



RAJIV GANDHI UNIVERSITY

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.







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