



RAJIV GANDHI UNIVERSITY

RONO-HILLS, DOIMUKH, ARUNACHAL PRADESH, 791112



A REPORT

ON CONDUCT OF INTERNATIONAL DAY OF YOGA, 2017

THEME :

Like every year, the theme of International Yoga Day for the year 2017 was named “Yoga for Health” by Government of India.

INTRODUCTION:

Yoga is the journey of the self, to the self and through the self. The word Yoga comes from the Sanskrit word “yuj”, which means “union of”. Yoga is the journey of the self, to the self and through the self. The word Yoga comes from the Sanskrit word “yuj”, which means union of an individual’s soul with its spirit. Originated in India, Yoga is about 5000 years old and aims at transforming both body and mind of a person. Yoga itself is a very old practice that is followed in India since time immemorial.

A one day program was held in the Rajiv Gandhi University’s mini auditorium or yoga hall on 21st June, 2017 basically to promote health and wellness through the practice of ancient yogic practice. The practice of yoga in higher educational institute is very useful for the faculty members and the students’ community in daily life.

OBJECTIVE:

- To enrich the people with an art that will help them strengthen their body, calm the mind, improve the ability to focus and regain lost self confidence.
- To improve strength and flexibility, improving the health & the mind, renewed with confidence.
- Through Pranayam regulating the purification of the internal system and the organs, acting as a superior and able supplement to asanas.
- The energy that is generated in the body through these physical practices and channelizing it into meditation or Dhyana for stability, peace and calm.

SUMMARY OF THE EVENT:

The Department of Physical Education and NSS Unit 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 Burnwal 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. James Taku and Ms. Punyo Yania.



Newspaper Link:

<https://thedawnlitpost.com/2017/06/international-yoga-day-observed-with-enthusiasm/>





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A REPORT

ON CONDUCT OF INTERNATIONAL DAY OF YOGA, 2018

THEME: “YOGA FOR PEACE”.

INTRODUCTION

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A one day program was held in the Rajiv Gandhi University’s mini auditorium or yoga hall on 21st June, 2018. Yoga itself is a very old practice that is followed in India since time immemorial.

OBJECTIVE

- The main aim is to create an awareness worldwide on the importance of staying fit and healthy.
- To enrich the people with an art that will help them strengthen their body, calm the mind, improve the ability to focus and regain lost self confidence.
- To improve strength and flexibility, improving the health & the mind, renewed with confidence.

SUMMARY OF THE PROGRAMMES HELD :

ONE DAY YOGA AWARENES CAMP FOR NDRF PERSONNELS

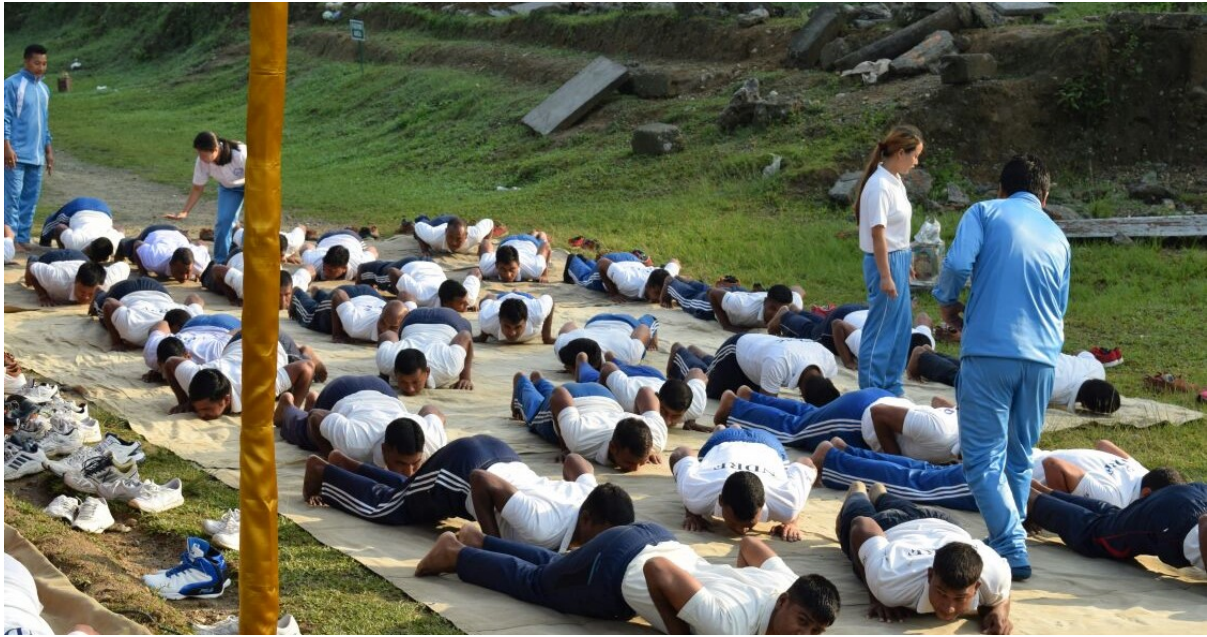
(1) In run up to the International Day of Yoga to be held on 21st June, 2018, a Yoga Camp was conducted at National Disaster Response Force, Headquarter Emchi by Office of Assistant Director, Physical Education and Department of Physical Education, RGU Doimukh on 11th May, 2018. The students of Post Graduate Diploma in Yoga Therapy Education demonstrated various types of asanas and pranayama including the demonstration of Shatkarmas. The NDRF personnel were elated to watch specially the practice of shatkarma

inclusive of dnad dahutis, sutra neti and jal neti. The Head of Department, Dr. Anil Mili answered and cleared the doubt regarding many types of non communicable diseases and explained the need to adopt yoga and its regular practice. Mr. A.K.C. Singh, Commandant 12 BN NDRF, Doimukh thanked the department and its students for coming and educating them about the benefits of yoga in daily. He hoped for more such collaboration in future endeavours for health and fitness.



NDRF personnels namely, Mr. A.K.C. Singh, Commandant, Mr. P.N. Singh, Deputy Commandant, Mr. P. Daimari, Deputy Commandant, Mr. I Somorendro Singh, Assistant Commandant, Mr. Vimal Gupta, Assistant Commandant, 25 subordinate officers and 165 jawans, Dr. Rojeet Singh, Asst. Prof. Dept. of Physical Education, Mr. Subash Chandra Mandal, Guest Faculty and 16 PGDYTE students participated in the programme.





(2) CELEBRATION OF INTERNATIONAL DAY OF YOGA 2018:

Arunachal Pradesh Brig. (Dr.) B.D. Mishra (Retd.) participated in the event at Rajiv Gandhi University (RGU), Rono Hills, Doimukh, 25 km from Itanagar, State Capital, on 21st June 2018 along with Raj Bhavan officials and Faculty members, students and research scholars of RGU and school children..



Speaking on the occasion, the Governor said that many important medico-academic assets of Indian Cultural heritage had, during the long foreign rules been suppressed out of practice. However, on 11th December 2014 at the initiative of Hon'ble Prime Minister Shri Narendra Modi, the Yoga has been adopted by the United Nations General Assembly, with overwhelming support of its 177 members and June 21st has been declared as the International Day of Yoga (IDY).

The Governor, who has been practicing Yoga for forty years, shared his experiences and importance of the 'phsio-mental' wellbeing legacy of Yoga. He also explained the important procedural aspects of Yoga practice.



While explaining, the Yoga practice procedure, the Governor said that the first stage of Yoga is to adopt correct pre Asana position, second, slowly getting to the Yoga posture, third, holding the posture for minimum for a minute and maximum for three minutes and fourth, slowly moving out of the posture to pre Asana position.

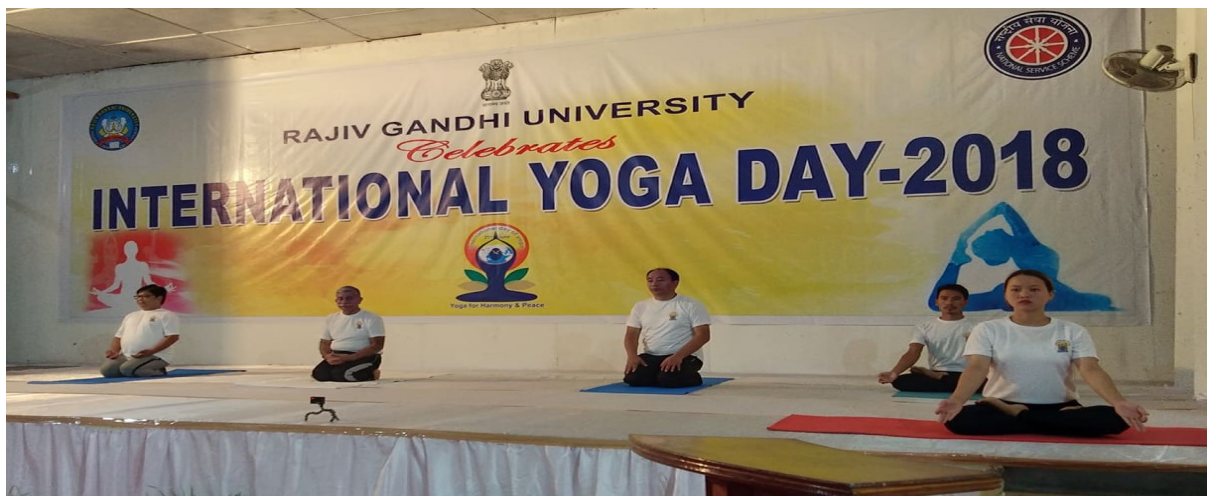


The Governor, who hails from the Black Commando Organization said that all top commandoes practices Yoga and Pranayam for concentration, tension free mind and raising of will power. He appealed to the people to inculcate Yoga as part of their lifestyle. It is good and beneficial to all, he further said.



The Governor appreciated the University fraternity for involving and integrating its members in observing the occasion in befitting manner. He was impressed by the students of Physical Education Department, who conducted the Common Yoga Protocol and presented a group display of 'Yoga Pranayam' and internal cleansing.

Prof. Tamo Mibang, Vice Chancellor, RGU, Dr. Tomo Riba, Registrar, Deans and Heads of Department were present on the occasion. Dr. Anil Mili, Head of Department, Physical Education, RGU along with his Post Graduate students (Yoga) participated in the Common Yoga Protocol.





New s paper Link:

<https://nenow.in/health/arunachals-bigwigs-join-international-day-yoga-celebrations.html>



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RONO-HILLS, DOIMUKH, ARUNACHAL PRADESH, 791112



A REPORT

ON CONDUCT OF INTERNATIONAL DAY OF YOGA, 2019

THEME: “CLIMATE ACTION AND YOGA WITH GURUS”

INTRODUCTION:

Yoga is the journey of the self, to the self and through the self. The word Yoga comes from the Sanskrit word “yuj”, which means “union of”. Yoga is the journey of the self, to the self and through the self. The word Yoga comes from the Sanskrit word “yuj”, which means union of an individual’s soul with its spirit. Originated in India, Yoga is about 5000 years old and aims at transforming both body and mind of a person.

A one day program was held in the Rajiv Gandhi University’s mini auditorium or yoga hall on 21st June, 2019. Yoga itself is a very old practice that is followed in India since time immemorial.

OBJECTIVE:

- The importance of Yoga for the overall health of body, mind, society, and even our climate. The main aim is to create an awareness worldwide on the importance of staying fit and healthy.
- To enrich the people with an art that will help them strengthen their body, calm the mind, improve the ability to focus and regain lost self confidence.
- To improve strength and flexibility, improving the health & the mind, renewed with confidence.

SUMMARY OF THE PROGRAMME:

Rajiv Gandhi University; conducted the 5th edition of International Yoga Day – 2019 with the theme “ Climate Action and Yoga with Gurus” the faculty members, students and Govt Secondary School students led by Vice Chancellor Prof. Saket Khushwaha celebrated the Day in a befitting manner. The programme was celebrated as a part of global celebration of the event to practice and promote yoga in the citizens daily life. The day was marked by show of high enthusiasm and interest by the university fraternity.



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 Riyang and Yonti Pertin demonstrated various asanas to help RGU faculty members led by Hon'ble Vice Chancellor, Prof. Saket Khuswaha, Registrar Prof. Tomo Riba and campus Govt. Secondary School students to practice in the programme. 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 India, 12 Bn NDRF Commandant Umesh Kumar Thapilyal said as Chief Guest, citing examples of commitment of people across India towards yoga practice. Rs 200 crore is being spent in Uttarakhand to develop it as a yoga and spiritual destination, he said to underscore the importance attached to yoga in resent 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.



Vice Chancellor Prof. Saket Kushwaha, 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.

Further, the teams of RGU Yoga Therapy students were dispatched by faculty Subash Chandra Mandal to Arunodaya University led by instructor Rikpu Kamcham and to NIT led by Sorang Yumi in the form extension service.





Newspaper link:

<https://arunachalobserver.org/2019/06/22/arunachal-joins-international-yoga-day-2/>



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RONO-HILLS, DOIMUKH, ARUNACHAL PRADESH, 791112



A REPORT

ON CONDUCT OF INTERNATIONAL DAY OF YOGA, 2020

INTRODUCTION:

Amid the COVID-19 pandemic, the celebration of the International Yoga Day 2020 was held at home with the family members. Yoga brings balance between body, soul and mind. It helps us to understand the purpose of life and how to survive in the changing environment. The word Yoga comes from the Sanskrit word “yuj”, which means union of an individual’s soul with its spirit. Originated in India, Yoga is about 5000 years old and aims at transforming both body and mind of a person. Yoga is a form of exercise that is performed through diet control, breathing and physical posture. Since last five years, the International Day of Yoga is celebrated annually.

OBJECTIVE:

- The importance of Yoga for the overall health of body, mind, society, and even our climate. The main aim is to create an awareness worldwide on the importance of staying fit and healthy.
- To enrich the people with an art that will help them strengthen their body, calm the mind, improve the ability to focus and regain lost self confidence.
- To improve strength and flexibility, improving the health & the mind, renewed with confidence.

SUMMARY OF THE PROGRAMMES:

(1) One day webinar on : "YOGIC INTERVENTIONS FOR HEALTH AND WELLBEING DURING THE TIME OF COVID-19 PANDEMIC"

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.

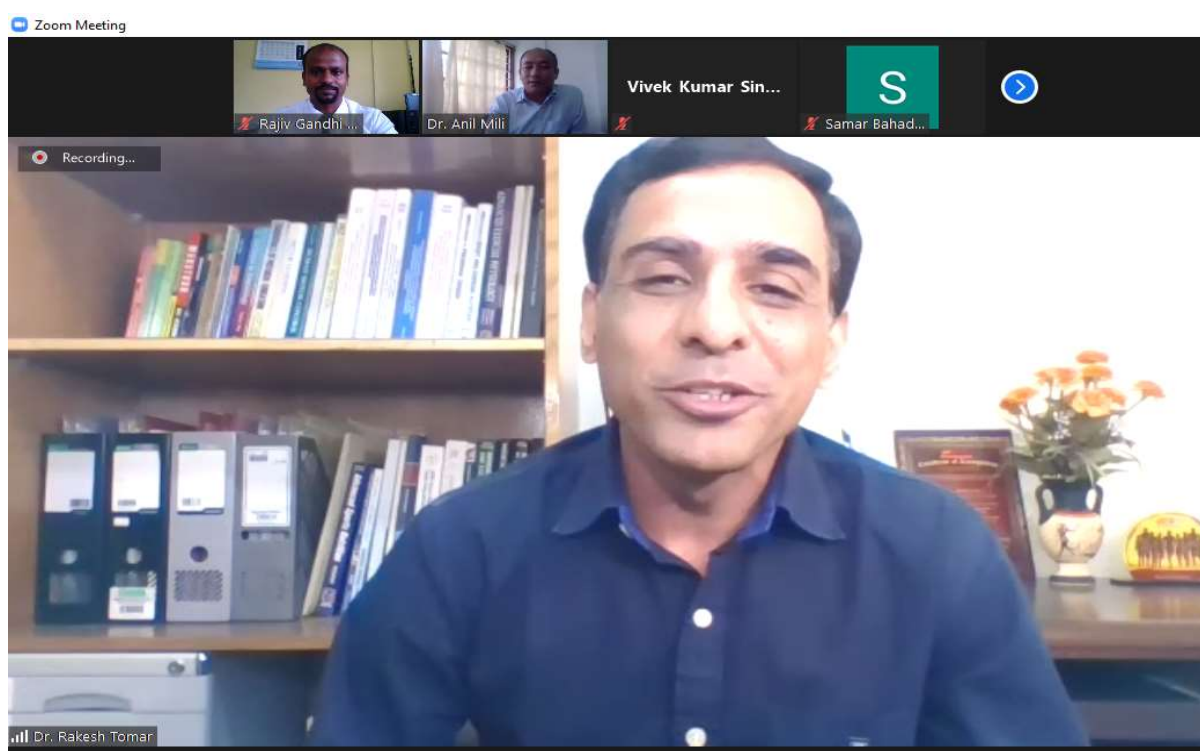
Prof. Tomo Riba delivered his speech on yogic requirement. Prof.Riba expressed his experience about Yoga and express how it is relevant in Covid-19 pandemic. He insists that in present situation we should be active by practicing yoga at home.

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



(2) Celebration of 6th International Day of Yoga:

The 6th edition of International Day of Yoga was observed at the Rajiv Gandhi University campus in Doimukh on 21st June, 2020 with minimum attendance in the Mini Auditorium of RGU, Doimukh. Rikpu Kamcham, Guest Assistant Professor PGDYTE course took the session for 45 minutes on common yoga protocol. The programme started with paying homage and floral tribute to the fallen heroes of Galwan Valley incident in Ladakh followed by singing of Gandhi Bhajan, “Vaisna Bhajan To” maintaining the SOP for social distancing. RGU vice-chancellor Prof Saket Kushwaha read a self composed poem in praise of the

guardians of the borders and the martyrs. The event was participated by Pro Vice Chancellor, Amitava Mitra, Registrar (Acting) Department of Physical Education HoD, Dr Anil Mili, Department of Music HoD (in-charge) Ashok Barman, department of Mass Communication Sunil Koijam, Dr. Sambhu Prasad, Dr Tadang Minu, and Dr. K. Rojeet Singh from the department of Physical Education, and few other members of the varsity community.







NEWS REPORT Link:

<https://arunachaltimes.in/index.php/2020/06/22/rgu-conducts-webinar-on-yogic-interventions-for-health/>

**RAJIV GANDHI UNIVERSITY
RONO HILLS, DOIMUMUKH**

F. No. RGU/REG-94/PHY EDN/21

16th June, 2021.

CIRCULAR

In pursuant to the letter received from Regional Director, Government of India, Ministry of Youth Affairs & Sports, NSS, Regional Directorate, Guwahati vide F. No. 5-4/NSS-NER/2021-2022/878-955 dated 01.06.2021, Rajiv Gandhi University will join the Nation in observing the **International Yoga Day on 21st June 2021 (Monday) at 7:30 a.m.** in the RGU Convention Centre by taking all precautionary measures (social distancing, wearing of face mask, etc.) due to COVID-19 Pandemic.

Therefore, all the Statutory Officers, faculty members, officers and other non-teaching employees are hereby cordially requested to participate in the International Yoga Day on 21st June, 2021 (Monday) at 7:30 a.m.

Further, Head, Department of Physical Education, Coordinator, Yoga and Programme Officer, NSS Cell are hereby asked to take necessary preparation for the same and also prepare a 'report' for onward submission to Ministry of Youth Affairs & Sports, Govt. of India, New Delhi.

This is issued with the approval of the Vice Chancellor.

Sd/-
Registrar

Copy to:

1. PS to Vice-Chancellor for information.
2. PA to Pro Vice Chancellor for information.
3. All Deans of Faculties/ Dean, Academic Affairs/DSW for information.
4. PS to Registrar/Finance Officer/Controller of Examinations for information.
5. All Heads/Directors of Departments/Institutes for information and wide circulation.
6. Head, Department of Physical Education and Coordinator, Yoga for information and necessary action.
7. Chairman, Task Force Monitoring Committee for information.
8. All Branch Heads for information and wide circulation.
9. Joint Director (CC) for information with a request to upload the same on the university website.
10. Programme Officer, NSS Cell for information and necessary action.
11. Senior Medical Officers for information.
12. Senior Security Officer for information.
13. Office copy.


(Dr. N.T. Rikam)
Registrar