



# CENTRAL UNIVERSITY OF JAMMU

(Established under the Central Universities Act, 2009)

Rahya-Suchani (Bagla), District Samba -181143, Jammu (J&K)

## **REPORT OF 21<sup>ST</sup> JUNE 2018 INTERNATIONAL DAY OF YOGA**

4th International Day of Yoga was celebrated by Central University of Jammu at Temporary Academic Block, Sainik Colony, Jammu on 21st June, 2018. Month long free Yoga camps were concluded in the light of International Day of Yoga. Dr. Devinder Kumar Manyal, former Minister for Health and Medical Education, J&K Govt. was Chief Guest in the function. Prof. Indu Aima, former Director IMPA, presided over the proceedings of the programme. Dr. Ravi Kumar, Registrar, CUJ, was special guest on the occasion. Among those who shared the dais included, Sh. Kashyap, Director, Nehru Yuva Sangathan; Dr. K.C Sharma, Surgeon, Heart Specialist; Sh. S.K Jain, Ms. Deepika Thakur, Sh. Shoba Ram and Mr. Yash Pal.

The programme started with lighting of ceremonial lamp by the chief guest and other dignitaries present on the dais. The group of Yoga students chanted mantras befitting to the occasion.

Dr. D. L Choudhary, I/c, The Yoga Centre, CUJ, in his welcome address thanked all the dignitaries for gracing the occasion. Dr. Choudhary also referred to the participation of the members of Nehru Yuva Sangathan in a befitting manner.

The programme was conducted by Mr. S.K. Jain, President, Vichaar Kranti Manch International. The Yoga students presented their demonstration of different advanced Yoga Asanas and the same were applauded by the audience. The yoga instructors which included Ms. Ranjana Verma, Mr. Anil Raina, Ms. Renu Thappar and Ms. Konika Bhagat conducted different sessions of Yoga which included Sitting Asanas, Standing Asanas, Prone Asanas, Pranayam and Meditation.

Dr. K.C Sharma, from Udhampur, presented his address by introducing a new technique of asana which is called 'Yog Nidra'. Dr. Sharma also threw light on the development of International Yoga Centre at Mantalai. Dr. Ravi Kumar, Registrar, CUJ, presented vote of thanks.

The programme ended with a Yogic prayer by the Yoga students. About 250 persons, including, university students, teachers, non- teaching employees, volunteers of Nehru Yuva Sangathan and members of Vichaar Kranti Manch International, participated in the programme.



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All the dignitaries on the dais



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Participants



Lighting of the ceremonial lamp





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Advance Yoga Asanas presented by the yoga demonstrators





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