

## **REPORT ON THE OPENING CEREMONY OF INTERNATIONAL DAY OF YOGA 2018**

The run-up activities to the Celebration of International Day of Yoga i.e., 21<sup>st</sup> June 2018 for 50 days kick-started with the opening ceremony held at the conference Hall, Department of Political Science, 10:30 AM onwards, on 2<sup>nd</sup> May 2018. Ms. Neizhanuo Golmei chaired the programme and Prof. A. K. Singh, Vice Chancellor in-charge, Nagaland University graced the occasion as the Chief Guest.

The programme started with the welcome address by Dr. Radharani Maibam where she dwelt upon the historical and cultural significance of Yoga with Indian tradition and the gaining popularity of the same among the West as a layout for the discourses ahead.

This was followed by the keynote address by Prof. M. K. Sinha, Finance Officer whereby he highlighted that there are different layers of human existence and Yoga enables one to unite these layers namely, body, soul, mind, consciousness and faith. Prof. S.K. Chaturvedi, Dean, Research, Development and Consultancy, and Prof. H. John Sema, Head, Department of Political Science, encouraged the members to approach Yoga with a broad outlook and embrace it as part of their life.

In his Chief Guest's address, Prof. A. K. Singh pointed out that Yoga is a valuable tradition of India and incorporating it into our lives would enable us to build a healthy lifestyle. He also added that Yoga should be approached with an open mind and in an inclusive manner cutting across culture and continents. He also highlighted the contribution of our Hon'ble Prime Minister Shri Narendra Modi for playing a proactive role in making Yoga a global movement as the UN General Assembly adopted a resolution for observing International Day of Yoga on 21<sup>st</sup> June of every year with effect from 21<sup>st</sup> June 2015. He also emphasized upon the need for Yoga for keeping the youth healthy and positive minded to contribute to the process of nation building. He applauded Dr. Baljit Singh Sekhon, Deputy Director of Sports for coordinating the programme and taking initiative for successful conduct of the 50-day long Yoga programme to mark the International Day of Yoga 2018.

All the speakers focussed on segregating yoga from the religious connotation of Hinduism and thus making Yoga an all faith art of living. Few yoga Asanas were also demonstrated and performed by all the members present.

The opening ceremony ended with a vote of thanks from the chairperson.