



Raksha Khadse Participates in International Day of Yoga 2026 Celebrations at SAI Regional Centre Mumbai

Over 300 Athletes, Coaches and Yoga Enthusiasts Join Celebrations Promoting Health and Holistic Well-being

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Union Minister of State for Youth Affairs and Sports, Smt. Raksha Khadse, participated in the International Day of Yoga 2026 celebrations organised at the Sports Authority of India (SAI), Regional Centre Mumbai, Kandivali, today. More than 300 athletes, coaches, officials, support staff and yoga enthusiasts took part in the programme, reaffirming their commitment towards a healthier and more balanced lifestyle.



The event was organised in line with the vision of Prime Minister Shri Narendra Modi, whose efforts have played a significant role in promoting yoga globally. The celebrations commenced with the Common Yoga Protocol (CYP) session, during which participants performed yoga postures, breathing exercises and meditation practices under expert guidance.



The programme was attended by Dr. Heena Gavit, Former Member of Lok Sabha, and Dr. Pritam Gopinath Munde, Former Member of Lok Sabha. Shri Pandurang Chate (IRS), Regional Director, SAI Regional Centre Mumbai, along with coaches, officials and support staff, was also present on the occasion.

Special yoga demonstrations showcased the physical, mental and spiritual benefits of yoga and highlighted its relevance across all age groups. The mass participation reflected the spirit of unity, discipline and collective well-being that yoga promotes.



Addressing the gathering, Smt. Raksha Khadse emphasised the importance of yoga in achieving physical fitness, mental resilience and emotional balance. She appreciated the leadership of Prime Minister Shri Narendra Modi in transforming yoga into a global movement and inspiring millions to adopt it as a way of life.

She said that meditation is the key to inner peace and that yoga serves as an effective pathway towards holistic well-being. Encouraging youth and athletes to make yoga a part of their daily routine, she noted that yoga enhances concentration, flexibility, recovery and mental preparedness, thereby complementing sporting excellence.

The celebrations reinforced the commitment towards building a healthier and fitter India through the practice of yoga.

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