

## SKUAST-Jammu Celebrates Fifth 'International Yoga Day'



Dean Students' Welfare, Sher-e-Kashmir University of Agricultural Sciences and Technology of Jammu (SKUAST-Jammu) today organized '**International Day of Yoga**'. Yoga enthusiasts of agricultural university performed various asanas at Sports Complex, Chatha. Dr. K.S. Risam (Hon'ble Vice Chancellor of the University) inaugurated the event by lighting the lamp and conveyed his message to the students and faculty that the yoga would increase their confidence level and regular practice will enhance self-motivation. He further advised to practice 'Surya Namaskar', 'Pranayama' and other asanas for fitness. Dr. T.A.S. Ganai (Director Education), Dr. Deepak Kher (Director Planning & Monitoring), Dr. D.P. Abrol (Dean, Faculty of Agriculture), Dr. S.E.H Rizvi (Dean, Faculty of Basic Sciences), Sh. Rajesh Talwar (Registrar), Dr. M.S. Bhadwal (Controller of Examination) and many other who had been practicing yoga for the last few years, shared their experience with staff members and students. Sh. Abhishek Sharma (Gym-cum-Yoga Instructor) guided different asanas to the participants. Dr. Akhil Gupta (Organizing Secretary) coordinated the event. Dr. Rajesh Katoch (Dean Students' Welfare) thanked all the participants for attending this auspicious event.