

1. As a countdown to International Yoga Day 2024, Mormugao Port Authority (MPA) hosted an enriching Yoga event on 19.06.2024 centered on the Theme "Yoga- A Key to Good Health". The event aimed to promote physical and mental well-being among port employees.



2. As a part of ongoing countdown event, a physical Yoga session was held for Doctors and staff of Medical Dept. of MPA on 19.06.2024



3. MPA has been organizing series of Yoga programs as a part of International Yoga Day 2024. On 20.06.2024, MPA organised "Samarpan Meditation session" in association with Yoga Prabha Bharati Trust, Goa Region. Acharya Deepak M was the Yoga Guru during the said session. The program was attended by Port officials from various departments including CISF personnel.

