



RAJIV GANDHI UNIVERSITY

RONO-HILLS, DOIMUKH, ARUNACHAL PRADESH, 791112



A REPORT

ON CONDUCT OF INTERNATIONAL DAY OF YOGA, 2017

THEME :

Like every year, the theme of International Yoga Day for the year 2017 was named “Yoga for Health” by Government of India.

INTRODUCTION:

Yoga is the journey of the self, to the self and through the self. The word Yoga comes from the Sanskrit word “yuj”, which means “union of”. Yoga is the journey of the self, to the self and through the self. The word Yoga comes from the Sanskrit word “yuj”, which means union of an individual’s soul with its spirit. Originated in India, Yoga is about 5000 years old and aims at transforming both body and mind of a person. Yoga itself is a very old practice that is followed in India since time immemorial.

A one day program was held in the Rajiv Gandhi University’s mini auditorium or yoga hall on 21st June, 2017 basically to promote health and wellness through the practice of ancient yogic practice. The practice of yoga in higher educational institute is very useful for the faculty members and the students’ community in daily life.

OBJECTIVE:

- To enrich the people with an art that will help them strengthen their body, calm the mind, improve the ability to focus and regain lost self confidence.
- To improve strength and flexibility, improving the health & the mind, renewed with confidence.
- Through Pranayam regulating the purification of the internal system and the organs, acting as a superior and able supplement to asanas.
- The energy that is generated in the body through these physical practices and channelizing it into meditation or Dhyana for stability, peace and calm.

SUMMARY OF THE EVENT:

The Department of Physical Education and NSS Unit Rajiv Gandhi University celebrated international yoga day in a befitting manner in the campus on 21st June 2017. The programme was attended by Dr. Nani Tamang Jose Registrar incharge, Shri Kurian

Thomas Deputy Registrar, Shri Taro Sindik Assistant Professor, Shri Vishal kumar Burnwal Branch Manager Vijaya bank RGU besides host of participants comprising students and staffs of RGU and Vivekananda Arunjyoti volunteers.



Shri Gomar Basar NSS Programme Officer and Adv. Takam Tayam shared the history, meaning and importance of Yoga in daily life. The celebration was followed by practice of pranayam and some asanas as per the common yoga protocol. The demonstration and training sessions were conducted by the Post Graduate Diploma students of Yoga Therapy Education comprising of Mr. Bini Ado, Ms. Yamang Tabang, Miss Pura Monya, Ms. Yowa Gui, Ms. Jemes Taku and Ms. Punyo Yania.



Newspaper Link:

<https://thedawnlitpost.com/2017/06/international-yoga-day-observed-with-enthusiasm/>

