

## RAJ BHAVAN CELEBRATES INTERNATIONAL YOGA DAY

Panaji: **June 21**, 2024  
Jyaistha 31, 1946

Governor of Goa Shri. P.S. Sreedharan Pillai along with the officials and staff members of Raj Bhavan Goa performed Yoga at Old Durbar Hall, Raj Bhavan, **today**.

The International Yoga Day is being celebrated every year across the globe on **June 21** since last ten years to create awareness about its vast potential in improving overall health and well-being. It also promotes the practice of yoga for physical, mental and spiritual well being worldwide. The theme of International Yoga Day 2024 is 'Yoga for Self and Society'.

The Governor performed various forms of yoga such as Asanaas, pranayaam, mudras and dhyana which offers a comprehensive approach to physical and mental well being, thus enhancing overall quality of life.

The participants of yoga were guided by Shri Sriraj Shelar experienced yoga instructor attached to Shree Datta Padmanabh Peeth Goa.

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