



जम्मू केंद्रीय विश्वविद्यालय

CENTRAL UNIVERSITY OF JAMMU

THE YOGA CENTRE

REPORT OF THE INAUGURAL SESSION OF ONE MONTH FREE YOGA CAMPS w.e.f. 21ST MAY, TO 20TH JUNE, 2018 AT DIFFERENT LOCATIONS IN THE LIGHT OF INTERNATIONAL DAY OF YOGA-2018 BY CENTRAL UNIVERSITY OF JAMMU, RAHYA-SUCHANI (BAGLA), DIST. SAMBA

The Central University of Jammu has received a sanction for organising One Month Free Yoga Camps in the district Samba, Jammu vide no **F.No. 18-10/2018-19/CCRYN/IDY-2018** dated- 14th May, 2018.

The Yoga Centre under the aegis of Central University of Jammu has launched Free Yoga Camps w.e.f. 21st May, 2018 as per the guidelines.

A series of camps were organised after inaugural function of the camp on 21st May, 2018. The Free Yoga Camp was inaugurated by Hon'ble Vice Chancellor Prof. Ashok Aima in Central University of Jammu, Rahya-Suchani, Bagla. Those who graced the occasion included Academic Coordinator Central University of Jammu Prof. Lokesh K Verma, Registrar Dr. Ravi Kumar, Prof. Deepsheekha Kotwal, Head Dept. of English, Dr. Govind Singh Inakhiya, Head Dept. of Mass Communication and New Media, Dr. Deepak Pathania, Head Dept. of Environmental Sciences and Dean Students Welfare, Dr. Jaya Bhasin, Head Dept. of Human Resource Management and Organisational Behaviour, Dr. Pankaj Mehta, Assistant Professor, Dept. of Environmental Sciences, Dr. Ritu Bakshi, Asst. Prof. Dept. of Education and other faculty members.

The guest faculty who conducted the inaugural camp includes Sh. S.K. Jain, Ms Renu Thaper, Ms Ranjana Verma, Sh. I.D. Soni, Sh. Lal Singh Nag, Sh. Sanjeev Kumar. About 160 students took part in the Yoga Camps on 21st May, 2018 held at different locations i.e. Central University of Jammu, Central University of Jammu Kendriya Vidyalaya, Rahya, Govt. Degree College, Samba. Different Asanas, Pranayaam, Meditation as per the Common Yoga Protocol were performed by the Yoga teachers. At the end of the programme, light refreshment was served to all those who performed in the camp.



Hon'ble Vice Chancellor addressing the participants at Central University of Jammu, Rahya –Suchani, Bagla, Dist. Samba regarding the importance of yoga in our daily lives



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