

## RAJ BHAVAN CELEBRATES INTERNATIONAL YOGA DAY

Panaji: June 21, 2025

Governor of Goa, Shri. P.S. Sreedharan Pillai on Saturday led a yoga session at the Old Durbar Hall, Raj Bhavan to mark the 11th International Yoga Day. The officials and staff members of Raj Bhavan Goa performed Yoga at Raj Bhavan.

Shri Sanjeev Gauns Desai, Secretary to the Governor also participated in yoga session.

The International Yoga Day is being celebrated every year across the globe on June 21 since last eleven 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 wellbeing worldwide.

The participants of yoga were guided by Shri Shri Dhananjay Patil an experienced yoga instructor attached to Tapobhumi, Kundaim.

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