International Yoga Day Celebrated In Goa

Panaji: June 21, 2016

International Yoga Day was celebrated in the state today. To celebrate this event a special programme was organized at Dr. Shyamaprasad Mukherjee Stadium, Bambolim which was inaugurated by Chief Minister Shri Laxmikant Parsekar in the presence of Deputy Chief Minister Shri Francisco D’Souza.

Chief Secretary, Shri R.K. Srivastava; Director of Sports and Youth Affairs, Shri V.M Prabhudesai; MD GTDC, Shri Nikhil Desai and others attended the programme.

Speaking on the occasion the Chief Minister said that yoga is a kind of exercise which helps to keep our body and mind healthy. Yoga helps integration of body and a healthy mind. He urged to make yoga as our life style to keep us mentally and physically sound adding that we have to look upon to make yoga as our habit.

The Deputy Chief Minister, Shri Francisco D’Souza while speaking on the occasion said that yoga helps us to keep fit and proactive. This is the legacy of our ancestors for keeping our body and mind healthy.

The Sports Minister, Shri Ramesh Tawadkar addressing at the function said that Yoga is the great art and legacy of our ancient scholars. Yoga helps to maintain the equilibrium of mind and body, he remarked.

International Yoga Day was celebrated for the second time to let people know that regular yoga practice leads to better mental, physical and intellectual health.

Apart from the event held at Dr. Shyamaprasad Mukherjee Stadium, various programmes were also held across Goa to celebrate the International Yoga Day.

The function was compered by Dr. Dayanand Rao while Shri Govind Parvatkar proposed the vote of thanks.