



Press Release

Cochin Port Authority Celebrates International Day of Yoga 2025

Kochi: Cochin Port Authority celebrated the International Day of Yoga with great enthusiasm at the Merchant Navy Club, Willingdon Island, embracing the universal spirit of health, harmony, and well-being.

The celebration was graced by the presence of Shri B. Kasivishwanathan, IRSME, Chairperson, Cochin Port Authority, who delivered the keynote address. In his remarks, he emphasized yoga's significance as a timeless Indian discipline that nurtures physical vitality, emotional resilience, and inner balance. He also acknowledged the Government of India's efforts in elevating yoga to a global wellness movement, inspiring millions worldwide.

Shri Satish Honnakatte, Deputy Chairperson, CoPA, along with Heads of Departments, senior officials, staff members, and CISF personnel, also participated in the event, demonstrating the Port's collective dedication to a healthier and more mindful workplace culture.

The event featured a live broadcast of the Hon'ble Prime Minister's address on the occasion of International Day of Yoga.

Following this, a rejuvenating yoga session was conducted by Dr. Ashwathi V. Nair, Yoga Therapist. Participants actively took part in a refreshing sequence of Asanas, Pranayama, and meditation techniques, designed to enhance mental clarity and physical well-being.

(21.06.2025)