

Press Release

New Delhi
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HUDCO Celebrates 11th International Yoga Day 2025



Housing and Urban Development Corporation Ltd. (HUDCO), a Navratna NBFC-IFC in the field of infrastructure development, marked the 11th International Day of Yoga 2025 reflecting the theme of “Yoga for One Earth, One Health”.

In line with the Government of India's initiative to promote yoga practices, HUDCO organized a yoga session in Delhi where the entire HUDCO family came together to embrace this ancient discipline and performed various asanas, pranayama, and meditation practices. They were encouraged to adopt yoga as a daily practice for improved mental and physical health. Moreover, yoga sessions were organised Pan India across its various regional offices. With its continued commitment to employee wellness and nation-building, HUDCO remains aligned with the need for a fit and healthy India.