**PRESS INFORMATION BUREAU**

**GOVERNMENT OF INDIA**

**CHANDIGARH**

**Inmates of Chandigarh Model Jail participate in Yoga Demonstration to Mark the 4th International Yoga Day Celebrations**

**Yoga is a panacea to ensure total health and prosperity: Governor of Punjab &Administrator of UT, Shri  V.P. Singh Badnore**

Chandigarh, June 20, 2018, Yoga is a panacea to ensure total health and prosperity said Shri V.P. Singh Badnore, Governor of Punjab & Administrator UT Chandigarh while speaking to the inmates of Chandigarh Model Jail.  The Governor was speaking at Awareness-cum-Yoga demonstration  session for the inmates of Model Jail, Chandigarh  organised by Regional Outreach Bureau and Press Information Bureau, Ministry of Information Broadcasting, Govt. of India, Chandigarh in coordination with Department of Prisons and Correctional Administration UT Chandigarh. Hundreds  of Inmates participated in the event.

The Governor  stressed the need for   making Yoga  a part of people’s lives throughout the world. He said Yoga's popularity was  high even outside India; and Yoga had connected the world to India. Urging everyone to make Yoga a part of their lives, the Governor said that Yoga was about health assurance, and it was not even expensive to practice.  Governor also said that Yoga makes people better individuals in thought, action, knowledge and devotion. Yoga is a gift of India to the world, for and about physical, mental and spiritual well being of humanity.

It may be noted that Yoga has been  recognised internationally by United Nations  and the  efforts led by Honourable Prime Minister of India.  Now 21st  June has been designated “International Day of Yoga” by UN.  Celebrations are being organised across the Globe .

Welcoming the Chief Guest and other dignitaries, Shri DJ Narain, Additional Director General (Region), Press Information Bureau, Ministry of Information & Broadcasting (MoI&B), Govt. of India, Chandigarh highlighted the importance and significance of International Day of Yoga (IDY). Shri Arun Kumar Gupta, Home Secretary, UT Chandigarh and other senior officers of Chandigarh Administration and Ministry of I&B also participated in the celebrations. Yoga expert, Capt. Brij Paul Singh conducted the Yoga session. Dr OP Mishra, IG (Prisons), UT Chandigarh presented a vote of thanks. On the occasion jail inmates were also felicitated by the Chief Guest for their outstanding work in Jail.

Similar Yoga sessions and awareness campaigns are being organised by Field Outreach Bureaus of Ministry of Information & Broadcasting in the Northern Region in the states of Punjab, Himachal Pradesh and Haryana.  Various activities are being organised in these campaigns to promote the practice of Yoga among the people and encourage them to make it an integral part of their life for a healthy life style. Various lectures and sessions  are also being organised by Yoga instructors and experts in various themes related to yoga, meditation etc.