



जम्मू केंद्रीय विश्वविद्यालय  
CENTRAL UNIVERSITY OF JAMMU  
THE YOGA CENTRE  
TEMPORAY ACADEMIC BLOCK  
SAINIK – COLONY JAMMU

**Report of Yoga Activities at Central University of Jammu, Rahya-Suchani  
(Bagla)**

The Yoga Centre, Central University of Jammu has organised Yoga activities on 3<sup>rd</sup> May, 2018 and 4<sup>th</sup> May, 2018 at Bagla Campus in the light of International Day of Yoga-2018. The Department of Education, Travel and Tourism Management, Human Resource Management and Organisation Behaviour, Economics were tied up as a collaborative venture. In other words, The Yoga Centre in collaboration with GSCASH were the front runners to undertake Yoga activities for two days. The activities include Yoga demonstrations Yoga lectures, Pranayama and Meditation. The Resource Persons who were invited for the aforesaid purpose includes Sh. I.D. Soni, a leading educationist of J&K, Sh. S.K. Jain, a Yoga exponent and two Yoga teachers namely Ms Renu Thaper and Ms Ranjana Verma. The Yoga Programme was inaugurated by the Hon'ble Vice Chancellor Prof. Ashok Aima. Prof. Lokesh Verma, Dr. Ravi Kumar, Registrar, Central University of Jammu, Dr. Deepak Pathania, Head Dean Students Welfare, Dr. Harpreet Singh, Doctor were special guests in the function.





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