CM TELLS SENIOR CITIZENS NOT LIVE UNDER STRESS

Date: January 22, 2020

Chief Minister Dr. Pramod Sawant inaugurated awareness programme on Holistic Health Care, Preventive Care, Yoga and Physiotherapy for Senior Citizens organized by National Institute of Social Defence, Centre for the Study of Social Change and Regional Resource Training Centre in association with Directorate of Social Welfare at Ravindra Bhavan, Sankhali, today.

Addressing the senior citizens, Chief Minister Dr. Pramod Sawant appealed to share the feeling with other inmates to reduce mental tension. He said, senior citizens should spare their time in surrounding Unmeed Centers started by the Government.

Speaking on the life style of senior citizens, Chief Minister said, lately many of us are living under pressure and stress, which is not a good sign, he appealed to enjoy the healthy life and assured all help from the Government.

Earlier Supriya Manjrekar welcomed the guests.

Smt. Nirmala Samant Prabhavalkar, Advocate High Court and Ex. Mayor of Mumbai spoke on the principles of human nutrition, health and wellbeing.

Shri Rohan Shroff, Centre Coordinator and YogaTeacher spoke on Yoga Technique and four pillars of Yoga, similarly sessions on Balance Diet, Safe Food Preparation and Storage, Meditation, Yoga, Breathing Exercise, Physiotherapy held during awareness programme.

Shri Vishal Naik proposed vote of thanks.

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