

## January 9<sup>th</sup> and 10<sup>th</sup> 2021\_Kurobe-shi, Toyama-Host Town Initiative Project for Tokyo 2020: Japan-India Cultural Relations through YOGA: Combining TIAS Yoga Social Innovation Project with TYfA



### 2-DAY YOGA Workshop in Kurobe-shi (and Meeting for Host Town Initiative-India)

#### BACKGROUND

**Note 1:** Prof. Randeep Rakwal (TIAS) was instrumental in coordinating the cooperation between Kurobe-city and the Archery Federation of India and Sports Authority of India (SAI) Ministry of Youth Affairs and Sports (MYAS, Government of India) upon the request of a TIAS student (4<sup>th</sup> Batch, and Deputy Director of SAI, Mr. Dhandapani Chokkaian) and resulted in the MoU between them for pre-Games in October 2019. This has resulted in planning programs between Kurobe-city and India, and which were almost halted in 2020 due to the Covid-19 pandemic, but finally could be held under various themes including with Embassy of India in Tokyo and Prof. Rakwal at TIAS, University of Tsukuba involving YOGA for body and mind.



**Note 2:** YOGA WORKSHOPS and involvement of TIAS.

Kurobe City has been registered as a Host-Town for India for the Tokyo 2020 Games. So why not practice yoga that has been handed down from ancient times in India? Look at yourself, free yourself from stressful society, and discover a new self and a new life with yoga, such as mental and physical health! We look forward to your participation.

東京 2020 オリンピックに向けて黒部市はインドのホストタウンに登録されました。そこでインドで古くから伝わるヨーガを実践してみませんか？自分を見つめ、ストレス社会からの開放、心と体の健康などヨーガで新しい自分と新しい生活を発見しましょう！みなさんの参加をお待ちしております。

**1<sup>st</sup>:** December 2020 the 1<sup>st</sup> ONLINE YOGA WORKSHOPS were successfully conducted for residents of Kurobe, online streaming through ZOOM from GSI building (TIAS), as part of 2020 planning for Japan-India relations before arrival of the Indian Archery Team for pre-Games training CAMP for Tokyo 2020.

**2<sup>nd</sup>:** January 2021- Yoga Workshops in Kurobe-city was held for residents in the Town Hall (both live and hybrid (zoom and YouTube recordings) workshop due to unprecedented snowfall in West Japan); **CONTACT person and Coordinator for Kurobe-city for this project: Haruna Terada -寺田 春菜 黒部市教育委員会事務局 スポーツ課 主任**

#### WORKSHOP DAY 1: Jan 9<sup>th</sup> (afternoon session)

Title-

5つのヨーガの基本を理解する

Understand the Basics of the Five Yogas

= <https://youtu.be/hWofQnY67Ow>



#### WORKSHOP DAY 2: Jan 10<sup>th</sup> (morning session)

Title-

こんな時どうする。ヨーガを活かす

Leverage Yoga for Life

= <https://youtu.be/ri54MyKDijA>



Despite the unprecedented weather and extreme snowfall conditions, the Yoga workshop was carried out at the KUROBE CITY HALL as planned (few months before in the autumn of 2020 under the Host Town Initiative). Coordinated by Prof. Rakwal on the **TOPICS (as indicated above) to be covered and the process of the workshop**, and the instructions was through Yoga Master (and also Guest Teacher at UT and TIAS Social Innovation projects) Genboku Takahashi, we started DAY 1 with the **OPENING LECTURE and PRACTICE of the BREATHING TECHNIQUES, ASANAS, and MEDITATION. A Q & A session followed each workshop; the participating members asked question on various**

aspects of Yoga practice. On the spot/day modification in the process of the workshop was made due to inability of many people not reaching the venue site at the city hall, due to heavy snowfall.

The presence of 3 participants from the city hall made up for the live audience (participants in the seminar room) and the ZOOM meeting function was utilized to perform an online version for the other participants. Additionally, the recordings were converted on the same day and the following day and made into YouTube versions, as public videos and handed over to the Kurobe City coordinator, for upload on the CITY HALL website and transfer to all participants. Thus, the 2 days mission as successfully accomplished with the efforts of all concerned, especially Kurobe city SPORTS DIVISION Staff.

Additionally, discussions were also held between Prof. Rakwal and Sports Division Hashimoto san, for further cooperation on Yoga and importantly on the rescheduling of the 2021 pre-Games training camps and protocols for welcoming the Indian Athletes in the summer, and further cooperation with TIAS and TIAS 2.0 through University of Tsukuba, and importantly beyond Tokyo 2020.



Day 1 = Jan 9<sup>th</sup> : Kurobe-shi TOWN HALL (Large Seminar Room)



**Day 2 = Jan 10<sup>th</sup> : Kurobe-shi TOWN HALL (Large Seminar Room)**

Thank you **KUROBE CITY**, Toyama prefecture, city staffs (especially **Hashimoto san** who made sure we were safely transported to the city hall and hotel from the station and back, for the 2 days; and **Haruna san** and **Nishimura san** for preparing the workshop hall with proper precautions against Covid-19) and **Yoga Master Genboku Takahashi sensei**; we continue the cooperation with continuous engagement with Kurobe city and TIAS, TAIKU and TIAS 2.0, University of Tsukuba. Thank you TIAS, JSA and UT for the permission's and funding for Prof. Rakwal.

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*Randeep Rakwal*

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**LINKS:**

<http://tias.tsukuba.ac.jp/>

<https://www.city.kurobe.toyama.jp.e.cd.hp.transer.com/top.aspx>

<https://www.city.kurobe.toyama.jp.e.cd.hp.transer.com/category/menu.aspx?ctgcd=219>

[https://www.instagram.com/hosttown\\_india\\_kurobe/?r=nametag](https://www.instagram.com/hosttown_india_kurobe/?r=nametag)