

Goa Accelerates Wellness Push with Countdown to International Day of Yoga 2026  
at Miramar Beach

*Advancing preventive healthcare through yoga under the nationwide “100 Days, 100 Cities, 100 Organisations” initiative*

**Panaji, 8 April 2026**

The Government of Goa, through Gomantak Ayurveda Mahavidyalaya and Research Centre (GAMRC), conducted the “Countdown Programme to International Day of Yoga (IDY) 2026” at Miramar Beach, Panaji. The initiative was organised in collaboration with the Morarji Desai National Institute of Yoga, Ministry of AYUSH, Government of India, as part of the nationwide campaign “100 Days, 100 Cities, 100 Organisations.”

Held in the early hours of the morning from 7:00 AM to 9:00 AM, the programme saw enthusiastic participation from students, healthcare professionals and members of the public. The activities began with the Common Yoga Protocol, followed by awareness sessions and cultural segments, including Natya Yoga and classical dance, highlighting the importance of yoga in maintaining a balanced and healthy lifestyle.

Speaking on the occasion, Dr. Sneha Bhagwat said, “In today’s fast-paced lifestyle, our eating habits have undergone significant changes. In this context, yoga proves to be extremely beneficial in maintaining overall health balance.”

The initiative reflects the Government’s continued emphasis on preventive healthcare, wellness and healthy lifestyles. Goa, with its natural and cultural strengths, is steadily emerging as a hub for health and wellness, with such programmes further strengthening the integration of yoga and traditional systems into everyday life.

The programme was attended by Dr. Sneha Bhagwat, President, Goa Council of Ayurveda and Other Allied Indian Systems of Medicine; Shri Mohan Joshi, Yoga Session Instructor; and Dr. Mahesh Velekar, AYUSH Medical Officer, along with faculty, staff and students from Goa College of Physiotherapy, Naturopathy and Yogic Sciences and GAMRC, Shiroda.

**DIP/NB/AXP/SAG/CR/UH/2026/31**

--

-----  
Issued by the Department of Information & Publicity

Department of Information & Publicity,

Government of Goa,

Udyog Bhavan, Third Floor,

Near Azad Maidan,

Panaji – Goa.