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IGNOU DIGI NEWS

2022/IG/PIU/DiNews/Jun/1161

21st June 2022

RC- Delhi 2

International Yoga Day



IGNOU Regional Centre Delhi-2 celebrated International Yoga Day by organizing a webinar on the topic 'Dainik Jeevan Main Yog ka Mahatava'. All IGNOU officials, part-time functionaries of LSCs and a large number of students participated in the webinar. The programme was initiated by the welcome speech given by Dr. Meena Singh, ARD, RC Delhi-2.

Dr. Kanan Sharma, Regional Director welcomed keynote speaker Dr. Sampadananda Mishra, Professor in Rishihood University, Sonipat, Haryana and yoga demonstrator Ms. Pragya Upadhyaya. The Regional Director said that Yog which originated in India can show the world the way towards total health and positive thinking. She inspired to take a resolution to practice Yog regularly to enhance efficiency in all spheres of the life.

In his keynote speech Dr. Sampadananda Mishra, illustrated how Yog can give a better life and it can be a viable solution for many diseases which are related to lifestyle disorders. He said that Yog will not only develop a physical resistance in the body but will also give a positive attitude for thinking and lead to various stress management techniques which can be quite helpful in eradicating the health problems which are now being faced by people.

Ms Pragya Upadhyaya gave lots of tips to remain happy and insisted that each one should discover himself through meditation. After the lecture there was an open session in which IGNOU employees and students asked about exercises in Yog which can enhance memory and relieve stress.

The programme ended with a formal Vote of Thanks by Dr. Rita Chauhan, ARD, Regional Centre Delhi-2.

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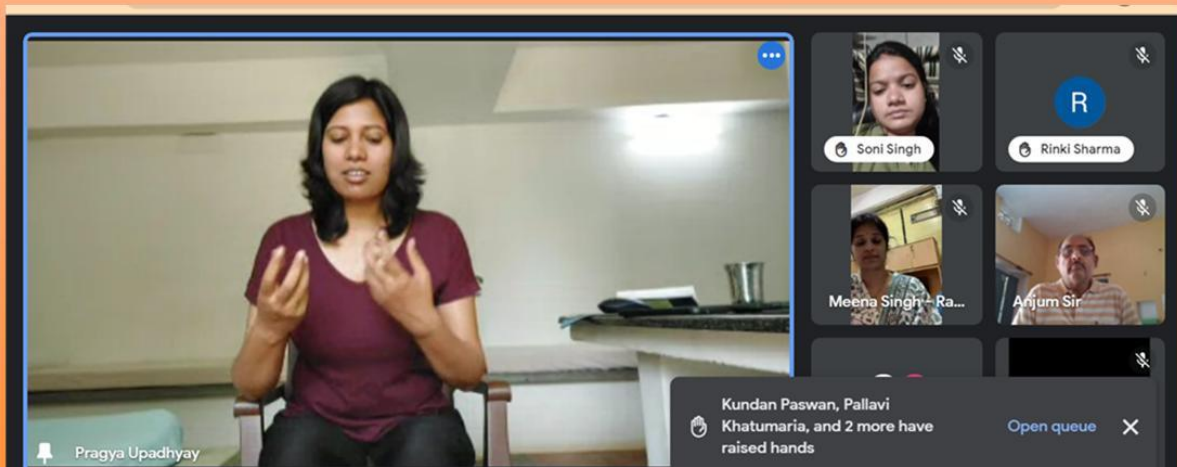
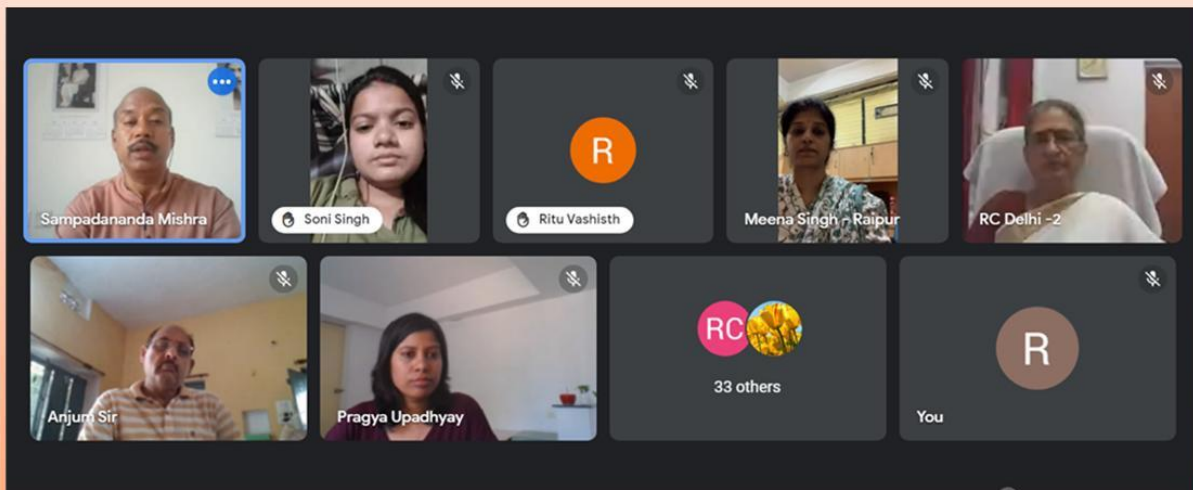
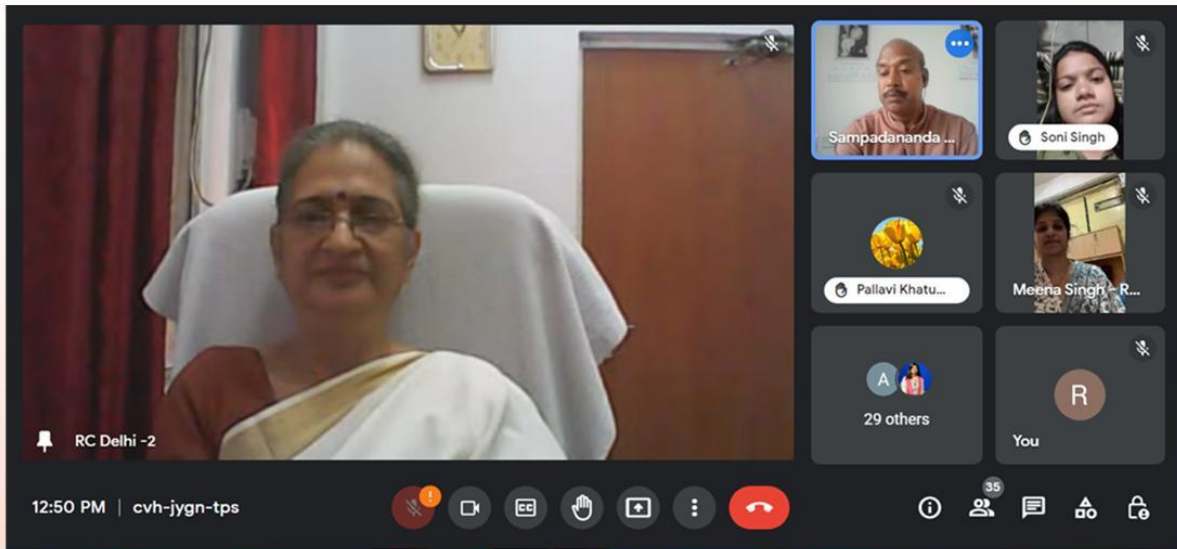


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RC- Delhi 2



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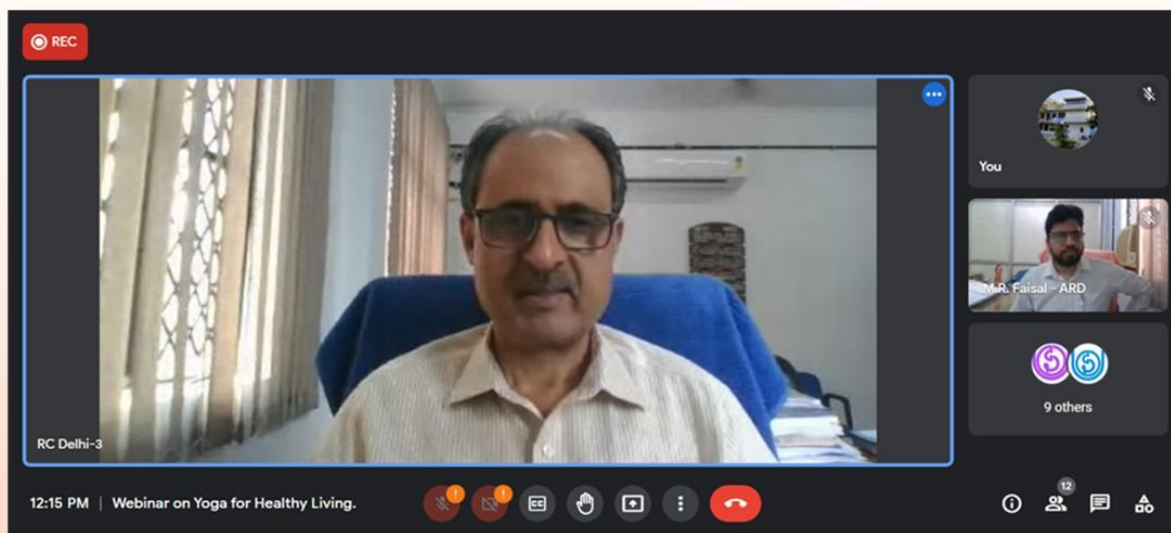
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21st June 2022

RC- Delhi 3

International Yoga Day



Regional Director welcomed all the participants and highlighted the importance of Yoga in our day to day life and how the Yoga has been a way of life throughout the world and as to how it has helping millions all over to overcome the physical and mental fatigues caused by the COVID-19 pandemic during the last two years.

Being an ardent Yoga practitioner himself for more than a decade, Regional Director gave an overview of various important yogic exercises particularly Pranayam which could be performed at home by all to maintain a reasonably good and sustainable healthy life during these difficult times. During the course of this online event, he also demonstrated some yogic exercises and impressed upon all to make yoga an integral part of their life to remain mentally and physically healthy. This was followed by interaction with the Academics and staff members of the regional centre.

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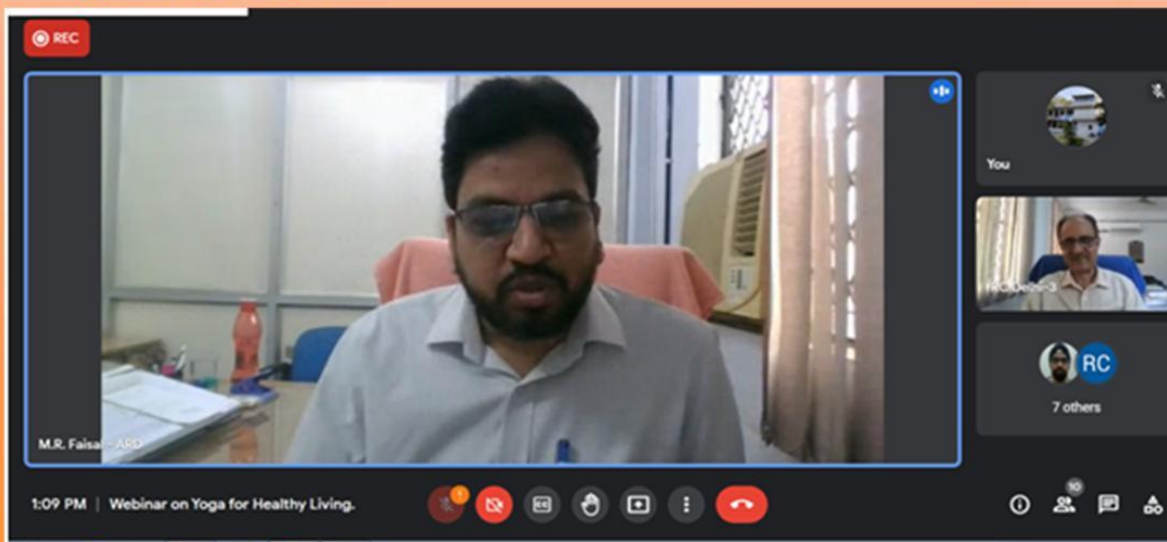


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RC- Agartala

International Yoga Day



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RC- Ahmedabad

International Yoga Day



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21st June 2022

RC- Bhagalpur

International Yoga Day

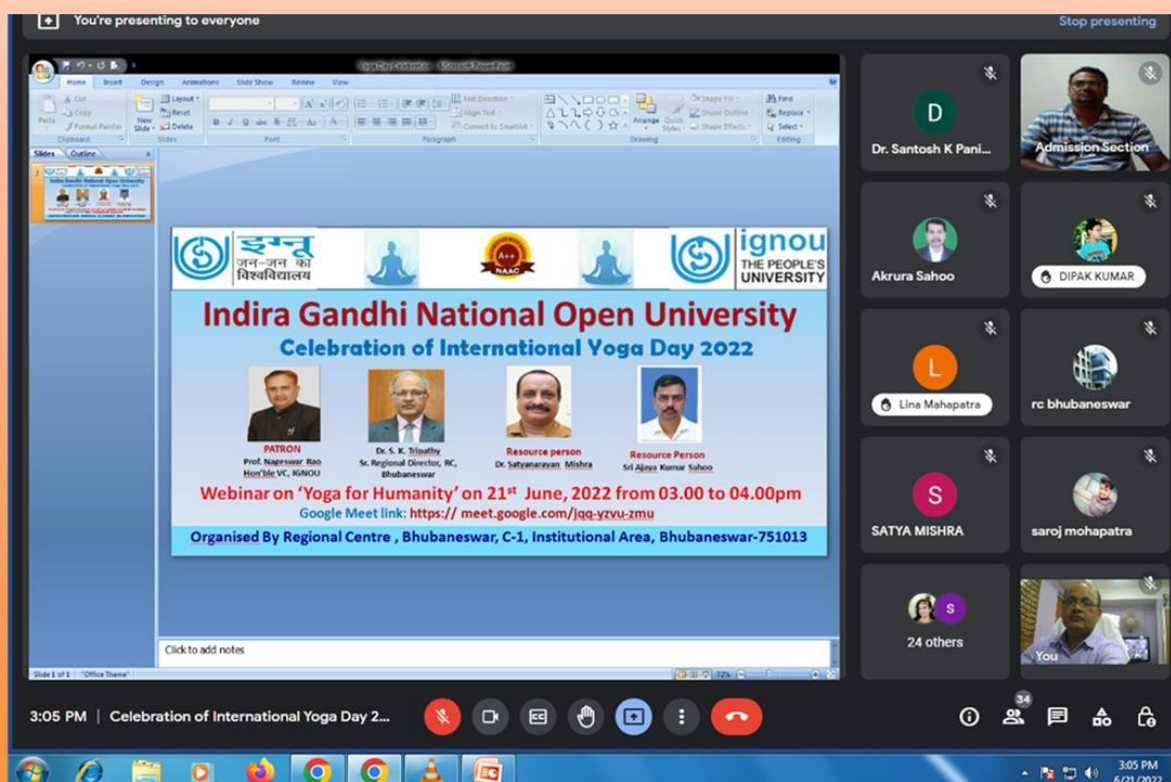


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International Yoga Day

International Day of Yoga was celebrated by RC Bhubaneswar with two events, one in the morning and another in the afternoon. In the morning session all staff members demonstrated various Yogic exercises in the RC with the technical support of Sri Radhashyam Biswal, a yoga Expert. Nearly 22 asanas and pranayamas were demonstrated and practised by the staff.

In the afternoon at 3.00PM a Webinar was organised on the theme "Yoga for Humanity." The event was participated by students, study centre functionaries and Rc staff. Two eminent experts were invited to deliberate on the topic. The experts were Dr.Satyanarayan Mishra and Sri Ajay Ku.Sahoo. The webinar started with a warm welcome by Dr.S.Panigrahi,ARD followed by Welcome address by Dr.S.K.Tripathy, Sr.RD. After the welcome address the speakers spoke on various aspects of Yoga and highlighted some specific asanas and pranayamas. The programme ended with a vote of thanks by Dr.P.K.Jena, ARD. The proceedings of the programme was live transmitted through Facebook page of the Rc also



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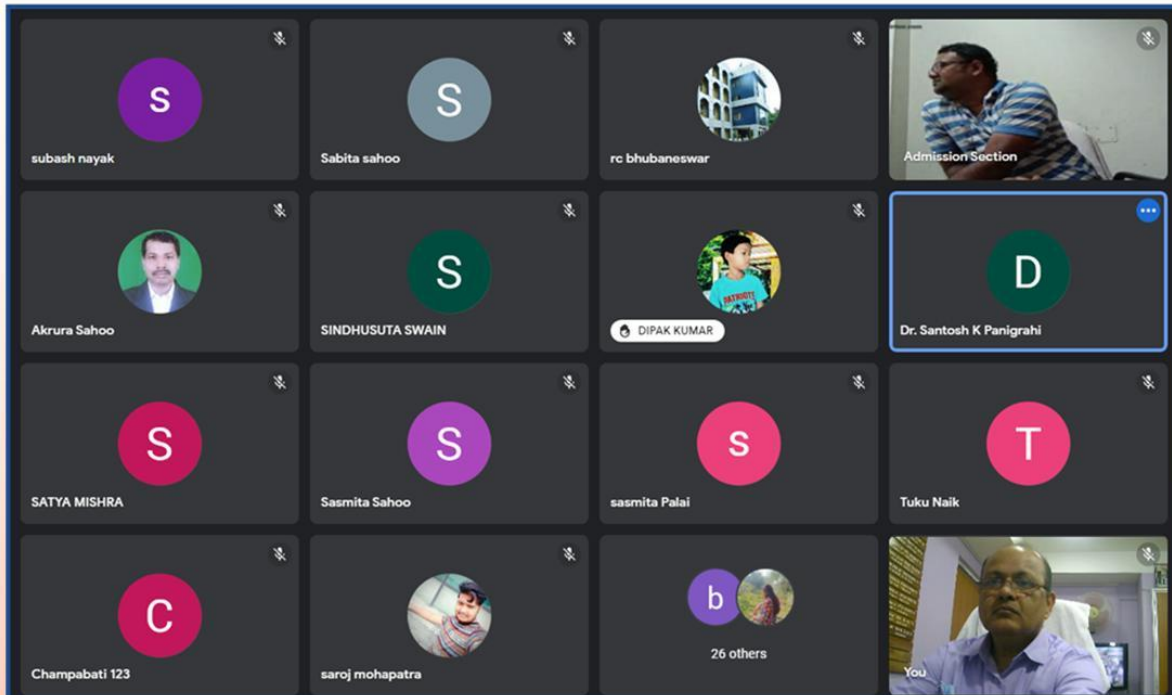
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RC- Bhubneshwar



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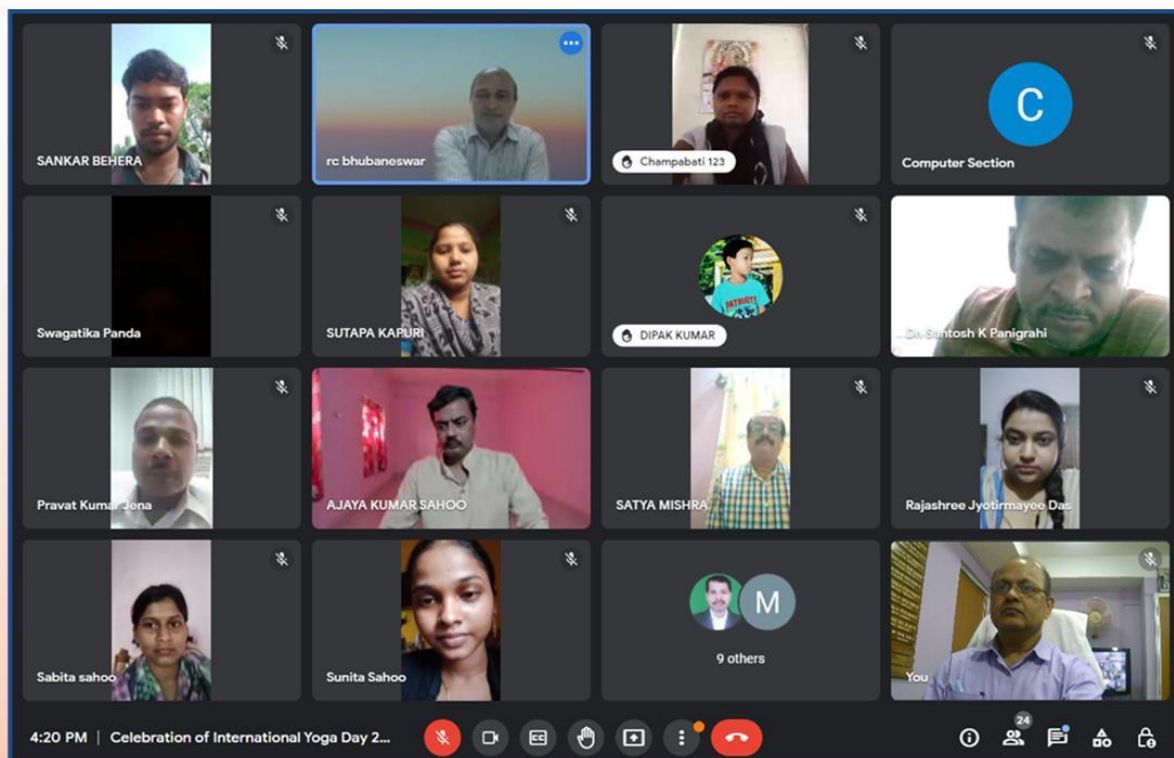
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RC- Bijapur

International Yoga Day



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RC- Chandigarh

International Yoga Day



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RC- Chandigarh



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RC- Darbanga

International Yoga Day



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RC- Dehradun

International Yoga Day



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RC- Deoghar

International Yoga Day



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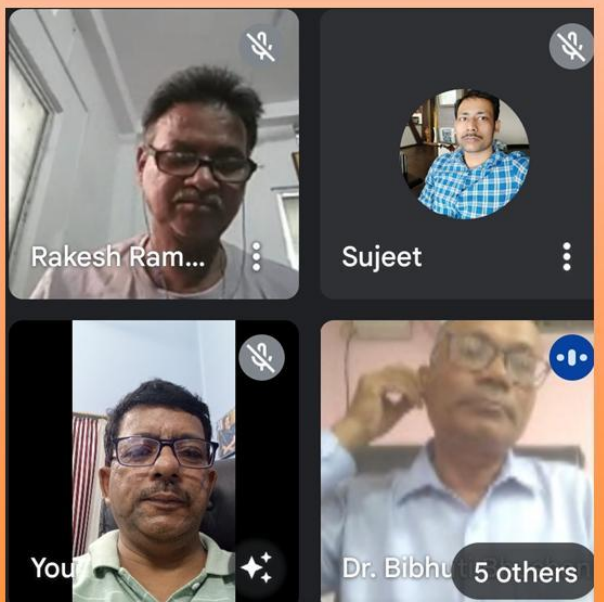


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— खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित —

International Yoga Day



IGNOU Regional Centre Gangtok celebrated International Yoga Day 2022 at its office premises in the forenoon of 21st June 2022 with a talk-cum-demonstration delivered by the Guest-cum-Yoga Expert, Shri Raj Kumar Sharma, a on the theme “Essence of Yoga for Healthy Living”.

The Regional Director- Dr. Yonah Bhutia formally welcomed with Guest with offering of khada and a brief welcome note. It was followed by an energetic yoga session of about two hours taken by the Guest-cum-Yoga Expert thereby demonstrating along with explanation on benefits of warming up exercises, several pranayams and yoga asanas including surya-namaskaram necessary to be practiced in daily life for healthy living. He also lucidly explained in details about our existence in seven forms and levels comprising body, mind, sense, ego, memory, intellect and soul.

All the officials and visiting students of the IGNOU Regional Centre Gangtok actively participated with performance of every items of yoga demonstrated by the expert and also shared their personal experience. The session was concluded with vote of thanks by the Regional Director who also highlighted on need to practice yoga regularly, its benefits in living happy and healthy life and requested to take pledge to incorporate yoga as a routine of the daily living.

The program was conducted by the Section Officer, Mr Dilip Kumar Darjeewho introduced Shri Raj Kumar Sharma as a Yoga Enthusiast, who has been rendering social services as Part-time teacher and a volunteer with Art of Living organization since the year 2006, currently holding position of State Coordinator, Bureau of Communication, Art of Living, Sikkim Branch. Mr. Sharma being an employee of Sikkim Government currently posted under IPR Department has been popularly seen as an official Master of Ceremonies of most functions of the State Government hosted at the state level.

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International Yoga Day

IGNOU Regional Centre Guwahati, has celebrated the International Day of Yoga, 2022, by organising a Lecture cum Demonstration of Yoga on 21st June, 2022 at 3.00 to 4.30 PM in the Conference Hall of the Regional Centre. Yoga Experts from the Institute of Vivekananda Kendra Assam Prant, Uzan bazar, Guwahati Ms. Kiran Thakuria, Ms. Sima Deb Sen and Ms. Rita Das were the resource persons sharing the various aspect and benefits of the Yoga practice.

The resource persons spoke on the theme of the International Day of Yoga 2022 that is "Yoga for Humanities". Yoga is not just Asana or Pranayama. It is a way of life. It a process in which we integrate our body- mind-intellect with the larger identities like family, society and nation and the entire creation. The resource persons emphasised that daily practice of Yoga will help us to have better health, better thought process, mental strength and help an individual to be more spiritual. After the lecture the resource persons had demonstrated loosening/warming of body, surya namaskar, asanas and pranayama. It was attended by all the staff of the regional Centre. The programme was conducted very successfully and beneficial for the staff.



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RC- Hyderabad

International Yoga Day



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RC- Imphal

International Yoga Day



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RC-Jabalpur

International Yoga Day



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RC- Jaipur

International Yoga Day



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RC- Jorhat

International Yoga Day



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International Yoga Day

On the occasion of International Yoga Day, "Lecture and Demonstration of Yoga Asanas" was organized by RC NOIDA on 21st June, 2022 from 11 a.m. to 12:00 p.m. through google meet.

Dr Siran Mukerji, Additional Director, RC Noida initiated the session by welcoming the Yoga expert and the participants, and highlighting the importance of Yoga for healthy life. It was followed by the address of Dr. A.M. Saklani, Deputy Director who enlightened the participants with his thoughts on the practice of Yoga.

Yoga expert Sh. Deepak Kumar and his associate Ms. Rakhi were invited as the resource persons for this virtual programme. The expert explained the relevance of Yoga and motivated the participants to make Yoga "the way of life". Both the experts demonstrated various exercises for energizing the brain, strengthen respiratory system, healthy spine and also explained many pranayaam asanas. All the participants followed them in performing the Yoga Asanas.

Mr Anil Kumar, Assistant Registrar, RC NOIDA presented the concluding remarks and Dr Anjana, Assistant Regional Director, RC NOIDA proposed the vote of thanks. The event was attended by all the officials and staff of RC NOIDA



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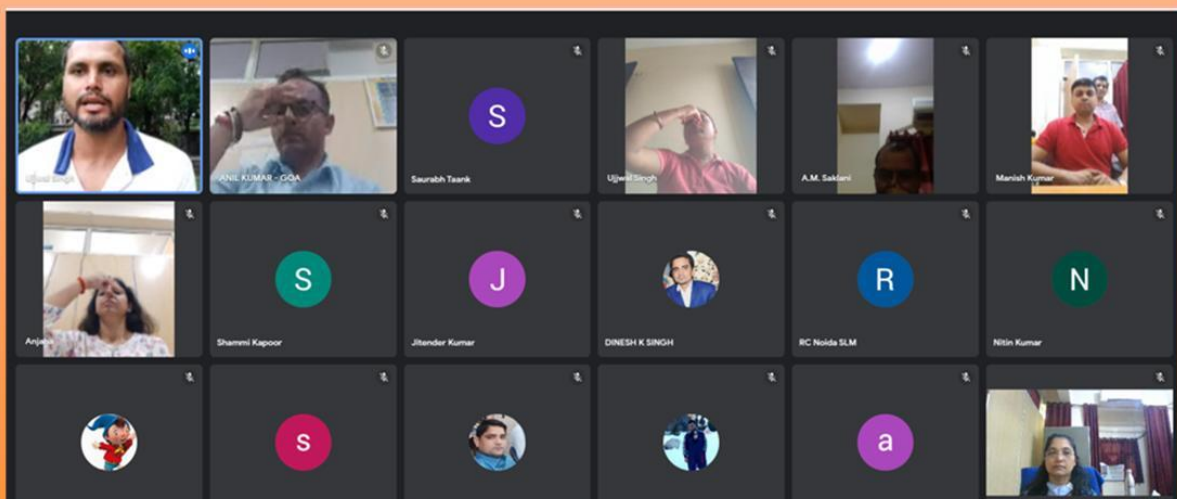
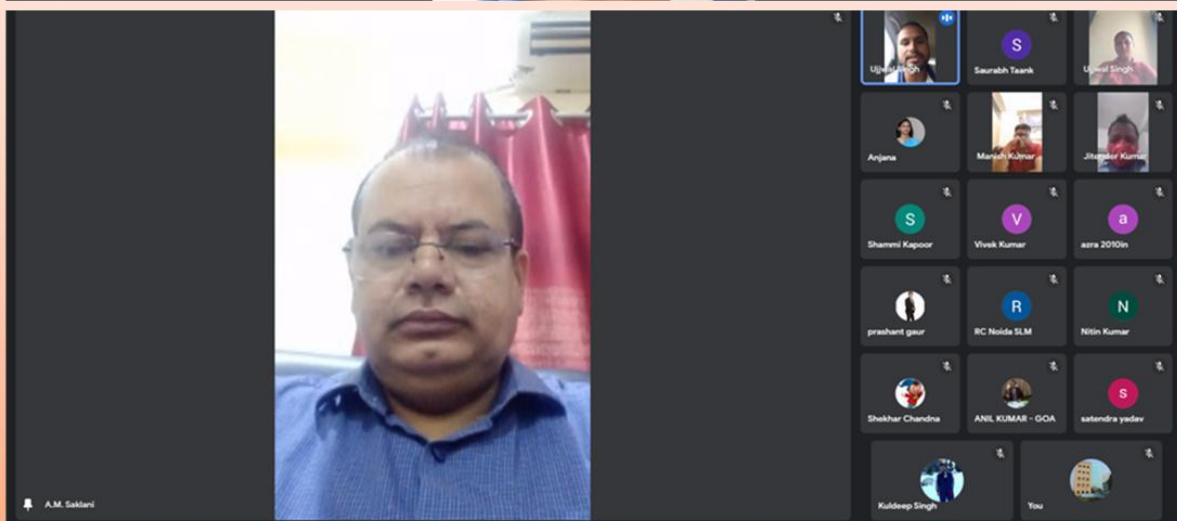
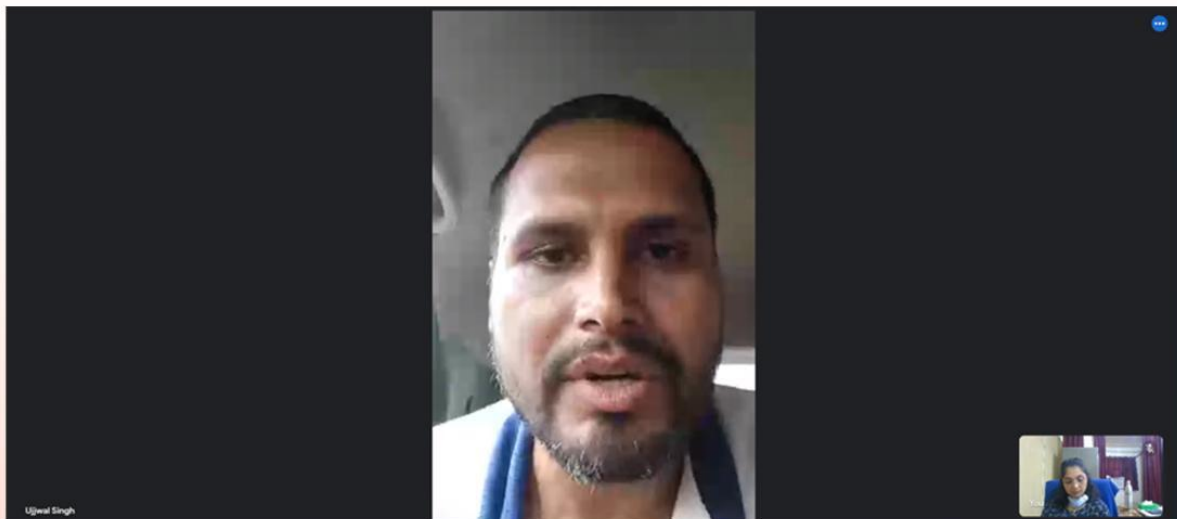


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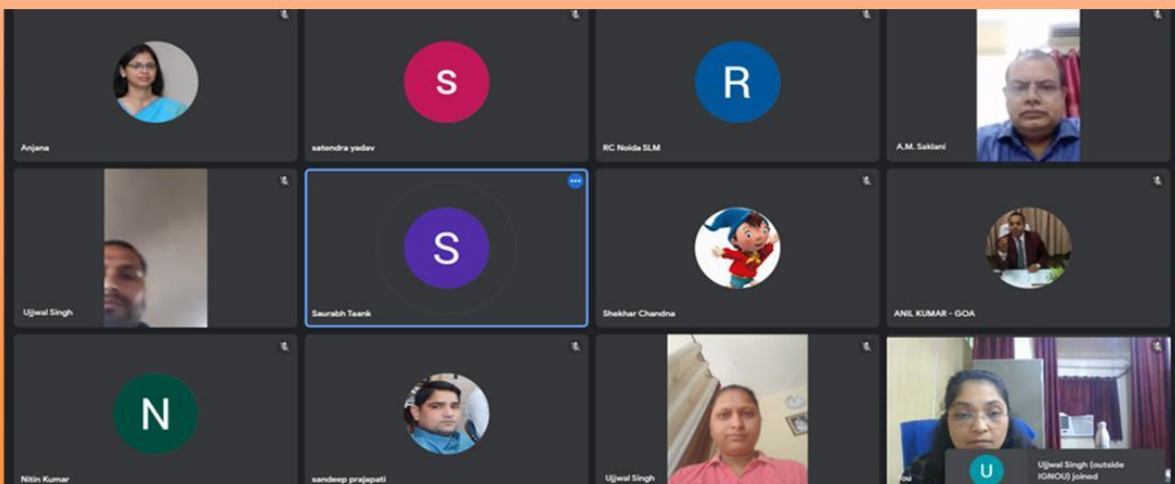
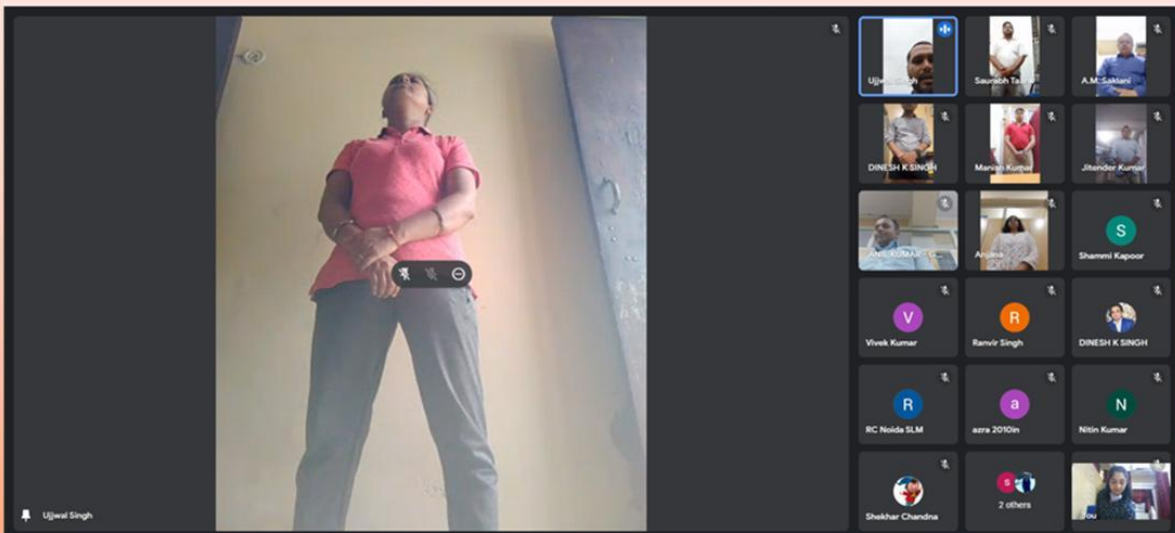


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International Yoga Day

Indira Gandhi National Open University, Regional Centre, Lucknow has organized various events through online mode to celebrate 8th International Yoga Day on 21st June, 2022. Details of the activities are as follows:

Facebook Live session of Dr. Shruti Kaushik, Yog, Naturopath, Acupressure Expert has been organized by the Regional Centre at 10:00 A.M. She has delivered a lecture on the topic, "Manavta Ke Liye Yog Ka Mahatva". This Facebook Live session was viewed and attended by followers of Regional Centre, Lucknow Facebook page.



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