

# Ministry of Parliamentary Affairs Organises Yoga Workshop Ahead of International Yoga Day 2026

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To commemorate International Yoga Day, 2026, a Yoga Workshop was organized 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 18 June, 2026 at 11.30 AM in Main Committee Room, Parliament House Annexe, New Delhi. Introducing Dr. Ramesh Kumar, Dr. Satya Prakash, Additional Secretary in the Ministry of Parliamentary Affairs, inaugurated the workshop and provided a brief overview of the activities to be conducted by the government on the occasion of International Yoga Day 2026.



Dr. Ramesh Kumar conducted a session on yoga and ‘pranayama’ for all the officers and staff of the Ministry and explained how practicing yoga during office hours can help reduce stress and enhance work efficiency.



Dr. Satya Prakash (Additional Secretary), Shri Mukesh Kumar (Deputy Secretary), Shri S.S. Patra (Deputy Secretary) and other officers and staff of the Ministry of Parliamentary Affairs participated in the yoga workshop.



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इस विज्ञप्ति को इन भाषाओं में पढ़ें: Urdu , हिन्दी

