

# Report on “International Yoga Day,2016” Celebration

North Eastern Institute of Ayurveda & Homoeopathy (NEIAH), an autonomous institute under Ministry of AYUSH, located at Mawdiangdiang, Shillong celebrated 2<sup>nd</sup> International Yoga Day on 21<sup>st</sup> June, 2016 in the Institute Campus with full enthusiasm.

The programme which started at 3:00 PM continued till 6:00 PM. The programme commenced with the arrival of Guests and Invitees. The Chief Guest for the occasion was Prof (Dr) S.K. Chakrabarty, Senior faculty member of Government Ayurvedic College, Guwahati, Assam and Guest of Honour was Shri P.C. Chakraborty, IAS (Retd), Chairman, Meghalaya State Housing Financing Co-operative Society, Nongrim Hills, Shillong and Dr. Rituparna Barooah, Associate Professor, NEIGRIHMS, Shillong. On the arrival of Chief Guest & Guest of Honour, the inaugural programme was initiated by the welcoming and felicitation of the dignitaries by presenting them bouquets and Mementos. The programme was inaugurated by “Lighting of Lamp” by dignitaries.

The welcome address was delivered by Director, NEIAH, Prof. (Dr.) P.K. Goswami who extended a warm welcome to Chief Guest, other Guests and Invitees. He thanked everyone present for sparing their valuable time to attend the celebration. In his address he highlighted the objectives and status of the institute besides needs and benefits of Yoga in preventing and controlling of different diseases.

Shri P.C. Chakraborty, IAS (Retd), Chairman, Meghalaya State Housing Financing Co-operative Society, Nongrim Hills, Shillong and Dr. Rituparna Barooah, Associate Professor, NEIGRIHMS, Shillong delivered their speeches and expressed their views focusing on benefits of Yoga and their personal interest & experiences about Yoga. Both the speaker urged the audience to follow Yoga in their daily activities to enjoy a healthy life.

Prof (Dr) S.K. Chakrabarty, senior faculty member of Government Ayurvedic College, Guwahati, Assam in his address expressed his pleasure in getting an opportunity to attend this function. He stressed the role of alternative medicines with Yoga to combat different life styles disorders like diabetes, hypertension etc. He also emphasized that Yoga is the only non pharmacological tool to reduce stress and keep the mind happy. Professor Chakrabarty said that the basic concept and the Yoga is a precious & divine gift to the humanity and has tremendous potential to provide health care easily affordable by citizens. He also said that Yoga is a part of Ayurveda and is the Heritage of India and also described different benefits of Yoga & Ayurveda in the management of different life style disorder.

After the inaugural function about 45 minutes practical Yoga session was conducted under the guidance of a professionally trained Yoga Instructor where more than 70 people participated and performed YOGA. On that occasion, free t –shirts were also distributed to the participants.

In the end a vote of thanks was delivered by Dr. Bishnu Choudhury, MO (Ayu) & Chairperson, Celebration Committee, International Yoga Day 2016 on behalf of Director, Organizing committee and all staff members of NEIAH to all the Dignitaries, Guest lecturers, Guests media persons, and all participants.

At the end of the programme light refreshment was served to all those present in the gathering.

The programme was attended by a large number of Guests including medical professionals Directorate of Foreign Trade, BSNL, RSSO, HSCC, Unity Infra Project as well as general public. The program received a good coverage in the Doordarsan, Shillong & Local newspapers i.e The Meghalaya Guardian, The Shillong Times and Mawphor.

(Dr. Bishnu Choudhury)  
Chairperson, Celebration Committee,  
International Yoga Day 2016, NEIAH, Shillong

## Press Release

North Eastern Institute of Ayurveda & Homoeopathy (NEIAH), an autonomous institute under Ministry of AYUSH, located at Mawdiangdiang, Shillong celebrated 2<sup>nd</sup> International Yoga Day on 21<sup>st</sup> June, 2016 in the Institute Campus with full enthusiasm.

The programme was started with lightening of the lamp followed by the inaugural speech by Prof. P.K. Goswami, Director, NEIAH Shillong. In his speech he highlighted the importance of Yoga and its role in prevention of diseases and promotion of health.

Dr. S.K. Chakraborty , Prof & HOD, Roga Nidan, Govt Ayurvedic College Guwahati who graced the occasion as the Chief Guest stressed the role of alternative medicines with Yoga to combat different life styles disorders like diabetes, hypertension etc. He also emphasized that yoga is the only non pharmacological tool to reduce stress and keep the mind happy.

The meeting was also attended by Shri. P.C Chakraborty, IAS (Retd.), Chairman of Meghalaya State Housing Finance & Co-operative Society, Meghalaya & Dr. Rituparna Barooah, Associate Prof. Dept. of Physiology NEIGRIHMS as Guest of Honour. Both the speaker urged the audience to follow Yoga in their daily activities to enjoy a healthy life.

After the inaugural function about 45 minutes practical Yoga session was conducted under the guidance of a professionally trained Yoga Instructor in the hall where more than 70 people participated and performed YOGA. On that occasion, free t-shirts were also distributed to the participants.

In the end a vote of thanks was delivered by Dr. Bishnu Choudhury, MO (Ayu) & Chairperson, Celebration Committee, International Yoga Day 2016 on behalf of Director, Organizing committee and all staff members of NEIAH to all the Dignitaries, Guest lecturers, Guests media persons, and all participants.

## PHOTO GALLERY

### LIGHTING OF THE LAMP



Dr. S.K. Chakraborty,  
Prof & HOD, Roga Nidan,  
Govt Ayurvedic College Guwahati  
Chief Guest



Shri. P.C. Chakraborty, IAS (Retd.),  
Chairman, MSHF & CS Meghalaya  
Guest of Honour



Dr. Rituparna Barooah,  
Associate Prof. Dept. of Physiology  
NEIGRIHMS



Prof. P.K. Goswami, Director, NEIAH Shillong



Speech by Chief Guest

# YOGA PRACTICE SESSION



Prof (Dr.)P.K. Goswami  
Director, NEIAH  
interaction with DD National Channel  
at the end of the Programme