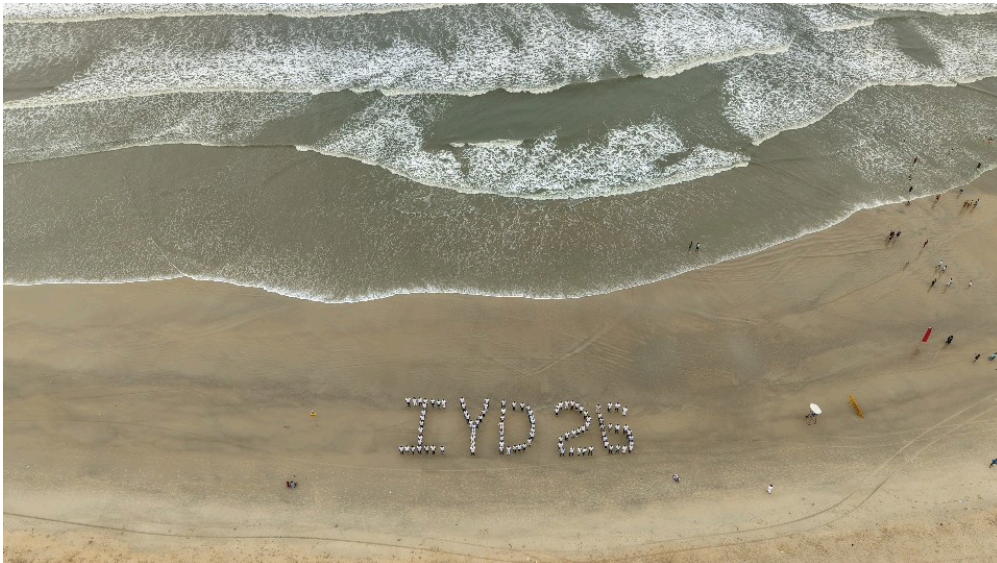


South Goa Collectorate, police, and CBC Goa join hands to organise International Yoga Day event at scenic Colva Beach

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Goa, 21 June 2026

The International Day of Yoga 2026 was celebrated on the scenic Colva beach jointly by South Goa District Administration, Central Bureau of Communication (CBC) Goa, and District Police, South Goa, drawing participation from government officers, officials, citizens, tourists and yoga enthusiasts.



The event was graced by District Magistrate, South Goa, Ms. Eгна Cleetus, and Shri Tikam Singh Verma, Superintendent of Police, South Goa. Speaking on the occasion, District Magistrate Ms. Eгна Cleetus appealed to citizens to make yoga an integral part of their daily routine. "Yoga is not merely a one-day event but a way of life. Even a few minutes of yoga every day can significantly improve physical and mental health. I urge people of all age groups to embrace yoga and contribute towards building a healthier and happier society," she said.



Welcoming the dignitaries and participants, Shri Ambadas Yadav, Media and Communication Officer, Press Information Bureau, Goa, talked about the importance of incorporating yoga into daily life for achieving physical fitness, mental well-being and a balanced lifestyle. As a token of appreciation, CBC handed presented mementoes to the yoga instructors and to the dignitaries representing the participating departments.

The yoga session was conducted by renowned yoga instructors Dr. Reshma Bale and Ms. Swati Buwaji, who guided participants through various yoga asanas and breathing exercises. Participants enthusiastically performed the asanas amidst the serene surroundings of Colva Beach, creating a vibrant atmosphere of health and harmony.



Adding a unique dimension to the programme, personnel of the South Goa District Police showcased a human chain carrying messages promoting yoga, wellness and healthy living, attracting appreciation from participants and beach visitors alike.

Shri Ramesh Gaonkar, Additional Collector, Madgaon; Shri Ganesh Barve, Deputy Collector, Salcete; Shri Laxmikant Desai, Deputy Collector and SDO-II, Salcete; and Shri Gaurav Gaonkar, Mamlatdar, Salcete, were also present at the occasion along with officials from the district police.



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