

**SPEAKER ATTENDED YOGA DAY PROGRAMME AT GOA  
LEGISLATURE SECRETARIAT**

Panaji, June 21,  
2019  
Jaistha 31, 1941

Four days Yoga training programme was organized by Goa Legislative Assembly. The training programme was conducted by the Ambika Yog Kutir, renowned Yoga Institution of Mumbai. The training programme was headed by Dr. Sanjay Bhaviskar and his team.

The training programme was attended by the Officers and Staff of the Goa Legislature Secretariat in large number. The Speaker Shri Rajesh Patnekar also participated in the training programme.

Speaking on the occasion Speaker Shri Rajesh Patnekar requested all members and staff to practice yoga on regular basis in order to keep themselves healthy, mentally and physically. The Practice of Yoga also helps to keep away various diseases and increases the life span, he added.

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