

Indian Coast Guard Celebrates 12th International Day of Yoga With “Yoga Sangam 2026”

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The Indian Coast Guard (ICG) marked the 12th International Day of Yoga (IDY) 2026 with great enthusiasm and nationwide participation through its flagship initiative, “Yoga Sangam 2026.” Aligning with the Yoga Day 2026 theme, “Yoga for Healthy Ageing,” the celebrations underscored the transformative role of yoga in fostering holistic health, resilience, and well-being across all age groups.

Commemorating the day, coordinated yoga sessions were conducted across all ICG ships and establishments across the country. Thousands of Coast Guard personnel and their family members participated in the yoga sessions led by trained yoga instructors featuring a comprehensive blend of asanas (yogic postures), pranayama (breathing techniques), and meditation practices. During the sessions, special emphasis was placed on yoga techniques that can be seamlessly incorporated into daily routine to enhance physical fitness, mental clarity, emotional balance, stress management, and operational resilience for personnel serving in challenging and high-pressure environments.



The central event was held at the Indian Coast Guard Complex, Noida in association with the Morarji Desai National Institute of Yoga, in the presence of Director General Indian Coast Guard, DG Paramesh Sivamani and over 1,000 Coast Guard personnel and family members. In his address DG , ICG highlighted the enduring relevance of yoga as a powerful tool for maintaining physical vitality, mental well-being, and professional effectiveness, particularly for those engaged in operational duties.

‘Yoga Sangam 2026’ stands as a testament to the ICG’s unwavering commitment to nurturing the health, wellness, and quality of life of its personnel and their families deployed in safeguarding the Indian coastlines.

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