GOVERNOR'S SECRETARIAT
ARUNACHAL PRADESH
ITANAGAR

Press Communiqué

International Day of Yoga celebrated at Raj Bhavan, Itanagar

Governor appeals to the people of the State to practice Yoga regularly for healthier lifestyle: Governor

Yoga brings peace of mind, inculcates self-discipline and ensures physical and mental wellness: Governor

Along with the rest of the world, the International Day of Yoga (IDY) was celebrated at Raj Bhavan, Itanagar on 21st June 2023. Led by the Governor of Arunachal Pradesh Lt. General KT Parnaik and the First Lady of the State Smt Anagha Parnaik, the officers and staff of Governor Secretariat, Itanagar and personnel of Arunachal Pradesh Police and Indo Tibetan Border Police attached to Raj Bhavan, participated in the programme.

Speaking on the occasion, the Governor appealed to the people of the State to practice Yoga regularly for a healthier lifestyle. He said that it helps in improving physical strength and confidence and also has a positive and calming effect on the practitioners.

The Governor said that Yoga has remedies for every illness. He said that Yoga brings peace of mind, inculcates self-discipline and ensures physical and mental wellness.

The Governor said that Yoga is one of the greatest gifts of ancient India to the world. He said that at the initiative of Prime Minister of India, Shri Narendra Modi, this cultural asset of ancient Indian culture is spreading throughout the world.

The Governor said that in today's world of stress and mental tension, Yoga provides the best ways in maintaining a sound lifestyle. It is an amalgam of body, mind and soul, he said while advising the people to read books on Yoga and practice Yoga in their homes.

The IDY programme was organized by the Governor Secretariat in collaboration with the Department of Sports and Department of Youth Affairs. Ms. Tana Yapu (Instructor) and Shri Nyarik Ete (Instructor) from Vivekananda Kendra, Itanagar conducted the Yoga Session.

PRO to Governor
Arunachal Pradesh
ITANAGAR, June 21, 2023