

SPEECH OF DR. NAJMA HEPTULLA, HON'BLE GOVERNOR OF MANIPUR AT THE OPENING FUNCTION OF THE 24TH STATE LEVEL YOGA PHYSIQUE CHAMPIONSHIP, 2019 ON 11TH OCTOBER, 2019 AT MDU HALL, YAISKUL POLICE LANE, IMPHAL

Shri L. Jayantakumar Singh ji, Hon'ble Minister, Health & Family Welfare,
Shri M. Asnikumar Singh, General Secretary, Manipur Thinkers' Forum,
Shri Th. Samungou Singh, President, Yoga Physique Institute & Studies,
All the participants,
Friends from Media,
Distinguished Invitees,
Ladies and Gentlemen,

I am glad to be here with you all for the opening ceremony of the 24th State Level Yoga Physique Championship, 2019 organized by the Yoga Physique Institute & Studies, Manipur. At the outset, I wish to compliment the organizers for their tireless efforts to organize this championship every year. I extend my best wishes and hearty greetings to the organizers and all the participants for a successful championship.

The theme of the championship is 'Yoga for health, wellbeing and sustainable development' and I would say that it has been well-coined as it truly encapsulates the very purpose of Yoga in a few words. The championship broadly aims to promote healthy habit and life style, develop humane value, develop physical, emotional and mental health through yogic practices and develop harmony with the nature and universe. Yoga education amongst the youth can be an effective tool to counter the menace of substance abuse and drug addiction prevalent widely in the State of Manipur. This championship will certainly help the young sportspersons to grow and maintain their physical, mental, social and spiritual well-being. In addition, this championship is to put together in one event, the overwhelming complexity of the entire Yoga arts and traditions of various ethnic communities of the State. Manipur's rich heritage of Yoga, which constitutes

a significant component of the culture of the people, remains largely unexplored. Though Manipur is famous for its dances and sports, Yoga also needs to be taken up for a closer study to understand and unravel the underlying historical and cultural meaning of such practices.

I am happy that strident steps have been taken for popularizing Yoga among the students in the country. NCERT has already published Yoga text books for Classes-I to VIII and syllabus already introduced in the CBSE Schools as a compulsory subject. Value-based education through Yoga in schools and colleges will help in inculcating discipline, concentration, relaxation and self-achievement, from an early stage of life and thereby empower them to cope up with the stress and strains accompanied with the challenges of modern life. It will also help them in growing up with the values of cleanliness, non-violence, truthfulness, non-greediness, austerity, self-study, self-control and non-possessiveness. I am hopeful that the concerned Department of the State Government will pay due attention to this aspect while pursuing the agenda for promotion of Yoga, in the interest of the students.

Worldwide, in the present day, Yoga is catching the attention of more and more people as well as the Government. I am aware that in many States of India, Yoga Councils have been established to regulate, streamline and maintain the standard of Yoga education and practice. I am of the view that such a Council will be helpful in Manipur also to give a proper direction to the development of Yoga and tap its potential in the State. At the same time, the already existing Yoga Institutes should be properly strengthened with adequate infrastructure and resources and I am hopeful that the State Government will certainly take steps to address these issues in due course of time.

Efforts made by the Yoga Physique Institute and Studies, Manipur in organizing the championship and for promotion of Yoga in general in the

State is commendable and deserves encouragement. I am confident that the organizers will be able to arrange the next edition of the championship on a much wider scale. I would like to congratulate the winners but the losers should also not get disheartened as one should always remember that “Failure is the pillar of Success”.

I thank the organizers for inviting me to this function and with these words, I have the pleasure to open the 24th State Level Yoga Physique Championship, 2019.

Thank you,

Jai Hind.