

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

REPORT ON MEGA YOGA AWARENESS-2019

A mega yoga awareness camp organized by department of physical education, Rajiv Gandhi University, which began off on may 10th May 2019 and conclude its last camp on 19th May 2019. A total of 10 camps were organized where the participant in the camp were taught various asanas, pranayama and kariyas by the students of Post Graduate Diploma in Yoga Therapy Education of the Department of Physical Education.

The camps were also marked by talks on various important aspects of daily life delivered by experts on various aspects like weight management and nutrition, stress management, life skills, relief from psychosomatic problems of life and many other related topics for health and fitness in daily life.

These camps were held at Arunodaya University, Lekhi (Naharlagun), Workers Colony, RGU Campus, 12th Bn of NDRF (Emchi), Oju Welfare Association, Naharlagun, Oju Mission School, Papu Nallah, Subansiri Halls of Residence for women and Tawangchu Halls of Residence of men at RGU, Eklavya Residential School, Jullang (Itanagar), Arunachal Law Academy, Lekhi (Naharlagun) and Good Shepherd Public School, Papu Nallah (Naharlagun).

A total of more than 700 participants, ranging from six years to 65 years, participated in these camps and were benefited.

Apart from achieving the motto of the camp to educate the masses regarding fitness and wellness through exercise and Yoga the camp also resulted in job offers from four institutions.

Also, a special camp from 13th to 18th May 2019 was held for 12th Bn of NDRF, Emchi where whole of the battalion under the guidance of Commandant Umesh Kumar Thapliyal practiced Yoga for One-and-half-hour daily for whole one week (7 days)

DATE AND THE VENUE OF MEGA YOGA AWARENESS CAMP CONDUCTED ON 10TH TO 18TH MAY 2019.

SL.NO	NAME OF THE INSTITUTION	DATE	TIME
1	Arunodaya University, Lekhi	10/05/19	1.00 PM
2	Worker Colony, RGU	10/05/19	6.00 AM
3	12 BN NDRF, Emchi	11/10/19	6.00 AM
4	Oju Welfare Association, Naharlagun	11/15/19	3.00 PM
5	Oju Mission School, Papu Nalah	11/15/19	3.00 PM
6	Subansiri Halls of Residence, RGU	12/05/19	3.00 PM

7	Tawangchu Halls of Residence, RGU	12/05/19	4.00 AM
8	Eklavya Residential School, Jullang	15/05/19	4.00 AM
9	Arunachal Law Academy Lekhi, Naharlagun	16/05/19	3.00 AM
10	Good Shepherd School, Naharlagun	18/05/19	7.00 AM

1. ARUNODAYA UNIVERSITY, LEKHI NAHARLAGUN



On 10/05/19-Friday, the 1st Inaugural camp on mega yoga awareness was conducted in the Arunodaya University, Lekhi village where around more than 30 numbers of participants of different age of different subjects teaching staff and non-teaching and including vice-cancellor were took part in the afternoon yoga session.

2. WORKER COLONY, RGU



On Dated-10/05/19 ,Friday – 2nd camp was conducted in the **Worker Colony**, RGU, where around 30 numbers of different age groups of children's and their parents took part in the evening session of the camp in the Bichom Halls of Residence.

3. 12th Bn NDRF, EMCHI





On dated- 11/05/19 Saturday, 3rd mega yoga awareness camp was conducted for the 12Bn NDRF Battalion, around 150 numbers of NDRF personal including All the officers ranks holders were took part in the morning yoga camp session, In this session PGDYTE Students demonstrated different yoga asanas, kriyas and pranayama and was taught to them . Further, on the request of Commandant 12Bn, NDRF, Emchi one week (7 days) camp was organized specifically for them.

4. OJU WELFARE ASSOCIATION, NAHARLAGUN





On 11/05/19, Saturday, the 4th the camp was conducted in the Oju Welfare Association, Naharlagun a total of 35 numbers of students of different age groups of Oju Welfare Association Members took part in the afternoon Camp. In this session the PGDYTE students demonstrated different yoga asanas, kriyas and pranayama followed by practice of the same.

5. OJU MISSION SCHOOL, PAPU NALA





On 11/05/19 ,Saturday, the 5th camp was conducted in the Oju Mission School, Papu Nala, where around 90 numbers of different age groups of students of Oju Mission School, teachers and non-teaching stuffs took part in the afternoon camp. In this session PGDYTE students demonstrated different yoga asanas, kriyas and pranayama followed by practice of the same.

6. SUBASIRI HALLS OF RESIDENT, RGU





On 12/05/19 Sunday, the camp the was conducted in the Subansiri Halls of Residence (Women) where a total 34 numbers of hostel borders took part in the evening yoga camp session, In this session PGDYTE Students demonstrate different yoga asanas, kriyas and pranayama and was also taught to the boarders .

7. TAWANGCHU HALL OF RESIDENCE, RGU





On dated- 12/05/19 Sunday, the hostel borders Tawangchu Halls of Residence (THOR) RGU, were the male boarders took part in the evening yoga session, In this session PGDYTE students demonstrated different yoga asanas, kriyas and pranayama and also taught to the borders .

8. EKLAVYA RESIDENTIAL SCHOOL, JULANNG, ITANAGAR





On 15/05/19 Wednesday, the 9th Camp was conducted in the Eklavya Residential School, Jullang, where around more than 75 numbers of students and including hostel warden, teachers and non-teaching staff took part in the evening yoga session, In this session, the PGDYTE students took active part through and demonstrated various yoga asanas, kriyas and pranayama and followed by practice of the same by the members of the school.

9. ARUNACHAL LAW ACADEMY, LEKHI NAHARLAGUN





On 16/05/19-Thursaday, mega yoga awareness was conducted in the Arunachal Law Academy, Lekhi Naharlagun. A total of 80 numbers of participants inclusive of students, teaching staff and non-teaching members participated in the camp with full enthusiasm. Different types of yoga asanas, kriyas and pranayama were taught to the participants in the afternoon yoga session.

10. GOOD SHEPHERD RESIDENTIAL SCHOOL, NAHARLAGUN





On 19/05/19-Sunday, mega yoga awareness concluded with practice of different types of yoga asanas, kriyas and pranayama by the participants in the afternoon yoga session in the Good Shepherd Residential School, Naharlagun in presence of Chairperson of the school (Dr.) Mrs. Boa Reena Tok. A total of 152 participants inclusive of students, chairman, teaching stuffs and non -teaching actively practiced and heard the lecture by Dr. Anil Mili on Stress and Yoga.

(Dr. Anil Mili)
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