

Airports Authority of India

Press Release

MoCA organises the Mega Yoga Countdown Event “Yog Prabha” ahead of International Yoga Day-2022

New Delhi, 25th April 2022: Ministry of Civil Aviation organized “Yog Prabha”, a mega Yoga Countdown Event on 25th April 2022 at Safdarjung Airport, New Delhi. The event was inaugurated by Shri Jyotiraditya M. Scindia, Union Minister of Civil Aviation in the presence of Union Minister of State for Civil Aviation, General (Dr.) Vijay Kumar Singh (Retd.); Shri Sanjeev Kumar, Chairman, AAI and other senior officials. 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 Yog Guru and his team from Morarji Desai National Institute of Yoga (MDNIY) at the event.

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. Every year, the IDY observation begins with a Mass Yoga Demonstration in the morning, which is led by the Prime Minister himself, followed by other Yoga related activities.

Organized around two months before the International Day of Yoga on June 21, 2022 as a countdown event, this initiative will help in creating wider awareness among the participants about the usefulness of Yoga in daily life.

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