

RASHTRIYA RAKSHA UNIVERSITY

An Institution of National Importance
Pioneering National Security and Police University of India
Global Address for Security Education
Ministry of Home Affairs, Government of India.

Pasighat Campus, Arunachal Pradesh



YOGA FOR LIFE

A Foundation Workshop on
Yoga, Wellness & Mindful Living

1st April - 11th April 2026

Duration: 10 Days
Mode: Offline

ABOUT RASHTRIYA RAKSHA UNIVERSITY

Rashtriya Raksha University is committed to evolving as a model security and strategic educational university in India. The University emphasizes professional, research-driven teaching and training in the domains of security, defence management, and emerging technologies. It fosters an intellectually vibrant and professionally disciplined environment supported by dedicated faculty members, committed stakeholders, and enthusiastic learners.

The University contributes to the vision of the Hon'ble Prime Minister of India to develop RRU as a Centre of Excellence for National Security and Defence Management, conducting advanced training and research in emerging technologies at both national and international levels.

ABOUT THE WORKSHOP

“Yoga for Life” is a comprehensive foundation-level program designed to promote healthy living through the classical principles and practices of Yoga. The workshop integrates structured theory sessions with systematic practical training to enhance:

Physical fitness and flexibility

Mental clarity and emotional balance

Discipline and mindful living

Holistic well-being

The course introduces participants to yogic philosophy, asana practice, pranayama, meditation, cleansing techniques, and lifestyle management rooted in traditional yogic wisdom.

OBJECTIVES OF THE PROGRAM

- To understand the meaning, philosophy, and historical evolution of Yoga
- To develop strength, flexibility, endurance, and balance
- To learn correct breathing techniques and meditation practices
- To adopt yogic principles for personal and social discipline
- To cultivate mindful living for long-term health and well-being

PROGRAMME DETAILS

Dates: 1st April - 11th April, 2026

Duration: 10 Days

Session Timings:

- Morning Session: 6:00 AM - 9:00 AM
- Afternoon Session: 3:00 PM - 6:00 PM

Mode: Offline (Theory & Practical Sessions)

FEE STRUCTURE:

Sl. No	Category	Registration Fee
1	Students	Rs. 1000/-
2	Others	Rs. 2000/-

CERTIFICATION

Certificate of Participation will be awarded upon successful completion of the programme.

WHO CAN JOIN?

- Beginners in Yoga
- Students & Educators
- Working Professionals
- Fitness & Wellness Enthusiasts
- Anyone seeking healthy and mindful living



Scan To Register

EXPERTS OF THE SESSION



Mr. Bedakanta Mahanta

Bedakanta Mahanta is an experienced Yoga Instructor and Yoga Therapist with over three decades of experience in teaching and promoting yoga and holistic wellness. He holds a Post Graduate Diploma in Yoga & Naturopathy from Krishna Kanta Handiqui State Open University (KKHSOU), Guwahati, along with multiple Diplomas in Yoga Education from reputed institutions including Yog Vidya Gurukul, Nashik and Assam School of Yoga and Yogic Therapy. He also holds an NDDY Degree from Gandhi National Academy of Naturopathy, New Delhi.

He has undergone specialized training at Patanjali Yogpeeth, Haridwar, and has participated in various national seminars and workshops on yoga, naturopathy, and wellness. He has served as a Yoga Instructor and Teacher in reputed institutions including Government Ayurvedic College, Guwahati and Kendriya Vidyalayas, and has also worked as a Resource Person under Sarva Shiksha Abhiyan (SSA).

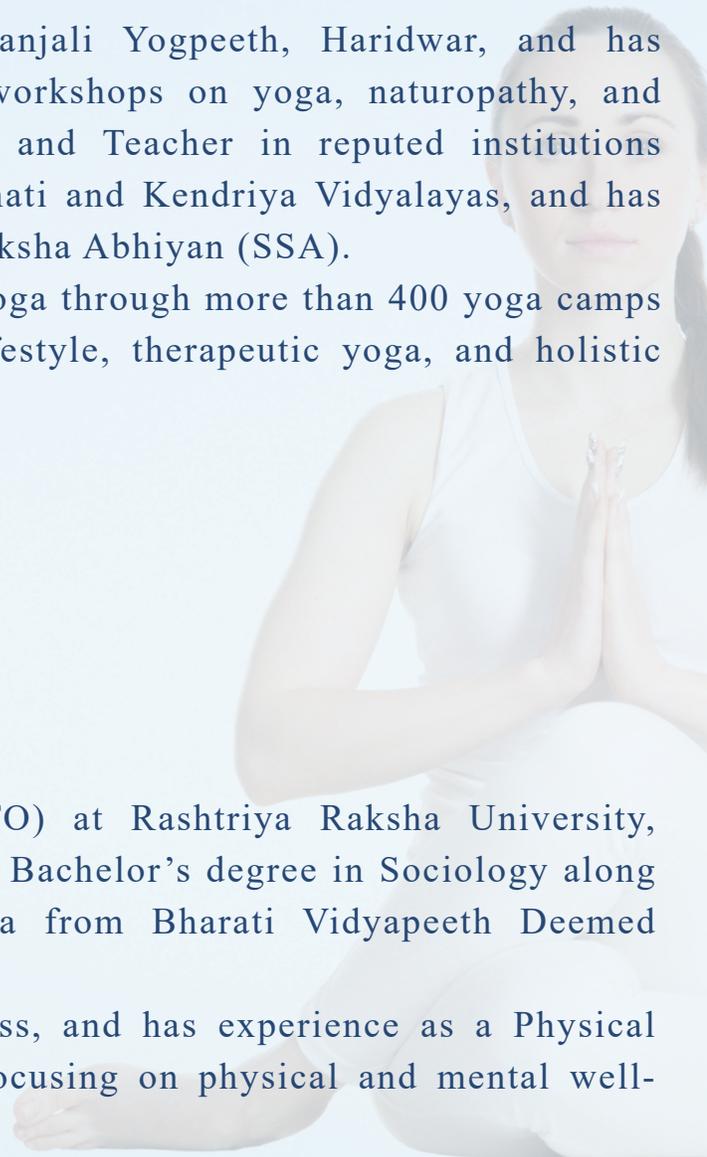
He has actively contributed to the promotion of yoga through more than 400 yoga camps across Assam since 1994, focusing on yogic lifestyle, therapeutic yoga, and holistic health practices.



Ms. Geyum Dabi

Geyum Dabi is a Sports Training Officer (STO) at Rashtriya Raksha University, Arunachal Pradesh Campus, Pasighat. She holds a Bachelor's degree in Sociology along with B.P.Ed., M.P.Ed., and a Diploma in Yoga from Bharati Vidyapeeth Deemed University.

She promotes yoga, physical fitness, and wellness, and has experience as a Physical Education Teacher and Yoga/Zumba instructor, focusing on physical and mental well-being.



SCHEDULE OF THE TRAINING PROGRAMME

Session	Programme
Day 1	Inauguration
	Introduction to Yoga – Meaning, Definition & Importance (Theory)
	Foundational Warm-up & Basic Postures (Practical)
Day 2	Surya Namaskar, Foundational Asanas & Basic Pranayama
	History & Evolution of Yoga + Principles of Sattvic Diet (Theory)
Day 3	Standing & Balancing Postures + Cleansing Breathing Techniques
	Guidelines for Yogic Practice & Good Health (Theory)
Day 4	Forward & Backward Bending Postures + Calming Pranayama
	Yama – Social Discipline (Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha)
Day 5	Introductory Inversions + Alternate Nostril Breathing + Meditation
	Niyama – Personal Discipline (Saucha, Santosha, Tapas, Svadhyaya, Ishvara Pranidhana)
Day 6	Gentle Flow Practice + Cooling Pranayama
	Shatkarma – Introduction & Demonstration (Theory)
Day 7	Dynamic Asana Sequence + Core Strengthening + Relaxation
	Practical Refinement & Interactive Session
Day 8	Guided Meditation + Mantra Chanting + Deep Relaxation
	Introduction to Meditation & Its Benefits (Theory)
Day 9	Advanced Pranayama (Surya Bhedana, Chandra Bhedana, Bhramari, Ujjayi, Udgeeth)
	Light Asana Session + Practice Review
Day 10	Integrated Session (Asana + Pranayama + Meditation)
	Final Assessment, Feedback, Valedictory & Certificate Distribution

KEY TAKEAWAYS FROM THE PROGRAMME

- Understanding the meaning, philosophy, and benefits of Yoga for holistic well-being.
- Learning Sukshma Vyayama, Surya Namaskar, and foundational Asana practices to improve strength, flexibility, and balance.
- Practicing Pranayama (breathing techniques) for better respiratory health and mental clarity.
- Introduction to Meditation and Mindfulness for stress management and emotional balance.
- Knowledge of Yogic Philosophy (Yama & Niyama) for disciplined and ethical living.
- Basic understanding of Shatkarma (Yogic cleansing practices) for internal purification.
- Awareness about Yogic diet and healthy lifestyle principles.
- Developing a regular yoga routine for long-term physical, mental, and emotional well-being.
- Encouraging mindful living and self-discipline in daily life.
- Building the foundation for sustainable health and wellness through yoga practice.

FOR MORE INFORMATION CONTACT:

Miss Geyum Dabi: ap.stol@rru.ac.in / +91 8880689394

Mr. Madin Hina: ap.appel@rru.ac.in / +91 8880689392



RASHTRIYA RAKSHA UNIVERSITY
PASIGHAT CAMPUS, ARUNACHAL PRADESH

Near District Sessions Court, Gumin Nagar, Pasighat, Dist. East Siang,
Arunachal Pradesh- 791102

Website : <https://rru.ac.in/campuses/arunachal-pradesh>