

Airports Authority of India

Press Release

Ministry of Civil Aviation in association with AAI organises 10th International Day of Yoga

New Delhi, 21st June, 2024: Ministry of Civil Aviation in association with AAI organised an event on 10th International Yoga Day at Rajiv Gandhi Bhavan, New Delhi. The event was started with lighting of lamp by Shri Kinjarapu Rammohan Naidu, Hon'ble Union Minister of Civil Aviation in the presence of Shri V. Vualnam, Secretary, MoCA, Shri Sanjeev Kumar, Chairman, AAI and other senior officials of MoCA, BCAS, DGCA and AAI. The early morning event witnessed the participation from a large number of officers and employees of the Ministry of Civil Aviation, Airports Authority of India (AAI) and other attached Departments and Offices. Common Yoga Protocol practices were demonstrated by a Yoga Guru and her team from Morarji Desai National Institute of Yoga (MDNIY) at the event.

On the occasion, Shri Kinjarapu Rammohan Naidu, Hon'ble Union Minister of Civil Aviation said that Yoga, which has been an integral part of Indian culture, has now become popular globally also. Yoga is helpful in giving peace and better health to everyone in this fast-paced life. Yoga is especially beneficial for the professionals working in the challenging sector like aviation.

Yoga adds discipline to our life that ultimately helps in betterment of our health and living. Its origin lies in the history of India (pre-Vedic period) and practicing Yoga harmonises both mind and body. The United Nations General Assembly took a historic decision in 2014 to declare 21st June as the International Day of Yoga (IDY). This worldwide acceptance of Yoga is a matter of pride for our country, as Yoga is an integral part of our nation's cultural and spiritual heritage.

This year, the theme for International Yoga Day 2024 is 'Yoga for Self and Society'.

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Shri Kinjarapu Rammohan Naidu, Hon'ble Union Minister of Civil Aviation inaugurated the event on the occasion of 10th International Yoga Day by lighting of the lamp in the presence of Shri V. Vualnam, Secretary, MoCA and Shri Sanjeev Kumar, Chairman, AAI



HMCA addressing the gathering during the event



Practice of Yogasan



Practice of Yogasana