



RAJIV GANDHI UNIVERSITY

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/>

DEPARTMENT OF HINDI
RAJIV GANDHI UNIVERSITY
RONO HILLS, DOIMUKH

No. RGU/HIN/SEMNR/03/2014

Date: 15th Nov., 2019

CIRCULAR

This is to inform all the Department/Branch/Cells that the Department of Hindi is going to stage two Drama "Babua-Govardhan" and "Parsai-Prem" to be held on 18 & 19 Nov., 2019 in collaboration with National School of Drama (NSD), New Delhi & CURIO, Jaipur at the Mini Auditorium, Rajiv Gandhi University.

All the interested Faculty members, Officers, Non-teaching staffs, Research Scholars and Students are requested to kindly attend the same as scheduled.

Date- 18 & 19 November, 2019

Time- 4.00 pm

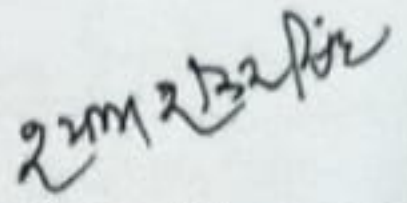
Venue- Mini Auditorium

(Dr. Shyam Shankar Singh)

Head

Copy to:

1. P.S to V.C for information please.
2. P.A to Pro. VC for information please.
3. P.A to Registrar for information please.
4. All Deans of the Faculties for information please.
5. All Heads of the Department for information please.
6. Joint Registrar (Academic) for information please.
7. Joint Director(CC) for information with a request to upload in the RGU website.
8. Notice Board
9. Office Copy.


(Dr. Shyam Shankar Singh)
Head



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RAJIV GANDHI UNIVERSITY
RONO HILLS; DOIMUKH

No.ADM-04/RGU/I & R/ 2016

Dated 6 August, 2019

CIRCULAR

This is general information to all the members of the University Community that as usual, the **73rd Independence Day** will be celebrated on **15 August, 2019** (Thursday) in front of the Administrative Block, RGU.

Therefore, all concern are requested to make it convenient to attend the function as per programme is given below:-

TIME	PROGRAMME
7.00 A.M	Paying homage to Wall of the Heroes.
7.15 A.M	Gathering of Public in front of the Administrative Block.
7.30 A.M:	Unfurling of the National Flag by the Hon'ble Vice-Chancellor, followed by National Anthem & address to the gathering University community..
8.10 A.M	Retreat, followed by sweet distribution.

All Deans of faculties and Statutory Officers of the University shall accompany the Hon'ble Vice Chancellor in paying homage to Wall of the Heroes.

For taking part in the function at I.G Park, Itanagar, transport facility has been arranged from Itanagar as well as from the University campus as per given time schedule below:-

Bus Departure	TIME
Itanagar to Campus	6.15 A.M
Campus to Itanagar	8.15 A.M
Itanagar to Campus	11.30 A.M

This is issued with the approval of the Vice Chancellor.

Memo No. ADM-04/RGU/I & R/ 2016 *1192*
Copy to:-

Sd/-
Registrar
Dated *8th* August, 2019

1. P.S to Vice Chancellor for his kind information.
2. P.S to Registrar /Finance Officer/CoF for information.
3. All the Deans of the Faculties for information.
4. All the Heads/Directors for information.
5. All the Jt. Registrars / Dy. Registrars / Librarian / Sr.System Analyst for information.
6. All Branch Officers/ Warden of the various Halls of Residence for information and wide circulation.
7. Dr.Tadang Minu, Astd. Professor, Dept. of Phy. Education for information. She is requested to make necessary arrangement for smooth conduct of the programme with help of Sr. Security Officer and Adm. Branch, RGU.
8. The Head, Dept. of Music & Fine Arts for information with a request to arrange the National Anthem team from the Department.

[Handwritten signature]



RAJIV GANDHI UNIVERSITY
RONO HILLS; DOIMUKH

NO.ADM-04/RGU/I & R/ 2016

Dated 10 January, 2020

CIRCULAR

This is a general information to all the members of the University Community that as usual, the **71st Republic Day, 2020** will be celebrated on **26th January, 2020** (SUNDAY) in front of the Administrative Block, RGU. Further, the competent authority has declared 26/01/2020 (SUNDAY) as the Working Day in the University.

Therefore, all concern is requested to make it convenient to attend the function as per programme is given below:-

TIME	PROGRAMME
7.00 A.M	Paying homage to Wall of the Heroes.
7.15 A.M	Gathering of Public in front of the Administrative Block.
7.30 A.M:	Unfurling of the National Flag by the Hon'ble Vice-Chancellor, followed by National Anthem & address to the gathering citizens.
8.10 A.M	Retreat, followed by sweet distribution.

All Deans of faculties and statutory officers of the University shall accompany the Hon'ble Vice - Chancellor in floral tribute to **Wall of the Heroes**.

For taking part in the function at I.G Park, Itanagar, transport facility has been arranged from Itanagar as well as from the University campus as per given time schedule below:-

Bus Departure	TIME
Itanagar to Campus	6.15 A.M
Campus to Itanagar	8.30 A.M
Itanagar to Campus	11.30 A.M

This is issued with the approval of the Vice Chancellor.

Sd/-

Registrar

Dated 23rd January, 2020

Memo No. ADM-04/RGU/I & R/ 2016 /1647
Copy to:-

1. P.S to Vice Chancellor for his kind information.
2. P.S to Registrar /Finance Officer/CoE for information.
3. All the Deans of the Faculties for information.
4. All the Heads/Directors for information.
5. All the Jt. Registrars / Dy. Registrars / Librarian / Sr.System Analyst for information.
6. All Branch Officers/ Warden of the various Halls of Residence for information and wide circulation.
7. Dr.Tadang Minu, Astt. Professor, Dept. of Phy. Education for information. She is requested to make necessary arrangement for smooth conduct of the programme with help of Sr. Security Officer and officials of the Adm. Branch, RGU.
8. The Head, Dept. of Music & Fine Arts for information with a request to arrange the National Anthem team from the Department.

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8. Dr.Tadang Minu, Astd. Professor, Dept. of Phy. Education for information. She is requested to make necessary arrangement for smooth conduct of the programme with help of Sr. Security Officer and officials of the Adm. Branch, RGU.
9. The Head, Dept. of Music & Fine Arts for information with a request to arrange the National Anthem team from the Department.
10. The Executive Engineer, RGU for information with requested to make necessary arrangement at **Wall of Heroes & Administrative Block Flag** base.
11. Sr.Security Officer, RGU for information with a requested to prepare/manage the National Flag to be hoisted by the Hon'ble Vice Chancellor, RGU. He is also requested to arrange a **Guard of Honour** of the University Security Guard in front of the Flag base.
12. Sr.Medical Officer, H.C //Manager, G.H/Sanitary Inspector for information
13. The Hindi Officer, RGU for information with a request to host the anchoring for the programme.
14. The Vehicle (i/c) for information and to arrange the transport facility accordingly.
15. The President/General Secretary, RGUTA/RGUEA/, RGUSU for information.
16. The Nodal Officer, NCC/NSS for information with the request to arrange the decoration at Wall of Heroes & Administrative Block Flag base on 14/08/2020.
17. Notice Board.
18. Office Copy.

Niba
11.08.2020
Registrar