

YOGA IS INDIA'S GIFT TO WORLD: GOVERNOR

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Governor Shri. P.S. Sreedharan Pillai has said that yoga and the concept of Namaste is widely accepted and yoga is India's gift to the world.

The Governor was speaking after lighting a traditional lamp to mark International Yoga Day celebrations at Durbar Hall, Raj Bhavan, [today](#).

The Governor further said, Namaste is the traditional Indian practice of respectful greeting or welcoming another person. It gives the practitioner an attitude of devotion and gratitude, the Governor added. He further said, the traditional Bharat concept is now accepted all over the world.

The Governor said, yoga is an ancient physical, mental and spiritual practice which brings about unison of the body and the consciousness with the surroundings and nature.

Shri Mahesh Bakal played the role of instructor for the yoga session. Shri Ramchandra Naik proposed vote of thanks.

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