

**GOVERNOR'S SECRETARIAT  
ARUNACHAL PRADESH  
ITANAGAR**

**Press Communiqué**

**International Day of Yoga observed at Raj Bhavan**

**Make Yoga practice as part of their lifestyle: Governor**

**Due to Covid pandemic, Yoga has become more relevant: Governor**

Along with the rest of the world, the International Day of Yoga was observed at Raj Bhavan, Itanagar on 21<sup>st</sup> June 2021.

The Governor of Arunachal Pradesh Brig. (Dr.) B. D. Mishra (Retd.) along with Chief Minister Shri Pema Khandu participated in the Yoga Session organised by the Department of Youth Affairs, Govt. of Arunachal Pradesh on the lawns of Raj Bhavan.

Speaking on the occasion, the Governor extended his good wishes to the people of the State on the occasion of the 7<sup>th</sup> edition of International Day of Yoga. He expressed hope that the occasion will motivate more and more people to practice Yoga.

The Governor said that the whole world is indebted to Hon'ble Prime Minister Shri Narendra Modi ji for his contribution in getting 21<sup>st</sup> June recognised as the International Day of Yoga, which has inspired millions of people all over the world to practice Yoga-the precious health gift of Ancient Indian seers to Mankind. Yoga has helped the people in overcoming mental and physical challenges since ancient times and due to Covid pandemic, it has become more relevant, the Governor said. He appealed to the people to make Yoga practice as part of their lifestyle and defeat COVID-19 Pandemic through Covid Appropriate Behaviour and strict Covid protocols.

The Governor presented a sapling to the Chief Minister on the International Day of Yoga as a goodwill gesture.

Conveying his IDY greetings to the people, the Chief Minister said that along with Indus Valley civilization, Yoga also developed in the ancient Indian Civilization. Health plays a very vital role in life and Yoga enhances it. Yoga is helping the people to beat the bad effects of corona virus during this Covid 19 pandemic. He thanked the Prime Minister Shri Narendra Modi for spreading Yoga practice throughout the world.

The Yoga session was conducted by Ms. Tana Yapu, the Yoga Instructor.

PRO to Governor  
Arunachal Pradesh  
ITANAGAR, June 21, 2021