



सत्यमेव जयते

RAJ BHAVAN

Press Note:

Yoga is India's great contribution to the world: Governor Biswabhusan Harichandan

- Andhra Pradesh Governor Sri Biswabhusan Harichandan participated in 8th International Day of Yoga celebrations at Raj Bhavan

Vijayawada, June 21: Andhra Pradesh Governor Sri Biswabhusan Harichandan participated in the 8th International Day of Yoga-2022 celebrations held at Raj Bhavan lawns here on Tuesday.

Speaking on the occasion, Governor Sri Harichandan said that Yoga, which is a 5000-year old tradition of India is the country's great contribution to the world. The Governor said that in the year 2014, the United Nations General Assembly unanimously adopted the resolution declaring June 21 as 'International Day of Yoga', after it was proposed by Prime Minister Sri Narendra Modi in his address to the UN General Assembly and the same is being observed in 177 countries all over the world. The Governor said he has been practicing Yoga regularly for the past 35 years and emphasized the need for regular practice of Yoga as it offers immense benefits to the body, mind and soul and a stress-free life. Regular practice of Yoga strengthens immunity and offers protection against virus diseases like COVID-19, said the Governor.

Addressing the officers and staff members, Sri R.P. Sisodia, Special Chief Secretary to Governor, said that Yoga is one of the six orthodox schools of

philosophy, which claims its origin from the Vedas and it is one of the ways to reach God, if followed completely, as the soul becomes one with the Universe. He further said that if 'Pranayama, Asanas and Dhyan, the three important elements of Yoga, are practiced regularly, it will lead to huge benefits to the practitioner, his family and the society around us.

The officers and staff members of Raj Bhavan participated in the International Day of Yoga celebrations and performed Yoga asanas under the guidance of Sri Udaya Bhaskar, Yoga Instructor.