

**GOVERNOR'S SECRETARIAT  
ARUNACHAL PRADESH  
ITANAGAR**

**PRESS RELEASE**

The Governor of Arunachal Pradesh Shri JP Rajkhowa called upon the youth of the State to think great to achieve great. The Governor, who was addressing an interactive session on the topic, 'Empower to Excel', organised to mark the birth centenary of Swami Chinmayananda at the Eknathji Bhawan, VKV, Chimpu, Itanagar on 17<sup>th</sup> September 2015, said that the youth of the State should strive to give greatest happiness, to greatest number of people for the greatest length of time. It can be done by imbibe a high sense of value based learning, discipline, punctuality, dedication, commitment, honesty and integrity and avoidance of all forms of greed. He advised them never to postpone and respect time.

The Governor underscored that there is no substitute to hard work, but added that to relax one's body and mind is equally important, which is possible through learning and practice of Yoga derived from Ancient Indian Traditions.

Recalling the great contribution of eminent personalities, who have contributed towards the great cultural heritage of India, since ancient time and outstanding personalities of modern times such as Dr. APJ Abdul Kalam and Prime Minister Shri Narendra Modi, the Governor called upon the people to imbibe high social values, healthy ancient customs and traditions of great Indian culture. Ethnic values as enshrined in the Vedas, the Upanishads, the Puranas, Bhagwad Gita need to be practiced and passed on to the next generation. He also advised them to discard negative thoughts and greed and practice Yoga for positive and and body.

Exhorting the people of the State to rise against those people in politics, governance, business etc. who do not follow ethical principle and values in their approaches and manner of working, the Governor said, these unscrupulous people should be socially boycotted. People should stand against such anti people elements, who do not care for serving public interests and are only interested in their personal aggrandisement through misuse of public offices.

Participating in the Akhand Jyoti Yatra programme of Chinmaya Mission, Swami Mitranandaji said that to empower ourselves, the people have to think big. He said that young India has to wake up and respect time tested Indian Traditions and value substance. They must not settle for second and always aim at 'Big' and 'Best'. For this the people must bring mind and body in alignment and pursue their goal for 'maximum happiness for maximum people for maximum time'. Swami Mitrananji emphasised that whatever they do, they must try to do better next day and go on improving themselves, in order to achieve the 'Best' in their respected fields.

A large number of guests and invitees from different walks of life, guardians and students were present at the interactive session.

PRO to Governor  
Arunachal Pradesh  
ITANAGAR, September 17, 2015