

**Andaman and Nicobar Administration
Directorate of IP&T
Information & Publicity Division**

Port Blair June 21, 2018.

Press Release

LG, MoS & enthusiastic Islanders participate in International Yoga Day celebration in Isles

Port Blair, June 21: Along with the rest of the world and country; the 4th International Day of Yoga was celebrated in these Islands too today. The A&N Administration had set up as many as 43 centers in South Andaman, North & Middle and Nicobar Districts where hundreds of yoga enthusiasts from all corners of the Islands participated in this year's yoga demonstration this morning.

The state level function of the celebration of 4th International Day of Yoga was held in the auditorium of Govt. Girls Senior Secondary School, Port Blair. The Lt. Governor, Admiral DK Joshi, PVSM, AVSM, YSM, NM, VSM (Retd.), the Union Minister of State for External Affairs, Govt. of India, Shri M. J. Akbar attended this programme. The Member of Parliament, Shri Bishnu Pada Ray, Chief Secretary, Shri Vikram Dev Dutt, Principal Secretary (Health), Shri K. R Meena, Chairperson, PBMC, Shri Indra Pal Singh, senior officers of the Administration, students, NCC cadets (Navy & Army) and general public participated in the yoga demonstration.

The Minister of State for External Affairs, Shri M. J. Akbar distributed the first three prizes to the 'best yoga performers' of common yoga protocol viz. Ms. Aparna, Smti Jharna Roy and Shri K. R. Shivam. He also handed over the consolation prize to the Deputy Commissioner, South Andaman, Shri Udit Prakash Rai. Medicinal plants and meditation music DVDs were also presented to the dignitaries.

Earlier, the Yoga Instructor, AYUSH Hospital, Port Blair, Shri Ajit Kumar Das guided the yoga practices of different yogasanas, briefing about the benefits of each yogasana to the participants. The participants also pledged to keep themselves healthy by practicing yoga.





