

Ministry of Parliamentary Affairs organises Yoga Workshop to commemorate International Yoga Day

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To commemorate International Yoga Day, 2025, a Yoga Workshop was organised by the Ministry of Parliamentary Affairs under the guidance of Dr. Ramesh Kumar, Professor, Department of Yoga Science, Shri Lal Bahadur Shastri National Sanskrit University, Delhi on 11 June, 2025 in Committee Room 62, Samvidhan Sadan, New Delhi. Dr. Satya Prakash, Additional Secretary, Ministry of Parliamentary Affairs inaugurated the workshop and Dr. Ramesh Kumar, highlighted the importance of Yoga in our daily lives.



Dr. Ramesh Kumar made all the officers and employees of the Ministry practice yoga and pranayama and gave information about increasing work efficiency by reducing stress through yoga activity during office hours. Dr. Satya Prakash, Additional Secretary, Shri A.B. Acharya, Director, Shri Sanjeev, Director (NIC), Shri Mukesh Kumar, Deputy Secretary, Shri S.S. Patra, Deputy Secretary and all other officers/staff of the Ministry participated in the workshop.



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