

**GOVERNOR'S SECRETARIAT
ARUNACHAL PRADESH
ITANAGAR**

PRESS RELEASE

**For Healthier lifestyle, Healthier Arunachal Pradesh, Healthier Nation and
Healthier Globe, Let us all practise Yoga: Governor**

The Governor of Arunachal Pradesh Shri JP Rajkhowa has called upon the people of the State to be part of the immense universally popular movement, i.e. International Yoga Day (IYD), which was initiated by the Prime Minister of India Shri Narendra Modi on the second IYD. The Governor expressed hope that as desired by the Prime Minister, the international event will be conducted at all levels, from State, District, and Block to Panchayat levels in an impressive manner and locally made yoga mats and apparel will be used in order to provide employment opportunities to local artisans and small entrepreneurs. Special efforts must be made to involve differently-abled persons in the day-long event, which include Yoga festival, seminars, workshops and musical and cultural programmes, he added.

The Governor said that Yoga is truly an invaluable gift of our ancient Indian tradition. Recalling the origin of Yoga, he said that 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. It is a matter of great pride for every Indian that the United Nations Organisation by an unanimous Resolution supported by 177 countries in agreement with the views and appeal of our Prime Minister Shri Narendra Modiji, declared 21st June as the International Yoga Day, he pointed.

The Governor said that Yoga embodies unity of mind, body and promotes harmony amongst the people, man and nature. It encourages more holistic approach to health, peace and happiness.

The Governor further said that Yoga ensures physical and mental well being of the people, who pursue it, which is why, it has been gaining popularity throughout the World, irrespective of caste, creed, religion or races. We need to incorporate Yoga as part of our daily life. Mind, body, soul, intellect should all be balanced and in harmony, they should be in their natural state of balance and to achieve this state Yoga plays very significant role. It provides a ray of hope for facing the enormous mental and physical challenges by one and all with confidence and determination.

For Healthier lifestyle, Healthier Arunachal Pradesh, Healthier Nation and Healthier Globe, Let us all practise Yoga, the Governor appealed.

PRO to Governor
Arunachal Pradesh
ITANAGAR, June 20, 2016