

Ministry of MSME Celebrates 12th International Day of Yoga 2026; Organises Health Check-up Camp to Promote Wellness and Preventive Healthcare

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The Ministry of Micro, Small and Medium Enterprises (MSME) celebrated the 12th International Day of Yoga (IDY) 2026 with great enthusiasm at the National Small Industries Corporation (NSIC), Okhla, New Delhi.



Senior officers of the Ministry of MSME and NSIC participated in an energizing yoga session, reaffirming their commitment to wellness, mindfulness and holistic well-being. The session underscored the importance of yoga in promoting physical fitness, mental resilience and a balanced lifestyle, while fostering a culture of health and harmony in the workplace.



The 12th International Day of Yoga is being observed across India and around the world on 21 June 2026 with the theme “Yoga for Healthy Ageing.” The theme emphasizes the significance of adopting yoga as a lifelong practice to promote healthy, active and dignified ageing, thereby enhancing the quality of life for people across all age groups.



The Ministry also telecast the live session of Hon'ble Prime Minister Shri Narendra Modi leading the International Yoga Day celebrations from Kolkata, inspiring participants and strengthening the national spirit of unity through yoga.



As part of the celebrations, a Health Check-up Camp was also organized at NSIC, Okhla, in collaboration with MASSH Super Speciality Hospital. The camp was conducted immediately after the yoga session and provided employees with essential preventive health screenings, including:

- Blood Pressure (BP) Assessment
- Random Blood Sugar (RBS) Test
- Body Mass Index (BMI) Evaluation



In addition, free health check-up coupons were distributed to employees, enabling them to avail themselves of complimentary diagnostic tests and medical consultations in accordance with the terms and validity of the coupons.

The observance of International Day of Yoga 2026 reflects the Ministry of MSME's continued commitment to promoting health, wellness and preventive healthcare among its officers and staff. The initiative also aligns with the Government of India's vision of encouraging healthier lifestyles and enhancing overall well-being through the practice of yoga.

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