



Government Offices Across Mumbai Celebrate the 12th International Day of Yoga 2026 with Enthusiastic Participation

Various Organization Mark the Occasion with Yoga Sessions Promoting Health, Well-being and Healthy Ageing

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The 12th International Day of Yoga (IDY) was celebrated across Mumbai on June 21, 2026, with enthusiastic participation from officers, staff members, and their families. This year's theme, "**Yoga for Healthy Ageing**," emphasized the importance of adopting yoga as a lifelong practice to support healthy, active, and dignified ageing.

The theme highlighted yoga's role as a preventive healthcare approach that enhances physical vitality, mental resilience, and emotional well-being. In observance of the occasion, several government offices and organizations conducted yoga sessions and wellness activities, bringing together employees and their families in a collective celebration of health and mindfulness.

Presented here are glimpses of the International Day of Yoga celebrations organized by various government offices and institutions across Mumbai.

Office of the Controller of Communication Accounts, Maharashtra & Goa

The Office of the Controller of Communication Accounts (CCA), Maharashtra & Goa celebrated the **International Day of Yoga** on June 21, 2026. The yoga session was conducted under the guidance of Yoga Sadhak **Ms. Manju Khatri** and Sadhak Sahayogi **Ms. Sakshi**. Senior officials, including **Dr. Satish Chandra Jha, Controller of Communication Accounts, Maharashtra & Goa; Shri Shashank Bhardwaj, Joint Controller of Communication Accounts (Joint CCA); and Dr. Tejas Mahire, Deputy Controller of Communication Accounts**, along with other officers and staff members, participated in the programme.



Mumbai Railway Vikas Corporation Ltd. (MRVC)

Mumbai Railway Vikas Corporation Ltd. (MRVC) celebrated the **International Day of Yoga** on June 21, 2026. The yoga session at the Corporate Office was led by **Shri Vilas Sopan Wadekar, Chairman and Managing Director**, along with Directors **Shri Manish Pradhan, Shri Abhishek Swami, and Shri H. S. Chaturvedi**, and other officers and staff members. The programme was organized in collaboration with **Shrimad Rajchandra Mission Dharampur (SRMD Yoga)**, and certified trainers **Ms. Radhika** and **Ms. Nitika** guided participants through the Common Yoga Protocol (CYP).



Western Naval Command

The **Western Naval Command (WNC)** commemorated the **International Day of Yoga** on June 21, 2026, by conducting yoga sessions at numerous locations across the Command in accordance with the **Common Yoga Protocol** prescribed by the Ministry of Ayush. More than 7,000 naval personnel, defence civilians, and their family members, including personnel onboard frontline assets deployed overseas, participated in the programme. The yoga sessions highlighted the theme "**Yoga for Healthy Ageing**", emphasizing yoga's role in promoting physical strength, mental resilience, and emotional well-being.



Indian Institute of Technology Bombay (IIT Bombay)

The **Indian Institute of Technology Bombay (IIT Bombay)** commemorated the **International Day of Yoga** on June 21, 2026. **Dr. Rajvi Mehta, Clinical Embryologist and Senior Iyengar Yoga Teacher**, was the Chief Guest for the programme. The event was attended by **Prof. Neela Nataraj, Dean (Strategy) and Acting Director; Prof. Suryanarayana Doolla, Dean (Student Affairs); Mr. Ganesh Bhorkade, Registrar;** and around 100 participants.



Western Railway

Western Railway celebrated the **International Day of Yoga** on June 21, 2026 at its Western Railway HQ. The programme was led by **Shri Ramashray Pandey, General Manager, Western Railway**, and **Mrs. Sujata Pandey, President, Western Railway Women's Welfare Organization (WRWWO)**. Yoga sessions were also organized across all six divisions of Western Railway, workshops, training institutes, depots, sheds, and other railway establishments, with large-scale participation from officers, supervisors, employees, and their family members.



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