

## **Celebration of Sixth International Yoga Day- 2020 at SKUAST-Jammu on Digital Platform**

World Yoga Day is celebrated internationally with a unique theme every year. This year's International Yoga Day will be celebrated on digital media platforms owing to the Covid-19 pandemic. The government has restricted any mass gatherings or public celebrations for International Yoga Day 2020.

Hon'ble Prime Minister of India has quoted that "Yoga is a symbol of Universal aspiration for health and well-being. It is a health assurance in zero budget".

The theme for this year is '**YOGA AT HOME AND YOGA WITH FAMILY**'. This is the perfect opportunity for home-makers who are otherwise swamped with household chores to join and become part of the healthy journey of Yoga. The theme is declared by the Ministry of AYUSH, India.

Hon'ble Vice –Chancellor SKUAST-Jammu, Dr. J.P. Sharma conveyed his message to the students and faculty members and said yoga would increase confidence level and regular practice would help enhance self-motivation, and advised to practice 'Surya Namaskar', 'Pranayama' and other asanas for fitness at home alongwith family members. He further added that Yoga targets all the different systems of the body and mind. The asanas make the body strong and flexible, as health improves; the mind too is renewed with confidence. The practice of Pranayama regulates the purification of the internal system and the organs, acting as a superior and able supplement to asanas. The energy that is generated in the body through these physical practices is then channelled into meditation or *Dhyan* for stability, peace and calm.

Dr. Rajesh Katoch (Dean Students Welfare) stated that Yoga plays a significant role during the world crisis of Covid-19 as yoga boosts our immunity and is known to cure respiratory disorders. Pranayama or breathing exercises increase our oxygen intake by up to five times. Through this rich oxygenation of blood to the brain, heart, lungs, and digestive systems; our organs functioning is vastly improved thus also improving our overall health. As a healing and other alternative form of therapy, yoga helps to relieve stress and keeps the mind calm.

The Hon'ble Vice–Chancellor SKUAST-Jammu, Dr. J.P. Sharma invites Yoga followers and faculty along with their family members to celebrate International Yoga Day-2020 at 6.30 am on 21<sup>st</sup> June 2020 as per the protocol issued by the Ministry of Ayush, India and join the harmonious demonstration of Common Yoga Protocol from their homes. However, we are enclosing the video of Yoga Instructor, DSW, SKUAST-J for various asanas to be practiced at home.

At the same time, digital online competition “Yoga Se Hoga” will be held between UG & PG students of SKUAST-J in which students have to perform some yoga assnas and the best three winners will be given certificates from the university.