Message on the occasion of International Yoga Day,  

On 21st June, 2020, the entire world will celebrate the International yoga Day. The United Nations General Assembly on December 11, 2014, had announced that June 21 will be seen as International Yoga Day or World Yoga Day. Since 2015, International Yoga Day is been celebrated worldwide.

The word ‘Yoga’ is derived from the Sanskrit root ‘Yuj’, meaning ‘to join’ or ‘to unite’. Yoga is not just a form of work out, but a practice that has the ability to boost both, mental and physical well being indicating a perfect harmony between the mind and body, man & nature. Yoga is an art, a science and a philosophy. It touches the life of man at every level, physical, mental, and spiritual. It is a practical method for making one's life purposeful, useful and noble.

Bhagvat Gita defines ‘Yoga’ as ‘evenness of mind’.

Lord Krishna says:

“Fixed in yoga, do thy work, o Arjuna, abandoning attachment, with an even mind in success and failure, for evenness of mind is called yoga”.
A yogi is a person who works with a perfect serenity indifferent to the results. He is even minded in success and failure and remains engaged in performance of his duties, while his mind rests in God. He performs action in perfect equanimity. A person is said to be in state of yoga when his spirit is content in itself and when he becomes stable in intelligence (स्तिथ प्रज्ञा). His mind remains untroubled even in the midst of sorrows and from whom passion, fear and rage have passed away.

A yogi develops a condition of mind where he does not get attached to the object of senses. He becomes master of his senses. He is in control of his mind and his mind is disciplined. When one conquers one’s self and when one is at peace in cold and heat, in pleasure and pain, in honour and dis-honour, he becomes a perfect yogi.

Human mind is ordinarily fickle and turned outward. It is impetuous, strong and obstinate. It is very difficult to control mind as it is restless and accustomed to act on impulse. Mind can be controlled only by non-attachment and constant practice. Yoga is an art to control, train and discipline the wavering mind. Absorption in material side of life leads to disbalanced condition of consciousness. Yoga attempts to explore the inner world of consciousness and helps to harmonize us with our innerselves. Yoga helps us to discipline our minds. It helps us to eliminate our prejudices and idiosyncrasies. It helps in distraction of our false and inflated egos. It helps in liberating us from all undue outwardly desires. It ensures discipline which destroy all sorrow.
Today as we are hit by the pandemic, Covid-19, most of us have experienced heightened stress and panic. The lockdown made people homebound. Whether it's dealing with at-risk family members, a fluctuating economy, trying to juggle work, keeping kids occupied or homeschooling while schools are closed, or simply adjusting to a new, unfamiliar situation, stress can easily pile up and negatively impact us, both physically and mentally. In such times Yoga plays a humongous role in the wellbeing of the practitioner. Yoga helps us relax, unwind and de-stress. It incorporates breathing techniques, meditation and asanas (poses), Kriyas designed to encourage relaxation and reduce stress. Not only this, Yoga has also proved to be helpful in a number of health conditions.

On this World Yoga Day, I urge you all to adopt the practice of Yoga and make it an integral part of your life. In this troubled times, it is of utmost importance to protect the health of yourself and your family. Practicing Yoga definitely helps boost your immunity and help attain mental peace. Let us all come together and celebrate International Yoga Day on June 21 and give ourselves the gift of well being, both physical and mental.

(Sajja Pal Malik)
Governor of Goa

19th June, 2020