

**GOVERNOR'S SECRETARIAT
ARUNACHAL PRADESH
ITANAGAR**

Press Communiqué

**Governor flags off solo cycling expedition on the occasion of International Day of
Older Persons**

**use the expedition as a platform to spread awareness about the importance of
geriatric care and the need for greater sensitivity towards the elderly: Governor to
Abhinav**

The Governor of Arunachal Pradesh, Lt Gen KT Parnaik, PVSM, UYSM, YSM (Retd.), flagged off a solo cycling expedition by Shri Abhinav Singh from Lok Bhavan, Itanagar, on 1st October 2026. Shri Singh has embarked on a challenging 3,000-kilometre journey from Arunachal Pradesh to Gujarat, commencing on the International Day of Older Persons, in memory of his late grandparents.

Conveying his best wishes for the expedition, the Governor commended Shri Singh for combining personal tribute with a meaningful social message. He said that such initiatives will inspire physical endurance and determination and also remind society of its responsibility towards senior citizens, who are the custodians of family values, traditions, and life experiences.

The Governor advised Shri Singh to use the expedition as a platform to spread awareness about the importance of geriatric care and the need for greater sensitivity towards the elderly. He said that as India progresses towards becoming a developed nation, the well-being, dignity, and security of senior citizens must remain a national priority.

Highlighting the changing social landscape, the Governor noted that rapid urbanization and evolving family structures often leave many senior citizens vulnerable to loneliness, neglect, and health challenges. He emphasized the need for stronger family bonds, community support systems, and greater awareness of geriatric healthcare services to ensure healthy and fulfilling lives for older persons.

The Governor expressed hope that the expedition would inspire young people across the country to cherish and care for their parents and grandparents, strengthen inter-generational bonds, and recognize the invaluable contribution of senior citizens in nation-building.

Vice Chancellor Prof. (Dr.) K. Satya Lakshmi, Registrar Dr. Prasant Roy, faculty members, and students of Indira Gandhi Technological and Medical Sciences University were present on the occasion.

PRO to Governor
Arunachal Pradesh
ITANAGAR, October 1, 2026