



On the occasion of the 11th International Day of Yoga on 21 June, the Central Medical Services Society (CMSS) organized a special Yoga Session for its employees and also extended the opportunity to others to join and experience the benefits of this ancient practice. Under the guidance of expert trainers, participants engaged in a series of invigorating yoga asanas and breathing exercises.

This year's theme — “Yoga for One Earth, One Health” — beautifully encapsulates the profound truth about the interconnectedness of human health, environmental sustainability, and global well-being, aligning perfectly with India's “One Earth, One Family, One Future” vision highlighted during its G20 Presidency.

The session began sharply at 7:00 AM within the serene campus of CMSS/VYK campus Chankyapuri, New Delhi. Over 118 participants came together with enthusiasm, making the event a memorable one. The trainers emphasized that yoga is not merely a form of physical exercise, but a holistic practice that harmonizes the body, mind, and soul.

Through this initiative, CMSS reaffirmed its commitment to fostering a healthy and balanced lifestyle among its staff and the wider community. The celebration served as a reminder that yoga is truly a path to well-being — nurturing the individual, society, and the planet as a whole.