

REPORT ON THE CELEBRATION OF A 50-DAY LONG INTERNATIONAL DAY OF YOGA: 2018

Dated: 30th May 2018

In continuation of the celebration of a-50-day long programme for observance of International Day of Yoga 2018, debate cum lecture cum Yogathon were organized in the conference hall of the Department of Political Science, Nagaland University HQRS: Lumami on 30th May 2018 with Vice-Chancellor as Chief Guest.

The programme started with National Anthem followed by welcome addressed by Dr. Baljit Singh Sekhon, Deputy Director Sports, Nagaland University. In his opening remarks, he emphasized upon the relevance of celebration of International Day of Yoga for our healthy mind, body and soul.

This was followed by a debate competition on the theme “Should Yoga be the part of academic curriculum for a healthy society?” The students who participated in the debate for and against the motion were unanimous of the view that Yoga should not be linked with any religion and it is a must for achieving a healthy society for building a healthy nation through positive thinking and outlook.

The debate competition was followed by a special lecture on the relevance of celebration of International Day of Yoga. In her captivating and enthralling lecture, Dr. B Kilangla Jamir, Prof. of Economics and Head of the Department, beautifully and forcefully delineated the importance of Yoga for a healthy mind and for a healthy body and a peaceful way of life. She also exhorted the audience by stating that in every prayer of every religion there is a Yoga in it and therefore it should not be aligned with any religion.

Dr. K K Upadhyay, Director CDC, in his lecture highlighted the contribution of saints like Rama Krishna Parmhans and Swami Vivekananda. He also highlighted the importance of some yogic asanas for the benefit of human beings irrespective of faith and affiliations.

The Chief Guest of the function and the Vice-Chancellor of the University, Prof. Pardeshi Lal, traced the origin of Yoga and dwelt upon in detail the journey of Yoga from the Vedic period to the contemporary time. He also informed the audience about the efforts of our Honourable Prime Minister for making Yoga a global movement by getting it officially accepted by the comity of nations at the United Nations. He also highlighted the fact that Yoga is both preventive and curative and is based on scientific standards for dealing with health related problems and ailments. He talked about that Yoga being the only exercise which has no age bar, no time bar, no religion bar and more importantly it is all weather mental and physical activity that keeps our organs alert and active.

He appealed to the entire University fraternity particularly the youth to adopt Yoga as a way of life to achieve the goal of Ayushman Bharat for building a Young India, New India and more importantly a healthy and powerful India.

Prof. A.K. Singh, Chairman of the organizing committee, thanked each and every participant for making the programme a successful one. He also thanked the MHRD and the Ministry of Ayush for giving the opportunity to Nagaland University for spreading the culture and environment for Yoga for building a healthy society. He also expressed the view that a time will come when Yoga will be the part of daily life of all the human beings cutting across cultural, religious and ethnic barriers.

Finally, Yogathon, that is the different Yoga postures were displayed to the audience by the Honourable Vice-Chancellor and the Finance Officer Prof. M. K. Sinha for the benefit of all sections of the University community present on the occasion.

The programme was chaired by Mrs. Monalisa Tase, Assistant Professor, Department of Political Science.

Sd/-

Prof. A.K. Singh

Department of Political Science