

William Carey University

Third International Day of Yoga

21st June 2017

The William Carey University, Shillong organized the Third International Day of Yoga on the 21st June 2017, Time: 11 am to 12:30 noon.



### **Prof. Paul Mohan Raj Hon'ble Vice Chancellor and the Registrar**

Prof. Paul Mohan Raj, Hon'ble Vice Chancellor, William Carey University, inaugurated the function with an opening prayer thanking God for this day and the opportunity to celebrate health and wellbeing. Dr. B.W.

Nongbri, Registrar, William Carey University welcomed the participants and delivered the welcome speech. She succinctly called attention to the importance of Yoga and wished all the participants present on that day A Happy Yoga Session. She simultaneously encouraged all the participants to enthusiastically take part in the session. She also announced that after the Yoga Session refreshments will be distributed to all people present there.

Prof. Paul Mohan Raj Hon'ble Vice Chancellor and the Registrar, William Carey University communicated a very robust and positive message about Yoga and all the benefits related to Yoga. He delivered an inspiring and concise speech about the regular practice of Yoga.

He also spoke about the mission of the Hon'ble Prime Minister of India, Sri. Narendra Modi to popularize yoga all over the world and how the International Day of Yoga is being celebrated all across the country.

Speaking on the occasion, Prof. Paul Mohan Raj explained the benefits of regular practice of

Yoga. He highlighted that regular practice of Yoga aid in the following aspects of a person's life:

1. Stretches and protects the spine.
2. Keeps the muscles strong.
3. Increases the flow of blood.
4. Prevents joint problems.
5. Improves posture.
6. Improves metabolism.
7. Increases immunity.
8. Makes one flexible.
9. Improves Heart Rate.
10. Strengthens Bones.
11. Normalize Blood Pressure.
12. Brings harmony to Life.
13. Calms down the nerve system.
14. Improves Reaction.
15. Increases Concentration.
16. Helps to sleep well.
17. Relieves Depression.
18. Makes one Happy.
19. Helps to Relax.
20. Makes one Stress-Free.
21. Improves Memory.
22. Helps in Weight Management.



It is important to stay healthy, the Hon'ble VC remarked. He added that it is our duty to maintain a healthy body, which has been gifted to us by God.

He called upon the students and the youth and encouraged them to practice yoga and lead a healthy lifestyle so that fruitful contribution can be made towards the nation and the society.

The Yoga practice session was led by Dr. Soma Bhowmick, Research Coordinator & Asst. Professor, Political Science. She briefly touched upon the Common Yoga Protocol 2017, Ministry of Ayush, Govt. of India with the aid of a few slides.

The hour-long Yoga Session started with a few Loosening Practices, like Neck Bending, Shoulder Movement, Trunk Movement and Knee Movement. Several Postures/asanas were

performed in the sitting, standing positions: Palm Tree Posture, Hand to Feet Posture, The Half Wheel Posture, The Firm Posture, The Cobra Posture, The Dead Body Posture.

The session ended with a collective prayer:

May All Become Happy, May All be Free from Illness

May All see what is Auspicious, May No One Suffer

Peace Peace Peace