



RAMAKRISHNA MISSION, MUMBAI



Yoga for Healthy Ageing

— REPORT ON THE CELEBRATION OF —
**INTERNATIONAL
YOGA DAY**
YOGA FOR HEALTHY AGEING

21ST JUNE 2026





INTRODUCTION



Ramakrishna Mission, Mumbai, celebrated the **International Day of Yoga 2026** with great enthusiasm and active participation on Sunday, 21 June 2026. The programme was organized in alignment with the International Day of Yoga theme, "**Yoga for Healthy Ageing**," emphasizing the importance of yoga as a holistic approach to maintaining physical vitality, mental well-being, emotional balance, and spiritual harmony throughout life.

The event brought together devotees, volunteers, yoga practitioners, senior citizens, youth, and members of the general public who participated wholeheartedly in the various activities designed to promote health, mindfulness, and healthy living.

2. REGISTRATION AND ASSEMBLY

The programme commenced at **6:30 A.M.** with the registration of participants at the Holistic Wellness Food Stall within the Ashrama premises. As a gesture of encouragement and commemoration of the occasion, registered participants were provided with **caps and T-shirts**.



Following registration, participants assembled and proceeded to the **Universal Temple of Bhagawan Sri Ramakrishna**.

3. YOGA WALK

At 6:45 A.M., a **Yoga Walk** was organized from the Main Temple to the **Ghanteshwar Temple** and back to the Ashrama premises. The walk encouraged participants to engage in mindful movement while appreciating the peaceful surroundings of the Ashrama.

Participants enthusiastically joined the walk, experiencing a sense of community, discipline, and physical rejuvenation.





4. INAUGURAL SESSION

Upon returning to the Ashrama, participants were served a refreshing **Holistic Wellness Energy Drink** and subsequently assembled in **Vivekananda Hall** for the inaugural session.

The formal proceedings commenced with the **lighting of the ceremonial lamp amidst Vedic chanting**, creating an atmosphere of sanctity and spiritual upliftment.



The gathering listened to a pre-recorded video/audio message from **Dr. M. Srinivas** (Member, NITI Aayog, Government of India, New Delhi). He highlighted the critical role of yoga in promoting healthy ageing, preventative healthcare, and overall well-being across the nation.

The gathering was subsequently addressed by **Swami Atmashraddhanandaji Maharaj, Adhyaksha, Ramakrishna Math, Mumbai**. Maharaj spoke on the timeless value of yoga as a means of harmonizing the body, mind, and spirit. He encouraged participants to adopt yoga not merely as a physical exercise but as a way of life rooted in discipline, awareness, and self-transformation.



5. YOGA AND PRANAYAMA PRACTICE SESSION

The second session commenced at **7:30 A.M.** in Vivekananda Hall. The session included a comprehensive series of **Yoga-Asanas, stretching exercises, Pranayama techniques, and meditation practices**, all carefully designed to enhance flexibility, strength, respiratory efficiency, concentration, and overall vitality.

The Yoga practice session was led by **Dr Swami Dayadhipananda The Medical Superintendent of the Ramkrishna Mission Hospital, Mumbai**. He explained the physiological and psychological benefits of each practice, emphasizing how regular pranayama can contribute significantly to healthy ageing by improving respiratory health, reducing stress, and enhancing emotional resilience.



A significant portion of the session was devoted to **Pranayama (Yogic Breathing Practices)**, highlighting the importance of breath regulation in maintaining physical and mental health. The following breathing techniques were practiced:

- **Kapalbhati (Skull Shining Breath):** Practiced to detoxify the respiratory system, improve digestive fire, and clear energetic pathways.





- **Anulom Vilom (Alternate Nostril Breathing):** Conducted to balance the nervous system, reduce stress levels, and harmonize the left and right hemispheres of the brain.
- **Bhramari (Bee Breath):** Practiced at the close of the breathing exercises to induce immediate mental calmness, reduce anxiety, and soothe the mind through internal sound vibrations.
- **Ujjayi Pranayama (Victorious Breath):** This controlled breathing practice improved respiratory awareness, enhanced oxygen intake, and cultivated mental steadiness and mindfulness.



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6. MEDITATION AND AWARENESS SESSION

The yoga practice concluded with a guided meditation session that encouraged participants to cultivate mindfulness, inner stillness, and self-awareness. An awareness talk on **"Yoga for Healthy Ageing"** highlighted scientific and traditional perspectives on how yoga contributes to improved physical fitness, mental agility, emotional stability, and quality of life among individuals of all age groups.



7. HOLISTIC WELLNESS BREAKFAST

At **8:30 A.M.**, participants were served a specially curated **Holistic Wellness Breakfast**, reflecting the principles of balanced nutrition and healthy living advocated by yoga. The nutritious meal was well received by participants and reinforced the importance of wholesome dietary habits as an essential component of holistic wellness and healthy ageing.





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8. CONCLUSION

The International Day of Yoga 2026 celebration concluded at **9:00 A.M.** with the dispersal of participants after a fulfilling and enriching morning.

The programme successfully fulfilled its objective of promoting awareness regarding the transformative benefits of yoga in achieving physical fitness, mental well-being, emotional balance, and healthy ageing. The enthusiastic participation of attendees, the dedicated efforts of volunteers, and the guidance of the monastic members contributed significantly to the success of the event.

The celebration served as a meaningful reminder of the timeless relevance of yoga in modern life and inspired participants to incorporate regular yogic practices into their daily routine for a healthier, more balanced, and spiritually enriched life.



**“Through practice comes Yoga, through
Yoga comes knowledge, through
knowledge love, and through love bliss.”**

- Swami Vivekananda



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