



North-Eastern Hill University
Shillong-793022



तृतीय अंतरराष्ट्रीय योग दिवस

3rd INTERNATIONAL YOGA DAY : 21st JUNE 2017

Yoga Practice Session, Demonstration on Yoga, Exhibition & Lectures by Experts **All members of the NEHU Community are requested to participate** (*Students, teaching and non-teaching staff and their family members*)
Venue: Multi-purpose Convention Hall, Time: 9:30 AM -12:00 Noon

योग-शिविर

Yoga Camp : 17th – 19th June, 2017

All members of the NEHU Community are requested to participate (*Students, teaching and non-teaching staff and their family members*) **Venue: Community Hall, Time: 6:30-7:30 AM**
Note : Please bring your own Yoga mat / bedsheet.

निबंध-लेखन

Essay writing Competition : 19th June, 2017

All members of the NEHU Community are requested to participate (*Students, teaching and non-teaching staff*)

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

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

Venue: VC's Conference Room, Time: 2:30-3:30 PM

Note : Essay Writing will be in Hindi & English. Interested participants for the Competition should send their names along with their designation, phone number, e-mail address, name of the Department & course of study (for students) at yoganehu@gmail.com/bkeshan@hotmail.com/Dr Bela Keshan, Department of Zoology, NEHU latest by 19-06-2017, 12:00 noon.

**The winners of the essay competition and the best Yoga practitioners will be given prizes.
A Certificate of Participation will be given to all Participants.**



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योग-शिविर

Yoga Camp

(17th – 19th June, 2017)

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Time: 6:30-7:30 AM

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(Students, teaching and non-teaching staff and their family members)

ON OCCASION OF

3rd INTERNATIONAL YOGA DAY : 21st JUNE, 2017



पूर्वोत्तर पर्वतीय विश्वविद्यालय
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तृतीय अंतरराष्ट्रीययोग दिवस
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पूर्वोत्तर पर्वतीय विश्वविद्यालय
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तृतीय अंतरराष्ट्रीययोग दिवस

3rd INTERNATIONAL YOGA DAY :21st JUNE 2017

Venue: Multi-purpose Convention Hall, Time: 9:30AM



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' INTERNATIONAL DAY OF YOGA '
21st June 2017

Venue: Multi use Convention Centre, Time: 9:30 AM – 12:00 Noon

Programme

- 9:30 AM : Arrival of the Chief Guest , *Prof. Sri Krishna Srivastava, Vice-Chancellor, NEHU* and Guest of Honour :
1. Swami Damodaranand (Bharat Sewashram Sangh, Shillong)
 2. Didi Nilam ji (Prajapita Brahmkumari, Shillong)
- 9: 35 AM : Felicitation by Chairman
- 9: 40 AM : Inauguration by Lighting the Lamp
- 9:45 AM : Welcome Address by Prof. M.P. Pandey, Chairman, Organizing Committee
- 9: 55 AM : Talk on Yoga by Guest of Honour : Didi Nilam ji
- 10:15 AM : Yoga Demonstration by Patanjali Yoga Kendra, Shillong
(Sangita Sharma, Goma Sharma, Shabitri Pourel & Vivekanand Pandit)
- 10:30 AM : Yoga Practice Session (by Art of Living, Group Leader: Ms. Swati ji & group
[as per Yoga Protocol issued by Ministry of AYUSH, Govt. of India])
- 11:20 AM : Talk on Yoga Practice by Guest of Honour : Swami Damodaranand ji
- 11:35 AM : Prize distribution
- 11:40 AM : Address by the Chief Guest, *Prof. Sri Krishna Srivastava, Vice-Chancellor, NEHU*
- 11:50 AM : Yoga Exhibition
- 11:55 AM : Vote of thanks by the Convener, Organizing Committee

























