

International Day of Yoga observed at Savitribai Phule National Institute of Women and Child Development, New Delhi

प्रविष्टि तिथि: 21 JUN 2026 11:26AM by PIB Delhi

The Savitribai Phule National Institute of Women and Child Development (SPNIWCD), under the Ministry of Women and Child Development (MWCD), celebrated the International Day of Yoga 2026 with great enthusiasm at its Headquarters in New Delhi on Sunday, 21 June 2026. The yoga session was organized from 7:00 AM to 8:00 AM and witnessed the participation of approximately 300 officials and staff members.

The event was graced by Shri Anil Malik, Secretary, Ministry of Women and Child Development, Additional Secretary, MWCD and Director, SPNIWCD, Shri Valeti Premchand, along with senior officers and dignitaries from the Ministry.



Officials from the Central Adoption Resource Authority (CARA), NCPCR, NCW and SPNIWCD actively participated in the programme, reflecting the Ministry's collective commitment to promoting a healthy, balanced, and productive work environment through the practice of yoga.

The yoga session was conducted by three expert instructors from the Morarji Desai National Institute of Yoga (MDNIY), who guided the participants through a series of yoga asanas, breathing exercises and relaxation techniques. The instructors highlighted the significance of incorporating yoga into daily life for achieving physical fitness, mental well-being and emotional balance.

The celebration was organised in line with the **International Day of Yoga 2026** theme, "Yoga for Healthy Ageing ", emphasizing the role of yoga in promoting longevity, mobility, preventive healthcare, and overall holistic well-being across all stages of life. Participants performed various yoga postures and pranayama with enthusiasm, reaffirming their commitment to adopting yoga as a way of life.

The observance of the International Day of Yoga at SPNIWCD reaffirmed the institution's commitment to promoting wellness, healthy lifestyles, and a culture of preventive healthcare among its employees, in alignment with the Government of India's vision of a healthier and more resilient nation.

The event concluded with the distribution of refreshments to all participants.

SS/VN

(रिलीज़ आईडी: 2275970) आगंतुक पटल : 456
इस विज्ञप्ति को इन भाषाओं में पढ़ें: Urdu , हिन्दी