



Legislative Department Organizes “Swachha Tan Swachha Man” Workshop on Swachhata Pakhwada, 2026.

Posted On: 10 APR 2026 8:00PM by PIB Delhi

On the occasion of Swachhata Pakhwada, the Legislative Department, Ministry of Law and Justice organized a workshop titled “Swachha Tan Swachha Man” on 10th April 2026 in Conference Hall No. 440-A Wing, 4th Floor of Shastri Bhawan. The workshop was aimed at promoting awareness about personal hygiene and mental well-being in both personal and professional life.

The workshop was graced by the presence of Dr. K.V. Kumar, Additional Secretary and Shri Ashwani, Joint Secretary (O.L Wing) along with other officers and staff members including its attached offices i.e., Official Language Wing (O.L Wing) and Vidhi Sahitya Parkashan (VSP) participated in the workshop.

During the workshop, Dr. Hema S. Kolhe, Chief Medical Officer (NFSF), Directorate of AYUSH, GNCTD, Delhi, shared the benefits of Ayurveda in daily life and guided participants on adopting a healthy lifestyle, including what to eat and when to eat, maintaining regular meal timings, early rising, a disciplined daily routine, and yoga asanas, while also sharing valuable insights into holistic well-being practices.

Dr. K.V. Kumar, Additional Secretary, emphasized the importance of the session and appreciated the valuable contribution of Dr. Hema S. Kolhe, Chief Medical Officer (NFSF), for sharing her expert insights on healthy lifestyle practices, Ayurveda, and yoga asanas. He also acknowledged the active involvement and support of the officers and staff of the Department in making the workshop meaningful and successful.





Samrat/PN

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