

**DEPARTMENT OF PHYSICAL EDUCATION
RAJIV GANDHI UNIVERSITY
RONO HILLS, DOIMUKH**

REPORT ON COMMON YOGA CLASS- 2018-19

The 1st session of common yoga class for 5 five week was started from 24th to 28th November 2019. Common yoga class is organized by the Rajiv Gandhi university Rono hills, Doimukh in collaboration with the department of physical education. In this five week common yoga class around 2 hours evening yoga session was organized daily by subject expert excluding Saturday and Sunday of the week. Where participants are taught with various Asanas, pranayamas, kriyas, mudras and meditation session part where included in the practice respectively.

On 1st session of common yoga class around 37 numbers of participant were get registered in the class. Participant was from different department P.G students, research scholar and faculty. In the first day, an opening ceremony was conducted in which 1st semester of Post Graduate Diploma in yoga therapy education students showed group demonstration where various asanas in standing, sitting, lying asanas were demonstrated. On this occasion course coordinator Dr. Sambhu Prasad Assistant professor Department of Physical Education delivered well come speech on the floor. Mr. S.C.Mandal Guest assistant professor Department of Physical Education, Mr. Rikpu Kamcham Gust faculty and others were present.

On dated 11th march 2019, 2nd session of common yoga classes was started in which 18 numbers of participants was registered from different department P.G students, research scholar and faculty. In the 2nd session of common yoga classes experts of yoga subject were taught and give lecture on various day- today health related problem and how yoga can help to overcome from this problems e.g stress, anxiety, depression, spondyalities ,knee pain, obesity, high blood pressure, low-blood pressure, menstruation cycle problem of female etc. and more emphasizing on 'SATVIC AHAAR ' taking healthy food hobbit and diet and also highlighted the significance of 8TH limbs, which is the fundamental eight elements of yoga they are – YAMA(social conduct), NIYAMA (self restrain), ASANA(posture), PRANAYAMA(breathing control), PRATHYAHAR(withdrawal of sense) , DHARNA(concentration), DHYANA(meditation), SAMADHI(salvation or relization). On last week of session one special class on kriya- (trataka) were taught by the expert to the participants.

AIM OF THE COMMON YOGA CLASS

The main aim of the common yoga class is to spread the awareness of yoga in the campus and to encourage the participants get benefited from the yoga practice, and also to clear the misconception on yoga practices.

OBJECTIVES OF THE COMMON YOGA CLASS

Main objective of the common yoga class is to teach and acquaint the participants with the right and correct technique to practice the Asanas, pranayamas, kriyas, mudras and meditation so, that he/she practice in a right way which will help the participants to get its maximum benefits.



YOGA TAUGHT TO THE PARTICIPANTS

SL. NO	CONTENTS	DISCRIPTION	DURATION
1	OPENING PRAYER	om sanavavatu	5 minute
2	LOOSENING AND STRECHING	full body stretching and loosening from top bottom	10 minute
3	SURYANAMSKAR	Sun salutation four to six round with count and breathing	15 minute
4	STANDING AND TWISTING ASANAS	Two asanas in standing were thought for three days e.g- vrikasana and tadasana	15 minute
5	SITTING AND TWISTING ASANAS	One asana in sitting and one asana in sitting twisting were thought e.g- vajrasana and vakrasana	15 minute
6	PROLINE ASANAS (lying in abdomen)	Two asanas in proline position were thought for three days e.g- bhujangasana and slabhasana	15 minute
7	SUPINE ASANAS (lying in back)	Two asanas in standing were thought for three days e.g-	15 minute
8	RELAXATION	Savasana-lying on back with closing eyes and apart the leg and arms apart from body palm up	5 minute
9	PRANAYAMA	One pranayam for each two days were thought	15 minute
10	RELAXATION	Deep relaxation	5 minute
11	CLOSING PRAYER	Om Purnamadha	5 minute

TIME TABLE FOR COMMON YOGA CLASS

SL.NO	DAY	TIME/INSTRUCTOR- 5.00 pm to 7.30 pm
1	Sunday	(Rikpu Kamcham)
2	Monday	(S.C.Mandal)
3	Tuesday	(S.C.Mandal)
4	Wednesday	(Rikpu Kamcham)
5	Thursday	(S.C.Mandal)
6	Friday	(Rikpu Kamcham)

LIST OF THE PARTICIPANTS WERE REGISTERED IN COMMON YOGA CLASS

1 st SESSION BATCH-2018		2 nd SESSION BATCH -2019	
SL.NO,	NAME	SL.NO	NAME
1	NABAM MASUM	1	KRISHNA KSHIMISRA
2	NABIN GADI	2	CHALAK LAWANG

4	MARKAN DAYGUPTA	3	MR. JOHN RANGMAI
5	PADI YARI	4	SUMPI PANOR
6	KALYANINA MCHOOM	5	ALISHA THADANG
7	PURA YASUNG	6	MINA PERME
8	TABA METH	7	NALINI CHANDRA
9	REBOM TAJOM	8	JORAM JUNU
10	JENTU GIBA	9	PARISHRI HAZARIKA
11	JUNI TAKU	10	ARCHAN SARMAH
12	YAJEN LIDA	11	KHODA MAMUNG
13	JUMBOM ORI	12	PURA ANGA
14	JESSY MISO	13	MUDANG PABYANG
15	KABAK YATE	14	BINI YARI
16	RABA SOLOMI	15	ISUM LOLLEN
17	RIGGYIOBABAY	16	AGAM PERME
18	MARPIJELN	17	CHONGE JAMA
19	RUNUMI DATA	18	PADMINI BORUAH
20	GELING MODI		
21	OYEK TAPAK		
22	CHOU DHARY RAJALIN SWAMI		
23	CHHANDIKA ROY		
24	RAKESH CHOWDHURY		
25	JUMKEN NINU		
26	MOYI RETE		
27	ANSULA NUDANG		
28	ANITA GADI		
29	HAGEYAKANG		
30	MARIYO MDAI		
31	CHONGE JAMA		
32	SOLOMIJUGLIN		
33	MOIR IBA		
34	NIAMNYA HENKHE		
35	MINA MANDAL		
36	CHERA DEVI		
37	MUDANG PUMPY		
	KOSEN JIDA		


29.11.2019

(Dr. Anil Mili)
Head, Department of Physical Education



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Arunachal joins International Yoga Day

June 22, 2019



RGU students turn yoga instructors

By A O News Service

ITANAGAR, June 21: Arunachal Pradesh led by Governor Brig. (Retd) B.D. Mishra and Chief Minister Pema Khandu joined global community in celebrating International Yoga Day (IYD) on Friday morning.

The governor along with his wife Neelam Misra joined with NIT director Prof. Pinakeshwar Mahanta with students, faculty and staff and staff, among others, in Yupia campus with Seva Ashram instructor Mridul Gogoi conducting yoga.

CM Khandu along with his lawmaker colleagues, officers led by chief secretary Satya Gopal and staff at state Civil Secretariat here attended yoga session, which was conducted by yoga instructor Lobsang Drema.

Drema, a native of Tawang who took to yoga seriously after correcting a slip-disc by practising it, eloquently explained both physical and spiritual benefits of the asaanas that she made all go through during the hour-long routine.

Highlighting benefits of yoga that not only prevents several life-threatening diseases but also cure many, Khandu wondered the necessity of Govt-sponsored health schemes 'when few minutes of yoga practice daily could suffice'. Yoga ought to be taken up as a 'Jan Andolan' and spread even to the villages for a healthy society, he said.

He lauded Prime Minister Narendra Modi's vision for which the world recognized its universal appeal and the UN on 11.12.14 proclaimed 21 June as IYD.

Shilpa Cookies





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and consciousness.

He asserted that exercise, specifically yoga is a must for GoAP employees and exhorted them maintain discipline and office timing before announcing to make surprise visit to offices.

In Rono Hills, Rajiv Gandhi University faculty members, students and Govt secondary school students led by vice chancellor Prof Saket Khushwaha also celebrated the Day in a befitting manner.



In mini auditorium-cum-yoga centre of RGU, coordinators Tsering Pema and Bode Bayor, both 2nd semester students of diploma in yoga therapy, assisted by her friends including Toso Kayu, Bombie Basar, Deny Riayang and Yonti Pertin demonstrated various asanas to help RGU faculty members led by VC Prof Saket Khuswaha, registrar Prof Tomo Riba, varsity and campus Govt secondary school students to practice.

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 Hindi, 12 Bn NDRF commandant Umesh Kumar Thapilyal said as chief guest, citing examples of

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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.

Prof Khuswaha, 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.

In fact, teams of RGU yoga therapy students were dispatched by faculty Subash Chandra Mandal to Arunodaya University led by instructor Rikpu Kamchang and to NIT led by Sornag Yami.

While Pema said the unparalleled benefits of yoga influenced her to join the course, one of her friends demonstrated Mayurasana to showcase their learning process.

In **Indira Gandhi Park**, People from all walks of life including GoAP employees and school children in huge numbers actively took part in yoga session, conducted by H&FW department in collaboration with Capital Complex district administration.



Highlighting importance of IYD, H&FW Minister Alo Libang said that 180 countries are taking part in the celebration and lauded PM Modi for promoting Yoga globally. "Yoga is a science which can help treat many ailments without medicine," he said.

H&FW secretary Juhi Mukherjee, Capital Complex DC Vikram Singh Malik, health services director Dr M Lego, Pangin MLA Ojing Tasing took part in the event.

In **Bomdila**, hundreds of people joined IYD celebration, conducted by West Kameng DA in collaboration with H&FW department, Seva Bharati and Patanjali.

In **Changlang**, Deputy Speaker Tesam Pongte highlighted the benefits of yoga to participants at Changlang multipurpose community hall and urged them to practice yoga regularly.

In **Miao**, IYD was celebrated at Newman School at Neotan where headmistress Sr Anima CM highlighted the importance of yogasans. It was also celebrated at Namphai Auxiliam

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In **Pasighat**, East Siang district health Society conducted the IYD. DC Dr Kirin Singh advised all to practice yoga to lead a disciplined and healthy life.

SP Prashant Gautam said everyone should take some time out of their daily schedule to practice yoga.

In **Tawang**, MLA Tsering Tashi, who led the IYD celebration at Gyalwa Tsangyang Gyatso high altitude stadium, urged all to practice yoga to stay healthy.

C Sang Phuntsok urged people to take benefit from IYD celebration. The IYD was also celebrated in Lumla, Jang and other administrative centres.

In **Seppa**, East Kameng DA in collaboration with education department and other NGOs conducted yoga sessions in various places across the district.

East Kameng DC Gaurav Singh Rajawat along with administrative officers, HoDs, school children, teachers, GoAP officials and people joined the celebration.

In **Tezu**, Arun Jyoti, Patanjali Yogpith, AYUSH and Brahmakumaris jointly conducted a yoga session at jubilee ground after a mass procession across Tezu to sensitize people about yoga. Tezu MLA Karikho Kri exhorted the people to practice yoga for a healthy body and mind.

In **Namsai**, hundreds of people participated in yoga session at Poi Pee Mau ground. Lekang MLA Jummum Ete Deori encouraged the participants to practice yoga daily. Namsai DC Dr Tapasya Raghav briefed on benefits of yoga and urged the participants to teach and propagate the principles of yoga to at least five people. A health camp was conducted by the district health society to offer free blood and sugar tests to mark the occasion.

In **Yupia**, Papum Pare district AYUSH Mission Society conducted yoga session where ADC Tabang Budong urged all to practice yoga to purify one's mind, body, and soul. Art of Living yoga instructor demonstrated yoga asanas.

In **Ziro**, Agriculture minister Tage Taki, who led the celebrations at VKV, Dobi, said Yoga is India's gift to the world. Practicing yoga creates a synchronized mind and a body. It brings in agility, flexibility, and youthfulness to the body and the mind," Taki said while exhorting all to make it a daily habit.

Naharlagun-based Vivekananda Centre of Human Excellence also celebrated the day by conducting yoga session. Horticulture department joint director Tage Tatung said Yoga can help transform life if it is practiced regularly. Yoga teacher Babul Das demonstrated various asanas.

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