

## CM INAUGURATES AYUSH WELLNESS CENTRE AT SECRETARIAT

Panaji: April 02, 2026

Chief Minister Dr. Pramod Sawant in distinguish presence of Health Minister Shri Vishwajit Rane inaugurated the 'AYUSH Wellness Centre' at the Secretariat, Porvorim, today. The initiative is aimed at encouraging a shift from treatment-based care to a wellness-oriented approach, with a focus on overall well-being and healthy lifestyles.

The Wellness Centre will offer a range of services including yoga sessions, lifestyle guidance and consultations based on AYUSH systems such as Ayurveda and Homeopathy, integrated with modern healthcare practices. Designed primarily for Secretariat staff and government employees, the facility will also benefit visitors and personnel from other departments. With 201 Health and Wellness Centres already operational across the State, Goa continues to strengthen its healthcare infrastructure with a focus on accessibility and preventive care.

Addressing the gathering, Chief Minister Dr. Pramod Sawant said, "today's Wellness Centre reflects our vision of moving from treatment-based healthcare to wellness-based healthcare." He further stated, "Our focus is not only on curing diseases, but by preventing them and promoting overall well-being." Emphasising the importance of lifestyle changes, he said, "Preventive healthcare, fitness and mental well-being will be key pillars of Goa's healthcare model going forward." He also urged citizens to take responsibility of their health, stating, "Healthcare is not only the responsibility of the Government, it is a shared responsibility of every citizen."

CM Sawant highlighted that the centre will help individuals understand their health through traditional systems such as Ayurveda, while promoting practices like yoga, pranayama and natural therapies. Qualified AYUSH doctors will be available to provide specialised consultation and guidance tailored to individual needs. The initiative also aims to integrate traditional and modern healthcare systems, with plans to expand AYUSH services across Primary Health Centres, Community Health Centres, district hospitals and Goa Medical College.

The initiative reflects the Government's commitment to promoting holistic and preventive healthcare by integrating modern medicine with traditional systems under the State AYUSH Society and Directorate of Health Services, located within the Secretariat, the centre will provide easy access to wellness consultations, preventive therapies and specialised services for staff. By offering Ayurveda, Homeopathy and Allopathy under one roof, along with yoga and lifestyle guidance, the centre promotes an integrated approach to healthcare and helps address lifestyle diseases such as hypertension and diabetes.

The programme was attended by Chief Secretary Dr. V. Candavelou, IAS and senior officials from the Department of AYUSH and Directorate of Health Services.

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