Press Release

2nd International Yoga Day observed at KVIC, H.Q., Mumbai

Mumbai, 21 June, 2016: Indian ancient heritage of yoga, a comprehensive disciple of physical, mental and spiritual practice which originated in the Country, again came to the fore of global awareness, when June 21st was declared as the international yoga day. The second International Day of Yoga was also observed with big fervor at KVIC, H.Q., Mumbai as well as State/Divisional Offices of KVIC here today under the guidance of CEO, KVIC.

Shri Arun Kumar Jha, CEO, KVIC with a large number of KVIC’s Officers/Staff performed yoga (pranayam and asanas) at KVIC, Gramodaya, H.Q. Mumbai. After the session Chief Executive Officer, KVIC said, through yoga body rejuvenates and maintains the equilibrium of body and mind.

KVIC made the necessary arrangements in all KVIC offices to perform the Yoga Day.

Director, Publicity