



सत्यमेव जयते

RAJ BHAVAN

Press Note:

Message of Hon'ble Governor of Andhra Pradesh Sri Biswa Bhusan Harichandan on the occasion of International Day of Yoga 2020 on June 21:

"Yoga is a 5,000-year-old tradition originated in our country that combines physical, mental and spiritual pursuits to achieve harmony of the body and mind.

On December 11 in 2014, the United Nations General Assembly declared June 21st as the International Day of Yoga at the behest of Prime Minister Sri Narendra Modi. June 21, was chosen as the International Day of Yoga, which is the Summer Solstice and the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world.

The theme of the International Day of Yoga-2020 is 'GharGhar me Yog' which highlights the importance of staying at home and practice Yoga with family members while observing social distancing. Staying at home would keep you and family members away from contagious Corona virus and Yoga would help keep you and your family in good health.

"I appeal to the people of Andhra Pradesh to participate in the International Day of Yoga from 7 AM on June 21 by following the Common Yoga Protocol (CYP) designed by the Ministry of AYUSH, at home along with your family members. Stay at Home, Stay Safe and Stay Healthy."