

19-21 June, 2020

International Yoga Day-2020

Yoga an ancient form of exercise is said to have originated in India thousands of years ago to promote a balanced development physical, mental and spiritual well-being of a person. **To commemorate the 6th International Yoga Day-2020 (IYD) Department of Students' Welfare, University of Jammu** in collaboration with J & K AIDS Control Society, Health and Medical Department, UT of Jammu & Kashmir organized **Three Day National Level Online Drawing Competition based on the Theme:"Yoga at Home and Yoga with Family" from 19th June 2020 to 21 June 2020.** For this purpose the participants uploaded and submitted photographs of their e-drawings. More than 70 participants participated in Online Drawing competition from Colleges and Universities from different parts of India including Himachal – Pradesh, Agra, Amritsar, Kashmir, Delhi, and Jammu .Three students were from schools also participated . All the participants participated in the event with great enthusiasm and fervor. Aayushri Sharma, GGM Science College ,Jammu bagged first prize, while Sunny Singh from the Department of Law, University of Jammu, won 2nd prize , the 3rd prize was shared by two participants namely Ghulam Qadar from Department of Law, University of Jammu and Rupal Chib, from Environmental Sciences , University of Jammu . The Certificates of Merit were won by three participants namely Dr. Shiva Rama Rao K. from Central University of Himachal-Pradesh, Samriti Sharma Department of Zoology , University of Jammu and Davinder Singh, University of Jammu.

Besides this, three Certificates of Merit are won by three school students namely Haleema Tazeem Tantary, Standard 9th Army Goodwill Public School, Rajouri, Peehu Sharma , 9th Standard, Kendriya Vidyalaya, Bantalab, Jammu, and Zuhair Tazeem, 5thStandard, Model Academy, Valley View Army Public School, Rajouri, for their participation in the competition. All participants were awarded with a e- certificate for their active participation. The participants designed e-drawings for creating awareness among public about the importance of Yoga. All the participants participated in the event with great enthusiasm and fervor. E-Certificates were awarded to every participant for their participation in the event as a mark of Appreciation.

The Online competition was conducted under the supervision and guidance of Prof. Jasbir Singh, Dean Students Welfare, and Project Director, Dr. Mushtaq Ahmad Rather ,JKACS and was coordinated by Dr. Meghna Dhar, Nodal Officer, Red Ribbon Club, Deptt, of Students Welfare, University of Jammu, Jammu with the cooperation of Ms. Deepika B. Thakur , Dy.Director (IEC),JKACS, Mr. Risheesh Khajuria , Assistant Director,(Publicity), JKACS, Mr. Rajesh Sharma, Assistant Director, (Youth Affairs) ,JKACS Mr. Aashish Saraf , Divisional Assistant, (IEC), JKACS, Mr. Vikas Pandita, a Software Engineer ,TCS, Delhi and Sr. NSS and RRC Volunteer. Prof. Jasbir Singh, lauded the efforts of all the participants for the successful conduct of the online event. He laid stress on practising yoga daily and we should also encourage others to practice yoga. Dr. Mushtaq Ahmad Rather said Yoga is the solution to all problems, be it physical, spiritual, social, emotional mental psychological.