

**Governor inaugurates 24th Anup Lahoty India Club Open Tennis
Tournament, 2022**

Guwahati, March 22: Assam Governor Prof. Jagdish Mukhi inaugurated the 24th Anup Lahoty India Club Open Tennis Tournament at India Club in the city today.

Speaking on the occasion, Governor Prof. Mukhi hailed the initiative of the organizer and said that the tournament is one of the prominent events of this region which provides the budding players to exhibit their skill-set to grab higher opportunities. He also said that the tournament has also given opportunity to the budding players to showcase their sporting acumen and get noticed at state and national forum. He also hoped that the tournament will continue to promote sportsmanship and strengthen the bond of friendship and camaraderie among the participating players. He also said that the seriousness and professionalism with which the tournament is organised and played will definitely help this sports to raise its standards and popularity in the state.

The Governor also said that, sports acts as a catalyst in forging stronger and deeper people-to-people ties. It strengthens unity, harmony and brotherhood amongst different people of the society. Continuous travel for interaction and competitions can help one to understand the diverse cultures of other regions and through the process sports contributes immensely to national integration and nation building.

Emphasizing the importance of tennis, the Governor said that tennis is a kind of racket sport that is beneficial to one's body in many ways. Although the majority of people concentrate on sports like cricket or football when they

are young, often they cannot participate in those sports as they become older. However, tennis can be played and enjoyed by a wide group of people irrespective of their age.

He also said that, because of several movements which are involved in the act of playing tennis, it is incredibly helpful for a better physical and mental health. According to various studies, playing tennis reduces stress and increases levels of happiness among people, especially older people, the Governor added.

President of India Club, Bijan Choudhary and General Secretary, India Club Biswadeep Bora were also present at the inaugural function.

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