

YOGA DAY CELEBRATED AT SE CATHEDRAL - AN ICONIC TOURIST DESTINATION

Panaji: [June 21, 2022](#)

The 8th International Yoga day was celebrated at the iconic place St. Francis Xavier, Se Cathedral Old Goa. The programme was organised by the Ministry of Tourism, Govt of India. The theme of this year's Yoga Day celebrations is 'Yoga for Humanity'. Every year on [June 21st](#), the world commemorates International Yoga Day.

Union Minister of Tourism, Ports, Shipping and Waterways, Shri Shripad Naik who was the chief guest for the function inaugurated the 8th International Yoga Day, which coincides with the “Azadi ka Amrit Mahotsav’ program, celebrating 75 years of India’s independence” where 75 iconic places and heritage sites was showcased through yoga throughout the country.

Shri Rajesh Faldessai, MLA, Rector of the “Basilica of Bom Jesus”, Old Goa Rev. Father Patricio Fernandes, Chairman North Goa Zilla Panchayat, Shri. Siddesh Naik, Joint DG, ASI New Delhi Dr. Sanjay Manjul, Coordinator IDY -2022 for Goa Suraj Naik, Research Officer from AYUSH Ministry, Dr. H. K. Gupta, Rep. of the Goa State Yoga Academy Milind Mahale, Joint Director Press Information Bureau Shri Vinod Kumar, Officers from Mormugao Port Trust, Archaeological Survey of India Institute of Hotel Management, Goa, National Institute of Watersports, Goa were also present on the occasion.

Shri Shripad Naik, speaking on the occasion underlined the numerous qualities of yoga and explained how yoga can help people live a healthy existence. Despite its antiquity, yoga is modern, timeless, and ever-evolving. Since its inception, yoga has had only one essence: a healthy body, stable values, and feelings of unity, he asserted.

Yoga, Shri Naik said, provides a way to live a delightful life full of perfect wellness, compassion, and great concepts. Thanks to the Indian Yoga Masters (Gurus) for spreading and promoting Yoga all over the world.

Shri Naik expressed his gratitude to the Government of India for selecting two places of Goa i.e. Se Cathedral and Fort Aguada out of 75 iconic tourist destinations across the country to commemorate the International

Day of Yoga in 2022, in order to showcase India's rich beauty, culture, history etc on the global stage.

More than 700 people participated in this mass demonstration of Yoga event and participated along with the other 75 major iconic tourist locations

A yoga demonstration was given after the inauguration ceremony, followed by cultural events. Participants from the Goa State Yoga Academy organised the yoga demonstration.

The program was compered by Shri Milind Mahale and Shri Suraj Naik proposed the vote of thanks.

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