

**GOVERNOR'S SECRETARIAT
ARUNACHAL PRADESH
ITANAGAR**

PRESS RELEASE

Let us participate in the International Yoga Day celebration and start a healthier lifestyle: Governor

The Governor of Arunachal Pradesh Shri P.B. Acharya has appealed to the people of the State to participate in the International Yoga Day celebration. He expressed his hope that the great movement initiated by the Prime Minister of India Shri Narendra Modi will continue to promote healthy mind and body.

In his message, the Governor said that Yoga is one of the most invaluable gifts of the ancient Indian tradition. It originated in India nearly 15000 years ago, which was universally accepted as one of the most ideal practices of mankind. Yoga embodies unity of mind and body and promotes harmony amongst the people and nature. It encourages more holistic approach towards good health and happiness.

Yoga provides physical and mental well being of the people. For sound health and mind, we need to incorporate Yoga as part of our daily life, he further said.

Let us participate in the celebration of the Day and start a healthier lifestyle, the Governor exhorted.

PRO to Governor
Arunachal Pradesh
ITANAGAR, June 20, 2017