

GOVERNOR'S SECRETARIAT

MEGHALAYA, SHILLONG

Press Communiqué

Shillong, 21 June, 2026: Lok Bhavan today celebrated the International Day of Yoga with great enthusiasm and fervour by hosting more than 200 National Cadet Corps (NCC) cadets from various institutions across Shillong. The programme was organised by NCC group, Shillong.

The programme commenced with a mass yoga session conducted in accordance with the Common Yoga Protocol, where the cadets, along with officials, participated in various yoga asanas and breathing exercises. The event underscored the importance of adopting yoga as an integral part of daily life for physical well-being, mental resilience and emotional balance.

Shri H.C. Choudhary, Additional Chief Secretary to the Governor of Meghalaya, attended the programme and appreciated the enthusiastic participation of the NCC cadets.

The enthusiastic participation of the NCC cadets reflected the growing awareness among the youth regarding the importance of healthy living and holistic development. The celebration at Lok Bhavan reaffirmed the commitment to promoting wellness, discipline and the values of collective well-being among the younger generation through the timeless practice of yoga.