

International Yoga Day - 2017

The Medical Department of Mormugao Port Trust, celebrated the International Yoga Day on 21st June by conducting a 'Yoga Workshop'. Dr. Nimish Pillai, the Chief Medical Officer, MPT Hospital inaugurated the Workshop on Yoga by lightening of the traditional lamp. Speaking on the occasion, the Chief Medical Officer highlighted the significance of 21st June which, he said is the longest day of the year. Emphasizing further, the CMO said 'Yoga is not only a physical exercise, but it's a total package towards physical, mental and spiritual health of an individual. Various benefits like stress relief, improved immunity, increased energy, better flexibility and posture, improved concentration, better intuition can be achieved by practicing yoga daily'.

Dr. Reshma Bale, Ayurveda Physician MPT Hospital, also spoke on the benefits of yoga. She said that yoga brings all round development of health and personality. 50 participants attended the workshop conducted by Dr. Reshma Bale.



