



तेजपुर विश्वविद्यालय / TEZPUR UNIVERSITY

(केंद्रीय विश्वविद्यालय / A Central University)

कुलाध्यक्ष का सर्वोत्तम विश्वविद्यालय पुरस्कार, 2016 Visitor's Best University Award, 2016

Media Cell

तेजपुर-784028 :: असम / TEZPUR-784028 :: ASSAM

Press Release

June 21, 2021

International Yoga Day celebrated in Tezpur University

In order to promote the theme of 7th International Day of Yoga - 'Yoga For Wellness', which focusses on practising Yoga for physical and mental well-being, Yoga Centre of Tezpur University organized several activities in tune of the theme.

The University in collaboration with Indian Council for Cultural Relations (ICCR) Guwahati organized a two –day yoga workshop for international students studying in northeast India during 19 and 20 June, 2021. The online workshop was attended by students and research scholars from several South Asian and African countries, such as Sri Lanka, Bangladesh, Namibia, Egypt etc. During the workshop, Mr. Partha Pratim Das, Yoga coach of the University demonstrated the participants various Yoga yoga asanas and postures and explained the usefulness of the asanas. Ms. Madhurkankana Roy, Regional Director, ICCR was also present during the session.

On June 21, the University for its Employees organized demonstration of Common Yoga Protocols through online mode. The University also organized a video blogging contest on the topic on "Yoga at Home and Yoga with Family" amongst TU Employees and students. The University also organised a national level Yoga Workshop 'Be With Yoga Be At Home', on May 26 for creating awareness on yoga.

The initiatives of Tezpur University in promoting Yoga for physical and mental well-being of all was lauded by Prof. Jagdish Mukhi, Hon'ble Governor of Assam & Chancellor of the University, who in a video message appreciated the University for popularizing Yoga amongst all. (<https://www.youtube.com/watch?v=5xIIA-3yRMc>)

"Tezpur University is an acclaimed name in the academic landscape of the country with its lush green milieu presents a perfect podium to practice Yoga. My appeal to the university fraternity on this occasion is- don't make Yoga simply an annual event. Practice it on a daily

basis to attain healthy body, mind and soul”, Prof. Mukhi said in the video message.

Prof. V.K.Jain, Vice Chancellor, Tezpur University urged all to practice yoga for the benefit of Physical and spiritual wellbeing. He quoted Shri Narendra Modi, Hon’ble Prime Minister of India who advocated for "one earth, one health" approach and explained that practice of Yoga is aligned with this maxim.

Prof. Papori Baruah, Dean, School of Management Sciences & Coordinator, Yoga Centre and Mr. RR Singh, Assistant Director of Physical Education coordinated the entire Yoga day activities.
