

**Governor participates in 10th International day of Yoga
Appeals people to make yoga a part of their daily life**

Guwahati, June 21: To promote yoga for overall development, Assam Governor Shri Gulab Chand Kataria took part in the 10th International Day of Yoga organized by National AYUSH Mission Assam in collaboration with District Administration, Kamrup(M) held at DTRP indoor stadium today.

Speaking on the occasion Governor Shri Kataria said, “Yoga is an ancient and wonderful science of Indian culture. The history of yoga is thousands of years old and it is believed that yoga has been practised ever since civilization began. It is a science-based spiritual discipline that focuses on establishing harmony between mind and body. It is the art and science of healthy living.”

Shri Kataria also said that apart from Maharishi Patanjali, many sages and yoga gurus have made important contributions to the development of yoga through practice and yogic literature. Today the whole world is being benefitted from Yoga.

Speaking on this year's theme which is “Yoga for Self and Society”, Shri Kataria said that regular practice of Yoga helps individual wellbeing which leads to societal harmony. “Yoga is an invaluable gift of our ancient tradition which our Prime Minister Narendra Modi spearheaded to make it a global phenomenon. Yoga has always been India's unique way to remain fit. It has immense potential in enhancing the physical and mental well-being of humankind, making one's life healthy and purposeful”, the Governor added.

The Governor also said that yoga should be practised as a part of everyone's routine. In order to get the optimum benefit of yoga one has to dedicatedly practise it. He urged everyone to include yoga in their daily life for attaining overall health", Shri Kataria said, “Yoga should not be confined to practising it on the occasion of Yoga Day only. It should be practised on a daily basis. I will be happy if the participants keep practicing yoga to attain optimum benefits of this ancient tradition to keep themselves fit and free from disease”.

The yoga session was actively participated by Minister Finance etc Ajanta Neog, Addl.Chief Secretary Biswaranjan Samal, Mission Director National Health Mission Dr. Lakshmipriya, Commissioner and Secretary Medical Education and Research Dept. Sidharth Singh, GMC Mayor Mrigen Sarania, DC Kamrup(M) Sumit Sattawan and host of others.

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21.6.2024