

**GOVERNOR'S SECRETARIAT
ARUNACHAL PRADESH
ITANAGAR**

Press Communiqué

Yoga brings peace of mind and physical fitness. It has remedies for various physical challenges and diseases: Governor

Governor appeals to the people to incorporate Yoga into their daily routines and lifestyles

Regular practice of Yoga will create positivity in life and working environment, which in turn will ensure better productivity and success in work and professional endeavours: Governor

Raj Bhavan observes IDY

Along with the rest of the world, the International Day of Yoga (IDY) was observed in Raj Bhavan, Itanagar on 21st June 2024. The Governor of Arunachal Pradesh Lt. General KT Parnaik, PVSM, UYSM, YSM (Retd.), along with NCC cadets, Bharat Scouts and Guides, students and teachers from different schools of the Capital Complex and officers and officials of Raj Bhavan participated in the Yoga session which conducted by Yoga instructors from Vivekananda Kendra, Itanagar.

The Governor greeted the people of the State on the special occasion of IDY. He said that Yoga, which originated in India, has now spread throughout the world.

The Governor said that the people from different parts of the world are taking interest in Yoga. In times of tension, depression and challenges, Yoga brings peace of mind and physical fitness. It has remedies for various physical challenges and diseases, he said.

The Governor appealed to the people to incorporate Yoga into their daily routines and lifestyles. He said that regular practice of Yoga will create positivity in life and working environment, which in turn will ensure better productivity and success in work and professional endeavours.

The Governor, who is an ardent practitioner of Yoga, advised the participants to do Yoga for at least 30 minutes daily. He also exhorted them to encourage and motivate their peers and family members to practice the pride of Indian tradition.

The Governor, who suggested maximum participation of school children in the Raj Bhavan IDY programme to inculcate the practice of Yoga at a young age, emphasized that there must be Yoga classes in every educational institute. He said that Physical Training Instructors must be trained in Yoga.

As part of his endeavour to promote Yoga amongst the people, the Governor distributed Yoga booklets to all the participants on the occasion. The booklet with some Yoga asanas, is conceptualized him to encourage Yoga amongst the officials, especially as a remedy for common health issues.

Ms. Tana Yapu, Ms. Landi Yami, Ms. Dunya Bagra and Ms. Abang Chijang of Vivekananda Kendra, Itanagar conducted the Yoga session.

PRO to Governor
Arunachal Pradesh
ITANAGAR, June 21, 2024