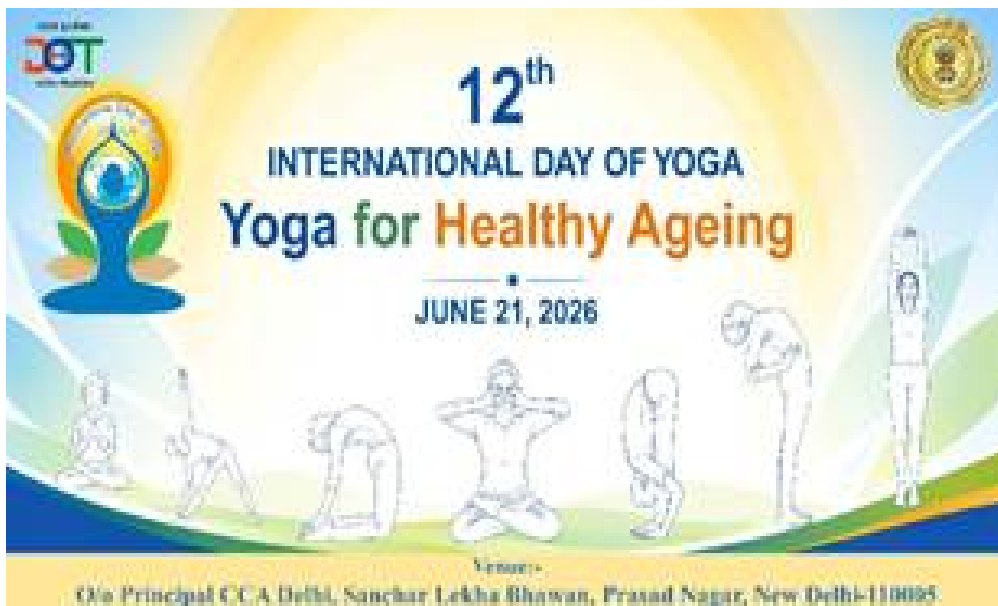


Office of Principal Controller of Communication Accounts, Delhi observes 12th International Day of Yoga

प्रविष्टि तिथि: 21 JUN 2026 12:35PM by PIB Delhi



The Office of the Principal Controller of Communication Accounts (Pr. CCA), Delhi today organised the 12th International Yoga Day at its office premises. The event was graced by **Dr. Shikha Mathur Verma, Addl. CGCA**, who attended as the Chief Guest. Ms. Pratima Verma, Yoga Trainer, Morarji Desai National Institute of Yoga led the session, guiding house staff and office employees through various yoga practices with active participation.





The celebration was held in alignment with the national theme of the 12th International Yoga Day—**“Yoga for Healthy Ageing.”** The theme underscores yoga as a simple, practical and inclusive way of life that supports physical fitness, mental calmness and emotional balance, while helping individuals remain active and independent as they grow older.



During the programme, the Chief Guest welcomed the initiative and appreciated the enthusiastic response from the office staff. She highlighted that regular practice of yoga postures, breathing exercises and Meditation can strengthen the body, improve flexibility, reduce stress and enhance overall well-being. She encouraged employees to incorporate yoga into their daily routine for a healthier and more balanced lifestyle.

The yoga session at the Office of the Principal CCA Delhi saw active participation from officers and staff. Participants practiced warm-up exercises, standing and seated postures, forward and backward bends, and concluded with relaxation techniques. The strong, collective turnout underscored the office’s commitment to employee wellness, fitness, and a positive workplace culture.

Yoga, an integral part of India's cultural heritage, has been recognised globally for its holistic approach to health. It brings harmony between mind and body, thought and action, and promotes a sense of unity and well-being. The observance of International Yoga Day on 21 June every year reminds people worldwide of the importance of adopting yoga for a disease-free and stress-free life.

The event at O/o Pr. CCA, Delhi concluded with a message of health and wellness, encouraging all employees to embrace yoga as a daily practice for healthy ageing and long-term well-being.

PS/ARJ

(रिलीज़ आईडी: 2276002) आगंतुक पटल : 278
इस विज्ञप्ति को इन भाषाओं में पढ़ें: Urdu , हिन्दी