

The Yoga Centre, University of Jammu was established in the year on December 15, 1998 vide University Order No. 98/ii/642/526-31 dated 15-12-1998 by the Syndicate in its meeting held on 02-04-1999.

Objectives of Establishment: to establish the yoga Centre was to inculcate sustained training of physical body, mind and soul, to spread spirituality among the students, scholars and other members of the fertility. The course was initially funded by the UGC for 5 years and later on it was converted into Self Financing Course as the Centre was not taken over by the State Government with liabilities.

The Yoga Centre has been running on the support of Guest faculty who are being paid on remuneration / honorarium or on lecturer basis. There is not any permanent position of Faculty created in the Centre till date. However, the verbal requests have been made to the authorities for creation of permanent positions in the Centre many a times so that the Centre can become a hob of yogis who can improve their health, mental peace and other world things directly or indirectly connected with the human being and can be brought under the control by performing yoga Asanas i.e. like stress, unrest, discipline and so on. Presently one Yoga Instructor has been appointed on daily wage basis and 5 faculty members have been appointed on lecturer basis who are running the Yoga Centre and it is hoped that keeping in view the importance of Yoga and Yogic Science not only at country level but at world level few positions shall be created by the University, state government or the UGC for the growth of the yoga Centre and for the interest of the students, teachers and non-teaching staff in particular and in the interest of the public of the Jammu province in general.

The yoga Centre has been offering 3 months certificate course since the inception of the Centre along with one year Diploma course.

The future perspectives of the Centre are to help and to create competent facility manned by the traditionally trained persons in yoga for use of students, scholars, teachers, employees of the University and members of the civil society. Yoga help a person to be at peace with himself, the Yoga courses not only help in relaxation from different tensions and worries but also help in making the people more healthy, physically, mentally and spiritually.