

I CAN & I WILL

Cancer is the most dreaded disease, because it can grow silently and lack of guaranteed cure. Several research and advancements in medical science has transformed cancer care enhancing treatability with better outcomes. Despite the advanced treatment available for cancer, it is still impossible for oncologists to predict a full cure with absolute certainty. Thus any disease without a cure creates a deep sense of anxiety, stress, and a feeling of hopelessness.

“Replacing the fear of the unknown with hope, helps you kindle your inner strength”

Amar Bhaskar

INTERNATIONAL YOGA DAY YOGA FOR HEALTHY AGEING



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Mitra CanCare Foundation, in collaboration with YENRI, celebrated International Yoga Day on 21 June 2026 at Samskrutic Mandiram, Ragigudda Sri Prasanna Anjaneya Temple, Jayanagar. The celebration followed the theme given by the Ministry of Health, “Yoga for Healthy Ageing,” highlighting the importance of maintaining physical, mental, emotional, social, and spiritual wellbeing at every stage of life.

Set amidst the peaceful and spiritually uplifting surroundings of the temple complex, the venue provided an ideal atmosphere for participants to pause, reflect, and reconnect with their inner wellbeing. The event brought together people from different walks of life, united by a common interest in health and wellness.

The yoga session was led by Dr. Mayur V. Kaku, renowned Yogic Neurosurgeon, Brain & Spine Surgeon, Head of Yogic and Neuro Sciences, and Founder of YENRI. He was joined by Dr. Sowmyashree Mayur V. Kaku, who holds a Ph.D. in Clinical Neurosciences and Child Psychiatry. Their expertise and practical approach made the session both informative and engaging. Throughout the program, Dr. Mayur demonstrated a range of yoga postures, breathing techniques, and mudras, encouraging participants to practice along with him. The session emphasized that healthy ageing is not simply about living longer, but about living with vitality, independence, purpose, and balance. Participants learned how regular yoga practice can

support brain health and cognitive strength, emotional resilience, physical flexibility and independence, concentration, stress management, and social well-being. The session reinforced the powerful message that yoga helps the body and mind Relax, Restore, and Rejuvenate, enabling individuals to lead healthier and more balanced lives.

The program was warmly received with participants appreciating the practical guidance and the opportunity to learn from experienced professionals. The celebration successfully highlighted the importance of making yoga a part of everyday life - not merely as an exercise, but a lifelong practice that nurtures the body, calms the mind, and promotes harmony within.

“समत्वं योग उच्यते” - Yoga is balance.

Mitra CanCare Foundation thanks Dr. Mayur V Kaku, Dr. Sowmyashree Mayur V Kaku, YENRI, and all the participants for making the International Yoga Day celebration a meaningful and memorable occasion.

IF YOU FIND THIS MEANINGFUL, DO SHARE IT WITH YOUR FAMILY AND FRIENDS AND DO INFORM US OF THEIR E-MAIL ID SO THAT WE CAN ADD THEM TO THE MAILING LIST.



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YOGA DAY 2026

