

## CM EXTENDS GREETINGS ON INTERNATIONAL YOGA DAY

Panaji: June 20, 2024

Chief Minister Dr.Pramod Sawant has extended his warm greetings to the people of Goa on the occasion of International Yoga Day 2024.

Dr. Sawant in his message said that, the theme for International Day for Yoga 2024 is `Yoga for Self and Society`. As this year Yoga is dedicated to self-empowerment and betterment of society, it will certainly benefit individual wellbeing and will help one to discover the sense of oneness within the self, the World and nature too. Yoga for Self and Society will also promote global health and peace.

Chief Minister further said `Yoga is an ancient practice, which signifies the union of body and consciousness that brings harmony in the life of an individual. It nurtures a balanced mindset and enhances skills of a person to perform better in life`.

Daily practice of Yoga can help people to live stress-free and harmonious life. We have already seen in the past that, people have benefited by Yoga practice at greater extent in combating COVID 19 pandemic.

Besides, Yoga teaches us to live in present moment and let go stress and negativity from the life, Chief Minister added.

Once again I wish a happy and fruitful International Yoga Day to people of Goa and wish everyone a happy, joyful and harmonious life`. CM concluded.

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