

**GOVERNOR'S SECRETARIAT  
ARUNACHAL PRADESH  
ITANAGAR**

**Press Communiqué**

**Governor, Health Minister participates in IDY programme at Lok Bhavan  
International Day of Yoga is a global acknowledgement of India's timeless  
civilizational wisdom: Governor  
yoga offers a simple, cost-effective, and sustainable approach to preventive  
healthcare: Governor**

**yoga helps people of all age groups, including the youth, maintain physical fitness,  
mental alertness, emotional well-being, and independence throughout life: Governor  
on the 12<sup>th</sup> IDY theme 'Yoga for Healthy Ageing'**

The Governor of Arunachal Pradesh, Lt Gen KT Parnaik, PVSM, UYSM, YSM (Retd.), along with the State Health Minister, Shri Biyuram Wahge, participated in the International Day of Yoga programme held at Lok Bhavan, Itanagar, on 21st June 2026. The event was organized by the Indira Gandhi Technological and Medical Sciences University (IGTAMSU), Ziro, in collaboration with the Department of Youth Affairs, Government of Arunachal Pradesh.

Addressing the gathering, the Governor said that the International Day of Yoga is a global acknowledgement of India's timeless civilizational wisdom. He said that yoga, once rooted in ancient Indian traditions, is today practiced across the world and recognized as a universal pathway to holistic health and well-being.

Describing yoga as one of India's greatest gifts to humanity, the Governor said that in an era marked by stress, anxiety, lifestyle disorders, and sedentary habits, yoga offers a simple, cost-effective, and sustainable approach to preventive healthcare. Its relevance has grown even more in the post-pandemic world, where mental resilience, emotional balance, and positive living have become essential.

Referring to the United Nations theme for the 12<sup>th</sup> International Day of Yoga, 'Yoga for Healthy Ageing', the Governor said that yoga helps people of all age groups, including the youth, maintain physical fitness, mental alertness, emotional well-being, and independence throughout life. He emphasized that yoga promotes good health, a calm mind, positivity, and inner strength, making it a way of life rather than merely a form of exercise.

The Governor encouraged people of all ages, especially the youth and senior citizens, to incorporate yoga into their daily routine for a healthier and more balanced life.

He also highlighted the visionary leadership of Narendra Modi, whose proposal at the United Nations General Assembly in 2014 led to the adoption of the International Day of Yoga with the support of 177 countries. Through sustained advocacy and global outreach, yoga has evolved into a worldwide movement promoting health, peace, and human unity.

As part of his continuing efforts to promote holistic health and wellness, the Governor distributed copies of his booklet, 'Yoga for Common Health Challenges', among the participants. The booklet, conceptualized and compiled by him, provides simple and practical yoga-based solutions for managing common health concerns and lifestyle-related ailments. He expressed hope that the publication would serve as a useful guide for individuals and families, inspiring them to integrate yoga into their daily routine and embrace a healthier, more balanced, and mindful lifestyle.

Prof. (Dr.) K. Satya Lakshmi, Vice Chancellor of IGTAMSU, Ziro, also addressed the gathering and highlighted the importance of yoga and the University's initiatives to promote wellness and healthy living among students and the wider community.

Students of IGTAMSU, Ziro, presented a graceful and synchronized yoga demonstration, showcasing agility, discipline, and composure.

Led by Miss Shelly Hage, Miss Toko Ania, and Miss Anindita Haloi, all students of IGTAMSU, the participants enthusiastically performed various Yoga Asanas in accordance with the Common Yoga Protocol prescribed by the Ministry of AYUSH.

A large number of personnel from the ITBP and Arunachal Pradesh Police, NCC cadets, Scouts and Guides, and officials from Lok Bhavan and the Health Department participated in the programme.

To reinforce the message of healthy living, Lok Bhavan served nutritious refreshments comprising assorted fruits, sprouts and roasted chana, and freshly prepared lemon juice. Participants were encouraged to adopt such simple and healthy dietary practices in their daily lives as a complement to regular yoga and physical activity.

PRO to Governor  
Arunachal Pradesh  
ITANAGAR, June 21, 2026