



## ‘Yoga for Healthy Ageing’; Ministry of Coal and Ministry of Mines Jointly Celebrate 12th International Day of Yoga

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The Ministry of Coal and the Ministry of Mines jointly celebrated the 12th International Day of Yoga (IDY) 2026 with great enthusiasm and participation at GPOA-3, Netaji Nagar New Delhi, reaffirming the Government's commitment to promoting holistic health, mental well-being and a healthy lifestyle among its officers and staff. The event was organised in line with this year's International Day of Yoga theme, "Yoga for Healthy Ageing."

The yoga session witnessed the gracious presence of Dr.Veena Kumari Dermal, Additional Secretary, Ministry of Mines; Shri Sanjeev Kumar Kassi, Joint Secretary, Ministry of Coal along with senior officers and officials from both the Ministries who enthusiastically participated in the Yoga Day Celebration 2026.



The session was conducted by yoga experts Ms. Nishu Bhandula Arora and Ms. Nishita from the Morarji Desai National Institute of Yoga, New Delhi. Yoga Gurus guided participants through the Common Yoga Protocol, including various asanas, pranayama and meditation techniques aimed at enhancing physical fitness, improving flexibility, strengthening mental resilience and fostering overall well-being.

Addressing the gathering, Additional Secretary, Ministry of Mines, Dr. Veena Kumar Dermal, underscored the importance of making yoga an integral part of everyday life. She urged all officers and staff to adopt yoga as a daily habit, particularly in view of the sedentary nature of office work. She noted that long hours of sitting can impact physical and mental well-being, and regular practice of yoga helps improve posture, reduce stress, enhance concentration and promote overall health. She encouraged everyone to devote a few minutes each day to yoga for a healthier and more balanced lifestyle.



In his closing remarks, Shri Sanjeev Kumar Kassi, Joint Secretary, Ministry of Coal, thanked all participants for their enthusiastic participation and appreciated the efforts of the yoga instructors and organisers. He said that yoga is not just a one day celebration but a lifelong practice that strengthens both the body and mind. He urged everyone to carry forward the message of International Day of Yoga by incorporating yoga into their daily routine and inspiring others to do the same.



The programme saw enthusiastic participation from officers and staff of both Ministries, reflecting their commitment towards embracing wellness as an integral part of professional and personal life. The collective practice of yoga fostered a spirit of unity, discipline and mindfulness among the participants.

The joint celebration underscored the shared commitment of the Ministry of Coal and the Ministry of Mines towards promoting preventive healthcare, workplace wellness and the vision of a healthier and more productive workforce reiterating the importance of making yoga a daily practice for achieving holistic health and sustainable well-being.

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**Shuhaib T**

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