

**GOVERNOR'S SECRETARIAT
ARUNACHAL PRADESH
ITANAGAR
PRESS RELEASE**

Practise Yoga and incorporate it in the daily life: Governor to the people

Along with rest of the World, the people of the Frontier State of Arunachal Pradesh enthusiastically participated in the second episode of the International Yoga Day (IYD). Leading from the front, the Governor of Arunachal Pradesh Shri JP Rajkhowa accompanied by the Union Minister of State (Home) Shri Kiren Rijju took part in the Yoga session conducted at Indira Gandhi Park, Itanagar on 21st June 2016.

The session was conducted by Dr. A.K. Pandey along with demonstrators Shri SS Singh, Shri R. Loyi and Shri M. Modi of Patanjali Yog Samiti. Dr. Pandey also administered the Yoga Day pledge.

Inspite of inclement weather, large number of the members of Legislative Assembly, senior citizens, senior officers and officials of Central and State Governments, Police and Indo Tibetan Border Police Force personnel, members of Civil Society and school students from Capital Complex including VKV, Chimpu, VCS, Green Mount, Vivekananda Residential Public School and Holy Cross participated in the IYD celebration.

Speaking on the occasion, the Governor, who attended the function as the Chief Guest said that for peace, prosperity and healthier Nation, Yoga is very important. Exhorting the people to practise Yoga and incorporate in their daily life, he said that it embodies unity of mind, body and promotes unity and harmony amongst the people, man and nature. It encourages more holistic approach to health, peace and happiness. It is the ultimate panacea to many ailments and ills, he added.

The Governor emphasised that Yoga is a *sine qua non* for all, particularly for the students and youth for their overall personality development. It helps in inculcating good habits for a disciplined life and keeps them away from social evils like drug addictions and alcoholism.

The Governor 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 Organization by a unanimous Resolution supported by 177 countries in agreement with the views and appeal of the Prime Minister of India Shri Narendra Modiji, declared 21st June as the International Yoga Day. Today, the International Yoga Day is being observed in more than 150 countries of the World, providing not only employment opportunities as Yoga instructors and teachers for many but also helping many more entrepreneurs and local small scale industries in producing Yoga mats and apparel.

In his address, the Union Minister of State (Home) Shri Kiren Rijju said that Yoga was known throughout the World but in last two years only after the initiative of the Prime Minister Shri Narendra Modi, its popularity has grown tremendously. He further said that because of Yoga philosophy, the outlook towards India has changed in the World for the better.

Shri Rijju, while encouraging the people to practise Yoga, said that the regular practitioners know the benefit of Yoga, which is absolutely scientific. He called upon one and all to do it on regular basis to reap the benefits of the intangible asset.

The Chief Guest and the Special Guest lauded the organisers and participants for the event, which was successfully, conducted inspite of rain.

The event was jointly organised by the Indigenous Faith & Cultural Society of Arunachal Pradesh (IFCSAP), Patanjali Yog Samiti, Art of Living, Arunachal Vikas Parishad, Seva Bharati, Sanskar Bharati, Arun Jyoti, Brahmakumaris and Arunachal Shiksha Vikas Samiti and assisted in kind by the Deputy Chief Councillor Shri Kipa Babu and Itanagar Market Welfare Association (IMWA).

As part of the International Yoga Day and to promote Yoga amongst the members of the Governor's establishment, a Yoga session was organised in the Darbar Hall of the Raj Bhavan, Itanagar on 21st June 2016.

Led by the First Lady of the State Smt Rita Rajkhowa, officers and officials of the Governor's Secretariat, members of the Raj Bhavan families and security personnel of Indo Tibetan Border Police participated in the session.

Speaking on the occasion, the First Lady of the State advised all the participants to incorporate Yoga in their daily life for their personal development and healthier lifestyle, irrespective of religion. Stating that she has immensely benefited from practicing Yoga, Smt Rajkhowa said that one should devote at least sometime for it.

Shri Rajaque Rehman and Smt Tage Kaku of the Art of Living conducted the Yoga session.