

The Assam Royal Global University celebrates Yoga Mahotsav 2022

Guwahati, 21 June: The Assam Royal Global University concluded the two month long Yoga Mahotsav 2022 culminating with the celebration of International Day of Yoga on 21 June 2022. The International Day of Yoga on 21st June 2017 was successfully organized with the enthusiastic participation of students, faculty and staff with the celebrations spreading from 5th May to 21st June, 2022.

Preceding to the yoga day, the university has organized various programmes for its students which included an essay writing competition and a poster designing competition on 5th May 2022. Students Welfare RGU also organized long practice sessions with demonstration of asanas for all students of the university. Yoga experts were invited as resource persons to spread knowledge and awareness on the topic “Importance of Yoga among Youth for Wellbeing of Mind and Body in day-to-day life” which was attended by two hundred students of the university. Faculty, staff and students enthusiastically participated during the practice sessions on all preceding days to acclimatize the body to Yogic exercises & Yoga. A community outreach programme was also organized as a part of the Yoga Mahotsav on 3 June with an awareness drive on importance of yoga and health benefits among the resident of a shelter home in Lankeswar, Assam. The 8th International Day of Yoga was observed on 21 June in five different venues of the university which was joined by two hundred and fifty participants. . As per the common protocol issued by Ministry of Ayush, Govt. of India, the participants were introduced to Yogasanas, Kapalbhathi, Pranayama, Dhyna, Sankalpa , Meditation, and also Payers were recited before and after the programme. Student volunteers of National Service Scheme (NSS) participated actively in the yoga sessions. The session was also attended by Prof. (Dr.) S.P.Singh, Vice-Chancellor of the university along with hundred other members.