



## Raj Bhavan

Press Note:

### **Practice Yoga regularly to maintain good health**

#### **- Governor Harichandan**

Vijayawada, January 06: Participating as Chief Guest at the inauguration of 'All India Inter-University Yoga Championship' 2019-20 held at Rajiv Gandhi University of Knowledge Technologies, Nuzvidu, on Monday, Governor Sri Biswa Bhusan Harichandan said he is a regular practitioner of yoga from his school days and even till today. The governor said practice of yoga regularly offers immense health benefits. He said to practice yoga you need clean air and good environment. The Governor said by large scale plantation of trees the ill effects of climate change can be minimized. He called upon youth Participating in the All India Inter University Yoga Championships to take up tree plantation and save the environment.

The Governor said the 'All India Inter-University Yoga Championship', one of the mega events in the history of the Rajiv Gandhi University of Knowledge Technologies (RGUKT), Nuzvid and said the RGUKT which was established in 2008 by then Chief Minister, Late Dr. Y.S. Raja Sekhar Reddy, with an objective of selecting the gifted rural youth and empowering them has now become the largest University in Andhra Pradesh, accommodating 20,000 students with fully residential campuses, which is going to increase to 24000 by 2022, when the Ongole and Srikakulam campuses get full strength.

He said as per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man and Nature. 'Yoga' is associated with the philosophical system presented in the Yoga Sutras of 'Patanjali'.

The ever evolving practice of yoga has its beginnings in India and Yoga is a gift of India to the world. The Governor said Considering the successful and inspiring journey of the Department of Yoga of RGUKT, 'The Association of Indian Universities' has given the opportunity to organize this Mega Event where 500 delegates and 2000 participants from 150 universities are participating from all over the country.

This is a memorable event and will remain etched in the history of RGUKT and I hope this event would definitely add a feather in RGUKT's cap, said the Governor.

You should be truthful in your thoughts, words and actions. Believe in that you are the self-sculptor of your own destiny. Make your country proud. Eventually, you should be proud of your achievements, the Governor advised the youth. He appreciated the entire RGUKT fraternity, the participants, yoga teachers, referees and all other stake holders of this Mega Event, 'All India Inter-University Yoga Championship'.

Let this Event be a successful one with marvelous bounty of joy to cherish forever. memorable event and would inspire, ignite, instill, invoke and enrich the spirit of yoga among the public, said the Governor. Sri Satish Chandra, Spl.Chief Secretary Higher education, Prof. KC Reddy, Chancellor of RGUKT

Nuzvidu, Prof. K. Hemachandra Reddy, Chairman of AP State Council of Higher Education also attended the programme.