



# The RNB Times

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By RNB Global University

## INTERNATIONAL YOGA DAY CELEBRATION AT RNB GLOBAL UNIVERSITY

International Day of Yoga or commonly known as Yoga Day, is celebrated on 21st June every year since its inception in 2015. Yoga is a physical, mental and spiritual practice originated in Bharat or India.

Keeping up with the spirits of the nation in celebrating the Yoga Day, RNB global university, organized a Special session on yoga in view of 4th International Day of Yoga on 21st June, 2018. Faculty, staff members and students attended the session conducted by a yoga expert Ms. Snigdha Dawra. She put light on how Yoga plays such an important role in our day to day lifestyle. The yoga expert taught some important physical, mental, and spiritual practices to the participants which would help the participants in improving their health by increasing blood flow and boosting immunity.



RNB Global University  
Celebrating

4th international  
yoga day

June 21



# VIRAT KOHLI WON INTERNATIONAL CRICKETER OF THE YEAR

## THE YEAR

India skipper Virat Kohli emerged as the International Cricketer of the Year at the CEAT Cricket Ratings awards. Indian opener Shikhar Dhawan was presented the International Batsman of the Year Award, while New Zealand pace sensation Trent Boult won International Bowler of the Year Award.

Afghanistan leg spinner Rashid Khan, who impressed everyone with his skills in the recently concluded IPL grabbing 21 wickets,

was presented with the T20 Bowler of the Year Award. Woman cricketer Harman Preet Kaur won the Outstanding Innings of the Year Award. Lifetime Achievement Award was bestowed on former India wicket-keeper Farokh Engineer





## POETRY

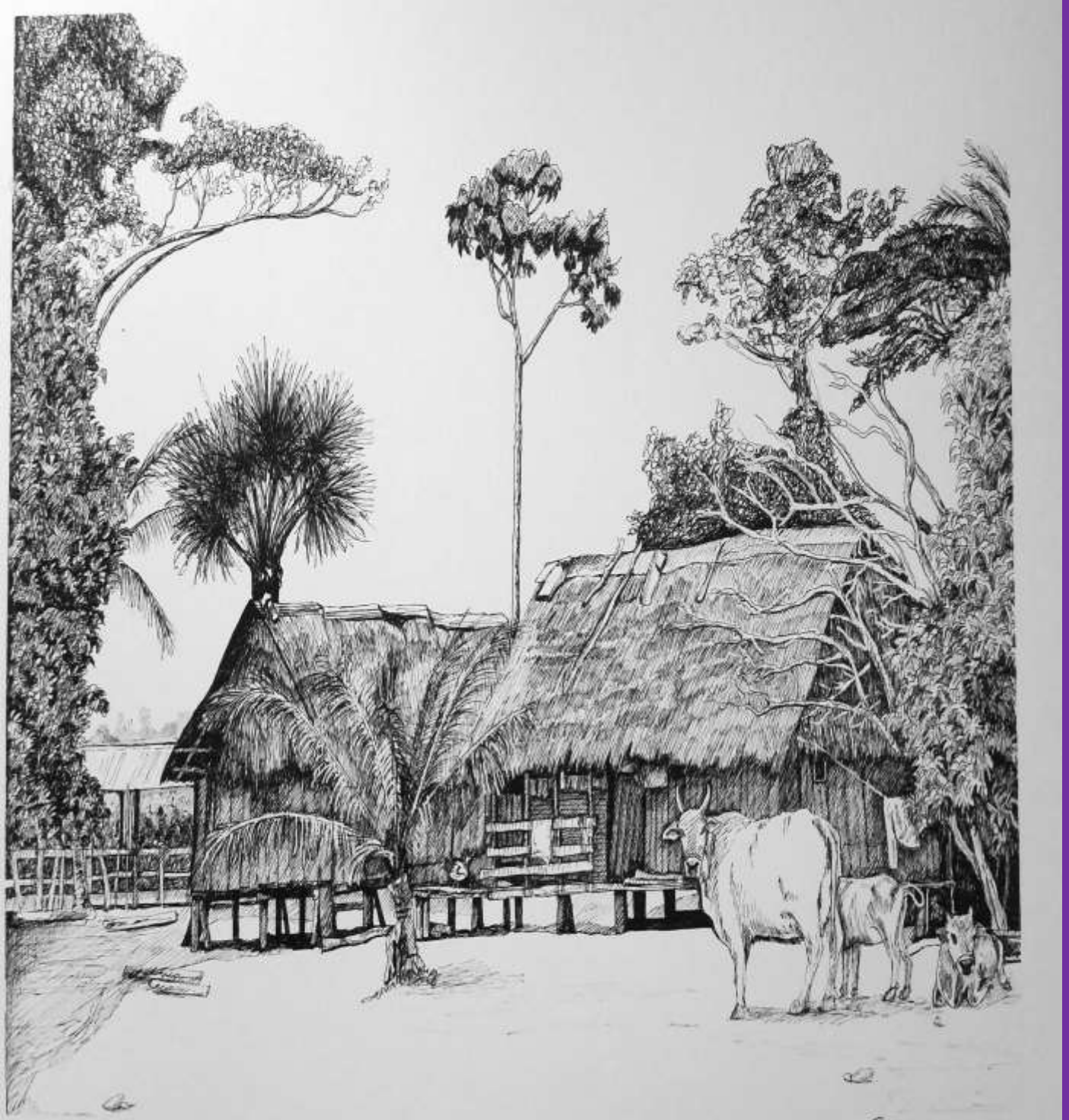
क्या रंग ही पहचान है ?  
क्या रंग ही ऊँचाई है ?  
उमर हों तो ये दुनियाँ गहज ~~ह~~ एक शगाल है  
क्यों हरा ही तेरी शान है  
क्यों भगवा मेरा गुमान है  
क्यों इन सब ने बाँटा भ्रमाल है

रंग रंग करते तुम्हें सब कुछ बेरंग कर डाला  
अब लगे लगता है जैसे अंदर के इंसान को ही मार डाला  
रंग रंग करने वालो मुझे बस इतना बता दो  
क्यों रंग कि ही पुजा है क्यों रंग कि ही शबादत है  
पर ये रंग कदा एक दुजे से जुदा है ।

रंग के गुरुर में  
रंग के सुरुर में  
ये रंग का ही सोर है  
ये रंग का ही जोर है  
ये रंग दिलो काल है  
ये रंग ही फैताल है

अरे ध्यान से देखो तो ये रंग सीर्फ विनाश का जाल है ।

# CREATIVE PALLETTE



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