

Press Release

New Delhi

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HUDCO Celebrates 12th International Yoga Day with Enthusiastic Participation Across India



Housing and Urban Development Corporation Ltd. (HUDCO) celebrated the 12th International Yoga Day with great enthusiasm across its offices nationwide. The main event was organized by the Ministry of Ayush, Government of India, in association with the Morarji Desai National Institute of Yoga, Delhi Development Authority (DDA), Aadya Kaushalam Trust, and Samarpan Sewa Trust at Ansal Plaza Park, HUDCO Place, New Delhi.

The programme was graced by Shri Sanjay Kulshrestha, CMD; Shri M. Nagaraj, DCP; Shri Daljeet Singh Khatri, Director (Finance); and Shri Vineet Gupta, CVO, who inspired employees through their active participation in the yoga session and reaffirmed the importance of adopting yoga as a way of life. In line with this year's theme, **"Yoga for Healthy Ageing,"** employees enthusiastically participated in activities promoting physical fitness, mental well-being, and a balanced lifestyle.

The celebrations extended across all HUDCO Regional Offices, reflecting the organization's collective commitment to health and wellness. Around 500 employees participated in the Yoga Day activities nationwide, underscoring HUDCO's continued focus on fostering a healthy and inclusive workplace culture. Through such initiatives, HUDCO remains dedicated to promoting holistic well-being and encouraging sustainable practices that contribute to the overall wellness of its workforce.
