

**GOVERNOR'S SECRETARIAT
ARUNACHAL PRADESH
ITANAGAR**

Press Communiqué

Governor extends International Day of Yoga greetings

The Governor of Arunachal Pradesh Lt. General K.T. Parnaik, PVSM, UYSM, YSM (Retd.), has extended his warmest greetings to the people of the State on the occasion of the 11th International Day of Yoga. He said that the IDY theme of the year is 'Yoga for One Earth, One Health', which reminds all of the deep connection between personal well-being and the health of the planet. He expressed his hope that the special day would inspire all to embrace yoga as a path to inner harmony and physical wellness, and also to awaken a deeper sense of responsibility toward nature.

The Governor, in his message, said that Yoga, rooted in India's ancient wisdom, is a timeless gift to humanity, promoting harmony of body, mind, and spirit. Conceptualized and practiced by our ancient seers, Yoga is a physical exercise that is a powerful tool to manage stress, improve mental clarity, and build resilience. In today's fast-paced world, its relevance is greater than ever, he said.

The Governor said that on the initiative of our Prime Minister, Shri Narendra Modi, the United Nations announced 21st June as the International Day of Yoga in 2014. Over the years, yoga has become a global movement, transcending boundaries of culture, faith, and nationality. It has shown us how inner peace can foster outer peace, and how a calm mind leads to a healthier life, he said.

Let us make yoga a part of our daily lives for a healthier present and a brighter, more balanced future, the Governor appealed in his message.

PRO to Governor
Arunachal Pradesh
ITANAGAR, June 20, 2025