

**GOVERNOR'S SECRETARIAT
ARUNACHAL PRADESH
ITANAGAR**

PRESS RELEASE

Governor greets the people on the occasion of International Day of Yoga

Governor appeals to all the citizens of Arunachal Pradesh to participate enthusiastically and gainfully in the worldwide Yoga Day programme

The Governor of Arunachal Pradesh Brig. (Dr.) B.D. Mishra (Retd.) has greeted the people of the State on the occasion of the fifth annual International Day of Yoga. He appealed to all the citizens of Arunachal Pradesh to participate enthusiastically and gainfully in the worldwide Yoga Day programme.

In his message to the people, the Governor said that Yoga is an ancient traditional Indian concept and practice which controls and synthesises the body, mind and spirit for the general wellness of human beings. It is one of the most precious gifts of Indian knowledge and consciousness to the world. The practice of Yoga tones the body, stimulates the mind, relaxes stress, generates harmony in behaviour and adds quality to life. In the modern world, with the march of time, the importance of Yoga is infinite. Yoga precepts provide us the therapy for happy living. Yoga enhances concentration, creativity, and memory. Today, it is a universally settled belief that Yoga is the best route to positivity, alacrity, and empathy, he said.

Recalling the historical occasion in the UN history, the Governor said that it was on 27th September 2014 in the 69th session of the United Nations' General Assembly, that the Prime Minister of India, Shri Narendra Modi ji's elocution about the limitless benefits from Yoga, caught the fancy of the distinguished members of the United Nations' General Assembly (UNGA), who appreciating the virtues of Yoga Practices, almost unanimously, accepted 21st of June as the International Day of Yoga.

The Governor said that this year, the theme for the International Day of Yoga is 'Climate Action'. He expressed confidence that the universal fraternity celebrating the Yoga Day, will definitely attract everyone's attention, the world over, towards the imperatives of the climate on this planet. This year's Yoga Day theme merits to be addressed with utmost seriousness by every human soul on earth. This theme must be closely pursued to check the deterioration of the ecology and ensure a safe future for all the living beings by 'Climate Action', the Governor said in his message.

PRO to Governor
Arunachal Pradesh
ITANAGAR, June 20, 2019