

PRESS BRIEF

INDIAN COAST GUARD CELEBRATES 12TH INTERNATIONAL DAY OF YOGA WITH “YOGA SANGAM 2026”

New Delhi, 21 Jun 26: The Indian Coast Guard (ICG) marked the 12th International Day of Yoga (IDY) 2026 with great enthusiasm and nationwide participation through its flagship initiative, “**Yoga Sangam 2026.**” Aligning with the Ministry of AYUSH’s global theme, “**Yoga for Healthy Ageing,**” the celebrations underscored the transformative role of yoga in fostering holistic health, resilience, and well-being across all age groups.

In a remarkable display of unity and commitment to wellness, coordinated yoga sessions were conducted across all ICG ships and establishments spanning the nation’s extensive coastline and island territories. Thousands of Coast Guard personnel and their family members participated in the sessions, which were led by trained yoga instructors and featured a comprehensive blend of asanas (yogic postures), pranayama (breathing techniques), and meditation practices.

Recognising the demanding nature of maritime operations, special emphasis was placed on yoga techniques that can be seamlessly incorporated into daily routines to enhance physical fitness, mental clarity, emotional balance, stress management, and operational resilience, qualities essential for personnel serving in challenging and high-pressure environments.

The central event was held at the Coast Guard Complex, Sector-24, Noida (Delhi NCR) in association with the Morarji Desai National Institute of Yoga. The programme was graced by Director General Paramesh Sivamani, AVSM, PTM, TM, Director General Indian Coast Guard, who addressed over 1,000 Coast Guard personnel and family members. In his address, he highlighted the enduring relevance of yoga as a powerful tool for maintaining physical vitality, mental well-being, and professional effectiveness, particularly for those engaged in operational duties.

The central yoga session was led by Ms. Neha Kumari and Shri Rahul Kumar Shrivastava from Morarji Desai National Institute of Yoga, supported by a team of eight yoga demonstrators. Their expert guidance enabled participants from beginners to experienced practitioners, to deepen their understanding of yoga’s philosophy and practical benefits, creating an atmosphere of learning, harmony, and collective well being.

“**Yoga Sangam 2026**” stands as a testament to the ICG’s unwavering commitment not only to safeguarding the nation’s maritime interests but also to nurturing the health, wellness, and quality of life of its personnel and their families. As global appreciation for yoga continues to grow, the ICG remains dedicated to promoting a culture of fitness, mindfulness, and holistic living through such meaningful initiatives.

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