

YOGA DAY CELEBRATED AT RAJ BHAVAN

June 21, 2023
Jaistha 31, 1945

Raj Bhavan, Goa celebrated International Day of Yoga at its new Durbar Hall **today**. Governor Shri P. S. Sreedharan Pillai participated in the yoga session.

International Delegates attending Fourth Tourism Working Group and Ministerial meeting headed by Union Minister for Tourism, Culture and DONER, Shri G. Kishan Reddy and Minister of State for Defence & Tourism, Shri Ajay Bhatt along with other G20 delegates also participated in the Yoga Day celebrations at Raj Bhavan.

Citing the quote from Bhagavad Geeta, Yoga is the journey of the self, through the self to the self, the Governor Shri P. S. Sreedharan Pillai said. **Today**, we hear people talk about the various benefits of yoga everywhere. Yoga provides many health benefits due to which most of the people have started practicing yoga regularly, he added.

The Governor complimented G20 delegates for participating in Yoga Day celebrations at Raj Bhavan.

Shri Kishan Reddy in his greetings said, Yoga is necessary in our life which helps to keep the balance of physical health. He expressed happiness to be a part of this celebration at Goa Raj Bhavan. Yoga played a vital role during the corona period, the Minister added.

Shri M. R. M. Rao, IAS, Secretary to Governor and others were present for the yoga session.

Dr. Madhavi Tanavade and her team enchanted the shlok and led the yoga session by guiding the participants in common yoga protocol.

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