

PRACTISE YOGA FOR SELF WELL-BEING: RANE

Panaji, June 21, 2019

Jaistha 31, 1941

Directorate of Health Services in association with Directorate of Sports and Youth Affairs and Directorate of Education organised the State Level function on the occasion of 'International Day for Yoga' at Taliegao Community Hall, Taliegao today. Minister for Health Shri. Vishwajeet Rane, Secretary for Health Shri. J. Ashok Kumar IAS, Secretary for Sports and Youth Affairs Smt. Anjali Sehrawat IAS, Directors and senior officials of various Departments along with 280 students from 6 schools performed *Yogasanas* under the guidance of Trained Yog Gurus.

While addressing the gathering the Minister congratulated Prime Minister Shri. Narendra Modi for popularizing the Yoga Movement in the entire country. "Yog means union of our body and mind. It puts forth a holistic approach to life. It ensures our personal and social well-being. Hence, we must practice it regularly," he said.

"Yoga is getting famous globally. However, it is observed in the state a few cannot practice it due to space constraint. The Government will try to overcome this aspect by providing public premises to practice Yoga so that each one would practice and preach it with seriousness and devotedly," the Minister informed. He further urged the younger generation to practice Yoga every day for a bright future.

Earlier, the program began with lighting the lamp. Smt. Sehrawat, IAS gave the welcome address while Shri. J. Ashok Kumar IAS also spoke on the occasion. After the practical session, Dr. Suraj Kanekar, Yog Guru- Goa State Yoga Academy delivered a talk on the importance of Yoga in our day-to-day life. Later, Students of Gomantak Ayurvedic College, Shiroda performed a dance under the guidance of Dr. Joy Pereira.

Shri. Mahale compered the function while Dr. Mahesh Verlekar proposed the vote of thanks.

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