

YOGA SE HI HOGA: CM HIGHLIGHTS BENEFITS AT INTERNATIONAL YOGA DAY

June 21, 2024

Stating that “Yoga se hi hoga, Chief Minister Dr. Pramod Sawant **today** emphasized on the importance of various forms of yoga at the 10th International Yoga Day event, hosted by the Ministry of Ayush in collaboration with the Directorate of Sports & Youth Affairs, National Ayush Mission & Directorate of Health Services Goa at Dr. Shyama Prasad Mukherjee Indoor Stadium, Taleigao **today**.

Chief Minister praised Prime Minister Narendra Modi for his pivotal role in internationalizing Yoga Day. Modi proposed the idea to the United Nations General Assembly, leading to the UN's declaration of **June 21** as International Yoga Day, now celebrated in over 180 countries, he added.

Dr Sawant underscored the importance of incorporating yoga into daily routines, suggesting that just half an hour of practice each day can significantly enhance fitness and health. CM highlighted that regular yoga can help manage conditions like hypertension and diabetes and that Pranayama and yoga can improve students' concentration.

Chief Minister also advocated for including millet in one's diet, keeping in view that this year is celebrated as the "Millet Year," noting its numerous health benefits.

Prime Minister Shri Narendra Modi's address on International Day of Yoga was telecasted live from Srinagar on the occasion.

The theme for this year's Yoga Day, is "Yoga for Self and Society,"

During the event, Dr. Pramod Sawant joined students in performing various yoga Asanas highlighting his commitment to the practice. The occasion was also graced by Chief Secretary Shri Puneet Kumar Goel, IAS; Secretary Sports Smt. Swetika Sachan, IAS; Principal Secretary (Finance) Dr. V. Candavelou, IAS; Director of Sports Shri Arvind Khutkar; Director of Education Shri Shailesh Zingde; Deputy Director of Health Dr. Rupa Naik; Director of Agriculture Shri Sandeep Phaldesai; Deputy Director to Ayush Cell, DHS, Government of Goa, Dr. Minal Joshi; and Deputy Director of Nehru Yuva Kendra Shri Kalidas Ghatwal, along with other government officials.

Earlier, the Chief Minister also visited a millet stall organized by the Directorate of Agriculture, reflecting the event's emphasis on promoting healthy dietary choices.

Dr Rashmina Amonkar, compered the programme.

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