

**GOVERNOR'S SECRETARIAT
ARUNACHAL PRADESH
ITANAGAR**

Press Communiqué

Governor inaugurates 5-day National Dialogue

The Governor of Arunachal Pradesh, Lt Gen KT Parnaik, graced the inaugural session of a five-day National Dialogue on Self-Empowerment and Mental Wellness for Security Forces Personnel as Chief Guest at the Brahma Kumaris International Headquarters in Mount Abu on 16th April 2026.

In his inaugural address, the Governor highlighted the close connection between management science and spirituality, especially in the context of the Armed Forces, who operate in some of the most demanding and unpredictable conditions. He said that continuous alertness, harsh terrain, operational uncertainty, and high-stakes decision-making often lead to stress and mental fatigue. In such circumstances, he emphasized, spirituality offers a deeper sense of purpose and clarity, helping individuals rise above anxiety and remain focused on their duties. By fostering mindfulness, responsibility, and a broader perspective of life, spirituality enables personnel to clear mental clutter, sharpen decision-making, and sustain motivation over the long term, he said.

Elaborating further, the Governor outlined key elements of spiritual practice such as self-awareness, thought management, emotional regulation, and disciplined focus through techniques like meditation, journaling, and deep breathing. He stressed that while stress is a natural part of life, it must be managed effectively through balanced routines, healthy lifestyles, emotional support systems, and positive coping strategies. Bringing together self-empowerment, mastery over the mind, and sound stress management, he noted, builds strong mental resilience, enhances clarity in decision-making, and nurtures a sense of inner peace, qualities that are indispensable for security personnel entrusted with the nation's safety.

The Governor commended the Brahma Kumaris for their meaningful contribution towards the vision of Viksit Bharat championed by Prime Minister Narendra Modi, noting that true national development goes beyond infrastructure and economic growth to include the inner strength and character of its citizens. He emphasized the need to promote the timeless values of Yoga, self-discipline, and a balanced way of life, which nurture both physical well-being and mental clarity.

Highlighting the importance of building ideal citizens, the Governor underlined that education must be complemented by discipline, a strong sense of purpose, and motivation to serve society. He further called for fostering a 'whole-of-nation' spirit, where individuals rise above narrow interests and work collectively with responsibility, integrity, and a shared commitment to the nation's progress and unity.

The Governor, while speaking about Arunachal Pradesh, described it as a living example of India's unity in diversity, where numerous distinct tribes, each with their own rich traditions and cultural identities, coexist in harmony. He said with pride that despite this diversity, there is a strong sense of national unity, people across the State widely communicate in Hindi, carry deep patriotic values, and greet one another with 'Jai Hind',' reflecting their unwavering commitment to the nation.

The Governor said that Arunachal Pradesh stands as a shining symbol of grassroots nationalism, where cultural pride and national identity go hand in hand. He further highlighted that the State is steadily contributing to the nation's economic growth through its natural resources, hydropower potential, and development initiatives, while actively aligning its progress with the larger vision of a Viksit Bharat, driven by collective aspiration and inclusive growth.

Organized by the Security Services Wing of the Rajyoga Education & Research Foundation, the programme seeks to equip personnel with practical tools for managing stress and uncertainty, strengthening inner resilience, and integrating spiritual awareness with professional responsibilities. The initiative reflects a growing recognition that mental stability and emotional strength are essential pillars for those serving in high-pressure security environments.

PRO to Governor
Arunachal Pradesh
MOUNT ABU, April 18, 2026