



RAJIV GANDHI UNIVERSITY

RONO-HILLS, DOIMUKH, ARUNACHAL PRADESH, 791112

A REPORT ON CONDUCT OF INTERNATIONAL DAY OF YOGA - 2020

RGU CONDUCTS WEBINAR ON YOGIC INTERVENTIONS FOR HEALTH

One Day International Webinar on *"Yogic Interventions for Health and Wellbeing during the Time of Covid-19 Pandemic"*

Organizing Committee:

Chief Patron:

- **Prof. Saket Kushwaha**, Vice Chancellor, Rajiv Gandhi University.

Patrons:

- Prof. Amitava Mitra, Pro Vice Chancellor, Rajiv Gandhi University
- Prof. Tomo Riba, Registrar, Rajiv Gandhi University

A. Coordinators:-

- Dr. Anil Mili, Head i/c, Dept. of Physical Education, Rajiv Gandhi University
- Dr. Sambhu Prasad, Assistant Professor, Dept. of Physical Education, Rajiv Gandhi University

B. Members

- Dr. Tadang Minu, Assistant Professor, Dept. of Physical Education, Rajiv Gandhi University
- Dr. K. Rojeet Singh, Assistant Professor, Dept. of Physical Education, Rajiv Gandhi University
- Dr. Vivek Kumar Singh, Assistant Professor, Dept. of Physical Education, Rajiv Gandhi University

Executive Summary:

In run up to the 6th International Day of Yoga, 2020 a One Day International Webinar on the Theme: "Yogic Interventions for Health and Wellbeing during the time of Covid 19 Pandemic" was conducted on 20th of June, 2020 by Department of Physical Education, RGU through ZOOM platform. Six hundred seventy six registrations from India as well as overseas were received for the webinar.

Dr. Anil Mili, HoD formally welcomed and explained the motive and idea behind organising the webinar. The Webinar witnessed the attendance of Prof. Kushwaha, Vice Chancellor, RGU Prof. Amitava Mitra, Pro- Vice Chancellor of RGU and Prof. Tomo Riba, Registrar of RGU and the key note speaker Dr. Amy Wheeler from California State University, USA, Resource Persons Dr. Somveer Arya, Teacher of Indian Culture and Yoga from Consulate General of India at USA, Dr. Rakesh Tomar from King Fahd University of Petroleum and Mineral, Saudi Arabia and Dr. Laxminarayan Joshi, Dean Student Welfare in Uttarakhand Sanskrit University and participants from all over the globe.

Prof. Saket Kushwaha, Vice Chancellor of RGU attending as Chief Guest while addressing the gathering explained the health benefits of yogic sciences as part of our lifelong journey in sustaining a disease free life. He also informed that, Rajiv Gandhi University has been chosen as Centre of Excellence by Ministry of Youth Affairs, Govt. of India to run various courses related to Sports Science.

Prof. Tomo Riba delivered his speech on yogic requirement. Prof. Riba expressed his experience about Yoga and express how it is relevant in Covid-19 pandemic. He insists that in present situation we should be active by practicing yoga at home.

Prof. Amitava Mitra addressed the gathering and motivates the organisers to conduct such kind of event, he also revealed the consequences of covid-19 and how yoga can be a handy mean for good mental and spiritual health in such kind of stressed situation.

Dr. Amy Wheeler from State University of California, USA in keynote address spoke about the importance of Yogic science and philosophy through her presentation on “Yoga, Youth and Hope for our Future” and discussed the means to deal with issues of stress, losing of jobs and hope of good life through yoga.

In the 1st technical session Dr. Rakesh Tomar, from King Fahd University of Petroleum and Chemical, Saudi Arabia presented an eye opening session on “Mental Fitness and Stress Management” and different interventions and methods. According to him “stress should be converted to motivation” and gave an example of players like Sachin Tendulkar and Virat Kohli and during interaction participants cleared many doubts and misconception about mental health and stress in daily life.

In the 2nd Technical Session under Dr. Laxminarayan Joshi, the Dean, Students Welfare and Founding HoD of Department of Sanskrit University, Haridwar in his presentation on Yoga

Alignment: A Science of Fitness” shared his expertise about theoretical aspect of body alignment with an explanation and demonstrated for proper body alignment. The session focused on how chronic diseases like diabetes mellitus, Sciatica and Spondylitis can be treated and cured by specific designed yogic practices including problems Sciatica.

PART 1: PREFACE

1.1 About the Institution

The University

Rajiv Gandhi University (formerly Arunachal University) is the premier institution for higher education in the state of Arunachal Pradesh and has completed twenty five years of its existence. Late Smt. Indira Gandhi, the then Prime Minister of India, laid the foundation stone of the university on 4th February 1984 at Rono Hills, where the present campus is located. Ever since its inception, the university has been trying to achieve excellence and fulfill the objectives as envisaged in the University Act. The University got academic recognition under section 2(f) from the University Grants Commission on 28th March, 1985 and started functioning from 1st April, 1985. It got financial recognition under section 12-B of the UGC on 25th March, 1994. Since then Rajiv Gandhi University then Arunachal University has carved a niche for itself in the educational scenario of the country following its selection as a University with potential for excellence by a high level expert committee of University Grants Commission from among universities in India. The University was converted into a Central University with effect from 9th April 2007 as per notification of Ministry of Human Resource Development, Government of India.

The University is located atop Rono Hills on a picturesque tableland of 302 acres overlooking the river Dikrong. It is 6.5 km away from the National Highway 52-A and 25 km away from Itanagar, the State capital. The campus is linked with the National Highway by a Dikrong bridge. The teaching and research programmes of the University are designed with a view to play a positive role in the socio-economic and cultural development of the State. The University offers Under Graduate, Post-Graduate, M. Phil and Ph.D. programmes. The Department of Education also offers B.Ed. programme. There are fifteen colleges affiliated to the University. The University has been extending educational facilities to the students from the neighbouring States, particularly Assam. The strength of students in different Departments of University and in affiliated colleges has been steadily increasing.

The Department:

Department of Physical Education a constituent unit of Rajiv Gandhi University (A Central University) established in the year 2015 to promote physical education and develop an interest among people regarding the need and importance sports and exercise which is medium to improve the community health. The syllabi of the courses are so designed as to prepare professionally qualified leaders and teachers in physical education. The infrastructures developed are as per the NCTE standard and norms. A team of competent and dedicated teachers are engaged in relentless pursuit of excellence in Physical Education and Sports for health, fitness and wellness of the citizens.

Background:

In run up to the 6th International Day of Yoga, 2020 a One Day International Webinar on the Theme: ***"Yogic Interventions for Health and Wellbeing during the time of Covid 19 Pandemic"*** was conducted on 20th of June, 2020 by Department of Physical Education, RGU through ZOOM platform. As the popularity of yoga and meditation continues to grow exponentially around the world, it is becoming important that we gain an understanding of the science of yoga. In this webinar, people will able to learn how these relatively simple practices can yield such enormous measurable benefits across the entire spectrum of mind and body. Six hundred seventy six registrations from India as well as overseas were received for the webinar

Objective:

- To discuss and disseminate knowledge about various forms of yogic practices.
- To relate yogic science to medical science to understand the functioning of human body and its dynamics.
- To discuss various forms of psychosomatic disease and its remedy through yogic practice.

Expected Outcomes:

- The webinar will help the participants to enlighten themselves with various forms of Yogic practices
- It will help to educate the participants regarding various psycho-physical ailments during this pandemic and explore the ways and means for dealing with same

Theme:

Yogic Interventions for Health and Wellbeing during the Time of Covid-19 Pandemic

Resource Persons

1. Prof. Amy Wheeler, California State University San Bernardino, USA
2. Dr. Somveer Arya , Teacher of Indian Culture & Yoga, Consulate General India, Atlanta, United States America
3. Dr. Rakesh Tomar, King Fahd University of Petroleum & Mineral Dhahran, Saudi Arabia
4. Dr. Laxminarayan Joshi, Dept. of Yogic Science, Uttarakhand Sanskrit University, Haridwar, India

Target Population

Academicians, Research Scholars, Yoga practitioners & general population



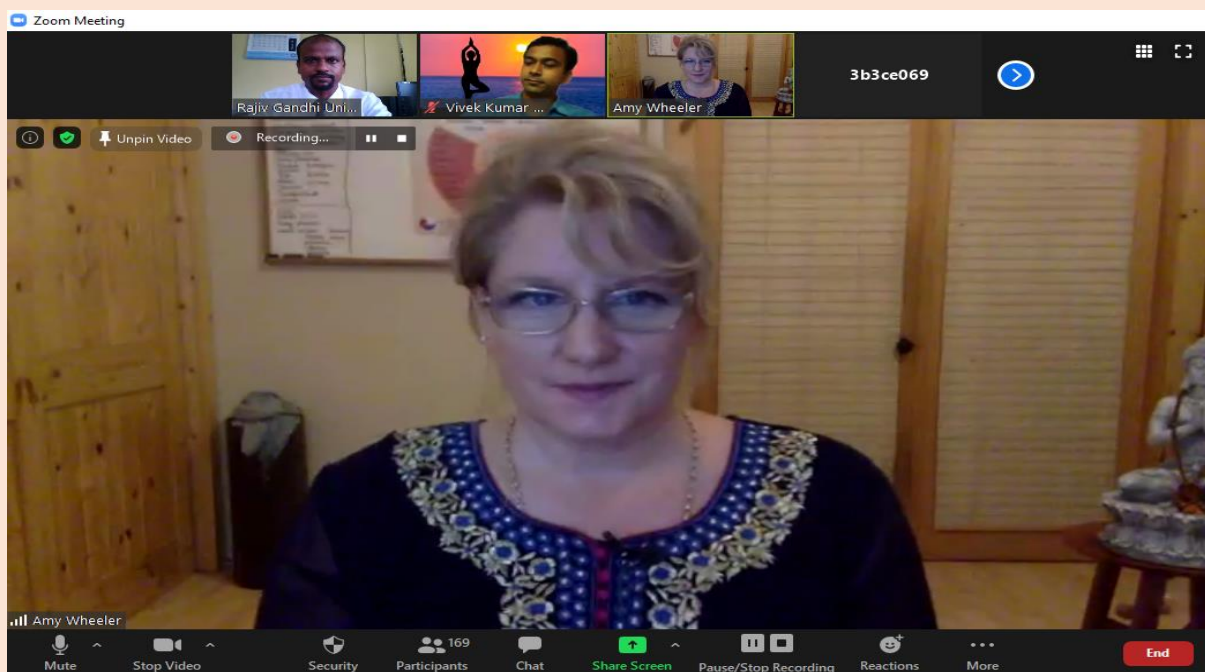
Hon'ble Vice Chancellor, RGU: Prof. Saket Kushwaha



Speaker: Dr. Laxminarayan Joshi, Uttarakhand Sanskrit University, Haridwar, India



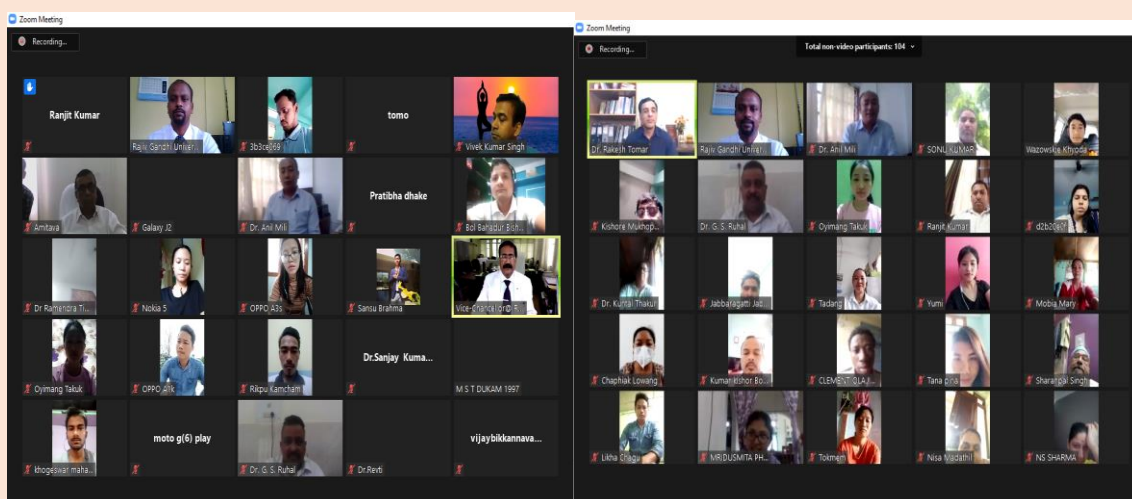
Speaker: Dr. Rakesh Tomar, King Fahd University of Petroleum & Mineral Dhahran, Saudi Arabia



Speaker: Prof. Amy Wheeler, California State University San Bernardino, USA



Dr. Anil Mili, HoD i/c, Department of Physical Education, RGU



Group Photo

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