

**URBAN HEALTH CENTRE AND IRCS TO COMMEMORATE  
INTERNATIONAL YOGA DAY**

Panaji: June 17, 2026

The Urban Health Centre, Panaji, in collaboration with the Indian Red Cross Society (IRCS), Goa State Branch will commemorate International Yoga Day on June 18, 2026, at 9.30 a.m, at the premises of the Indian Red Cross Society, Panaji.

The programme is being organized in line with this year's International Yoga Day theme, "Yoga for One Earth, One Health," highlighting the importance of yoga in promoting physical well-being, mental wellness, and a healthy lifestyle.

The event will feature a guided yoga session, wellness awareness activities and information on the benefits of incorporating yoga into daily life. Participants will have an opportunity to learn simple yoga practices that contribute to overall health, harmony, and inner balance.

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