



# RAJIV GANDHI UNIVERSITY

RONO-HILLS, DOIMUKH, ARUNACHAL PRADESH, 791112



## A REPORT

### ON CONDUCT OF INTERNATIONAL DAY OF YOGA, 2019

#### THEME: “CLIMATE ACTION AND YOGA WITH GURUS”

#### 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, 2019. Yoga itself is a very old practice that is followed in India since time immemorial.

#### OBJECTIVE:

- The importance of Yoga for the overall health of body, mind, society, and even our climate. 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 PROGRAMME:

Rajiv Gandhi University; conducted the 5<sup>th</sup> edition of International Yoga Day – 2019 with the theme “ Climate Action and Yoga with Gurus” the faculty members, students and Govt Secondary School students led by Vice Chancellor Prof. Saket Khushwaha celebrated the Day in a befitting manner. The programme was celebrated as a part of global celebration of the event to practice and promote yoga in the citizens daily life. The day was marked by show of high enthusiasm and interest by the university fraternity.



In mini auditorium-cum-yoga centre of RGU, coordinators Tsering Pema and Bode Bayor, both 2<sup>nd</sup> semester students of diploma in yoga therapy, assisted by her friends including Toso Kayu, Bombie Basar, Deny Riyang and Yonti Pertin demonstrated various asanas to help RGU faculty members led by Hon'ble Vice Chancellor, Prof. Saket Khuswaha, Registrar Prof. Tomo Riba and campus Govt. Secondary School students to practice in the programme. After the yoga practice, coordinator Pema, who completed her MA (modern history) from JNU, administered oath to all to practice yoga daily to remain happy and healthy and help others to avail same benefits.

Yoga in future will play a vital role in uniting people of this vast nation like India, 12 Bn NDRF Commandant Umesh Kumar Thapilyal said as Chief Guest, citing examples of commitment of people across India towards yoga practice. Rs 200 crore is being spent in Uttarakhand to develop it as a yoga and spiritual destination, he said to underscore the importance attached to yoga in resented era, he added.





Emchi GB Nabam Epo, speaking as Guest of Honour, said that the tribal people practice non-technical yoga as they wonder in jungles but what is demonstrated is technical. Yoga keeps a person mentally and physically fit for which he looks comparatively younger, he said and lauded Prime Minister Narendra Modi for popularizing yoga throughout the country as many yoga centres have been set up in nearby Doimukh town, he said.



Vice Chancellor Prof. Saket Kushwaha, who holds a certificate in yoga, said that yoga practices remove all negative traits, particularly anger. Quoting Bhagvad Gita, he said: “When a man thinks of the objects, attachment to the object arises: from attachments desire is born; from desire anger rises; from anger comes delusion; from delusion the loss of



memory; from loss of memory the destruction of discrimination; from destruction of discrimination a man perishes”.



Advocating yoga practice with enjoyment alone would yield desired benefits, he said citing examples of various asanas, he said before making an announcement to reflect behavioural change in every action with delight to influence others to do so.

Further, the teams of RGU Yoga Therapy students were dispatched by faculty Subash Chandra Mandal to Arunodaya University led by instructor Rikpu Kamcham and to NIT led by Sorang Yumi in the form extension service.





Newspaper link:

<https://arunachalobserver.org/2019/06/22/arunachal-joins-international-yoga-day-2/>