

INTERNATIONAL YOGA DAY AT RAJ BHAVAN

**Panaji, June
21, 2019**

The Governor, Smt Mridula Sinha said that there are several commemorative days which we celebrate all through the year; however, Yoga is the day when the individual dedicates to himself or herself. The Governor was speaking on the occasion of International Yoga Day which was celebrated at the Raj Bhavan, today. The Governor added that yoga should not just be restricted to one day but must be practiced throughout the year.

The Governor said that yoga makes a person disciplined. She added that we should make the time each day to practice yoga. She said that, one must immerse oneself with concentration when doing yoga and only by doing so will one derive benefit from this ancient practice.

“When you practice yoga the mind becomes pure,” she said adding that there are no costs involved in practicing yoga which keeps diseases away.

Later, a yoga session was held for the staff of Raj Bhavan. Present on the occasion was Secretary to the Governor, Shri Rupesh Kumar Thakur IAS, among others.

DI/NB/NG/PN/CR/2019/289

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DIRECTORATE OF INFORMATION AND PUBLICITY.
THIRD FLOOR,UDYOG BHAVAN,
NEAR AZAD MAIDAN, PANAJI GOA