

**GOVERNOR'S SECRETARIAT
ARUNACHAL PRADESH
ITANAGAR**

PRESS RELEASE

Governor extends his greetings on the occasion of Maha Shivaratri.

The Governor of Arunachal Pradesh, Shri P.B.Acharya has extended his greetings to the people of the State on the auspicious occasion of Maha Shivaratri.

In his message, the Governor said that Maha Shivaratri, which means 'the Great Night of Shiva' is a festival celebrated annually in honour of the God Shiva. It is a major festival for the Hindus, which marks the remembrance of 'overcoming darkness and ignorance' in life and in the world. It is observed by remembering Shiva and chanting prayers, fasting, doing Yoga and meditating on ethics and virtues such as self-restraint, honesty, no injury to others, forgiveness and the discovery of Shiva.

The Governor further said that the ardent devotees of Lord Shiva keep awake all night. Hundreds of lakhs of Hindus visit Lord Shiva temples or go on pilgrimage to Jyotirlingams. Unlike most Hindu festivals which are celebrated during the day, the Maha Shivaratri is celebrated at night. Furthermore, unlike other festivals which include expression of cultural revelry, the Maha Shivaratri is a solemn event notable for its introspective focus, fasting, participation and meditation on Lord Shiva, self study, social harmony. "Om Namah Shivaya", the sacred mantra of Lord Shiva, is chanted through the day.

On the occasion of Maha Shivaratri, Governor conveys his best wishes and hope that the Almighty God will continue to bestow abundant blessings upon the people of the State and country as well.

PRO to Governor
Arunachal Pradesh
ITANAGAR, February 24, 2017