

PRACTICE YOGA FOR 365 DAYS: CHIEF MINISTER

Panaji, [June 21](#), 2022

Yoga for Humanity and health. Yoga and asanas are important forms of physical and mental exercise which helps for gaining control over the body and mind stated Chief Minister Dr. Pramod Sawant and urged the younger generation to practice Yoga consistently every day throughout the year for a healthy life.

The Chief Minister was speaking on the occasion of 8th International Day of Yoga organised by the Directorate of Health Services in collaboration with the Directorate of Sports & Youth Affairs and Directorate of Education at Dr. Shyama Prasad Mukherjee Indoor Stadium Taleigao [today](#).

Speaking further, the Chief Minister said Prime Minister of India Shri Narendra Modi took the initiative to start International Yoga Day eight years back in India. Yoga has gained immense recognition since the last eight years since the day it is celebrated. The Prime Minister has emphasised the importance of yoga to the entire country and whole world which is now practiced in 170 countries of the world. India leads the International Yoga Day all over the world, the Chief Minister added.

Chief Minister informed that in order to propagate and spread the importance of Yoga at grand scale awareness is being done amongst the masses all over Goa and to achieve this it was decided to organise International Yoga day programme at the taluka level in all institutions which will be in addition to the main event held at Taleigao.

The function was attended by Chief Secretary Shri Puneet Kumar Goel, IAS, Secretary Health, Shri Y.V.V.J Rajshekhar, IAS, Secretary Sports, Shri Ajit Roy, IAS, Collector, North Mamu Hage, IAS, Secretary, Urban Development Shri Ramesh Verma, Special Secretary, Home Shri Sanjiv Gadkar, IAS and secretaries to the Government, staff of Health, Sports and Education Department, school teachers and students.

Dr. Geeta Kakodkar, Director of Health, in his welcome address opined that every student must embrace yoga to lead a successful life. While explaining about its health benefits she said, “Yoga should be performed by all; especially the students as it increase flexibility, tone muscles and strengthens mind and body.

The Chief Minister and other dignitaries, besides students numbering 500 performed various yogaasna (yoga poses) and pranayam under the guidance of Ms. Anita Raikar, Yoga Teacher, Art of Living Foundation, Goa and group. The students were informed about the benefits of each aasana simultaneously .

The program was compered by Dr. Aditya and Dr. Indira. Dr. Minal Joshi, Dy. Director (AYUSH) AYUSH Cell, Directorate of Health Services proposed the vote of thanks.

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