

HIGH COURT CELEBRATES YOGA DAY

June 21, 2023
Jaistha 31, 1945

The International Day of Yoga was observed with much enthusiasm at the High Court of Bombay in Goa at Porvorim today. To mark the observance Yoga exercise activities were conducted wherein the stakeholders of High Court participated in common yoga protocol.

President, District Consumer Redressal Commission Ms. Bela Naik, while addressing said we have a Legacy of Yoga from thousand years, practicing yoga has multiple benefits right from good effect on mind and body. Practicing yoga everyday helps to improve strength, balance of body and mind and flexibility as well, she added.

Mrs Naik highlighting the importance of ancient art said in pranayama slow movements and deep breathing increases the blood flow and warm up the muscles, while holding a pose can build strength. She also elaborated about the importance of Yoga Asana, for keeping our body fit and healthy.

Judge, High Court of Bombay at Goa, Hon'ble Shri Justice, M. S. Karnik, Judge, High Court of Bombay at Goa, Hon'ble Shri Justice Bharat K. Deshpande, District Judge Mrs Vijayalaxmi Shivolkar, Registrar Admn High Court Shri Dinesh Shetye, Registrar Judicial Shri Ram Prabhu Desai and others were present at the function.

Member Secretary, Goa State Legal Services Authority, Mrs Vijaya Amre, welcomed the dignitaries

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