



Government of Goa

GENERAL ADMINISTRATION DEPARTMENT

Tel No: 0832-2419784/472

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No. 64/1/2025-GAD-III/ 2107

Dated:29.05.2025(08Jyaistha 1947)

CIRCULAR

International Yoga Day is celebrated every year on 21st June to promote awareness about the many benefits of practicing yoga for physical, mental and emotional well-being. The State of Goa joins the nation in observing this important day through participation in Yoga sessions across government offices and public institutions.

In line with the above, all the employees are hereby directed to compulsorily participate in Yoga sessions to be held on 21.06.2025 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.

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.

Further, all Heads of Departments/ Offices/ Autonomous Bodies/ Corporations are hereby directed to:

1. Make all necessary arrangements to conduct Yoga sessions in their respective departments and sub-offices on 21.06.2025, and, as far as possible and without hampering essential services, make their office premises available to the organizations listed in the Annexure to this circular who approach them for conducting Yoga sessions.
2. Register each event in their respective departments and sub-offices on 21.06.2025 at yoga.ayush.gov.in/yoga-sangam and upload participation details post completion of the event.
3. Bring the contents of this Circular to the notice of the staff under their administrative control.

All Heads of Departments/ Offices/ Autonomous Bodies/ Corporations can also independently approach any of the organizations listed in the Annexure for conducting Yoga Sessions or for assistance in organizing the same in their respective offices/ premises.

This issues with the approval of the Government.

(Shreyas Dsilva)


Under Secretary (GA-I)

Encl: Annexure

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To,

1. All Secretaries/Additional Secretaries/ Joint Secretaries/ Under Secretaries to Government, Secretariat, Porvorim.
2. The Secretary to the Governor, Raj Bhavan, Dona Paula – Goa.
3. The Secretary to Chief Minister, Mantralaya, Porvorim – Goa.
4. O.S.D./P.S. to the Ministers, Mantralaya, Porvorim – Goa.
5. P.S. to Speaker, Dy. Speaker, Goa Legislature Secretariat, Porvorim – Goa.
6. O.S.D./P.S. to the Leader of Opposition, Goa Legislature, Porvorim – Goa.
7. The Secretary, Goa Legislature Secretariat, Porvorim – Goa.
8. The Director, Department of Information & Publicity for wide publicity.
9. All Heads of Departments/Offices/ Autonomous Bodies/ Corporations.
10. All concerned Yoga Organizations listed in the Annexure to this Circular
11. Guard file.
12. Notice Board.
13. Office copy.


UNDER SECRETARY (GM)
GOVERNMENT OF GOA
SECRETARIAT

ANNEXURE: LIST OF YOGA ORGANISATIONS FOR IDY 2025

SR. NO	NAME OF YOGA ORGANISATION	DETAILS
1	Bharat Swabhiman Trust	Kamlesh Bandekar - President Address: 2nd floor, Ramakant Appt, 'C' wing, Near Caculo Circle, St Inez, Panaji - Goa Mobile: 9766621196
2	Tapobhumi Yoga Gurukul	Dnyaneshwar Patil - President Shree Kshetra Tapobhumi, Kundai, Ponda, Goa Contact: 9130066362 / 7507771750
3	Art of Living Organisations Goa	Shraddha Chandrakant Parab - Goa State Coordinator Address: Art of Living Gaynkshetra, Davarli, Margao Contact: 9423307809 Email: shraddhajg2@gmail.com
4	Brahma Kumaris, Goa	Shobha Bahen BramakumarisRajyoga Meditation Center, Plot No.5, Shivdeep, Near Gawri Petrol Pump, Porvorim, Goa Mobile: 9325108247 Email: porvorim.goa@bkivv.org
5	Patanjali Yog Samiti	Vishwas Korgaonkar - President Address: 2nd floor, Ramakant Appt, 'C' wing, Near Caculo Circle, St Inez, Panaji, Goa Mobile: 9766621190
6	Mahila Patanjali Yog Samiti	Sandhya Khanolkar - President Address: 2nd floor, Ramakant Appt, 'C' wing, Near Caculo Circle, St Inez, Panaji - Goa Mobile: 9766621190
7	Yogasana Sports Association Goa	Mrs. Sulakshana Sawant - President Mr. Sandesh Barazankar - General Secretary Address: Yogasana Sports Association Goa, C/O Yog Seva Mangal Pratishtan, Shop No.5, First Floor, KarapurkarParimol, Antil Peth, Bicholim, Goa Contact: 9823524743 Email: yogasanasportsgoa@gmail.com
8	Ambika Yog Kutir Goa	Vishwanath Swar - Vice President Address: Damodar, B1, Chinmaya Marg, Near Chimaya Mission, Gogal Housing Board, Margao, Goa Contact: 9422442838, 9284379347 Email: swarvishwanath@gmail.com
9	Prati Yogayana	Nishita Gandhi - Director/Lead Teacher Address: D-05, Le Soleil Suites, La Citadel Colony, Lane No.4, Durgawado, Dona Paula, Goa - 403004 Mobile: 8380075599 Email: yogayanagoa@gmail.com

SR. NO	NAME OF YOGA ORGANISATION	DETAILS
10	Isha Foundation, Goa	Damodar Kochkar - Sector Coordinator Address: No permanent center Contact: 9822100305 Email: damodar.kochkar@ishafoundation.org
11	Peace And Bliss Association	Vishwanath Swar - President Address: Damodar, B1, Chinmaya Marg, Near Chimaya Mission, Gogal Housing Board, Margao, Goa Contact: 9422442838, 9284379347 Email: swarvishwanath@gmail.com
12	Aum Nitya Divya Yogasharam	Hemantkumar Gaunekar - President Address: Kasamkheli, Bethora, Ponda, Goa Contact: 9637397393 Email: hemantkumar.g03@gmail.com
13	Goa Council of Ayurveda & Other Allied Indian Systems of Medicine	Dr. Sneha Bhagwat - President Address: TB Hospital, Monte Hill, Margao, Goa Contact: 9011834626
14	Gomantak Ayurveda Mahavidyalaya & Research Centre	Dr. Anura Bale - Principal Address: GAM&RC, Vaze, Shiroda, Goa Contact: 7875449751
15	All India Institute of Ayurveda	Dr. Sanjay Khedekar – Nodal Officer IDY 2025 Address: All India Institute of Ayurveda, Dhargal, Goa Contact: 9595744788


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