.

During the 12th International Day of Yoga celebrations at the Supreme Court's Administrative Building Complex, where he and other justices took part in a unique yoga session organized by the **All India Institute of Ayurveda (AIIA)**, the Chief Justice made the statements.

The program, which had as its theme "Yoga for Healthy Ageing," was attended by representatives of the AIIA, Supreme Court officials, and personnel.

CJI Kant emphasized in his speech the value of integrating yoga into daily life rather than viewing it as a one-day activity.

He claimed that a few minutes of deliberate breathing or stretching might greatly enhance people's ability to manage stress, especially in the face of the Supreme Court Registry's unrelenting burden.

**CJI Kant went on to say** that the true objective was constancy and urged people to include easy routines like stretching in the evening or ten minutes of meditation in the morning into their everyday life.