



Chhattisgarh Made World Record in Performing Setu Bandha Asana

Why In News?

On September 10, 2023, Chhattisgarh registered its name in golden letters in the Golden Book of World Records for the performance of Setu Bandha Asana.

key points

- At the Late Balbir Juneja Indoor Stadium in Budhapara, capital Raipur, more than 2000 yoga practitioners from all over the state, forming a pattern of the tricolor, collectively performed Setu Bandha Asana for a world record.
- It is known that this program was organized by Chhattisgarh Yoga Commission with the aim of making people aware of the importance of yoga and motivating them for a healthy lifestyle.
- Keeping people's health as priority, Chief Minister Bhupesh Baghel handed over an important responsibility to Chhattisgarh Yoga Commission. To fulfill this, the Commission has started about 50 regular free yoga practice centers in the state. Yoga is being propagated from village to village by providing training to yoga practitioners of all divisions.
- Giving priority to the health of common citizens, free yoga centers have been opened in more than 90 percent of the wards of his assembly constituency.
- In the group yoga practice program, along with Setu Bandha Asana, other asanas, pranayam and meditation were also practiced.

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