

Celebration of International Yoga Day at RGU

The NSS unit and Department of Physical Education of 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 Burnijal 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.



