

**GOVERNOR'S SECRETARIAT  
ARUNACHAL PRADESH  
ITANAGAR**

**PRESS RELEASE**

**Inculcate Yoga. It is good and beneficial to all : Governor**

In the widely conducted International Day of Yoga programme, the Governor of Arunachal Pradesh Brig. (Dr.) B.D. Mishra (Retd.) participated in the event at Rajiv Gandhi University (RGU), Rono Hills, Doimukh, 25 km from Itanagar, State Capital, on 21<sup>st</sup> June 2018 along with Raj Bhavan officials and Faculty members, students and research scholars of RGU and school children..

Speaking on the occasion, the Governor said that many important medico-academic assets of Indian Cultural heritage had, during the long foreign rules been suppressed out of practice. However, on 11<sup>th</sup> December 2014 at the initiative of Hon'ble Prime Minister Shri Narendra Modi, the Yoga has been adopted by the United Nations General Assembly, with overwhelming support of its 177 members and June 21<sup>st</sup> has been declared as the International Day of Yoga (IDY).

The Governor, who has been practicing Yoga for forty years, shared his experiences and importance of the 'phsio-mental' wellbeing legacy of Yoga. He also explained the important procedural aspects of Yoga practice.

While explaining, the Yoga practice procedure, the Governor said that the first stage of Yoga is to adopt correct pre Asana position, second, slowly getting to the Yoga posture, third, holding the posture for minimum for a minute and maximum for three minutes and fourth, slowly moving out of the posture to pre Asana position.

The Governor, who hails from the Black Commando Organization said that all top commandoes practices Yoga and Pranayam for concentration, tension free mind and raising of will power. He appealed to the people to inculcate Yoga as part of their lifestyle. It is good and beneficial to all, he further said.

The Governor appreciated the University fraternity for involving and integrating its members in observing the occasion in befitting manner. He was impressed by the students of Physical Education Department, who conducted the Common Yoga Protocol and presented a group display of 'Yoga Pranayam' and internal cleansing.

Prof. Tamo Mibang, Vice Chancellor, RGU, Dr. Tomo Riba, Registrar, Deans and Heads of Department were present on the occasion. Dr. Anil Mili, Head of Department, Physical Education, RGU along with his Post Graduate students (Yoga) participated in the Common Yoga Protocol.

PRO to Governor  
Arunachal Pradesh  
ITANAGAR, June 21, 2018