

**Raj Bhavan: Assam**

**Press Release No. 38**

**International Day of Yoga celebrated at Raj Bhavan  
Governor appeals everybody to practice yoga on a daily basis to attain  
physical and mental well being**

**Guwahati, June 21:** With the rest of the nation, Raj Bhavan, Assam too celebrated International Day of Yoga on a virtual mode at its premises today to promote yoga for well being. Assam Governor Prof. Jagdish Mukhi and his wife the First Lady Smt. Prem Mukhi along with Raj Bhavan officials took active part in it.

Speaking on the occasion Governor Prof Mukhi said, “Yoga promotes both physical and mental well-being. It is an invaluable gift of India's ancient tradition to the world as it embodies unity of mind and body. Practice of Yoga can promote the holistic health for every individual”.

On the occasion the Governor hailed the role of Prime Minister Narendra Modi for proposing Yoga in the United Nations General Assembly in 2014 which was approved by 177 co-sponsoring countries to give recognition to yoga and celebrate the 21<sup>st</sup> June as the International Day of Yoga.

He also said, "In view of the COVID-19 pandemic, though International Day of Yoga was celebrated following all COVID appropriate behaviour, I hope by next year things will get normal and we shall again celebrate the day with all fervour”. The Governor on the occasion, appealed to all not to make yoga simply an annual event but efforts should be made to practice it on a daily basis to attain healthy body, mind and soul.

It may be noted that more than 1000 persons were connected on the virtual platform for the yoga session through a link as the whole process was facilitated by Amtron. The yoga session was participated by the officials and members of the Directorate of Sports, Assam Police, Marwari Sammelan Guwahati, Byatikram Group, Hindu Jagaran Manch, All Assam Sikh Youth Association, Kreedha Baharti, Marwari Yuva Manch, CRPF 128 Battalion among others virtually.

A yoga session organized on the occasion was conducted by yoga guru Dibyajyoti Deka. Commissioner and Secretary to the Governor S.S.Meenakshi Sundaram also spoke on the occasion.

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