



Khadi and Village Industries Commission (KVIC) enthusiastically celebrates 12th International Yoga Day at their MDTC Training Centre premises at Gandhi Darshan New Delhi

Chairman KVIC Shri Manoj Goel graces the occasion as the Chief Guest, leads the yoga session; encourages participants to adopt a healthy and balanced lifestyle

Chairman KVIC also plants a sapling in the office premises under the 'Ek Ped Maa Ke Naam' campaign

Yoga and Khadi have become global symbols of India's cultural identity under the leadership of Prime Minister Shri Narendra Modi: KVIC Chairman

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On the occasion of the 12th International Yoga Day, a mass yoga session was organized on Sunday by KVIC's Multi-Disciplinary Training Centre (MDTC) at the Gandhi Darshan Complex, New Delhi. Chief Guest and Chairman KVIC Shri Manoj Goyal participated in the yoga session alongside officials, staff members, and dignitaries associated with the Khadi sector, conveying the importance of a healthy lifestyle and regular yoga practice. The theme for this year's International Yoga Day is 'Yoga for Healthy Ageing'. This theme highlights the vital role yoga plays in maintaining physical, mental and emotional well-being at every stage of life.



Following the yoga session, Chairman KVIC Shri Manoj Goyal planted a sapling in the office premises under the 'Ek Ped Maa Ke Naam' campaign, an initiative inspired by Prime Minister Shri Narendra Modi and urged everyone to contribute actively towards environmental conservation and building a greener India.



Addressing the gathering, Chairman KVIC Shri Manoj Goyal stated that under the leadership and efforts of Prime Minister Shri Narendra Modi, both Yoga and Khadi have evolved into global mass movements. He remarked that yoga is not merely a physical exercise but an Indian way of life that fosters balance and positivity, while Khadi stands as a symbol of self-reliance, Swadeshi (indigenous spirit), and sustainable development. The Prime Minister's efforts to bring both Yoga and Khadi closer to the masses stand as a remarkable example of the renaissance of India's cultural heritage.

Shri Goyal stated that the concept of 'Yoga for Healthy Aging' conveys a message of maintaining better health, mental peace, and emotional balance at every stage of life, including old age. Regular practice of Yoga enables an individual to lead a more active, healthy, and self-confident life.

He further stated that the Khadi and Village Industries sector has achieved unprecedented progress as a result of the visionary thinking and visions of Prime Minister Shri Narendra Modi. The turnover of the Khadi and Village Industries sector has crossed Rs. 1.87 lakh crore in the 2025-26 financial year, while

providing employment to over 2.04 crore people. He expressed assurance that the sector would achieve the turnover target of Rs. 2.51 lakh crore in the near future.



A large number of officers and staff members from the KVIC State Office (New Delhi), Khadi and Village Industries Bhavan, Resident Representative Office, Northern Zonal Office, and the Multi- Disciplinary Training Centre (New Delhi) participated in the Yoga session. Following the event, Shri Manoj Goyal encouraged the participants by distributing refreshments.



This event not only aimed to raise awareness about health and well-being but also played a significant role in strengthening the national resolution to build a ‘Healthy India – Empowered India’.

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