



# RAJIV GANDHI UNIVERSITY

RONO-HILLS, DOIMUKH, ARUNACHAL PRADESH, 791112



## A REPORT

### ON CONDUCT OF INTERNATIONAL DAY OF YOGA, 2018

#### THEME: “YOGA FOR PEACE”.

#### 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.

A one day program was held in the Rajiv Gandhi University’s mini auditorium or yoga hall on 21<sup>st</sup> June, 2018. Yoga itself is a very old practice that is followed in India since time immemorial.

#### OBJECTIVE

- The main aim is to create an awareness worldwide on the importance of staying fit and healthy.
- 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.

#### SUMMARY OF THE PROGRAMMES HELD :

#### ONE DAY YOGA AWARENES CAMP FOR NDRF PERSONNELS

(1) In run up to the International Day of Yoga to be held on 21<sup>st</sup> June, 2018, a Yoga Camp was conducted at National Disaster Response Force, Headquarter Emchi by Office of Assistant Director, Physical Education and Department of Physical Education, RGU Doimukh on 11<sup>th</sup> May, 2018. The students of Post Graduate Diploma in Yoga Therapy Education demonstrated various types of asanas and pranayama including the demonstration of Shatkarmas. The NDRF personnel were elated to watch specially the practice of shatkarma

inclusive of dnad dahutis, sutra neti and jal neti. The Head of Department, Dr. Anil Mili answered and cleared the doubt regarding many types of non communicable diseases and explained the need to adopt yoga and its regular practice. Mr. A.K.C. Singh, Commandant 12 BN NDRF, Doimukh thanked the department and its students for coming and educating them about the benefits of yoga in daily. He hoped for more such collaboration in future endeavours for health and fitness.

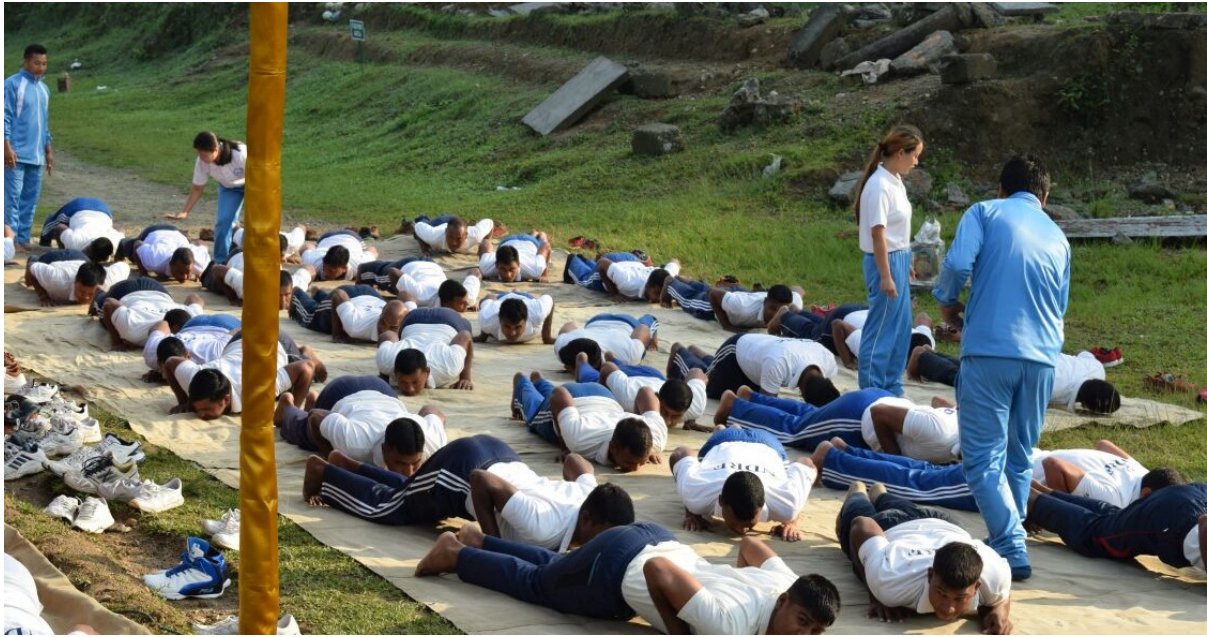


NDRF personnels namely, Mr. A.K.C. Singh, Commandant, Mr. P.N. Singh, Deputy Commandant, Mr. P. Daimari, Deputy Commandant, Mr. I Somorendro Singh, Assistant Commandant, Mr. Vimal Gupta, Assistant Commandant, 25 subordinate officers and 165 jawans, Dr. Rojeet Singh, Asst. Prof. Dept. of Physical Education, Mr. Subash Chandra Mandal, Guest Faculty and 16 PGDYTE students participated in the programme.









## **(2) CELEBRATION OF INTERNATIONAL DAY OF YOGA 2018:**

Arunachal Pradesh Brig. (Dr.) B.D. Mishra (Retd.) participated in the event at Rajiv Gandhi University (RGU), Rono Hills, Doimukh, 25 km from Itanagar, State Capital, on 21st June 2018 along with Raj Bhavan officials and Faculty members, students and research scholars of RGU and school children..



Speaking on the occasion, the Governor said that many important medico-academic assets of Indian Cultural heritage had, during the long foreign rules been suppressed out of practice. However, on 11th December 2014 at the initiative of Hon'ble Prime Minister Shri Narendra Modi, the Yoga has been adopted by the United Nations General Assembly, with overwhelming support of its 177 members and June 21st has been declared as the International Day of Yoga (IDY).



The Governor, who has been practicing Yoga for forty years, shared his experiences and importance of the 'phisio-mental' wellbeing legacy of Yoga. He also explained the important procedural aspects of Yoga practice.



While explaining, the Yoga practice procedure, the Governor said that the first stage of Yoga is to adopt correct pre Asana position, second, slowly getting to the Yoga posture, third, holding the posture for minimum for a minute and maximum for three minutes and fourth, slowly moving out of the posture to pre Asana position.



The Governor, who hails from the Black Commando Organization said that all top commandoes practices Yoga and Pranayam for concentration, tension free mind and raising of will power. He appealed to the people to inculcate Yoga as part of their lifestyle. It is good and beneficial to all, he further said.





The Governor appreciated the University fraternity for involving and integrating its members in observing the occasion in befitting manner. He was impressed by the students of Physical Education Department, who conducted the Common Yoga Protocol and presented a group display of 'Yoga Pranayam' and internal cleansing.

Prof. Tamo Mibang, Vice Chancellor, RGU, Dr. Tomo Riba, Registrar, Deans and Heads of Department were present on the occasion. Dr. Anil Mili, Head of Department, Physical Education, RGU along with his Post Graduate students (Yoga) participated in the Common Yoga Protocol.

