

Ministry of Civil Aviation Celebrates 12th International Day of Yoga 2026

Secretary Samir Kumar Sinha urged participants to integrate Yoga in daily lives

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The Ministry of Civil Aviation (MoCA), in collaboration with the Airports Authority of India (AAI), celebrated the 12th International Day of Yoga (IDY) 2026 today with an enthusiastic gathering at Aviation Park, Rajiv Gandhi Bhawan, New Delhi. Aligning with this year's global theme, "Yoga for Healthy Ageing," the event underscored the aviation sector's commitment to fostering a culture of physical, mental, and spiritual well-being.



The morning programme commenced with a ceremonial assembly, a traditional lamp-lighting ceremony, and Secretary, Civil Aviation, Shri Samir Kumar Sinha administering the Yoga Pledge. Certified Yoga experts then led a guided session following the Common Yoga Protocol.



The event was also attended by Shri Vipin Kumar, Chairman, Airports Authority of India; Shri Puneet Kansal, Additional Secretary, MoCA; and other senior officials of the Ministry and AAI. Their participation underscored the Ministry's emphasis on fostering a culture of health, wellness and holistic development in the workplace.



A Call to Integrate Yoga Daily

Addressing the gathering, Shri Samir Kumar Sinha urged participants to look beyond a single day of observance and integrate the practice into their daily lives.



“Yoga, pranayama, and meditation should be integral to our daily routines,” said Shri Sinha. “Dedicating time to these practices each day contributes significantly to improved health, enhanced energy, greater discipline, and a balanced lifestyle.”

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