

## Press Communiqué



**Rono Hills, 21 June 2019:  
[BEGINS]**

### **IDE Celebrates International Yoga Day**

A state level workshop for coordinators of institute of distance education from across the state conducted on 20th & 21st June, 2019, concluded today with special valedictory session coinciding with celebration of International Yoga Day 2019 at the Mini auditorium of Rajiv Gandhi University, Rono Hills.

The valedictory session was opened with remarks from Workshop Coordinator, Moyir Riba who presented a report on the 2 days workshop. She also shared that these two days have renewed the relations between the headquarter and the Study Centres.

It was followed by remarks by Prof. Ashan Riddi, Director IDE, who hoped that the two days were as fulfilling for the coordinators as it was for the IDE. Speaking as special presenter, Prof. Anil Mili, HOD dept of physical education said, yoga can help regulate the body, mind and soul. It releases hormones that can help reduce stress and other physiological and psychological issues. He encouraged each of the participants to dedicate at least 5 minutes to yog. His lecture was presided by a mesmerising yoga demonstration by the students of Post Graduate Diploma in Yoga Therapy Education. The participants were also encouraged perform basic asanas.

In the valedictory address Dr. Tomo Riba said most of the life sufferings are due to unhealthy body, thus free air meditation with yoga can help us stay healthy and happy. I am going to try these yoga asanas to regulate myself well being and encourage you all to do the same. He also thanked the coordinators for all the support that they extend towards re enforcing ODL mode through IDE, RGU. He assured all support to the centres in the near future too.

The event also had a certificate distribution ceremony for the participants. The session ended with a heartfelt vote of thanks from Boni Anita, a faculty at IDE.

**[ENDS]**

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