

YOGA DAY COMPULSORY FOR GOVT. EMPLOYEES

Panaji : June 3, 2025

General Administration Department has directed all the employees to compulsorily participate in Yoga sessions to be held on June 21, 2025 within their respective office premises or at any other institutions such as schools, colleges, panchayats, municipalities etc. in their vicinity where such sessions are organized.

Further it is also stated that the employees attending sessions outside their department office/ institution shall take a self-photograph as proof of participation and submit the same to their respective Head of Department/Office.

Similarly, all Heads of Departments/ Offices/ Autonomous Bodies/ Corporations are hereby directed to make all necessary arrangements to conduct Yoga sessions in their respective departments and sub-offices on June 21, 2025, and, as far as possible and without hampering essential services, make their office premises available to the organizations listed below who approach them for conducting Yoga sessions. To register each event in their respective departments and sub-offices on June 21, 2025 at yoga.ayush.gov.in/yoga-sangam and upload participation details post completion of the event, and also directed to bring the contents of this Circular to the notice of the staff under their administrative control.

It is also informed all Heads of Departments/ Offices/ Autonomous Bodies/ Corporations to independently approach any of the organizations listed below for conducting Yoga Sessions or for assistance in organizing the same in their respective offices/ premises.

The details of yoga organization for IDY 2025 has Bharat Swabhimani Trust, St Inez, Panaji, Kamlesh Bandekar – President – 9766621196, Tapobhumi Yoga Gurukul, Kundai, Ponda, Goa, Dnyaneshwar Patil – President - 9130066362/7507771750. Art of Living Organisations Goa, Davarli, Margao, Shraddha Chandrakant Parab Goa State Coordinator – 9423307809, Brahma Kumaris, Goa, Near Gawri Petrol Pump, Porvorim, Shobha Bahen – 9325108247. Patanjali Yog Samiti, St Inez, Panaji, Vishwas Korgaonkar – President -9766621190.

Mahila Patanjali Yog Samiti, St Inez, Panaji, Sandhya Khanolkar – President - 9766621190.

Yogasana Sports Association Goa, Bicholim, Mrs. Sulakshana Sawant - President Mr. Sandesh Barazankar - General Secretary – 9823524743. Ambika Yog Kutir Goa, Gogal Housing Board, Margao, Vishwanath Swar - Vice President - 9422442838, 9284379347.

Prati Yogayana, Durgawado, Dona Paula, Nishita Gandhi - Director/Lead Teacher – 8380075599. Isha Foundation, Goa, Damodar Kochkar - Sector Coordinator – 9822100305. Peace And Bliss Association, Gogal Housing Board, Margao, Vishwanath Swar, 9422442838, 9284379347.

Aum Nitya Divya Yogasharam, Bethora, Ponda, Hemantkumar Gaunekar – 9637397393. Goa Council of Ayurveda & Other Allied Indian Systems of Medicine, Monte Hill, Margao, Dr. Sneha Bhagwat – President – 9011834626. Gomantak Ayurveda Mahavidyalaya & Research Centre, Shiroda, Dr. Anura Bale – Principal - 7875449751. All India Institute of Ayurveda, Dhargal, Dr. Sanjay Khedekar - Nodal Officer IDY 2025 - 9595744788

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