



Ministry of Earth Sciences and India Meteorological Department Observe 12th International Yoga Day with Focus on "Yoga for Healthy Aging"

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The Ministry of Earth Sciences (MoES) and the India Meteorological Department (IMD) commemorated the 12th International Day of Yoga today at Mausam Bhawan, New Delhi. Guided by the theme "Yoga for Healthy Aging," the event brought together officials and staff to promote holistic well-being through the ancient practice of Yoga.

The program commenced with the attendees joining the nation in a live telecast of the address by the Hon'ble Prime Minister Shri Narendra Modi. This was followed by a practical demonstration of the Common Yoga Protocol, featuring various *Asanas* and *Pranayama* techniques led by expert Yoga instructors.

In his address, **Dr. Mrutyunjay Mohapatra, DGM, IMD**, emphasized the importance of integrating Yoga into daily life rather than viewing it merely as a tradition:

"As the Honorable Prime Minister was saying, this is an effort. We should adopt Yoga, we should use Yoga, and we should all be happy with this... We will take Yoga as a daily activity, we will practice it every day, and we will remain healthy through Yoga practice. Because a healthy life is a happy life. A healthy society is a happy society. And a healthy and happy society can give a healthy country or a healthy world."

Adding a scientific and philosophical perspective to the occasion, **Shri Srinivas Rao Gangi Reddy, Joint Secretary, Ministry of Earth Sciences**, spoke about the profound connection between the individual and the universe, defining Yoga as a path to realization and mindfulness. He remarked:

"In this present world, we are like a rudderless vessel in the ocean of too much information, too much distractions. We need a conscious mind. We need mindfulness. We understand the clarity of our thinking to find the true potential of our human soul. In our day-to-day life, we need clarity of thinking to increase our efficiency, to attain the emotional intelligence that helps to build interpersonal relationships, to make us very smooth sailing."

Shri Reddy further elaborated on the four traditional paths—Bhakti, Jnana, Karma, and Raja Yoga—encouraging participants to find balance through conscious action and disciplined practice.

The event concluded with a felicitation ceremony, where the Ministry and IMD officials honored the Yoga instructors for their dedicated contribution to promoting health and wellness within the organization.

The celebration served as a reiteration of the commitment of the Ministry of Earth Sciences and the IMD to foster a healthier, more focused, and productive workplace through the timeless wisdom of Yoga.







NKR/JKP/SG

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