

EVENT REPORT

“Observance of 12th International Day of Yoga (IDY) – 2026”

- Name of the Event: **12th International Day of Yoga (IDY) – 2026**
- Date: **21 June, 2026**
- Theme: **Yoga for Healthy Ageing**
- Venue: **North Eastern Council (NEC) Secretariat, Shillong**
- Organized by: **North Eastern Council (NEC) Secretariat, Shillong**

1. Background

The North Eastern Council (NEC) Secretariat observed the International Day of Yoga (IDY) – 2026 with enthusiastic participation from its officers and staff. The programme was organized to promote physical fitness, mental well-being, and a balanced lifestyle through the practice of yoga. The event reflected the Secretariat's commitment to encouraging healthy living and fostering a positive workplace environment.



Pic: Group Photo- Observance of the 12th International Day of Yoga (IDY) – 2026



Pic: Shri Satinder Kumar Bhalla, Secretary, NEC participated in the 12th IDY-2026



Pic: Shri Biplab Sen, Jr. Consultant, T&I (NEC) as Yoga Instructor.

2. Objective

The programme aimed to:

- Promote awareness about the importance of yoga for physical, mental, and emotional well-being.
- Encourage officers and staff to adopt yoga as a regular part of their daily routine.
- Reinforce the values of health, harmony, and holistic wellness among employees.

3. Theme

The observance was held in line with the global theme for International Day of Yoga 2026:

"Yoga for Healthy Ageing"

The theme emphasized the role of yoga in promoting lifelong health, vitality, and overall well-being across all age groups.

4. Programme Highlights

The event witnessed active participation by officers and employees of the NEC Secretariat. Under guided instruction, participants performed a series of yoga asanas, stretching exercises, and breathing (pranayama) techniques aimed at improving flexibility, strength, concentration, and relaxation.



Pic: Staff of NEC in Yoga positions.

During the programme, the Secretary, NEC addressed the gathering and highlighted the importance of adopting healthy lifestyle practices. The Secretary encouraged employees to integrate yoga into their daily lives, noting that even a few minutes of regular practice can significantly contribute to long-term physical and mental wellness while enhancing productivity and work-life balance.



5. **No. of Participants:** Officers and staff of the North Eastern Council Secretariat (approximately 50–60 participants).





6. Outcomes

The observance successfully:

- Created awareness on the benefits of regular yoga practice.
- Encouraged employees to embrace healthier lifestyle habits.
- Promoted physical fitness, mental well-being, and stress management among participants.
- Strengthened team spirit and reinforced the importance of maintaining a healthy workplace environment.
- Reaffirmed the NEC Secretariat's commitment to employee welfare and holistic development.'

7. Conclusion

The International Day of Yoga – 2026 was celebrated with great enthusiasm and active participation by the officers and staff of the NEC Secretariat. The programme served as an effective platform to promote the timeless practice of yoga and its relevance in achieving a healthier, happier, and more productive life. The NEC Secretariat reiterated its commitment to supporting initiatives that enhance the overall well-being of its employees and contribute to a positive organizational culture.
