

Fourth International Day of Yoga

NIC celebrates with a nation-wide observance



Smt. Neeta Verma, DG(NIC) along with officers, taking part in the Yoga workshop at NIC HQ.



NIC Manipur



NIC Guwahati



NIC Haryana



NIC Odisha



Illuminated NIC HQ on Yoga Day,

The International Day of Yoga has been observed every year on 21st June since its inception in the year 2015. This year, The theme of the day was "Yoga for Peace".

Encouraging health awareness among its officers and employees, the National Informatics Centre, in coordination with the Ministry of AYUSH, New Delhi, held nation-wide celebrations through various activities. The Yoga workshop held at NIC HQ, Delhi was enthusiastically participated by the Director General, Smt. Neeta Verma along with NICians.

An expert from the Ministry of AYUSH took the workshop explained the importance of Yoga and has demonstrated various Yoga postures to be practised on regular basis for healthy living.

NIC has made a country-wide coverage of the events through video conferencing and was broadcasted live through webcast services for wider reach and practice.

With inputs from **VK TYAGI, NIC HQ**