



Government Offices Across Nagpur 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 was observed across Nagpur on June 21, 2026, with officers, employees, and their family members participating in yoga sessions organized by various government offices and institutions. The celebrations were held in line with this year's theme, "**Yoga for Healthy Ageing**," which underscores the importance of embracing yoga as a lifelong practice for maintaining health, vitality, and overall well-being.

The theme also highlighted yoga's contribution to preventive healthcare by promoting physical fitness, mental resilience, and emotional balance. Marking the occasion, several government organizations conducted yoga programmes and wellness activities, encouraging participants to adopt healthier lifestyles through the regular practice of yoga.

Presented below are highlights of the International Day of Yoga celebrations organized by various government offices and institutions across Nagpur.

Indian Institute of Management Nagpur (IIM Nagpur)

The **Indian Institute of Management Nagpur (IIM Nagpur)** celebrated the **International Day of Yoga** on June 21, 2026. The yoga session was conducted by **Dr. Sanjay Arora**, who guided participants through various yoga asanas, breathing exercises, and mindfulness practices. **Dr. Prashant Gupta, Dean (Faculty & Academic)**, along with faculty members, officers, staff, distinguished guests, and other participants, took part in the programme, while **Dr. Bhimaraya Metri, Director**, joined the event virtually and addressed the gathering.



National Disaster Response Force (NDRF) Academy, Nagpur

The **National Disaster Response Force (NDRF) Academy, Nagpur** celebrated the **International Day of Yoga** on June 21, 2026, at its Suradevi and Civil Lines campuses. **Brigadier R. Sathya Narayanan, Director, NDRF Academy**, participated in the programme and encouraged officers, staff, trainees, and their family members to make yoga a part of their daily lives. The yoga session was conducted by a trained team from **Janardan Swami Yogabhyasi Mandal**.



Indian Bureau of Mines (IBM)

The **Indian Bureau of Mines (IBM)** celebrated the **International Day of Yoga** on June 21, 2026, at its Headquarters. The yoga session, organized under the theme "**Yoga for Healthy Ageing**," included various breathing exercises and yoga asanas. **Shri Pankaj Kulshrestha, Controller General, Indian Bureau of Mines**, participated in the programme and highlighted the importance of incorporating yoga and meditation into daily life. Senior officials, including **Dr. Y. G. Kale, Chief Controller of Mines (MDR)**; **Shri S. K. Adhikari, Chief Mining Geologist**; **Shri B. L. Gurjar, Controller of Mines**; and **Shri Pushpendra Gaur, Controller of Mines (MTS)**, were also present.



Headquarters Maintenance Command, Indian Air Force

The **Headquarters Maintenance Command, Indian Air Force, Nagpur** celebrated the **International Day of Yoga** on June 21, 2026. The programme was graced by **Air Marshal Yalla Umesh, VSM, PhD, Air Officer Commanding-in-Chief, Maintenance Command**. Senior officers, personnel, and their family members participated in the mass yoga session conducted in accordance with the **Common Yoga Protocol** prescribed by the Ministry of Ayush.



Uttar Maharashtra & Gujarat Sub Area

The **Uttar Maharashtra & Gujarat Sub Area** celebrated the **International Day of Yoga** on June 21, 2026, with yoga sessions organized across military stations at Devlali, Kamptee, Ahmedabad, Vadodara, Bhusawal, and Nagpur. The programme witnessed participation from serving defence personnel, veterans, civilian staff, and their family members. In Nagpur, a joint yoga session by the Indian Army and Indian Air Force was organized at **Sitabuldi Fort**, where participants performed various yoga asanas, breathing exercises, and meditation techniques under expert guidance.



NCC Officers Training Academy (OTA), Kamptee

The **NCC Officers Training Academy (OTA), Kamptee** celebrated the **International Day of Yoga** on June 21, 2026, in line with the theme "**Yoga for Healthy Ageing.**" The programme witnessed participation from officers, Junior Commissioned Officers (JCOs), instructors, and **559 Cadet Training Officer (CTO) trainees**, reflecting the Academy's commitment to promoting a healthy and disciplined lifestyle through the practice of yoga.



Western Coalfields Limited (WCL)

The **Western Coalfields Limited (WCL)** celebrated the **International Day of Yoga** on June 21, 2026, at the WCL Headquarters, Indora Parade Ground, Nagpur. The programme was led by **Dr. Hemant Sharad Pande, Chairman-cum-Managing Director, WCL**, and witnessed participation from Functional Directors, the Chief Vigilance Officer, members of the Operating Committee, officers, employees, their family members, and yoga practitioners. **Padma Shri Dr. Uma Shankar Pandey**, popularly known as '*Jal Prahari*', attended the programme as the Guest of Honour and joined participants in the yoga session.



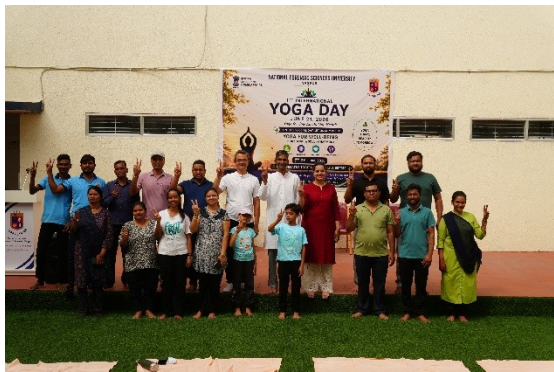
Kavikulaguru Kalidas Sanskrit University

The **Kavikulaguru Kalidas Sanskrit University** celebrated the **International Day of Yoga** on June 21, 2026, across its campuses at Ramtek, Nagpur, and Ratnagiri under the guidance of **Dr. Atul Vaidya, Vice-Chancellor**. The yoga sessions were conducted by **Prof. Radhika Wazalwar** at Nagpur, **Prof. Sujata Dravyakar** at Ramtek, and **Prof. Avinash Chavan** and **Prof. Kashmira Dali** at Ratnagiri. Senior officials, including **Prof. Lalita Chandratre, Dean**; **Prof. Harikrishna Agasti, Campus Director, Ramtek**; **Prof. Kalapini Agasti, Programme Coordinator**; and **Dr. Roshan Alone, Registrar**, were present on the occasion.



National Forensic Sciences University (NFSU), Nagpur Campus

The **National Forensic Sciences University (NFSU), Nagpur Campus** celebrated the **International Day of Yoga** on June 21, 2026, at its campus in IT Park, Subhash Nagar, Nagpur. The programme was organized under the guidance of **Prof. (Dr.) S. O. Junare, Campus Director**. **Dr. Niraj Kumar Singh, Associate Dean**; **Ms. Chetna Tidke, Assistant Registrar**; **faculty members**; and **staff** participated in the yoga session.



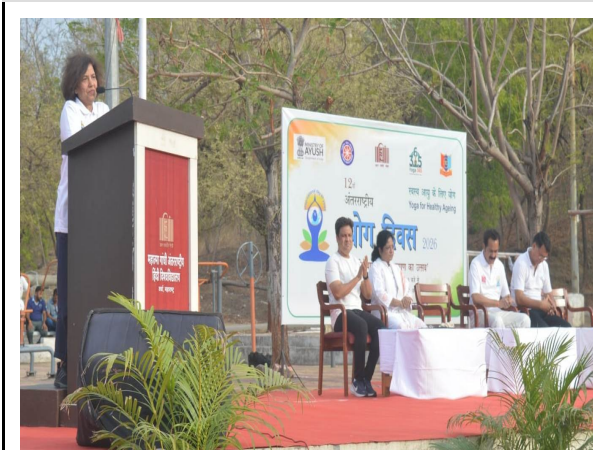
South Central Zone Cultural Centre (SCZCC), Nagpur

The **South Central Zone Cultural Centre (SCZCC), Nagpur**, under the Ministry of Culture, celebrated the **International Day of Yoga** on June 21, 2026, in collaboration with **Janardan Swami Yogabhyasi Mandal, Nagpur**. The yoga session was inaugurated by **Shri Sopan Avchar, Yoga Instructor**, and **Shri Deepak Kulkarni, Assistant Director (Programme), SCZCC**. Officers and employees of the Centre, members of Janardan Swami Yogabhyasi Mandal, and citizens participated in the programme under expert guidance. The International Day of Yoga was also observed at the **Western Group of Temples, Khajuraho**, where **Mrs. Aastha Karlekar, Director, SCZCC**, **Mrs. Chitrangana Agale Reshwal, Pakhawaj Guru**, participants of the Pakhawaj workshop, and Shilpgram staff members took part in the yoga session.



Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya

The **Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya** celebrated the **International Day of Yoga** on June 21, 2026, at the **Major Dhyan Chand Sports Ground**. Teachers, officers, employees, research scholars, and students participated in the programme organized under the theme **"Yoga for Healthy Ageing."** The yoga session was conducted by **Ms. Sangeeta Somankar, Yoga Instructor**, who guided participants through the Common Yoga Protocol, including various yoga asanas, pranayama, and meditation practices. The programme was coordinated by **Dr. Sandeep Sapkale, Assistant Professor**, while **Dr. Nishith Rai, Ex-officio Secretary, Physical Education and Sports Committee**, proposed the vote of thanks.



National Highways Authority of India (NHA), Regional Office, Nagpur

The **National Highways Authority of India (NHA), Regional Office, Nagpur**, celebrated the **International Day of Yoga** on June 21, 2026, under the theme **"Yoga for Healthy Ageing."** Yoga sessions were organized at the Regional Office and its Project Implementation Units (PIUs), with officers and employees actively participating in the programme.

The yoga session was conducted under the guidance of **Shri Satish Janve, Yoga Instructor**, who led participants through various yoga asanas, pranayama, and meditation practices. **Shri Ashutosh Pimple, General Manager (Technical), NHA Regional Office, Nagpur**, participated in the programme along with other officers and employees.



Nagpur City Postal Division

The **Nagpur City Postal Division** celebrated the **International Day of Yoga** on June 21, 2026, at the **Nagpur General Post Office (GPO)** under the theme **"Yoga for Healthy Ageing."** The yoga session was conducted by **Shri Deepak Chawne** and **Smt. Swati Chawne**, who guided participants through yoga and meditation practices. **Dr. Sudhir Jakhere, Director Postal Services, Nagpur Region**; **Shri H. Sarath Kumar, Senior Superintendent of Post Offices, Nagpur City Division**; **Shri Rajat Hedau, Manager, Mail Motor Services, Nagpur**; **Shri G. B. Ambhore, SRM, RMS 'F' Division, Nagpur**; **Shri Sujitkumar Landge, Senior Postmaster, Nagpur GPO**; and **Shri Vilas Bhoge, Senior Postmaster, Nagpur City Head Office**, along with postal officers, officials, and their family members, participated in the programme.



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इस विज्ञप्ति को इन भाषाओं में पढ़ें: Marathi