

PRESS RELEASE

SKUAST- Jammu organized International Yoga Day 2021

To commemorate the **International Yoga Day 2021**, under the guidance of Hon'ble Vice Chancellor, Dean Student welfare and NSS Wing of Faculty of Agriculture, SKUAST-Jammu organized a yoga session in sports complex of Main Campus Chatha, in which students and faculty members participated. Keeping in view the COVID-19 conditions the session was also live-streamed on virtual platform for NSS students. In the inaugural address, Dean Student Welfare threw light on the importance of yoga for physical and mental health particularly in the prevailing COVID-19 conditions. Different asana were demonstrated by Mr. Abhinav, Yoga Instructor and practiced by faculty as well as students. Programme was coordinated by Dr Subhash C Kashyap, NSS coordinator and assisted by Dr. Akhil Gupta, Dr. Arvinder Singh. Dr. Nomita Laishram, Dr. Balbhir Dhotra, Dr. Divyendu, Physical instructor Mr. Neeraj Gupta and Mr Radheyshyam Student. Dr. S.E.H. Rizvi, Dean, Faculty of Basic Sciences, Dr. Lalit M Gupta, Prof. & Head, Division of Agroforestry and Dr. Anil Bhat, Assistant Professor, AEABM also participated during the Yoga session. All other students enrolled in NSS and faculty members participated in the event in virtual mode.

