

International day of Yoga celebrated in Raj Bhavan

Governor appeals people to make yoga a part of their daily life

Guwahati, June 21: With the rest of the nation, Raj Bhavan, Assam too celebrated International Day of Yoga at its premises today to promote yoga for overall well being. Assam Governor Gulab Chand Kataria and his wife the First Lady Anita Kataria along with Raj Bhavan officials and yoga enthusiasts from different organizations took active part in the celebration.

Speaking on the occasion Governor Kataria said, “Yoga is a precious gift from our ancestors that we must cherish and pass on to future generations. Let us embrace the practice of yoga as a life giving prosperity to keep ourselves healthy. Yoga is a priceless gift of the Indian ancient tradition. It is a science-based spiritual discipline that focuses on achieving harmony between mind and body. It is the art and science of healthy living”.

The Governor also said that the day holds immense significance as it represents India’s contribution to the world in achieving holistic well being. The visionary behind the International day of yoga is the Prime Minister Naredra Modi who recognized the incredible potential of yoga and proposed the idea to the United Nations General Assembly in 2014. This year the theme of the celebration is, ‘Yoga For Vasudheva Kutumbkam’ and the celebration has become all the more important because along with yoga, India is giving to the world the concept that the world is one family.

The Governor appealed to all to practice yoga irrespective of their age. He also said that practicing yoga gives the benefits of healthy body and a healthy mind. He also said that daily practice of yoga can keep a person free from diseases and increase immunity thereby promoting good health mentally and physically.

The yoga session was actively participated by the officials of Raj Bhavan, members of the Rotary Club, CRPF personnel, Marwari Sammelan Guwahati, Byatikram Group, Akhil Bharatiya Marwari Mahila Sammelan, Marwari Mahila Ekta Manch, Marwari Yuva Manch, Marwari Sammelan Guwahati Mahila Sakha among others.

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