

#IDY2022



#YogaforHumanity



#75IconicIDYLocations



आठवाँ अन्तरराष्ट्रीय योग दिवस - २०२२

**VIII INTERNATIONAL DAY OF YOGA - 2022**

विश्वविद्यालय योग समिति (UNIVERSITY YOGA COMMITTEE)

राष्ट्रीय सेवा योजना (NATIONAL SERVICE SCHEME)

पूर्वोत्तर पर्वतीय विश्वविद्यालय, शिलांग, मेघालय

NORTH-EASTERN HILL UNIVERSITY, SHILLONG, MEGHALAYA

**अन्तरराष्ट्रीय योग दिवस: २१ जून २०२२ (INTERNATIONAL YOGA DAY: 21<sup>ST</sup> JUNE 2022)**

Yoga for Harmony & Peace

समय (Time): प्रातः ६.०० बजे (6.00 AM)

स्थान (Venue): मल्टी यूज कन्वेंशन हॉल, नेहु, शिलांग, (Multi-Use Convention Hall, NEHU, Shillong)

विश्वविद्यालय परिवार के सभी सदस्य आदर आमंत्रित हैं।

(ALL INCLUDING STUDENTS, FACULTIES, OFFICERS, STAFF AND THEIR FAMILY MEMBERS ARE INVITED)

The North-Eastern Hill University, Shillong, Meghalaya celebrated 8<sup>th</sup> International Day of Yoga on the 21<sup>st</sup> of June 2022 at the Multi-Use Convention Hall, NEHU Permanent Campus, Shillong. The program was conducted by the University Level Yoga Committee and National Service Scheme Cell of the University. All together 235 numbers of participants took part in the event including teachers, non-teaching staff, students and campus residents.

The celebration started at 6.15 am with lighting of the lamps followed by welcome address by Prof. D. K. Choubey, Chairman, University Level Yoga Committee. A short speech was delivered by the Senior Most Professor of the University Prof. S. B. Prasad.

Every participant watched the live address of Hon'ble Prime Minister of India from Mysuru Palace from 6.00 a.m. to 7.00 a.m. After the Prime Minister's address, there was a Yoga Protocol followed by all the

participants who were present. Yoga protocol was lead by Dr. Anamika Upadhaya and her team from Art of Living.

Prof.P.S.Shukla, the Honourable Vice-Chancellor of the North-Eastern Hill University addressed the gathering as Chief Guest. In his address, the Vice-Chancellor of the University emphasized on mass participation and performing yoga activities regularly to get maximum health benefits.

The program was operated by Prof. Getika Ranjan, Member, University Level Yoga Committee.

The program ended with vote of thanks by Dr.M.Khymdeit, Coordinator, NSS Cell, NEHU.