

YOGA DAY HELD AT IMB

Panaji, June 26, 2025

Institute Menezes Braganza organized a Yoga session for its employees on eve of Yoga Day at Institute Menezes Braganza, Panaji.

The Chairman of IMB, Shri Dashrath Parab, Secretary of IMB, Shri Ashok Parab, Member and all the office staff as well as Technical staff participated in the Yoga. Smt.Vaishali.D.Amonkar from Sports Department,Campal conducted the session.

Various exercises, Asanas, Pranayam and meditation practice were performed by the participants.

DI/INF/AXP/NP/SF/SN/2025/413

--

Issued by the Department of Information & Publicity

Department of Information & Publicity,

Government of Goa,

Udyog Bhavan, Third Floor,

Near Azad Maidan,

Panaji – Goa.