

Press Release No: 63

Date: 20.06.2020

**Hon'ble Governor of Tamil Nadu, Thiru. Banwarilal Purohit appeal
to perform 'Yoga at home' and 'Yoga with family' .**

On December 11, 2014, the 193 member United Nations General Assembly passed the resolution to observe 21st June every year as “International Day of Yoga”.

Ahead of the Sixth International Day of Yoga, Hon'ble Prime Minister of India Shri. Narendra Modi Ji has urged people to observe the day in their homes due to the COVID-19 pandemic. This year's theme is 'Yoga at home' and 'Yoga with family'.

Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga asanas are beneficial for physical fitness, musculoskeletal functioning and cardio-vascular health, the management of diabetes, respiratory disorder, hypertension, hypotension and other lifestyle - related disorders. They also help to reduce depression, fatigue, anxiety disorder and stress.

Yoga day celebrations are an occasion of mass gatherings, but due to extraordinary times, this year people of Tamil Nadu should observe the day at their homes. I also request People of Tamil Nadu to follow the government guidelines regarding Covid-19 scrupulously and stay at home and stay safe .

Raj Bhavan, Chennai – 22.

Date: 20.06.2020

Sd/-

Addl. Director (PR)