

North Eastern Council Secretariat Observes International Day of Yoga (IDY) - 2026 with Enthusiastic Participation

Shillong, June 21, 2026: The North Eastern Council (NEC) Secretariat observed the **International Day of Yoga - 2026** with great enthusiasm and active participation from officers and staff, reaffirming its commitment to promoting health, well-being, and a balanced lifestyle. The programme brought together officials and employees of the Secretariat in a collective celebration of the timeless practice of yoga, recognising its significant role in fostering physical fitness, mental well-being, harmony, and inner strength.



The observance was held in line with this year's global theme, "**Yoga for Healthy Ageing**" which highlights the importance of yoga in promoting lifelong health, vitality, and overall well-being. Participants performed various yoga asanas and breathing exercises under guided instruction, emphasizing the benefits of incorporating yoga into daily life.

Addressing the gathering, Secretary, NEC underscored the importance of adopting healthy lifestyle practices and encouraged employees to make yoga a regular part of their routine. It is noted that even small daily practices can contribute significantly to long-term physical and mental wellness, helping individuals maintain balance in both their personal and professional lives.

The programme also served as an opportunity to reinforce the message that yoga transcends age, culture, and profession, offering a holistic approach to healthier living and enhanced productivity.

The North Eastern Council Secretariat remains committed to fostering a healthy and positive workplace environment and will continue to encourage initiatives that contribute to the overall well-being of its employees.
