

Union MoS YAS Smt Raksha Khadse Participates in International Day of Yoga 2026 Celebrations at SAI Regional Centre Mumbai; Emphasises Yoga's Role in Holistic Well-being

Over 300 Athletes, Coaches, Officials and Yoga Enthusiasts Participate in Celebration Promoting Health, Wellness and Fitness for All

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Minister of State for Youth Affairs and Sports, Smt. Raksha Khadse, participated in the International Day of Yoga 2026 celebrations at the Sports Authority of India (SAI), Regional Centre Mumbai, Kandivali, with enthusiastic participation from athletes, coaches, officials, support staff and members of the local community.

The event witnessed the participation of more than 300 yoga enthusiasts, who came together to celebrate the timeless practice of yoga and reaffirm their commitment towards a healthier, fitter and more balanced lifestyle.





The programme was organised in alignment with the vision of Prime Minister Shri Narendra Modi, whose efforts have played a pivotal role in taking yoga to the global stage. The recognition of International Day of Yoga by the United Nations has transformed yoga into a worldwide movement promoting health, harmony and holistic well-being.

The programme was also attended by Dr. Heena Gavit, Former Member of Lok Sabha, and Dr. Pritam Gopinath Munde, Former Member of Lok Sabha, who joined the celebrations and encouraged participants to adopt yoga as an integral part of daily life. Shri Pandurang Chate (IRS), Regional Director, SAI Regional Centre Mumbai, along with SAI officials, coaches and support staff, was also present on the occasion.

The celebrations commenced with the Common Yoga Protocol (CYP) session, where participants performed various yoga postures, breathing exercises and meditation practices under expert guidance. The mass yoga demonstration reflected the spirit of unity, discipline and collective well-being, highlighting the global message of yoga for health and harmony.

The programme also featured special yoga demonstrations showcasing the strength, flexibility and dedication of yoga practitioners. The performances highlighted the physical, mental and spiritual benefits of yoga and its relevance across all age groups.



Addressing the gathering, Smt. Raksha Khadse highlighted the importance of yoga in achieving physical fitness, mental resilience and emotional balance in today's fast-paced world. She appreciated the vision and leadership of Prime Minister Shri Narendra Modi in making yoga a global movement and inspiring millions across the world to adopt yoga as a way of life.

She said, “Meditation is the key to life, and yoga is essential for achieving it. Yoga is not only a practice for physical fitness but also a pathway towards mental peace, inner balance and overall well-being.”

Encouraging youth and athletes to incorporate yoga and meditation into their daily routines, Smt. Khadse noted that yoga complements sporting excellence by improving concentration, flexibility, recovery and mental preparedness.

The International Day of Yoga 2026 celebrations at SAI Regional Centre Mumbai reinforced the commitment towards building a healthier and fitter India, in line with the vision of Prime Minister Shri Narendra Modi of promoting wellness, fitness and holistic health among citizens, while showcasing yoga as India’s invaluable contribution to global well-being.

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