

Mahatransco Celebrates 12th International Yoga Day with enthusiastic participation

Yoga Connects Human Life with the Universe: Suchita Bhikane

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Maharashtra State Electricity Transmission Company Limited (MSETCL), popularly known as Mahatransco, celebrated the 12th International Yoga Day with great enthusiasm at its Prakashganga headquarters in Bandra, bringing together employees, yoga experts and wellness practitioners under the theme of holistic health and well-being.

Addressing the gathering, Ms. Suchita Bhikane, Additional Collector and Executive Director (Human Resources), Mahatransco, said that yoga is much more than a physical exercise. "Yoga is a way of life that connects the mind, body and soul with the natural rhythm of the universe. It is a powerful medium that links human existence with the cosmos and serves as the foundation for a healthy, balanced and happy life," she said.

The programme was attended by Padma Shri Uday Deshpande, renowned Mallakhamb exponent; Shivanand Maharaj, Executive President of the International Naturopathy Organization; internationally acclaimed yoga guru Radheshyam Jaiswar; motivational trainer Dr. Ratnakar Ahire; social worker Dr. Santosh Pandey; yoga enthusiast Chetana Acharya; and senior Mahatransco officials, including Chief Engineers Piyush Sharma and Pramod Chimankar, General Manager (HR) Raju Gaikwad, and other senior officers.

This year's observance focused on the global theme of "Yoga for Healthy Ageing," highlighting the role of yoga in maintaining physical fitness, mental resilience and a positive lifestyle in later years.

Yoga Guru Radheshyam Jaiswar explained the scientific significance and health benefits of yoga, emphasizing that dedicating a few minutes daily to yoga can greatly enhance both physical and mental well-being.

A major attraction of the event was a spectacular Mallakhamb demonstration by young boys and girls under the guidance of Padma Shri Uday Deshpande, showcasing India's rich traditional sporting heritage.

The hour-long session included various yoga postures such as Tadasana, Vrikshasana, Padahastasana, Ardha Chakrasana and Trikonasana, followed by Kapalabhati, Nadi Shodhana, Anulom-Vilom, Bhramari Pranayama and meditation.

In a remarkable display of commitment, participants continued their yoga practice despite heavy rain during the opening session. Officials and employees enthusiastically performed yoga in the rain, inspired by Ms. Bhikane, who herself joined the session outdoors. Similar International Yoga Day programmes were also organized across all seven Mahatransco zones in Maharashtra.







Edgar Coelho/Parshuram Kor

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