

JNPA Celebrates International Day of Yoga 2026 with Enthusiastic Participation

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Jawaharlal Nehru Port Authority (JNPA), India's largest container port, celebrated the International Day of Yoga 2026 with great enthusiasm at its premises today. The event was organized in accordance with the directions issued by the Ministry of AYUSH and the Ministry of Ports, Shipping and Waterways. This year's celebration was centred on the global theme, **"Yoga for Healthy Ageing."**



As part of the observance, JNPA conducted a Guided Yoga Session led by an expert yoga instructor, followed by a Deep Meditation Session facilitated by representatives of the Brahma Kumaris. The programme witnessed active participation from Shri Gaurav Dayal, IAS, Chairperson, JNPA; Shri Ravish Kumar Singh, IRTS, Deputy Chairperson, JNPA; CISF Commandant; CISF personnel; and officers and employees of JNPA.

Addressing the gathering, Shri Gaurav Dayal, IAS, Chairperson, JNPA, highlighted the importance of yoga in promoting holistic well-being. He stated that the International Day of Yoga offers an opportunity to reconnect with oneself and adopt

practices that contribute to long-term health, happiness and wellness. He noted that yoga, a timeless gift of India's ancient wisdom, continues to inspire people across the world towards leading balanced and healthy lives. Emphasising that yoga is a way of life, he encouraged all members of the JNPA family to embrace healthier lifestyles with commitment and enthusiasm.



To further amplify the message of wellness and encourage wider public participation, JNPA also launched a dedicated social media campaign across its digital platforms. The campaign highlighted the significance of yoga and promoted this year's theme, "Yoga for Healthy Ageing."

Through such initiatives, JNPA continues to foster a culture of physical fitness, mental well-being and work-life balance among its workforce while contributing to the national movement of promoting yoga as an integral part of everyday life

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