

Ministry of Jal Shakti



NMCG Organises International Day of Yoga 2026 Celebrations in New Delhi; Events Held Across Ganga Basin

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The National Mission for Clean Ganga (NMCG), on behalf of the Department of Water Resources, River Development and Ganga Rejuvenation, Ministry of Jal Shakti, organised a special programme to celebrate the 12th International Day of Yoga in New Delhi on 21 June 2026. The event was graced by Secretary, Department of Water Resources, River Development and Ganga Rejuvenation, Shri V. L. Kantha Rao, along with Secretary, Department of Drinking Water and Sanitation, Shri Ashok K. K. Meena, officials of the Ministry of Jal Shakti, volunteers associated with the weekly Yamuna cleanliness drive, members of the Yamuna Task Force, representatives of NGOs, school children from Project Eco Roots Foundation, youth volunteers, local communities and other stakeholders committed to environmental conservation and river rejuvenation.

The celebrations were also conducted across the Ganga basin through the active participation of SPMGs, DGCs, Ganga Praharis, educational institutions and local communities at ghats, riverfronts and locations near water bodies. The theme of International Day of Yoga 2026, "**Yoga for Healthy Ageing**", highlights the role of yoga in promoting physical, mental and emotional well-being across all age groups.

On the occasion, participants also drew inspiration from the message of Hon'ble Prime Minister Shri Narendra Modi delivered during the Yoga Day celebrations held in Kolkata, West Bengal. Emphasising the importance of balanced living, the Prime Minister noted that many of the challenges faced by modern society stem from lifestyle imbalances and highlighted yoga as a practical pathway towards harmony, discipline, inner peace and holistic well-being.

Addressing the gathering in New Delhi, Shri V. L. Kantha Rao appreciated the enthusiastic participation of officials and volunteers and expressed confidence that the Yoga Day programme would inspire people to adopt yoga as a regular practice in their daily lives. He emphasised that yoga should not remain limited to a single-day celebration but should become an integral part of a healthy lifestyle throughout the year, contributing to individual well-being as well as collective societal health.



Participants performed yoga asanas and breathing exercises in accordance with the Common Yoga Protocol, reaffirming the importance of adopting yoga as a way of life for holistic health and well-being.

As part of the celebrations, officials and participants undertook a plantation drive under the nationwide campaign "**Ek Ped Maa Ke Naam**", symbolising the commitment towards environmental conservation, ecological restoration and sustainable living. The plantation activity reinforced the message that a healthy environment and a healthy society go hand in hand.



The celebrations highlighted the intrinsic connection between personal well-being and ecological well-being. Yoga promotes balance, discipline and harmony with nature, while plantation activities contribute to improved river health by enhancing green cover, reducing soil erosion, strengthening riverbank ecosystems and supporting groundwater recharge. Together, these initiatives reflect the broader vision of river rejuvenation under the Namami Gange programme, which recognises that sustainable rivers depend upon environmentally conscious lifestyles and active public participation.

The celebrations underscored NMCG's commitment to promoting a healthy and sustainable lifestyle while advancing the broader objectives of the Namami Gange programme through community participation, environmental awareness and collective action.

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