

**GOVERNOR'S SECRETARIAT
ARUNACHAL PRADESH
ITANAGAR**

Press Communiqué

Independence Day Lok Bhavan Games and Sports competition

Governor participates in Games and Sports competition

As part of the celebrations marking the 80th Independence Day of India and to promote a culture of health, fitness, and camaraderie among employees, the Governor's Secretariat organized the 'Independence Day Lok Bhavan Games and Sports Competition' at Lok Bhavan, Itanagar. The event witnessed enthusiastic participation from a large number of officials and staff members, including personnel from various departments attached to Lok Bhavan.

Leading from the front, the Governor of Arunachal Pradesh, Lt Gen KT Parnaik, PVSM, UYSM, YSM (Retd.), actively participated in several sporting events, inspiring officials and staff through his personal example. His participation reflected the spirit of the occasion and reinforced the importance of maintaining an active and healthy lifestyle.

The Governor said that games and sports are powerful instruments for building a strong and vibrant society. He emphasized that regular participation in physical activities not only improves physical fitness but also enhances mental alertness, self-confidence, discipline, and emotional resilience. Sports teach valuable life lessons such as teamwork, leadership, perseverance, fair play, and respect for others, qualities that are essential both in professional life and in nation-building, he said.

The Governor urged every citizen, particularly the youth, to make sports and fitness an integral part of their daily lives. He said that a healthy population is the foundation of a strong State and a strong nation. Encouraging people to move beyond sedentary lifestyles, he called upon families, educational institutions, government offices, and community organizations to actively promote sporting activities and fitness programmes.

The Governor further remarked that every individual who embraces fitness, discipline, and teamwork becomes a valuable member of 'Team Arunachal'. He called upon citizens to participate wholeheartedly in sports and physical activities, not merely to win medals but to build character, strengthen community bonds, and contribute meaningfully to the development of the State and the nation.

PRO to Governor
Arunachal Pradesh
ITANAGAR, August 12, 2026