



सत्यमेव जयते

RAJ BHAVAN

Press Note:

Regular practice of Yoga helps in healthy well-being – Andhra Pradesh Governor Biswa Bhusan Harichandan

Vijayawada, June 21: Andhra Pradesh Governor Sri Biswa Bhusan Harichandan released a Special Postal Cover brought out by India Post on the occasion of International Yoga Day 2021 at a programme held in Raj Bhavan on Monday.

In a message issued on the occasion, Andhra Pradesh Governor Sri Biswa Bhusan Harichandan said, 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. Governor Sri Biswa Bhusan Harichandan said that on December 11, 2014, the United Nations General Assembly declared June 21 as the International Day of Yoga at the behest of Prime Minister Sri Narendra Modi and was chosen as the International Day of Yoga, which is the Summer Solstice and longest day of the year in the Northern Hemisphere and has a special significance in many parts of the world.

Governor Sri Harichandan said the theme of the International Day of Yoga for 2021 is 'Yoga for well-being' and it is relevant in the present times as the society is still recovering from the impact of the Covid-19 pandemic and staying at home would protect people from Covid-19 virus and regular practice of Yoga will keep us maintain good health.

Governor Sri Harichandan appealed to the people of Andhra Pradesh to make regular practice of Yoga a part of life as it helps in the well-being of

families and said people should 'Stay at Home, Stay Safe and Stay Healthy and take necessary precautions to prevent the spread of Covid-19.

Col. V. Ramulu, Commissioner, AYUSH department, Dr. M. Venkateswarlu, Chief Post Master General, Andhra Pradesh Circle, Sri A. Shyam Prasad, Joint Secretary to Governor, Sri B.C. Behera, P.S. to Governor were also present on the occasion.