

**GOVERNOR'S SECRETARIAT
ARUNACHAL PRADESH
ITANAGAR**

PRESS RELEASE

The Governor of Arunachal Pradesh Shri JP Rajkhowa, along with rest of the world participated in the International Yoga Day at Indira Gandhi Park, Itanagar on 21st June 2015. Under the guidance of Yoga instructor Shri Nagesh Singh of Patanjali large number of participants from different educational institutes of the Capital Complex, faith groups, government officials, public and senior citizens participated in the event inspite of rain.

Speaking on the occasion, the Governor said that it is a matter of great pride for every Indian that the United Nations organisation by a unanimous resolution supported by 177 countries in agreement with the views and appeal of the Prime Minister of India Shri Narendra Modi declared 21st June as the International Yoga Day. Every citizen of India must be proud of this initiative by the Prime Minister.

Greeting the participants and organisers on the occasion, the Governor said Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It is an art and science for healthy living.

Calling upon the people to incorporate Yoga as part of our daily life, the Governor said that Yoga provides physical and mental well being of the people, which is why, it has been gaining popularity both in the East and the West.

The Governor said that Yoga is not a religion but a way of living aiming for a healthy mind in a healthy body. It aims to achieve this through a series of physical and mental exercises. Yoga originated in Hindusthan, the Land of the Indus (pronounced Hindus) or Bharatvarsa nearly 15000 years ago, when there was no religious division in the society and was universally accepted as one of the most ideal practices of mankind.

At Raj Bhawan, First Lady of State Smt Rita Rajkhowa and members of Raj Bhawan and their family participated in the International Yoga Day. Under the guidance of Yoga instructor Shri Razzak Rehman and demonstrator Ms Radhe Kaku from 'The Art of Living', the participants performed the routine.

Exhorting the participant, the First Lady of the State urged upon the people to practice Yoga in the daily life for a healthy body and stable mind.

The International Day event was organised by International Day for Yoga celebration committee, Itanagar which includes Indigenous Faith and Cultural Society Arunachal Pradesh, Patanjali Yog Samiti Arunachal Pradesh, Art of Living Arunachal Pradesh, Arunachal Vikas Parishad, Bhrahmakumaris, Arun Jyoti and Arunachal Shiksha Vikas Samiti.

PRO to Governor
Arunachal Pradesh
ITANAGAR, June 21, 2015