



North-Eastern Hill University
Shillong-793022

Celebration of

4th International Yoga Day

June 21, 2018

**Activities of events conducted on
June 21, 2018
and during
last 50 days of IDY-2018**

Programmes held

1. **Celebration of IDY-2018 on June 21, 2018:** 4th International Yoga Day was held on 21st June, 2018 at Multi-use Convention Hall, NEHU, Shillong from 7:30 AM to 10:00 AM. The Vice-Chancellor, NEHU, Prof. H. Lamin was the Chief Guest of the celebration and Swami Ved Saranandji Maharaj, Ramakrishna Mission, Shillong was the Guest of Honour. A group from *Patanjali Yoga Kendra*, Shillong in the leadership of Ms. Goma Sharma and another group of Yoga Teachers from the *Art of Living*, Shillong Kendra in the leadership of Ms. Mala Sinha were also present in the programme.

The programme started with the lightening of the lamp by The Chief Gest, Guest of honour and other dignitaries followed by the welcome address by Prof. M. P. Pandey, the Chairman of *University Level Yoga Committee*. Prof. Ramesh Sharma, Department of Biochemistry, NEHU, a special invitee from the University community delivered a talk on the benefits of yoga in context of health and disease. Afterwards, the Yoga Practice Session was conducted by *Patanjali Yoga Kendra*, Shillong in which different *Asanas* and *Pranayam* were demonstrated by the group and practiced by the university community. Swami Ved Saranandji Maharaj, *Ramakrishna Mission*, Shillong spoke in detail about the ways and means by which one can incorporate yoga in his day-to-day life.

The members of *Art of Living*, Shillong Kendra conducted Yoga protocol session as per Yoga Protocol issued by **Ministry of AYUSH, Govt. of India**. The Vice-Chancellor, NEHU, Prof. H. Lamin spoke about the importance of yoga to improve human health and convinced the audience that yoga is not a religious practice but it is our long Indian tradition. He also insisted that inspite of the all the diversities of the languages, customs, religious practices etc. exist in India, the tradition like Yoga has united all as one from time immemorial.

About 150 participants actively attended the programme which includes students, teaching and non-teaching staff and their family members. In spite of the final ongoing End Semester Examination of the university, a large number of students and faculty members participated in the programme. An exhibition of the posters was also organized at the venue in which different *Asanas*, *Pranayams* were displayed on the benefits of the yoga. Along with this, the posters of Yoga protocol issued by Ministry of AYUSH, Govt. of India were also exhibited at the venue. T-shirts printed with the logo of International Yoga Day were distributed to all the participants present there.

The programme ended with Vote of Thanks by Shri Bah Sohtun, the convener of the *University Level Yoga Committee*. Fruits were provided to all the participants at the end of the programme.

2. **Yoga Camp (12-19th May, 2018):** 8-days yoga camp was held from 12th to 19th May, 2018 at Community Hall, NEHU from 7:30 to 8:30 AM. The Parctice session on yoga was conducted by Patanjali Yoga Kendra, Shillong. This Program was a grand success and a large number of students, teachers and the staff including The Vice-chancellor and Registrar of the university and their family members enthusiastically attended the yoga camp. About 80-90 participants were present which includes students, teaching and non-teaching staff and their family members.
3. **A programme on lectures on Yoga on May 2, 2018:** A programme on lectures on Yoga was organized at the V.C. Conference Hall, NEHU, Shillong, at 3.00 PM. The topic of the lecture was ‘Yoga for Total Health’. Two eminent scholars, Swami Vedsarananandji Maharaj, a very senior scholar from Ramakrishna Mission, Shillong Kendra and Shri Sameer Jolly, a senior Yoga teacher from ‘Art of Living’, Pandu Ashram, Guwahati Kendra, delivered their lectures. A large number of students, faculty members, non-teaching members and others, along with the University officers were present in the lecture Hall. Both the lectures were very impactful and were immensely appreciated by the participants. The Programme started with the welcome address by the Registrar of the University Dr.J.N.Nayak. The introduction of the programme was given by Prof.M. P. Pandey, the Chairman of the University level Yoga Committee and the vote of thanks was delivered by Shri Ba Sohtun, the convener of the Yoga Committee. Tea and light refreshment was served at the end of the programme. The programme ended around 5.30 PM. About 60-70 members of the university community including students and staff attended the programme.
4. **Yogathon on May 2, 2018:** To mark the beginning of the 4thInternational Yoga Day on 21st June, 2018, the University decided to start a series of functions 50 days prior to the event from 2nd May, 2018. The first programme was ‘Yogathon’ in the morning of 2nd May, 2018, a run programme to spread the message of Yoga among University fraternity, starting from the Community Hall, NEHU Campus to take a full circle and end at the same place. A large number of students, faculty members and their families, non-teaching staff members and others, along with the University officers were present at the event. The Registrar of the University, Dr. J.N. Nayak flagged

off the 'Yogathon' run at 7.00 AM and after completion, the run ended at the Community Hall at 8.00 AM with the distribution of fruits to the participants. About 100 participants actively attended the programme which includes students, teaching and non-teaching staff of the university.