

## PRESS RELEASE

### Fourth International Yoga Day Celebrated at SKUAST- Jammu

Yoga enthusiasts of Sher-e-Kashmir University of Agricultural Sciences and Technology of Jammu (SKUAST-Jammu) today performed various asanas at Student Centre, in his message on fourth 'International Day of Yoga'. Prof. Pradeep. K. Sharma Hon'ble Vice Chancellor called upon the students and faculty to include yoga in their life and practice it daily as it would increase confidence level and enhance self-motivation, and advised to practice 'Surya Namaskar', 'Pranayama' and other asanas for fitness. Dr. T.A.S. Ganai Director Education, Dr. Deepak Kher Director Planning & Monitoring, Prof. B.C. Sharma Prof & Head, Division of Agronomy, Dr. Jyoti Kachroo Head, Division of Economics & ABM, Dr. Sanjay Guleria Prof & Head, Division of Biochemistry, and many other who had been practicing yoga for the last few years, shared their experience with staff members and students. During the event, films related to yoga practices and prayers were also displayed. Dr. Akhil Gupta (Deputy Director Student Welfare, SKUAST-Jammu) coordinated the event.

