



8TH INTERNATIONAL DAY OF YOGA 2022- TEZPUR UNIVERSITY



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**Yoga Mahotsav and 8th International
Day of Yoga
Tezpur University-
A report**

Introduction

The 8th International Day of Yoga, 2022 was celebrated by Tezpur University with great fanfare in collaboration with NSS and community. Two months Count down Fest Yoga Mahotsav was organized to mark the occasion and Azadi ka Amrit Mahotsav i.e. 75 years of independence of the nation.. It was carried out with the spirit of Teamwork, tremendous enthusiasm, participation, and included host of events. The idea was to create awareness regarding preventive healthcare through Yoga; Yoga as a tool for mental health, positivity; Yoga as a tool of drug deaddiction, Yoga as a means to raise efficiency, productivity; Yoga for holistic healthcare and development, Yoga for all etc. We included both community members from Tezpur University and nearby villages. The Idea was also to imbibe Yogic values and the habit of daily Yoga practice in students and community members.

The following events were conducted in the Yoga Mahotsav -

Sl no.	Event Name	Date and Time	Venue
1.	Inaugural event	22 nd April: 6 pm	Community Hall
2.	15 days Yoga Camp on Yoga Protol Training for TU Community members	22 nd April to 6th May: 6-7 am(23 april -6 May)	Community Hall
3.	Yoga Competition (students)	April 30, 6 pm onwards	Community Hall
4.	Outreach Progrmme	May 7	Nearby Village/School
5.	Street Play	May 13 and 14: afternoon/evening	Outside gate, shopping complex, essential, HSS building, SoE
6.	1 week Pranayama and Meditation camp online	May 30 to June 5: 7 to 8 pm	Online Studio, own faculty
7.	Online session on Aura Meditation and advance healing: By Dr. Uday Shah	June 6	Online, from Mumbai
8.	Yogathon	June 10	Community Hall-main Gate-Shopping complex-School of Engineering-Essential-Community Hall
9.	Online Talk on Yoga and Human Excellence by Dr. K. Subhramanyam, SVAYASA , Bangaluru	June 11	Online
10.	15 days Children camp open to all (including nearby villages)	6-20 th June	Yoga Centre
11.	Daily Morning Yoga session in blended mode		
11.	International Day of Yoga (in collaboration with Indian army and community in the neighborhood)	21 st June, 10 am	Community Hall

Events With Pictures

The Yoga Mahotsav and 15 days Yoga camp was inaugurated on 22.04.2022 by Prof V.K Jain who lighted the lamp in the presence of an august gathering

The Program started with a welcome address, Universal Prayers by students, Explanation of the above prayers Yoga display by students Meditation session, Closing Prayer etc.



Event 1

Inauguration of Yoga Mahotsav and 15 days Yoga Protocol training camp by Prof. V.K.Jain, Vice Chancellor, TU



**Meditation by Honorable Vice Chancellor Prof. V.K Jain,
faculty members and Students**



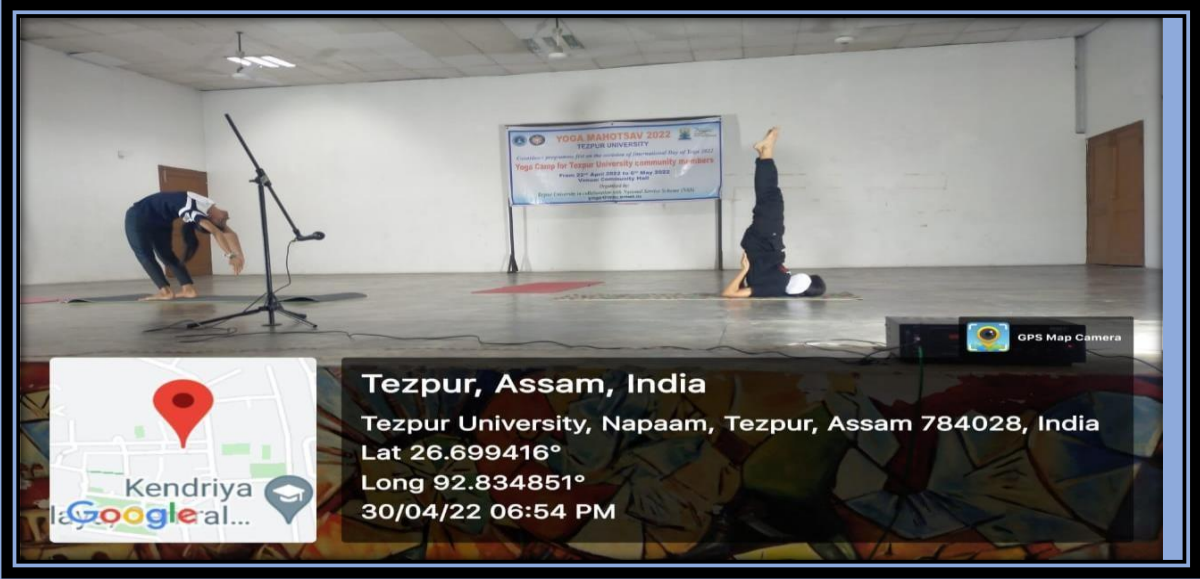


ARTISTIC YOGA BY OUR STUDENTS

EVENT 2: *Common Yoga Protocol training for students and community members of Tezpur University*



EVENT 3 : *Yoga Competition for students of Tezpur University*





Event 4: *Community Outreach Program by Tezpur University*



Event 5: *Street Play at 5 locations conducted by Tezpur University Students*



Event 6: Children Yoga Camp From 8-21 June 2022

Yoga with fun, thrill, laughter, smiles, games etc. with university and community children. The energy was seen to be believed.





Event 7: Yogathon by Children and Students





YOGA MAHOTSAV 2022

TEZPUR UNIVERSITY

Countdown programme fest on the occasion of International Day of Yoga 2022

Events :

1. Yoga Mahotsav and Yoga camp Inaugural programme

22 April 2022; Venue: Community hall; Time 06 p.m

2. Yoga Camp for Tezpur University community members.

22 April to 6 May 2022; Venue: Community hall; Time 06:00 to 07:00 a.m (23 April onward)

3. Yoga Competition for Tezpur University Students.

30 April 2022; Venue: Community hall; Time 06:00 p.m

4. Outreach programme by TU Students in collaboration with NSS on 7th May 2022.

5. Yogathon. June 10, 2022 Tezpur University Campus.

6. Two weeks yoga camp for Children.

8- 16 years; 13 to 18 June; Venue: Yoga Centre; Time 5:00 to 06:00 p.m.

7. Online talk on Yoga by an eminent speaker. June, 2022.

(Exact date will be announce later.)

8. Online Pranayama and Meditation camp for Tezpur University Community members. From May 30th to June 5th 2022.

9. Street play on awareness of yoga and healthy life. On 9th May 2022.

10. Celebration of 8th International Day of Yoga 2022.

Venue: Community Hall, Time 10 am onward.

Certificates of participation will be issued. No fees will be taken for imparting training.

All are requested to participate.

Contact mail for any query: yoga@tezu.ernet.in contact: 03712-273282.

Registration onsite or by google form link are given below:

1. Yoga Camp for Tezpur University community members link: <https://forms.gle/nza5YNer96SDXqsx8>

2. Online Pranayama and Meditation camp link: <https://forms.gle/CkPEtoVSicZXomNLA>

3. Two weeks yoga camp for Children link: <https://forms.gle/NgkHydhZW4DkHVK3A>

4. For Yoga competitions registration by April, 29 2022 in this link: <https://forms.gle/ksgeG9TEsoNKdwyi9>

Organized by:

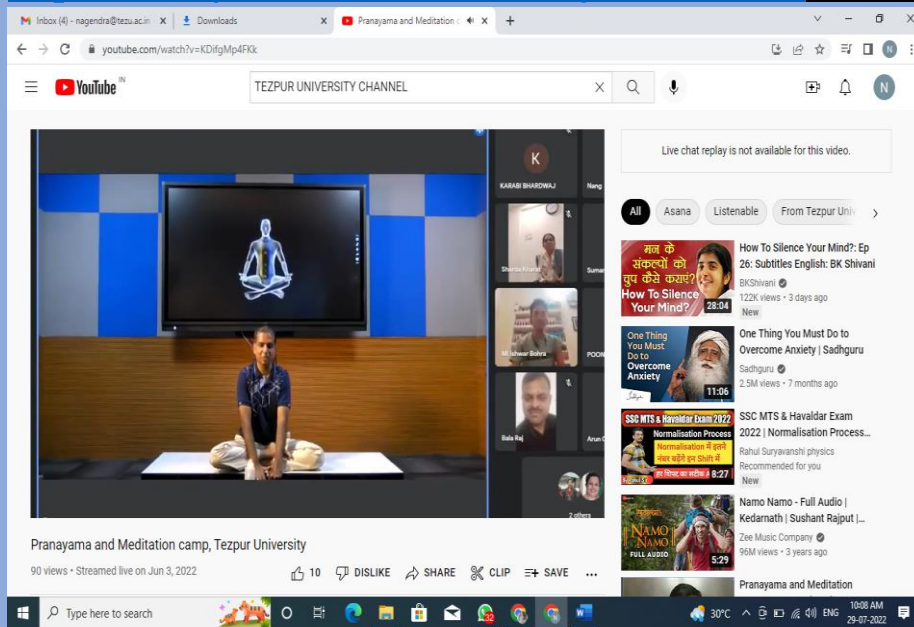
Tezpur University in collaboration with National Service Scheme (NSS)



Event 8: Pranayama and Meditation camp

Online Program with live telecast on Youtube

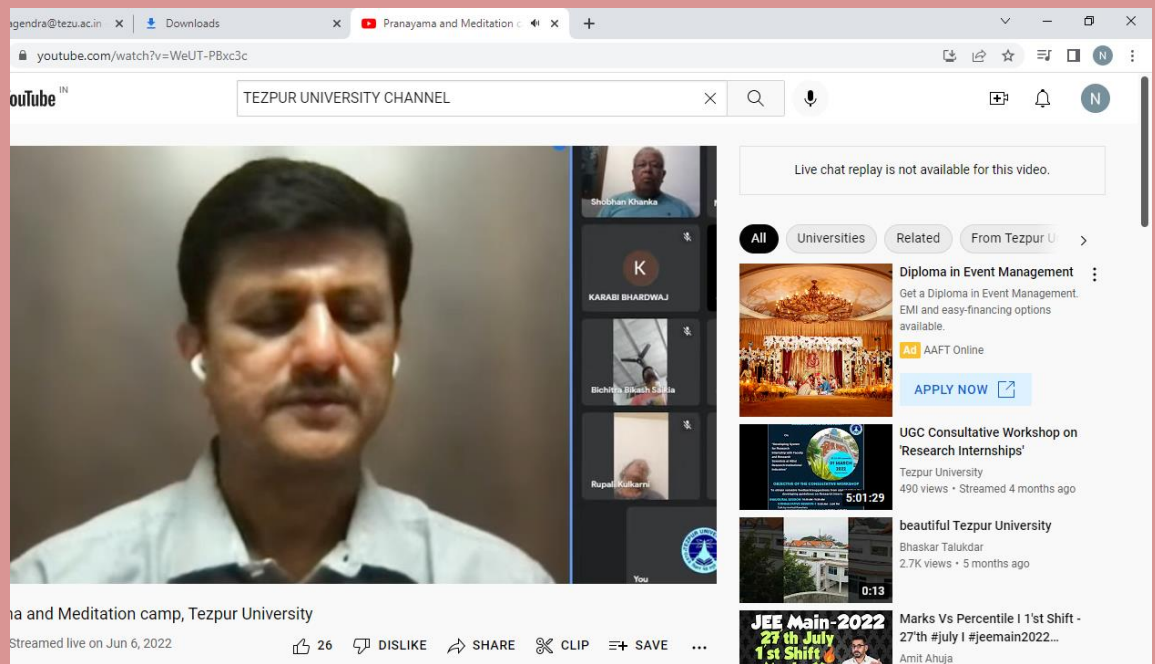
- a) <https://www.youtube.com/watch?v=GS9uw40oiRg> 30st May
- b) <https://www.youtube.com/watch?v=PRoPIxmcH4Y> 31st may
- c) <https://www.youtube.com/watch?v=Xi-Ss4ZvHv8> 1st June
- d) <https://www.youtube.com/watch?v=u4zDtfepLM8> 2nd June
- e) <https://www.youtube.com/watch?v=KDifgMp4FKk> 3rd June
- f) <https://www.youtube.com/watch?v=Zgg43xq4zU> 4th June
- g) https://www.youtube.com/watch?v=jV_F-HJK4a8 5th June



The screenshot shows a YouTube live stream interface. The main video displays a man in a blue shirt sitting in a meditative posture on a white mat in a room with blue and white walls. A large screen behind him shows a diagram of a human figure in a meditative pose. The video title is "Pranayama and Meditation camp, Tezpur University" and it shows 90 views, streamed live on Jun 3, 2022. The interface includes a search bar, a channel name "TEZPUR UNIVERSITY CHANNEL", and a list of recommended videos on the right side. The Windows taskbar is visible at the bottom, showing the time as 10:58 AM on 29-07-2022.

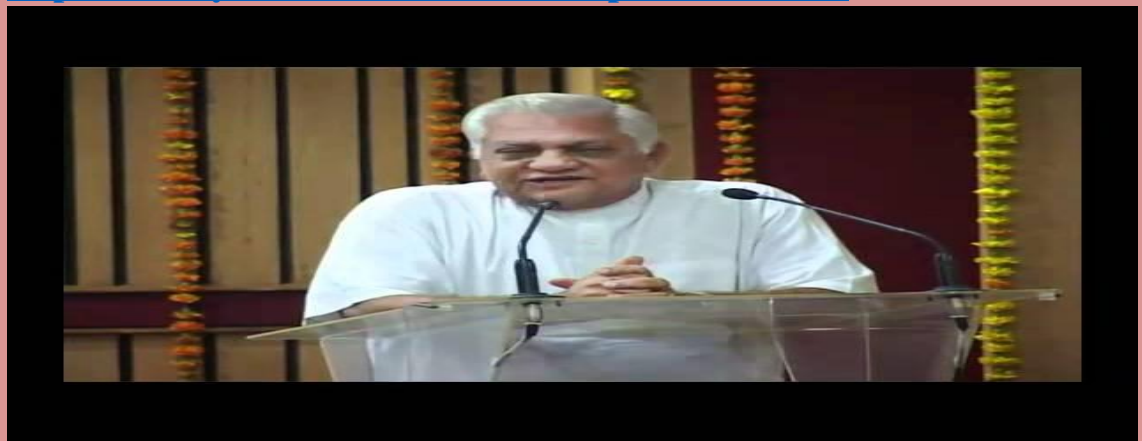
Event 9: Aura Meditation by Dr Uday Shah

h) <https://www.youtube.com/watch?v=WeUT-PBxc3c>



Event 10: Online talk Yoga in human excellence by Dr Subramaniam

i) <https://www.youtube.com/watch?v=UpRBdJa4dMM>



The online programmes were carried through ultramodern audiovisual centre at Tezpur University

The 8th International Day of Yoga was celebrated with lot of fanfare in Tezpur University along with Indian Army Jat Regiment, Children of the Yoga camp, Community members of the nearby villages, students, staff ,faculty of Tezpur University etc. This year's International day of Yoga began with live telecast of Prime Minister's speech from Mysore. The shining feature of this year's Yoga divas was that we were selected among 75 iconic institutions of higher education for celebration of International Day of Yoga. This was a matter of great pride as we were among the only 2 institutions in North-East for celebration of the event. The Common Yoga Protocol was done, along with speeches of Dr V.K Jain -Vice-chancellor, Yoga -Coordinator Dr. Papori Baruah, Registrar Biren Das , Vote of Thanks by R.R Singh – Assistant Director Sports and Physical Education.

International Day of Yoga 21st June, 2022





Lighting of lamp to inaugurate the International Day of Yoga 21st June 2022 by honourable Vice-Chancellor, Prof. VK Jain , Yoga -Coordinator Prof. Papori Baruah, Registrar- Biren Das and others



Urdhva Hastasana as Part of CYP



Shasank Asana Cyp



Urdhva Tadasana



Briksasana or Tree poses





Trikonasana or Triangle pose





Badhkonasana Butterfly pose



Shavasana / Yog Nidra



Anulom Vilon/ Nadisoddana Pranayam



Brahmari



Meditation



Oath Taking



Artistic Yoga by Students of Tezpur University



Artistic Yoga by Children











Some Lighter moments post the event



Conclusion

In conclusion we would like to state that the Yoga Mahotsav and 8th IDY 2022 have been highly successful. It was really appreciated and liked by all concerned. In the inaugural session Prof VK Jain and Yoga co-ordinator Dr Papori Baruah highlighted the importance of Yoga in a short but broader spectrum. The importance of prayers, universality of the prayers used in Yoga were explained and also the benefits and importance of daily meditation was explained. The Common Yoga Protocol definitely helped us in learning the basics of Yoga, gain good health, awareness about yoga etc. We also noticed that the stress levels came down, sleep improved, musculoskeletal problems and pains got reduced. The short-term benefits were definitely noticed. Along with a positive habit of daily Yoga practice was inculcated in a lot of participants who showed eagerness to learn and practice Yoga daily. The street plays and drama helped us raise consciousness regarding Yoga and deaddiction, Yoga and preventive health care, Yoga and mental health, Yoga and holistic health etc were the themes on which the street plays were focused. The practice of meditation is extremely good for mental health attention, awareness, positivity and pranayama enhances our respiratory functions. A lot of benefits were seen to flow from our online meditation, Pranayama classes which enhanced the psychological well being in people as stated by them, the anxiety and stress levels came down. The programmes were also successfully organized in collaboration with the NSS, Army, Community (neighbouring villages) and faculty, staff and students of various departments with active role played by the Yoga Centre, Sports and Yoga Club with support from the administration and patronage by honourable Vice- Chancellor of Tezpur University.

significantly. There were several other changes and all the participants requested for more such session in the future.

Overall, it was team work on behalf of the entire University which lead to the success of this 60 days long program.

With Love and Thanks