



Legislative Department, Ministry of Law and Justice Organises International Day of Yoga 2026 at Shastri Bhawan, New Delhi

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On the occasion of the **12th International Day of Yoga**, the Legislative Department, Ministry of Law and Justice, organised a Yoga Session on 21st June, 2026 at the Shastri Bhawan Complex for the officers and staff members of the Legislative Department and the Department of Legal Affairs.

The Yoga Session was conducted by experts from the **Morarji Desai National Institute of Yoga**. During the yoga session, the experts guided all participants through various yoga asanas and demonstrated the correct techniques for performing them. The participants enthusiastically practiced the asanas under their supervision, making the session both informative and beneficial.

The Yoga Session was led by **Dr. Rajiv Mani, Secretary, Legislative Department and Department of Legal Affairs**, along with senior officers and staff members of both the Departments. The officers and staff members, including the attached offices, namely the **Official Language Wing (OL Wing)** and **Vidhi Sahitya Prakashan (VSP)**, actively participated in the session.

Addressing the participants, **Dr. Rajiv Mani** appreciated the valuable contribution of the yoga experts and highlighted the importance of incorporating yoga into daily life for achieving physical, mental and emotional well-being. He emphasized the need for sustained awareness and collective efforts by individuals, society, and government initiatives to advance the vision of **Hon'ble Prime Minister, Shri Narendra Modi** of a healthier, fitter and more mindful India, under the able guidance and leadership of **Hon'ble Minister of State (Independent Charge) for Law and Justice, Shri Arjun Ram Meghwal**.

The session aimed to promote awareness about the importance of yoga in maintaining physical and mental well-being and to encourage the adoption of a healthy lifestyle. The programme also highlighted the role of yoga in fostering harmony, enhancing productivity and supporting sustainable development.

The participants enthusiastically performed various yoga asanas and breathing exercises under the guidance of the experts and reaffirmed their commitment to embracing yoga as a way of life.





Samrat/PN

(रिलीज़ आईडी: 2275964) आगंतुक पटल : 379
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