

AYJNISHD(D), Mumbai Celebrates International Day of Yoga 2026 with Inclusive Mass Yoga Session at Juhu Beach

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The Ali Yavar Jung National Institute of Speech and Hearing Disabilities (Divyangjan) [AYJNISHD(D)], Mumbai, under the Department of Empowerment of Persons with Disabilities (DEPwD), Ministry of Social Justice and Empowerment, Government of India, celebrated the 12th International Day of Yoga 2026 at Juhu Beach, Mumbai, in collaboration with New Age Institute, Mumbai.

Organized by the Department of Education, AYJNISHD(D), the programme aligned with this year's theme, **"Yoga for Healthy Ageing,"** highlighting the importance of yoga in promoting health, wellness, inclusion and accessibility.



The event was graced by the Hon'ble Chief Minister of Maharashtra, **Shri Devendra Fadnavis**, who joined thousands of participants in the mass yoga session. Extending his greetings on the occasion, he said that yoga is an integral part of India's ancient heritage and appreciated the efforts of Prime Minister Shri Narendra Modi in taking Yoga Day to the global stage.

More than 1,400 participants enthusiastically took part in the yoga session conducted under the guidance of instructors from New Age Institute. Reflecting the spirit of inclusivity, 50 deaf participants associated with AYJNISHD(D) actively

participated in the programme, underscoring the Institute's commitment to ensuring equal opportunities for persons with disabilities.



Participants performed various asanas and pranayama practices prescribed under the Common Yoga Protocol, including Tadasana, Vrikshasana, Padahastasana, Ardha Chakrasana, Trikonasana, Kapalbhathi, Anulom-Vilom and Sheetalii Pranayama. The session emphasized the role of yoga in enhancing physical fitness, mental well-being and emotional balance.



The programme was successfully coordinated by the Department of Education, AYJNISHD(D), with active support from faculty members, staff and students. Awareness Generation and Publicity activities were coordinated by Shri Ved Prakash to promote the significance of yoga and inclusive participation.

The celebration reaffirmed AYJNISHD(D)'s commitment to building an inclusive society where health, wellness and participation are accessible to all.

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