

Illness to Wellness Media Coverage Report



**Yoga Is a Scientific Tool for Total Health, Says Dr.
Murli Manohar Joshi at Illness to Wellness
Foundation's International Day of Yoga
Celebration**

Date: 21st June 2026

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The Pioneer

Name of the Publication	The Pioneer
Date	23 June, 2026
Headline	Yoga is a scientific tool for total health, says Dr MM Joshi

Yoga is a scientific tool for total health, says Dr MM Joshi

PIONEER NEWS SERVICE
■ New Delhi

Describing yoga as "a scientific tool" that helps achieve balance of bodily, mental and emotional functions, former Union Minister Dr Murli Manohar Joshi has called for embracing India's ancient wellness traditions to build healthier individuals and societies.

He was speaking at the International Day of Yoga 2026 celebrations organised by the Illness to Wellness Foundation in the national Capital.

Held on the theme "Yoga for Healthy Ageing," the event brought together distinguished delegates, diplomats, ambassadors from various countries, corporate leaders, wellness practitioners, healthcare advocates and yoga enthusiasts to celebrate yoga as a holistic approach to preventive healthcare and healthy living.

The programme focused on the growing need to shift from illness-centric health-



care towards wellness-oriented lifestyles as societies across the world grapple with rising lifestyle disorders, stress, chronic diseases and rapidly ageing populations.

"Yoga is not a religion, a political movement, or dogma. It is a way of bringing harmony within diversity. It respects all cultures, creeds and nations. Yoga is a scientific tool, pleasant and enjoyable, which can help achieve balance of bodily, mental and emotional functions. If practised conscientiously, it uplifts the mind and emotions, raises consciousness and brings us into harmony with the whole of nature," Joshi said.

Addressing the occasion, Anil Rajput, Chairperson, Advisory Council, Illness to Wellness Foundation, emphasised that healthy ageing is no longer merely a healthcare objective but a societal imperative that requires a shift towards prevention, awareness and sustainable lifestyle choices.

Adding a practical dimension to the celebration, participants took part in a power-packed yoga session on the lawns of ITC Maurya led by Dr Tanu Singh, Founder, LifeYoga, who guided attendees through a series of asanas, breathing techniques and movements designed to improve strength, flexibility, posture and overall vitality.

Name of the Publication	Millennium Post
Date	23 June, 2026
Headline	Yoga a scientific tool for total health: Joshi

Yoga a scientific tool for total health: Joshi

NEW DELHI: Calling yoga a "scientific tool" for achieving physical, mental and emotional balance, Dr. Murli Manohar Joshi, Former Union Minister for Human Resource Development, Science & Technology, Govt of India, urged people to embrace India's ancient wellness traditions to build healthier individuals and societies.

Speaking at the International Day of Yoga 2026 celebrations organised by the Illness to Wellness Foundation in New Delhi, Dr. Joshi said yoga transcends religion, politics and dogma and promotes harmony within individuals and with nature. "Yoga is not a religion, a political movement, or dogma. It is a way of bringing harmony within diversity... Yoga is a scientific tool, pleasant



and enjoyable, which can help achieve balance of bodily, mental and emotional functions. If practised conscientiously, it uplifts the mind and emotions, raises consciousness and brings us into harmony with the whole of nature," he said.

Held on the theme "Yoga for Healthy Ageing," the event brought together diplomats, corporate leaders, wellness practitioners and healthcare advocates to discuss preventive healthcare and wellness-oriented lifestyles.

Anil Rajput, Chairperson, Advisory Council, Illness to Wellness Foundation, highlighted yoga's growing global acceptance. "Today, Yoga is practised in more than 200 countries by hundreds of millions of people... Yoga offers a practical and time-tested pathway to healthier and more fulfilling lives, he said.

The programme featured a yoga session led by Dr. Tanu Singh, Founder, LifeYoga, and a guided meditation session by Santosh Kumar, Founder and President, Santosh Yoga Foundation. Participants discussed yoga's role in improving mobility, cardiovascular health, emotional resilience and overall quality of life, while promoting healthy ageing and preventive healthcare.

MPPOST

राजस्थान पत्रिका

Name of the Publication	Rajasthan Patrika
Date	23 June, 2026
Headline	योग स्वस्थ समाज निर्माण का वैज्ञानिक माध्यम: जोशी

योग स्वस्थ समाज निर्माण का वैज्ञानिक माध्यम: जोशी

पत्रिका न्यूज़ नेटवर्क
patrika.com

नई दिल्ली. केंद्र सरकार में मानव संसाधन विकास और विज्ञान एवं प्रौद्योगिकी मंत्री रहे मुरली मनोहर जोशी ने योग को शारीरिक, मानसिक एवं भावनात्मक कार्यों में संतुलन बनाने में मदद करने वाला एक वैज्ञानिक साधन बताया है। 22 जून 2026 को 'इलनेस टु वेलनेस फाउंडेशन' द्वारा आयोजित 'अंतरराष्ट्रीय योग दिवस 2026' कार्यक्रम को संबोधित करते हुए उन्होंने स्वस्थ व्यक्तियों एवं समाज के निर्माण के लिए भारत की प्राचीन वेलनेस परंपराओं को अपनाने का आह्वान किया। "वृद्धावस्था में स्वस्थ रहने के लिए योग" थीम पर हुए इस

कार्यक्रम में कई देशों के प्रमुख प्रतिनिधि, राजनयिक, राजदूत, कॉर्पोरेट लीडर, वेलनेस एक्सपर्ट और योग प्रेमी एक मंच पर आए। उन्होंने बीमारियों से बचाव एवं स्वस्थ जीवनशैली के लिए योग को एक समग्र तरीके के तौर पर स्वीकारा। कार्यक्रम का मुख्य उद्देश्य बीमारी पर केंद्रित स्वास्थ्य सेवा से हटकर कल्याण-केंद्रित जीवनशैली अपनाने की बढ़ती जरूरत पर जोर देना था। इस मौके पर 'इलनेस टु वेलनेस फाउंडेशन' की एडवाइजरी काउंसिल के चेयरपर्सन अनिल राजपूत ने कहा कि आज 200 से अधिक देशों में करोड़ों लोग योग करते हैं। यह हमारी प्राचीन सभ्यता की समझ को दुनियाभर में मिली मान्यता है।

The Pioneer

Name of the Publication	The Pioneer
Date	23 June, 2026
Headline	Yoga is a scientific tool for total health, says Dr MM Joshi

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By Pioneer News Service



Describing yoga as "a scientific tool" that helps achieve balance of bodily, mental and emotional functions, former Union Minister Dr Murl Manohar Joshi has called for embracing India's ancient wellness traditions to build healthier individuals and societies.

Name of the Publication	Millennium Post
Date	22 June, 2026
Headline	Yoga a scientific tool for total health: Joshi

Yoga a scientific tool for total health: Joshi

BY MPost 22 June 2026 11:18 PM

MPost 22 June 2026 11:18 PM



New Delhi: Calling yoga a “scientific tool” for achieving physical, mental and emotional balance, Dr. Murli Manohar Joshi, Former Union Minister for Human Resource Development, Science & Technology, Govt of India, urged people to embrace India’s ancient wellness traditions to build healthier individuals and societies.

Speaking at the International Day of Yoga 2026 celebrations organised by the Illness to Wellness Foundation in New Delhi, Dr. Joshi said yoga transcends religion, politics and dogma and promotes harmony within individuals and with nature. “Yoga is not a religion, a political movement, or dogma. It is a way of bringing harmony within diversity... Yoga is a scientific tool, pleasant and enjoyable, which can help achieve balance of bodily, mental and emotional functions. If practised conscientiously, it uplifts the mind and emotions, raises consciousness and brings us into harmony with the whole of nature,” he said.



Name of the Publication	BW Healthcare
Date	22 June, 2026
Headline	Yoga Is A Scientific Tool For Healthy Ageing And Holistic Well-being: Former Union Minister Dr. Murli Manohar Joshi

Yoga Is A Scientific Tool For Healthy Ageing And Holistic Well-being: Former Union Minister Dr. Murli Manohar Joshi

BW Online Bureau | Jun 22, 2026

International Day of Yoga Yoga For Healthy Ageing Dr. Murli Manohar Joshi Illness to Wellness Foundation Preventive Healthcare Holistic Wellness Meditation Healthy Lifestyle Mental Well-being

Speaking at the Illness to Wellness Foundation's International Day of Yoga 2026 event, Dr. Murli Manohar Joshi highlighted yoga as a scientific and universal practice that promotes physical, mental and emotional balance while supporting healthy ageing

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Describing yoga as "a scientific tool" that helps achieve balance of bodily, mental and emotional functions, Dr. Murli Manohar Joshi, Former Union Minister for Human Resource Development, Science & Technology, Government of India, called for embracing India's ancient wellness traditions to build healthier individuals and societies while addressing the International Day of Yoga 2026 celebrations organised by the Illness



Name of the Publication	Indian Pharma News
Date	22 June, 2026
Headline	Dr. Murli Manohar Joshi calls yoga a scientific tool for holistic well-being

Dr. Murli Manohar Joshi calls yoga a scientific tool for holistic well-being



International Day of Yoga 2026 event highlights preventive healthcare, wellness-focused lifestyles and the growing global acceptance of yoga.

Dr. Murli Manohar Joshi, former Union Minister for Human Resource Development, Science & Technology, urged people to embrace India's ancient wellness traditions to build healthier individuals and societies. He was addressing the International Day of Yoga 2026 celebrations organised by the Illness to Wellness Foundation in New Delhi.

Held under the theme "Yoga for Healthy Ageing," the event brought together diplomats, ambassadors, corporate leaders, healthcare advocates, wellness practitioners and yoga enthusiasts to celebrate yoga as a holistic approach to preventive healthcare and healthy living.

The programme focused on the need to move from an illness-centric healthcare model towards wellness-oriented lifestyles amid the growing burden of lifestyle disorders, chronic diseases, stress and ageing populations worldwide.

Addressing the gathering, Dr. Joshi said yoga transcends religion, politics and dogma, serving as a universal philosophy that promotes harmony, compassion and cooperation while helping individuals achieve balance within themselves and with nature.

"Yoga is not a religion, a political movement, or dogma. It is a way of bringing harmony within diversity. It respects all cultures, creeds and nations. Yoga is a scientific tool, pleasant and enjoyable, which can help achieve balance of bodily, mental and emotional functions. If practised conscientiously, it uplifts the mind and emotions, raises consciousness and brings us into harmony with the whole of nature," he said.