

**DEPARTMENT OF PUBLIC RELATIONS
CHANDIGARH ADMINISTRATION**

Press Release

Chandigarh, 3rd January, 2017: Today, Sh. V.P. Singh Badnore, Hon'ble Governor of Punjab & Administrator, UT Chandigarh released the Table Calendar prepared by Medicinal Plants Board, UT Chandigarh on the theme of "Adoption of Yoga & Medicinal Plants for healthy living". On this occasion, he appreciated the efforts made by Medicinal Plants Board under the aegis of Forest & Wildlife Department, UT Chandigarh for taking steps for popularizing Yoga simultaneously with the use of Medicinal Plants for healthy living. Sh. Parimal Rai, Adviser to Administrator informed that every page of table calendar depicts a Yog Asana for remedy of a particular ailment/disease and simultaneously particular medicinal plants for it curing. The idea is to sensitize people for practicing Yogas along with use of medicinal plants for healthier living.

On this occasion, he also launched a Face Book Page on "Migratory Birds at Sukhna Lake, Chandigarh". He desired that people of Chandigarh should be encouraged and sensitized towards wildlife conservation through such measures.

On this occasion, Sh. Santosh Kumar, IFS, Chief Conservator of Forests & CEO, Medicinal Plants Board, U.T Chandigarh informed that on this Face Book page, any person can visit and see the various colorful migratory birds arriving at Sukhna Lake during winter season. Most of the photographs were taken by Sh. Kulbhushan Kanwar, well known photographer and wildlife enthusiast. Though this face book page, any visitor can post his/ her comments and post photos too. The page contains various information like behavior of migratory birds, need for migration, and timing for watching migratory birds at Sukhna Lake etc.

Among prominent persons attending this event were Sh. Parimal Rai, IAS, Adviser to Administrator, Sh. Anurag Aggarwal, IAS, HS-cum-Secretary (Forests), Sh. Birendra Choudhary, IFS, DCF and Ms. Arpana, IFS, DCF and other senior officers of the Administration.