

International Day of Yoga 2026 Celebrated with Enthusiasm at Kartavya Bhavan

DoLR Observes International Day of Yoga 2026, Promoting Healthy Ageing and Well-being

International Day of Yoga 2026 Celebrated with Enthusiasm at Shivaji Stadium

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The International Day of Yoga (IDY) 2026 was celebrated with enthusiasm at Kartavya Bhavan-03, New Delhi, under the theme "Yoga for Healthy Ageing." The event was jointly organized by the Ministry of Home Affairs, Department of Land Resources and Department of Rural Development under the Ministry of Rural Development, Department of Personnel and Training, Ministry of External Affairs, and the Office of the Principal Scientific Adviser, Government of India.



Among those present on the occasion were Shri Narendra Bhooshan, Secretary, Department of Land Resources; Shri P. Narahari, Joint Secretary, Department of Land Resources; and Shri P. Abdul Kareem, Economic Adviser, Department of Land Resources, along with other senior officers.



The programme highlighted the importance of yoga in promoting a healthy lifestyle and holistic well-being.

During the event, yoga instructors guided the participants through various yoga asanas and demonstrated their practice. It was emphasized that yoga contributes significantly to physical fitness, mental well-being, stress management, and overall productivity.



As regular yoga practice helps in leading a balanced and healthy life, participants were encouraged to adopt yoga as a way of life and contribute towards building a healthy and resilient society. Officers and staff from various departments participated in the programme in large numbers.



The Department of Land Resources under the Ministry of Rural Development, Government of India, celebrated the International Day of Yoga 2026 with great enthusiasm at Shivaji Stadium today, based on the theme "Yoga for Healthy Ageing."

The programme was led by Shri Nitin Khade, Joint Secretary (Watershed Management), Department of Land Resources. Senior Officers and employees of the Department were present on the occasion in large numbers.



RC/HR

(रिलीज़ आईडी: 2276011) आगंतुक पटल : 330
इस विज्ञप्ति को इन भाषाओं में पढ़ें: Urdu , हिन्दी , Tamil