

## 10th International Yoga Day celebrated with grandeur at Hapania



The 10th International Yoga Day was inaugurated with great enthusiasm and reverence at the Indoor Hall of the International Fair Ground at Hapania today. Chief Minister Professor (Dr.) Manik Saha inaugurated the event, underscoring yoga as a deep-rooted tradition of India and a vital practice for mental and physical well-being. Addressing the gathering, the Chief Minister emphasized the importance of regular yoga practice, highlighting it as a pathway to self-awareness and tranquility. He echoed Prime Minister Narendra Modi's vision of "Vasudhaiva Kutumbakam" i.e One World, One Family, One Future,' stating that yoga embodies this ethos by fostering global unity and peace.

The event, organized by the Department of Youth Affairs and Sports in collaboration with AYUSH Mission, saw prominent figures in attendance, including Cooperatives Minister Shuklacharan Noatia, Chief Secretary JK Sinha, Deputy Speaker of Tripura Assembly Ramprasad Pal, and Padmashri awardee Deepa Karmakar. After the inaugural speech, the Chief Minister and other dignitaries actively participated in a yoga session, demonstrating their commitment to the practice. In his speech, the Chief Minister also highlighted the Prime Minister's efforts to promote Millet as a national crop. Referring to the recognition of 2023 as the International Year of Millets by the United Nations, he discussed ongoing state initiatives to boost Millet production and public awareness of its nutritional benefits.

Sports Minister Tinku Roy also addressed the gathering, stressing on the necessity of regular yoga practice for maintaining a healthy body and mind. He noted that recognizing yoga's significance, the state government has integrated yoga into the Tripura Sports Policy and introduced it in different schools and sports centers. This year, Tripura proudly hosted the yoga event of the Khelo India University Games, securing the second position.

Dr. Pradeep Kumar Chakraborty, Secretary of the Youth Affairs and Sports Department, delivered the welcome address, reiterating the global recognition of Yoga Day due to the Prime Minister's initiative. He highlighted the state's continuous efforts to promote yoga, including the establishment of a State Yoga Institute at NSRCC, where 200 children receive training daily. The event concluded with the distribution of millet-based food among participating students, BSF, CRPF, TSR jawans, and NSS volunteers, promoting both yoga and nutritional awareness.