

**GOVERNOR'S SECRETARIAT  
ARUNACHAL PRADESH  
ITANAGAR**

**PRESS RELEASE**

**Governor, First Lady participate in IDY programme**

**Governor appeals the people, irrespective of region, religion and beliefs, to  
adopt Yoga for a healthy body and mind**

The Governor of Arunachal Pradesh Brig. (Dr.) B.D. Mishra (Retd.) and the First Lady of the State Smt. Neelam Misra participated in the 5<sup>th</sup> International Day of Yoga (IDY) programme at NIT Yupia Campus on 21<sup>st</sup> June 2019 along with students, faculty and staff of National Institute of Technology, Arunachal Pradesh. Large number of people including students from North Eastern Regional Institute of Technology (NERIST), Rajiv Gandhi University, Rono Hills, Doimukh and Don Bosco College, Jullang and officers from District Police and Administration participated in this year's edition of IDY.

Speaking on the occasion, the Governor said that it is the vision and far-sightedness of our Prime Minister, Shri Narendra Modi ji that Yoga has become the world's charm activity today. It is providing physical and mental solace, quality of life and also the much accolade bonding to the people of different parts of the world.

An avid practiser of Yoga himself, the Governor shared the benefits of Yoga, the most precious gift of Indian knowledge, consciousness and Traditions. He appealed to the people, irrespective of region, religion and beliefs, to adopt Yoga for a healthy body and mind.

The Governor also urged upon the participants to spread the benefits of Yoga to their friends, peers, neighbours and most importantly to the younger generation for their healthier tomorrow.

The Governor informed the participants that to help, preserve, protect, aid and improve the environment, this year, the theme for the International Day of Yoga is 'Climate Action'. This year's Yoga Day theme merits to be addressed with utmost seriousness by every human soul on the earth, he said.

Prof. Pinakeshwar Mahanta, Director NIT, and the Gandhi Study Centre of his institute organised and participated in the IDY programme. Shri Mridul Gogoi, Yoga Instructor, Seva Ashram, Lekhi Village, Naharlagun and his group conducted the Yoga session.

PRO to Governor  
Arunachal Pradesh  
ITANAGAR, June 21, 2019