

GSLSA CELEBRATES YOGA DAY

June 23, 2022

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The Goa State Legal Services Authority (GSLSA) celebrated 8th International Yoga Day with the theme “Yoga for Humanity” on **June 21**, 2022 at 7.00 a.m. at Conference Hall, High Court of Bombay at Goa in presence of Senior Judge, High Court of Bombay at Goa and Executive Chairman, Goa State Legal Services, Shri. Justice M. S. Sonak, Presiding Officer, Industrial Tribunal and Labour Court, Ms. Bela Naik, Principal District and Sessions Judge, North Goa and Chairperson of North Goa District Legal Services Authority, Smt. Sherin Paul, Secretary of North Goa District Legal Services Authority, Smt. Vijayalaxmi Shivolkar, Advocate Mrs. Marisse Roberta Coutinho Bhobe, judicial officers, public prosecutors, advocates, law students, members of Child Welfare Committee and staff.

The programme started with NALSA Song. The Department of Justice provided the URL of the Yoga day portal which was streamed at the venue. Member Secretary of Goa State Legal Services Authority, Smt. Vijaya Ambre welcomed the dignitaries and the participants present for the programme. Dignitaries were welcomed with medicinal plants. Advocate, Mrs. Marisse Roberta Coutinho Bhobe who delivered the keynote address emphasized the importance and benefits of Yoga and necessity to practice simple Yoga asanas on daily bases to release stress of the work and to remain fit and healthy to perform daily duties in an efficient and diligent manner.

Practical session of Yoga was also conducted by instructor Ms. Bela Naik, Presiding Officer, Industrial Tribunal and Labour Court. URL link of the programme is uploaded on <https://dashboard.doj.gov.in/yogaday/>

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