

REPORT ON THE CELEBRATION OF INTERNATIONAL DAY OF YOGA 2018 IN NAGALAND UNIVERSITY

INTRODUCTION:

21st June 2018 was the culmination of 50-day long celebration of International Day of Yoga in Nagaland University as per the mandate of the Ministry of AYUSH and the directive of the MHRD.

During 50 days, the following activities were conducted by the University to mark the occasion. The most significant aspect of 50 days celebration was increasing awareness among all sections of the NU community: Realization of all sections of the community that Yoga transcends the boundaries of caste, ethnicity, region, religion and is a must for healthy well-being in tune with PM's flagship programme of Ayushman Bharat -- Fit India, Young India, and Strong India.

The community benefitted from Yogathan, the different postures that are useful for healthy and sustainable lifestyle. It was highlighted that Yoga works both as a preventive and curative method of dealing with modern lifestyle-related problems such as obesity, diabetes, hypertension, etc. The participants took a pledge to make Yoga a part of daily activity.

A 30-day long Yoga Asana training camp was also organized from 2 May 2018 to 31st May 2018.

The series of programmes organized are as follows:

I. OPENING CEREMONY OF INTERNATIONAL DAY OF YOGA 2018 ON 2ND MAY 2018

The run-up activities to the Celebration of International Day of Yoga i.e., 21st 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 2nd 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 21st June of every year with effect from 21st 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.







II. PROGRAMME ON 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, which 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.







III. INTERNATIONAL DAY OF YOGA 2018 ON 21st JUNE 2018

The International Day of Yoga was celebrated on 21st June 2018 at I. Ihoshe Kinimi Hall, Nagaland University, Lumami. The programme was chaired by Mr. Peter Ki, PRO. Poster Presentation was coordinated by Mr. Watimenba.

The programme started with National Anthem followed by welcome address by Mr. Peter Ki. A short speech was delivered by Prof. N.S. Jamir, Registrar I/c, in which he congratulated the organisers of the programme and highlighted the usefulness of Yoga. He narrated an incident from his personal life about how yogic breathing exercise cured him of sinusitis problem. He also stated that the practice of Yoga on daily basis leads to a healthy body, mind and soul. It is with zero-cost, and has become a worldwide movement.

Dr. Baljit Singh Sekhon presented a report of the 50-day long celebration of Yoga culminating on 21st June 2018. He stated that Yoga need to be taken as a way of life for leading a healthy life.

In his address as Chief Guest, Prof. Pardeshi Lal, outlined the retrospective perspective of Yoga and its significance. He said that ‘Yog’ is all about adding to longevity, and prolonging vital aspects of life. He applauded the initiative taken by Hon’ble Prime Minister Narendra Modi to make Yoga a worldwide movement. His effort led to the United Nations General Assembly declaring 21st June as International Day of Yoga since 2015.

He has mentioned that there is no age bar for performing Yoga, and the best time is early morning on an empty stomach. However, those with medical conditions should take necessary precautions including consultation with medical expertise. He also contrasted physical exercise and Yoga. The effects of physical exercise and Yoga are similar to certain extent in providing elevated immune surveillance and enhanced endurance. However, Yoga goes beyond by integrating body, mind and soul.

Prof. Pardeshi Lal also demonstrated the Yogic Asanas and the same were performed by all present. He concentrated on those Asanas which are easy to perform but are of immense significance, and the same if performed on a daily basis will dramatically improve one’s health.

The programme came to a close with the singing of the National Anthem.







