



**North-Eastern Hill University
Shillong-793022**

Report

**Celebration of the
3rd International Yoga Day, 2017**

S. No.	Name of the University	Location of University	Programmes held	Whether all activities with Audio/Video/Photographs have been uploaded as per enclosed NIC's communication
1	North-Eastern Hill University	NEHU Campus, Shillong-793022, Meghalaya	Vide Annexure-1	Yes

Annexure –I

Programmes Held

1. **3-days Yoga Camp** (योग-शिविर) was held on **17th, 18th and 19th of June, 2017** at Community Hall of the university campus from **6:30-8:30 AM**. This Program was organized with the grand success and large number of students, teachers and the staff participated in the program including The Vice-chancellor of the university.
2. **An Essay writing** (निबंध-लेखन) Competition was held on **19th June, 2017** at VC's Conference Room of the university campus from 2:30-3:30 PM. The language for writing essay was Hindi and English and the competition was open for all members of the NEHU Community (Students, teaching and non-teaching staff). The topic the competition were as follows:

विषय: 'आत्म-बोध और मानव-मूल्य के लिए योग'

Topic: 'Yoga for self-realization and human values'

Students and Staff of the university actively participated in the said competition and the winners of the essay competition were given prizes. A total of six prizes including the Certificates were given for the best three essays writing, both in Hindi and English. Certificate of participations were also distributed to all participants.

3. **3rd International Yoga Day** (तृतीयअंतरराष्ट्रीययोगदिवस) was held on **21st June, 2017** at Multi-purpose Convention Hall from 9:30 AM. Yoga Practice Session and Yoga protocol session (as per Yoga Protocol issued by Ministry of AYUSH, Govt. of India) was conducted by Patanjali Yoga Kendra, Shillong and by the group of Art of Living, Shillong respectively. The students and the staff of the university participated in the said yoga protocol session actively. Books, Posters on Yoga, Posters of Yoga protocol issued by Ministry of AYUSH, Govt. of India were also exhibited at the venue. The Speech by the eminent Expert from Bharat Sewashram Sangh, Shillong and Prajapita Brahmakumari IshwariyaVishwavidyalaya, Shillong were also delivered.

In this program, students, teaching and non-teaching staff and their family members actively participated, to mark the occasion. A total of three prizes including the Certificates were given for the best Yoga practitioners in three age groups (under 20 years, 20-40 years and above 40 years). Certificate of participations were also distributed to all participants.