

**GOVERNOR'S SECRETARIAT
ARUNACHAL PRADESH
ITANAGAR**

PRESS RELEASE

RAJ BHAVAN, ITANAGAR OBSERVES INTERNATIONAL DAY FOR YOGA

Along with rest of the world, the International Day for Yoga was also observed at Raj Bhavan, Itanagar on 21st June 2017. Led by the Secretary to Governor Shri Vinod P Kavle, the officials and staffs including the security personnel participated in the Common Yoga Protocol.

Smt Ganga Jerang, member of faculty, Art of Living, Itanagar guided the participants during the Yoga session. At the end, she administered Yoga Day pledge also.

Speaking on the occasion, Secretary to Governor said that Yoga aids in recognising both inner and outer self. It helps in mitigating stress of today's fast lifestyle. He advised the officials to practice Yoga for 20 to 30 minutes any time of the day for peace of mind and healthy daily life. He emphasised that it will help in overall personality development, which will have positive impact on growth and progress of the office, society, State and Nation.

Acknowledging the enthusiasm about Yoga amongst the Raj Bhavan officials, the Secretary to Governor proposed to conduct special Yoga programme for them. Large number of staffs volunteered for the programme.

The Governor of Arunachal Pradesh and Nagaland, Shri P.B. Acharya, who is in Kohima, conveyed his good wishes for the session through the Secretary to Governor. He exhorted the Raj Bhavan officials to inculcate Yoga as part of the daily routine. He wished that Yoga, which is one of the greatest gifts of ancient Indian Culture, is promoted and reaches to every nook and of the State.

PRO to Governor
Arunachal Pradesh
ITANAGAR, June 21, 2017