

**GOVERNOR'S SECRETARIAT  
ARUNACHAL PRADESH  
ITANAGAR**

**Press Communiqué**

**IDY celebrated in Raj Bhavan**

**Governor appeals to the people to practice Yoga**

**Motivate the younger generation to gainfully practice Yoga: Governor**

The Governor of Arunachal Pradesh Brig. (Dr.) B.D. Mishra (Retd.) led the International Day of Yoga celebration at Raj Bhavan, Itanagar on 21<sup>st</sup> June 2022.

Speaking on the occasion, the Governor said that Yoga is many thousand years old wellness pursuit of Indian origin and practiced by our ancient intellectuals and sages for physical, mental and spiritual upliftment. He said that Yoga provides harmony of the body and mind and enables the practitioners to imbibe peace of mind, good health and positive attitude.

The Governor said that on the initiative of the Hon'ble Prime Minister, Narendra Modi and subsequent to his laudable address in the UN General Assembly on 27<sup>th</sup> September 2014, the United Nations General Assembly, on 11<sup>th</sup> December 2014 with overwhelming support of its members, declared June 21<sup>st</sup> as the International Day of Yoga (IDY). Today, it is one of the most popular wellness regimes adopted across the world as an ideal way of life. He emphasized that the benefits of Yoga must reach everyone in the country so that they can adopt it to their advantage.

The Governor appealed to the people to regularly practice Yoga. He also stressed on motivating the younger generation to gainfully practice Yoga.

The First Lady of the State Smt Neelam Misra, the personnel of Raj Bhavan along with Indo Tibetan Border Police (ITBP) troops attached to Raj Bhavan participated in the IDY organized in the General Bipin Rawat Hall of Raj Bhavan. Ms Landi Yami and Shri Habung Rebia, Yoga Instructors from Arun Jyoti Vivekananda Kendra conducted the Yoga session.

PRO to Governor  
Arunachal Pradesh  
ITANAGAR, June 21, 2022