



**Speech**

**of**

**Dr. Hari Babu Kambhampati**  
**Hon'ble Governor of Mizoram**

**On The Occasion of**

**10<sup>th</sup> International Day of Yoga**

**At**

**Hawla Indoor Stadium**  
**Republic Vengthlang, Aizawl**

**On**

**21<sup>st</sup> June, 2024**

Today, we join millions around the world in celebrating an ancient practice that has its roots in our rich cultural heritage. Yoga, originating from the sacred land of India, has transcended geographical and cultural boundaries to become a global phenomenon. It embodies the very essence of harmony and peace, which our world needs more than ever.

The theme of this year's celebration, 'Yoga for self and society', resonates deeply with us. It reminds us that yoga is not just a set of physical exercises, but a holistic approach to health and well-being for the individual, which positively effects the Society. It is a practice that nurtures our body, mind, and spirit, helping us to connect with our inner selves and with the world around us.

Here in Mizoram, we are blessed with the serene beauty of nature, which provides an ideal setting for the practice of yoga. Our lush landscapes, majestic mountains, and tranquil rivers create a perfect backdrop for a practice that emphasizes mindfulness and harmony with nature. Let us take this opportunity to reaffirm our commitment to preserving our natural heritage and promoting sustainable living.

As we celebrate this special day, I want to acknowledge the dedicated efforts of the organizers, Officers and staff of the Directorate of AYUSH, and all the participants who have made this event possible. As I was made aware, there are at present 12 (Twelve) Yoga Instructors under the Directorate of AYUSH, who are posted at 8 (Eight) District

Hospitals, Civil Hospital Aizawl, Integrated AYUSH Hospital Thenzawl, and at the Administrative Training Institute (ATI).

Your collective energy and efforts in helping to create a healthier, happier society is praiseworthy.

Let us carry forward the spirit of yoga into our daily lives, promoting its values of unity, peace, and well-being.

Together, we can create a more harmonious and balanced world.

Thank you all for being here and for your commitment to the practice of yoga. Let us celebrate this day with joy, mindfulness, and a renewed sense of purpose.

Thank You.

Jai Hind