

# Public Sector Undertakings reaffirm their commitment in Promoting Wellness and Social Responsibility on International Day of Yoga 2025

## Institutions nationwide embrace yoga to advance public health and community well-being

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As the Country celebrated the 11<sup>th</sup> International Day of Yoga (IDY), Public Sector Undertakings (PSUs) across the country reaffirmed their commitment to holistic health, community engagement, and social responsibility. Among the most impactful contributors was the Jawaharlal Nehru Port Authority (JNPA), which led a dynamic and inclusive campaign that not only celebrated yoga but also reimagined its role in public life.

This year's IDY was marked by a nationwide surge in wellness-focused activities, with PSUs playing a pivotal role in mobilizing communities and promoting sustainable health practices. JNPA stood out by curating a series of thematic events that spanned multiple days, locations, and audiences—each designed to highlight yoga's versatility and relevance in today's fast-paced world.

At the heart of JNPA's celebration was the flagship event, Yoga Sangam, held at the CISF Ground in JNPA Township. Drawing over 10,000 Yoga enthusiasts, the session was a vibrant confluence of employees, CISF personnel, PPP operators, FSSAI representatives, students, youth groups, and citizens from neighbouring communities. Led by the RRAP-CARI team, the event set a powerful tone for the week, emphasizing unity, vitality, and collective well-being.



Beyond the grand gathering, JNPA's approach was distinguished by its strategic integration of yoga into diverse social contexts. The campaign began with *Harit Yoga*, a unique initiative that aligned with World Environment Day, blending ecological awareness with yogic mindfulness. This event underscored the interconnectedness of personal health and planetary well-being, encouraging participants to adopt sustainable lifestyles alongside wellness practices.

Recognizing the importance of early intervention, JNPA launched *Yoga Unplugged*, a youth-focused session that introduced school students to mindfulness and self-awareness in a dynamic, relatable format. This was followed by *Yoga Mahakumbh*, a large-scale community session that brought together educators, families, and local residents in a shared experience of physical and mental rejuvenation.



Inclusivity was a cornerstone of JNPA's campaign. Through *Yoga Samavesh*, the authority reached out to differently-abled individuals, organizing tailored sessions that celebrated yoga's universal accessibility. These heartfelt gatherings not only empowered participants but also fostered a deeper sense of empathy and social cohesion within the community.

In a move that reflects long-term vision, JNPA inaugurated a dedicated Yoga Park—a permanent open-air space designed to encourage daily practice among township residents. This infrastructure investment signals a shift from event-based engagement to sustained wellness integration, reinforcing JNPA's role as a progressive and people-centric institution.

Further sessions of *Yoga Mahakumbh* were held at the Skill Development Centre in Belapur and the JNPA Administration Building, focusing on stress management and capacity building among trainees and staff. These events highlighted yoga's practical benefits in professional environments, promoting resilience and productivity.

Adding a global dimension to the celebrations, *Yoga Connect* brought together Indian participants and international faculty from the Port of Antwerp, Belgium, in a cross-cultural exchange of wellness practices. This session reflected yoga's growing resonance across borders and its potential to foster international goodwill.

Through these multifaceted initiatives, JNPA not only amplified the message of International Day of Yoga but also demonstrated how public institutions can serve as catalysts for social transformation. By embedding wellness into its operational ethos, JNPA is setting a benchmark for how PSUs can contribute to a healthier, more inclusive, and more connected India.

In addition to JNPA's exemplary efforts, hundreds of PSUs across the country actively contributed to the nationwide celebration of yoga, reinforcing its role in public health and community development. Among these, two other notable initiatives stood out, NBCC (National Buildings Construction Corporation Limited) and CONCOR (Container Corporation of India Ltd.), both organised *Yoga Mahakumbh*. This series, envisioned as a multi-day, multi-location celebration, brought together diverse groups of participants across various regions, further amplifying the reach and impact of IDY 2025. These efforts reflect a shared institutional commitment to embedding wellness into the daily lives of citizens and employees alike.

As the nation continues to embrace yoga as a way of life, the efforts of JNPA and other PSUs serve as a powerful reminder that public service extends beyond infrastructure and economics—it is also about nurturing the physical, mental, and emotional well-being of the communities they serve.

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