

21st June 2018

YOGA DAY OBSERVED AT RAJ BHAVAN

International Yoga Day, led by the Governor of Nagaland, Shri PB Acharya and his lady wife Smti Kavita Acharya, was observed at Durbar Hall, Raj Bhavan Kohima on 21st June 2018 with students from Nagaland University, ICFAI University, Global Open University, St. Joseph University, members of Rajya Sainik Board and Red Cross, Bharat Scouts & Guides, NEZCC and Officer and Staff of Raj Bhavan Kohima.

Governor Acharya stated that Yoga is an invaluable gift of India's tradition. It is a preventive and curative science which does not have any side effects to the body he added. Yoga started in India and now it is practiced all over the world for the benefit it provides.

Principal Secretary to Governor, Shri Piyush Goyal, while delivering the welcome address stated that Yoga is a holistic way of living where the body, mind and spirit is in tune in harmony with nature. He encouraged all to try and make Yoga a part of everyday life so as to reap maximum benefit.

The Yoga session was conducted by Smti Orentsani Kikon, the first certified Naga Yoga instructor. She has won the National Yoga Championship 2017. She has also previously taught Yoga to the Indian Army in Delhi, Rajasthan and Nagaland. She currently runs a fitness studio in Dimapur promoting Yoga and healthy lifestyle.

(PRO to Governor)

