

## 12th International Day of Yoga Marked with Yoga Session at National Media Centre, New Delhi

**"Yoga Should Become an Integral Part of Daily Life, not Remain Confined to an Annual Observance": Shri Chanchal Kumar**

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To mark the 12th International Day of Yoga 2026, a yoga session was organised at the National Media Centre, New Delhi, today. Secretary, Ministry of Information and Broadcasting, Shri Chanchal Kumar, led the observance and participated in the session along with other officers and staff members of the Ministry of Information and Broadcasting and Press Information Bureau. The event was organised in line with the theme of the 12th International Day of Yoga, **"Yoga for Healthy Ageing"**.



Speaking on the occasion, Secretary, Ministry of Information & Broadcasting, Shri Chanchal Kumar, emphasized that yoga should not remain confined to an annual observance but should be adopted as an integral part of daily life. He stated that regular self-practice of yoga is essential for the holistic development of the body and contributes significantly to both personal and professional well-being. Emphasizing that yoga is relevant for people across all professions and age groups, he urged citizens to imbibe its values and practice it every day, rather than limiting it to a single occasion.



The session, led by trained yoga instructors, included demonstrations of various asanas, breathing techniques (pranayama) and meditation practices. Participants enthusiastically took part in the activities conducted in accordance with the Common Yoga Protocol, reaffirming their commitment to health and well-being.



The International Day of Yoga is celebrated annually on June 21 following its adoption by the United Nations General Assembly in 2014, pursuant to a proposal put forward by Prime Minister Shri Narendra Modi. Over the years, the observance has evolved into a global movement, highlighting the importance of yoga in fostering physical fitness, mental resilience and holistic health.

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**Mahesh Kumar/ Vivek Vishwash**

(रिलीज़ आईडी: 2276001) आगंतुक पटल : 261

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