

**1. One week Yoga Camp on the Eve of International Day of Yoga for employees, scholars, students and civil society w.e.f 14<sup>th</sup> to 21<sup>st</sup> June 2018.**



The Directorate of Sports & Physical Education, University of Jammu is organizing a week long Yoga Camp w.e.f. 14-21 June, 2018 at the Gymnasium Hall to celebrate the 4<sup>th</sup> International Day of Yoga and the opening of which was held today.

**Prof. Keshav Sharma**, Dean Academic Affairs University of Jammu and Ms. Ranjeeta Jamwal, a Classical Hatha Yoga practitioner and an Internationally certified Yoga trainer from U.K. and U.S. Yoga alliance were the Chief Guest and Special Guest respectively on the occasion, which was attended by a large number of participants and other dignitaries from the University as well as Civil Society.

In his address to the participants, Prof. Sharma advised to take maximum benefit from this weekly Yoga Camp by participating actively and after the Camp also, practice Yoga daily for a healthy life.

Dr. Daud Iqbal Baba, Director Sports & Physical Education, University of Jammu while presenting a formal welcome address highlighted the various activities organized by the Yoga Centre.

The said Yoga Camp will be held regularly from today onwards till its concluding ceremony to be held on 21<sup>st</sup> June, 2018 on the 4<sup>th</sup> International Day of Yoga. During the camp, asanas, pranayama and classical yoga will be taught to the participants for keeping themselves physical fit and mentally sound.

The proceedings of the programme were conducted by Sh. Sunil Bogale and Sh. Sanjeev Kumar was the resource person.

Other present there were Sh. Lochan Singh Chib, Sh. Raj Kumar Bakshi, Sh. Vikas Karlopiya, Sh. Ravish Vaid, Sh. Gagan Kumar, Sh. Vinay Manhas, Sh. Pradeep Sharma, S. Harinder Pal Singh, Sh. Jai Bharat, Sh. Ashish Kapoor and Sd. P.D. Singh.

## 2. 4<sup>th</sup> International Day of Yoga 2018 Celebrated at the Jammu University



The Directorate of Sports & Physical Education, University of Jammu has organized one week Yoga Camp to celebrate the 4<sup>th</sup> International Day of Yoga at the Gymnasium Hall, which started on 14<sup>th</sup> June, 2018 and concluded today i.e 21<sup>st</sup> June, 2018.

**Prof. R. D Sharma** Vice- Chancellor, University of Jammu and Sh. Deepak Handa were the Chief Guest and Special Guest on the occasion respectively, which was attended by a large number of participants and other dignitaries from the University as well as from the Civil Society.

In his address to the participants, Prof. Sharma advised to make performing Yoga part of life daily for a healthy body and sound mind.



Dr. Daud Iqbal Baba, Director Sports & Physical Education, University of Jammu presented a formal welcome address and report of the activities organized during the Yoga Camp.

Sh. Sanjeev Kumar was the resource person of the Yoga Camp, who also presented vote of thanks.

Other present there were Sh. Lochan Singh Chib, Sh. Raj Kumar Bakshi, Sh. Vikas Karlopa, Sh. Ravish Vaid, Sh. Gagan Kumar, Sh. Vinay Manhas, Sh. Pradeep Sharma, S. Harinder Pal Singh, Sh. Jai Bharat, Sh. Ashish Kapoor and Sd. P.D. Singh.

### 3. Directorate of Sports and Physical Education celebrated International Yoga Day-2019 at Patnitop on 21<sup>st</sup> June 2019.



JAMMU, June 21: The Directorate of Sports and Physical Education, University of Jammu celebrated 5th International Day of Yoga at Patnitop. About 200 participants participated in the Yoga session including students of BPEd and MPED, PG Diploma in Yoga and the members of civil society.

Prof Manoj Dhar, Vice-Chancellor, University of Jammu in his address stressed open the importance of yoga for mental and spiritual health and urged upon the participants to make yoga a part of their daily course as it helps one to realize ones potential to their fullest. Yoga demonstrates were presented by the student of MV International School, Jammu and PG Diploma of Yoga, University of Jammu. The event was organised under the supervision of Dr Dauood Iqbal Baba, Director, Directorate of Sports and Physical Education , University of Jammu.

Other present there were Sh. Raj Kumar Bakshi, Sh. Vikas Karlopiya, Sh. Ravish Vaid, Sh. Gagan Kumar, Sh. Vinay Manhas, Sh. Pradeep Sharma, S. Harinder Pal Singh and Sh. Jai Bharat.



#### 4. Directorate of Sports and Physical Education organized Yoga Camp during Sports Fest-2019



The Yoga Camp in the Sports Fest-2019 organised by the Directorate of Sports and Physical education university of Jammu at University Sports Stadium w.e.f. 22<sup>nd</sup> to 24<sup>th</sup> October, 2019 was inaugurated by **Dr. Jatinder Khajuria**, Registrar, Cluster university of Jammu being the Chief Guest of the event which was attended by large number of students from the University and its affiliated colleges besides the staff of the university and people from the civil society. Prof. Mubarak Singh was the Special Guest on the occasion.

In his welcome address, Dr. Daud Iqbal Baba, Director Sports and Physical Education, University of Jammu briefed about the importance and organisation of the said yoga camp. The Yoga session was conducted by the Yoga instructor Mr. Sanjeev Kumar Pandey, who conducted various asanas, pranayam and meditation phase wise accompanied by Sandeep Sharma. The proceedings of the session were carried by Suman a student of PG Diploma in Yoga.



**5. Directorate of Sports and Physical Education celebrated International Yoga Day-2020 on 21<sup>st</sup> June 2020.**



The Directorate of Sports and Physical Education, University of Jammu celebrated 6<sup>th</sup> International Day of Yoga at Gymnasium Hall University of Jammu. Around 150 participants participated in the Yoga session including students and faculty of the University of Jammu and the members of civil society.

**Prof. Manoj Kumar Dhar**, Esteemed Vice-Chancellor, University of Jammu was the Chief Guest on the occasion.

Prof. Dhar in his address stressed upon the importance of yoga for mental and spiritual health and urged the participants to make yoga a part of their daily course as it helps one to realize one's potential to their fullest. Yoga is a discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga leads to a perfect harmony between mind and body, man and nature, individual consciousness and universal consciousness. Yoga is also useful in conditions where stress is believed to play a role. Various yogic practices such as Yogasanas, Pranayama, Dhyana (meditation), cleansing and relaxation practices etc. are known help modulate the physiological response to stressors.

The welcome address was presented by Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu. In his address, Dr. Daud welcomed the chief guest, other invited guests and participants of today's session and laid emphasis on various aspects of Yoga. He conveyed the message to the gathering that the Planet Earth is going through a bad time and no body knows actually how to deal with it rather how to survive from this COVID-19.

Yoga helps to build up psycho-physiological health, emotional harmony; and manage daily stress and its consequences. Several randomized controlled studies have shown the efficacy of Yogic practices in management of non-communicable diseases like hypertension, Chronic Obstructive Pulmonary disease (COPD) , bronchial asthma , diabetes , sleep disorders, depression , obesity, etc. that can be comorbid conditions in patients with COVID 19. Yoga has also been shown to be useful in vulnerable population such as elderly, children. The function of the immune system is critical in the human response to infectious disease. A growing body of evidence identifies stress as a cofactor in infectious disease susceptibility and outcomes. Studies on yoga in managing flu symptoms during an Influenza season have shown promising results. A recent randomized trial comparing meditation and exercise with wait-list control among adults aged 50 years and older found significant reductions in ARI illness during cold season with mindfulness meditation.

Yoga is also known to increase mucosal immunity by increasing Salivary Beta Defensin-2 levels in elderly population. Considering that they are a vulnerable group to contract such infections, yoga may be useful as a preventive measure. Yoga practices such as Kriya, Yogasana and Pranayama have been shown to reduce airway reactivity in elderly subjects with asthma and COPD. Thus, sufficient evidence exists to justify testing the hypothesis that training in Yoga /Meditation can reduce susceptibility to ARI illness. Netikriya is useful in acute coryza and symptoms of cold.

The Yoga session was conducted by Sh. Sanjeev Kumar, Teaching Assistant of the Department of Yoga and Mr. Nikhil Puri. The formal proceedings and vote of thanks was carried out by Dr. Komal Nagar, I/C Assistant Director and Ms. Drishti Sharma.

## **6. Inter-Collegiate Yoga (M&W) Championship 2020-21**

The inter-college Yoga (Men & Women) Championship 2020-21 being organized by the Directorate of Sports and Physical Education University of Jammu at the University Campus concluded today.

In Men Team Section PG Department of University of Jammu bagged 1<sup>st</sup> Position and 2<sup>nd</sup>& 3<sup>rd</sup> position bagged by the GDC Paloura (Mishriwala) and GDC Rajouri respectively. In individually 1<sup>st</sup> position bagged by Vikrant Anthral of PG Department University of Jammu, 2<sup>nd</sup> and 3<sup>rd</sup> position bagged by Baljinder Singh, GCED, Jammu and Kanav Pardhan, GDC, Kunjawani respectively.

In women Team Section GWC, Parade, Jammu bagged 1<sup>st</sup> Position and 2<sup>nd</sup>& 3<sup>rd</sup> position bagged by the PG Department University of Jammu and GWC, Udhampur respectively. In individually 1<sup>st</sup> Position bagged by Vikansha Pandita, GMC, Rajouri, 2<sup>nd</sup> and 3<sup>rd</sup> position bagged by Risha Rajput GWC, Parade, Jammu and Piyush Sharma, GWC, Udhampur respectively.

Dr. Daud Iqbal Baba, Director Sports and Physical Education, University of Jammu awarded the trophies and medals to the winners in the presence of Physical Director/ Teachers, invited guests from the University and civil society.

The matches were officiated by the technical panel of experts including: Sh. Sanjeev Kumar Pandey, Sh. Anil Gupta, Harinder Pal Singh, Sh. Mukesh Sharma, Miss. Komal Gupta and Sandeep Sharma.





## **7. Directorate of Sports and Physical Education celebrated International Yoga Day-2020 on 21<sup>st</sup> June 2021.**

The Directorate of Sports and Physical Education, University of Jammu celebrated 7<sup>th</sup> International Day of Yoga online at Google meet.

Around 150 participants participated in the Yoga session including students and faculty of the University of Jammu and the members of civil society.

**Prof. Manoj Kumar Dhar**, Esteemed Vice-Chancellor, University of Jammu was the Chief Guest on the occasion.

Prof. Dhar in his address stressed upon the importance of yoga for mental and spiritual health and urged the participants to make yoga a part of their daily course as it helps one to realize one's potential to their fullest. Yoga is a discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga leads to a perfect harmony between mind and body, man and nature, individual consciousness and universal consciousness. Yoga is also useful in conditions where stress is believed to play a role. Various yogic practices such as Yogasanas, Pranayama, Dhyana (meditation), cleansing and relaxation practices etc. are known help modulate the physiological response to stressors.

The welcome address was presented by Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu. In his address, Dr. Daud welcomed the chief guest, other invited guests and participants of today's session and laid emphasis on various aspects of Yoga. He conveyed the message to the gathering that the Planet Earth is going through a bad time and nobody knows actually how to deal with it rather how to survive from this COVID-19.

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The Yoga session was conducted by Sh. Sanjeev Kumar, Teaching Assistant of the Department of Yoga.

The vote of thanks was carried out by Mr. Ravish Vaid.

Others present there were Sh. Jai Bharat, Sh. Raj Kumar Bakshi, Sh. Ravish Vaid, Sh. Gagan Kumar, Mr. Harinderpal Singh, Mr. Gagandeep Singh, Dr. Noor ul Asar Beig and Mr. Pankaj Singh.







## **8. Directorate of Sports and Physical Education University of Jammu Organized 15 days Common Yoga Protocol (CYP)**

The Directorate of Sports and Physical Education, University of Jammu organized 15 days Yoga Protocol Camp w.e.f. 6<sup>th</sup> to 21<sup>st</sup> June 2022 as per direction of UGC in regards to Ministry of Ayush, at Directorate of Sports and Physical Education, University of Jammu Gymnasium Hall. Around 200 participants participated in the Yoga inauguration session.

Today's inauguration function Dr. Daud Iqbal Baba Director, in his message to the participants highlighted the importance of yoga for wellbeing and also said that practicing yoga cannot only be an effective stress reliever, but also a way to ease symptoms of anxiety and depression. By transferring focus and attention to the body and breath, yoga can help to temper anxiety while also releasing physical tension.

The Yoga session was conducted by Sh. Sanjeev Kumar Pandey, Teaching Assistant gave information about different Asanas and pranayama.

The formal proceedings and Vote of Thanks was carried out by Dr. Mandeep Singh, Assistant Professor Department of Physical Education.

Others present there were, Mr. Akhlesh Sharma, Mr. Gagan Kumar, Mr. Harinderpal Singh, Mr. Tarvinderpal Singh, Mr. Ashok Singh Bali, Sh. Sat Paul and Sh. Makhan Lal.







## **9. Directorate of Sports and Physical Education University of Jammu Organizes Symposium and Poster Competition**

Directorate of Sports and Physical Education University of Jammu Organizes Symposium and Poster Competition on the Eve of 8<sup>th</sup> International Day of Yoga to be held on 21<sup>st</sup> June 2022 for the students of the University of Jammu and its affiliated Colleges.

The Event was organized under the supervision of the Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu with the assistance of Dr. Mandeep Singh and Mr. Sanjeev Kumar Pandey.

Sh. Padam Dev Singh, Sh. Jai Bharat, Raj Kumar Bakshi, Sh. Ravish Vaid , Sh. Gagan kumar, Sh. Vikas Karlopa, S. Harinder Pal Singh and Jeevan Lal were the judges of the said Event.

The proceeding of the event was conducted by Tarvinder Pal Singh.

### Result of Symposisum Competition

1. Nayara (Department of Electronics)
2. Komal (Depart of Physical Education and Sports)
3. Gonika Yogini ( The Yoga Centre) and Shallu Devi ( Trikuta College )
4. Consulation Prize : Neha Sharma (Depart of Physical Education and Sports)

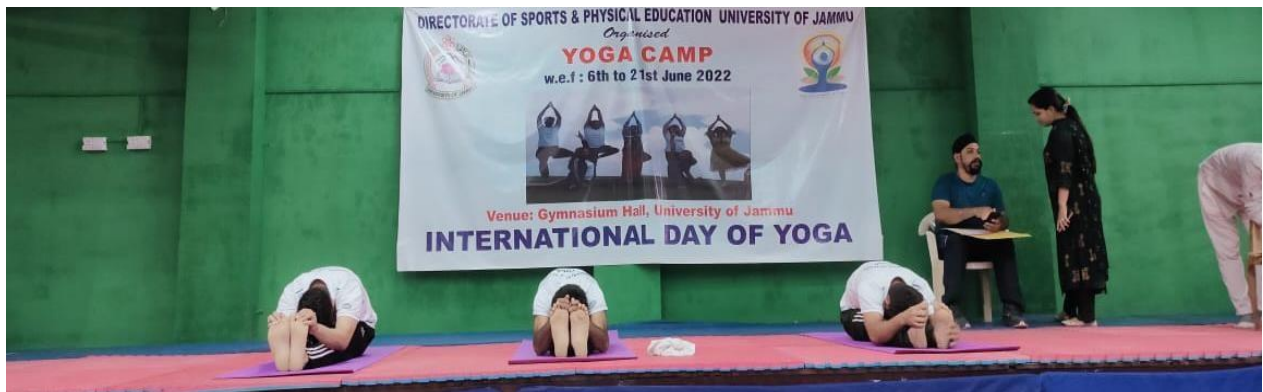
### Result of Poster Making:

1. Komal (Depart of Physical Education and Sports)
2. Sheena Jamwal ( The Yoga Centre)
3. Muskan (Depart of Physical Education and Sports) and Nidhi Singh ( Trikuta College )
4. Consulation Prize Balkes Razia Bali ( The Yoga Centre)





**10. Yogasana Competition during 15 days Yoga Camp at Directorate of Sports and Physical Education, University of Jammu w.e.f. 6<sup>th</sup> to 21<sup>st</sup> June, 2022**



**11. 15 days Yoga Camp at Directorate of Sports and Physical Education, University of Jammu w.e.f. 6<sup>th</sup> to 21<sup>st</sup> June, 2022**





## **12. Directorate of Sports and Physical Education celebrated International Yoga Day-2020 on 21<sup>st</sup> June 2022.**

On the Eve of the 8<sup>th</sup> International day of Yoga 2022, the Directorate of Sports and Physical Education, University of Jammu concluded the 15 Days Yoga Camp w.e.f. 6<sup>th</sup> to 21<sup>st</sup> June 2022 attended by the Employees, Students and Civil Society. Around 150 participated in the said Yoga Camp. Directorate organized many workshops in the different Departments, Girls Hostels and Boys Hostels of the University of Jammu and also organized the Symposium, Poster making and Yogasanas Competition.

The welcome address was presented by Dr. Mandeep Singh, Asstt. Professor, Physical Education, University of Jammu. In his address, Dr. Mandeep welcomed the chief guest, other invited guests and participants of today's session and laid emphasis on various aspects of Yoga.

Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu gave brief detail of the activities organized in the 15 days Yoga Camp, workshop, Symposium, Poster Making and Yogasana competition. Dr. Daud in his address stressed upon the importance of yoga for mental and spiritual health and urged the participants to make yoga a part of their daily course.

The event was collaborated by Confederation of Indian Industries and also provided refreshment to the participants, while addressing the members of Confederation of Indian Industries appreciated the efforts of Directorate of Sports and Physical Education for organizing such event from time to time. They also promised to come forward for all the help to university of Jammu for organizing such event which are beneficial for the society

Sh. Archit Puri, Vice Chairman of Confederation of Indian Industries and the owner of the P-Mark Industry was the Chief Guest of the function and while his addressing the participants explained the importance of practicing Pranayama, Asanas for the mental and Physical development of person. He also applauded the efforts of Directorate of sports and Physical Education and wishes to the part of all future events which will encourage students and society.

Sh. Sanjeev Kumar Yoga Teacher conducted the Yoga sessions in the Yoga camp and other Yoga Workshops on the celebration of 8<sup>th</sup> International Day of Yoga. An Advance demonstration performed by Sandeep Sharma and the Yoga students.

Other prominent Mr. Shobit Vaid Executive CII Mr. Vivek Sagar Executive CII, Mr. Raj Kumar, Ravish Vaid, Gagan Kumar, Jai Bharat, Vikas Karlopa, S. Harinder Pal Singh, S. Tarvinder Singh, Sanjeev Sharma and Miss Bhavna were present in function.





### **13. Directorate of Sports and Physical Education University of Jammu Organized one day Workshop on Yoga at Girls Hostel University of Jammu on 18.05.2022**

The Directorate of Sports and Physical Education, University of Jammu organized one-day Yoga workshop at Girls Hostel University of Jammu. Around 200 participants participated in the Yoga session for students of different Girls Hostel including Priya Darshani Girls Hostel, Sarojani Naidu Girls Hostel and Chander Bhaga Girls Hostel and the warden of the Hostel Respectively University of Jammu and Prof. Shashi Manhas was the Special Guest of the occasion.

**Prof. Shashi Manhas** in her address stressed upon the importance of yoga for mental and spiritual health and urged the participants to make yoga a part of their daily course as it helps one to realize one's potential to their fullest. Yoga is a discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga leads to a perfect harmony between mind and body, man and nature, individual consciousness and universal consciousness.

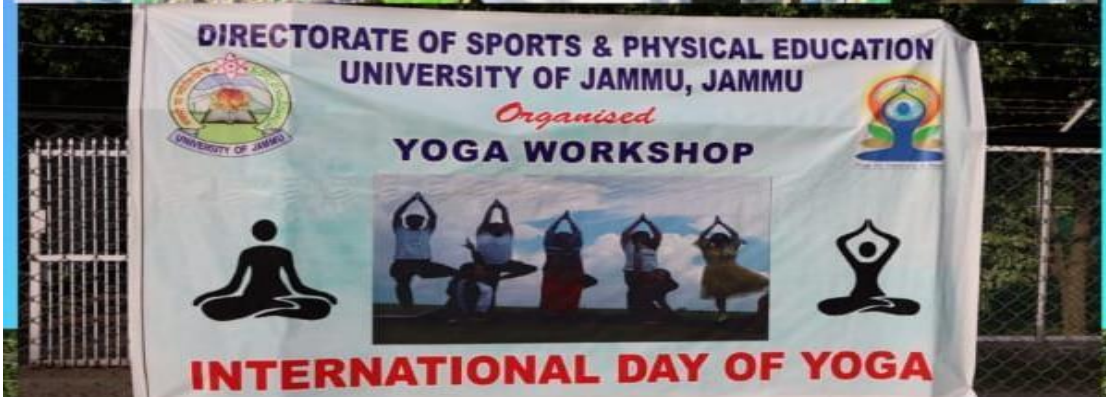
The welcome address was presented by Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu. In his address, Dr. Daud welcomed the Special guest, other invited guests including warden Prof. Hardeep Chahal Hod Commerce, Dr. Palvi Sachdeva Warden Priyadarshni Girls Hostel, Dr. Chinmey Maharan Warden Sarojani Naidu Girl Hostel and Ms. Anjali Sharma Chander Bhaga Girls Hostel and participants of today's session and laid emphasis on various aspects of Yoga.

Dr. Daud Iqbal Baba Director, in his message to the participants highlighted the importance of yoga for wellbeing and also said that practicing yoga cannot only be an effective stress reliever, but also a way to ease symptoms of anxiety and depression. By transferring focus and attention to the body and breath, yoga can help to temper anxiety while also releasing physical tension.

The Yoga session was conducted by Sh. Sanjeev Kumar, Teaching Assistant of the Department of Yoga and Mr. Sandeep Sharma.

The formal proceedings and vote of thanks was carried out by Dr. Mandeep Singh, Assistant Professor Department of Physical Education.

Others present there were Mr. Gagan Kumar, Mr. Jai Bharat, S. Harinder Pal Singh and Mr. Ashok Singh Bali.





#### **14. Directorate of Sports and Physical Education University of Jammu Organized one day Workshop on Yoga at Boys Hostel University of Jammu on 20.05.2022**

The Directorate of Sports and Physical Education, University of Jammu organized one-day Yoga workshop at Boys Hostel University of Jammu. Around 180 participants participated in the Yoga session for students of different Boys Hostel including Vivekanad Boys Hostel, Nehru Boys Hostel, Babab Jitto Boys Hostel and Jambo Lochan Boys Hostel University of Jammu and Prof. Satinder Kumar was the Special Guest of the occasion.

**Prof. Satinder kumar** in his address advised all the participants to do Yoga and also advise them to include Yoga in their daily routine.

The welcome address was presented by Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu. In his address, Dr. Daud welcomed the Special guest Prof. Satinder kumar and other invited guests including warden of different Boys Hostels Dr. Jaspal Warmal, Dr. Rajesh Sharma, Dr. Satya Priya, Dr Joginder Singh, Dr. Ashwani kumar, Dr. Ripudaman Parihar, Dr. Umesh Paudal , Dr. Bhushan Kumar, Rameshwar Jamwal and participants of today's session and laid emphasis on various aspects of Yoga. Dr. Daud Iqbal Baba also conveyed some important aspects of Yoga to the participants.

Dr. Daud Iqbal Baba Director, in his message to the participants highlighted the importance of yoga for wellbeing and also said that practicing yoga cannot only be an effective stress reliever, but also a way to ease symptoms of anxiety and depression. By transferring focus and attention to the body and breath, yoga can help to temper anxiety while also releasing physical tension.

The Yoga session was conducted by Sh. Sanjeev Kumar Pandey, Teaching Assistant gave information about different asanas and pranayama. and Mr. Sandeep Sharma demonstrate asnas.

The formal proceedings and vote of thanks was carried out by Dr. Mandeep Singh, Assistant Professor Department of Physical Education.

Others present there were Mr. Gagan Kumar, Mr. Jai Bharat, S. Harinder Pal Singh and Mr. Ashok Singh Bali.





## **15. Directorate of Sports and Physical Education University of Jammu Organized one day Workshop on Yoga at Directorate of Distance Education, University of Jammu on 02.06.2022**

The Directorate of Sports and Physical Education, University of Jammu organized one-day Yoga workshop at Directorate of Distance Education University of Jammu. Around 100 participants participated in the Yoga session for students of Distance Education, University of Jammu and Prof. Satnam Kour was the Special Guest of the occasion.

**Prof. Satnam Kour** Director, Directorate of Distance Education University of Jammu, in her address advised all the participants to do Yoga and also advise them to include Yoga in their daily routine.

The welcome address was presented by Dr. Jaspal Warmal Assistant Professor Distance Education, University of Jammu. In his address, Dr. Jaspal Warmal welcomed the Special guest Prof. Satnam Kour and other invited guests including staff members of Distance Education Prof. Sandeep Tandon, Dr. Neha Vij, Dr. Rajveer Sodi, Dr. Joginder Singh, Dr. Heena Abrol, Dr. Neelam Choudhary, Rohni Suri, Stinder Singh and other participants.

Dr. Daud Iqbal Baba Director, in his message to the participants highlighted the importance of yoga for wellbeing and also said that practicing yoga cannot only be an effective stress reliever, but also a way to ease symptoms of anxiety and depression. By transferring focus and attention to the body and breath, yoga can help to temper anxiety while also releasing physical tension.

The Yoga session was conducted by Sh. Sanjeev Kumar Pandey, Teaching Assistant gave information about different Asanas and pranayama. Mr. Sandeep Sharma and Gourav Raina demonstrate Asanas.

The formal proceeding was carried out by Dr. Mandeep Singh, Assistant Professor Department of Physical Education and Vote of Thanks by Dr. Joginder Singh.

Others present there were Mr. Ravish Vaid, Mr. Vikas Karlopiya, Mr. Gagan Kumar, Mr. Ashok Singh Bali, Sh. Sat Paul and Sh. Makhan Lal.





**16. Directorate of Sports and Physical Education University of Jammu Organized one day Workshop on Yoga at Department of Commerce, University of Jammu on 07.06.2022.**

The Directorate of Sports and Physical Education, University of Jammu organized one-day Yoga workshop at Department of Commerce, University of Jammu. Faculty, Employees, Scholars and Students participated in the Yoga session.

Prof. Hardeep Chahal, HOD of the Department of Commerce in her address stressed upon the importance of yoga for mental and spiritual health and urged the participants to make yoga a part of their routine life for health.

The formal proceedings and conducted of the Yoga session by Mr. Sanjeev kumar Pandey, Teaching Assistant of Directorate of Sports and Physical Education, University of Jammu. Mr. Sanjeev Kumar gave important information about the benefits of Asanas and pranayama.

The vote of thanks was carried out by Prof. Gurjeetkour, Department of Commerce. Others present there were Mr. Gagan Kumar and Asanas demonstration by Yoga Students of the Department of Physical Education.



## 17. Ten Days Yoga Workshop

The Gandhian Centre for Peace and Conflict Studies University of Jammu organised a ten day yoga workshop, "Yoga and Inner peace" in collaboration with the Directorate of Sports and Physical Education University of Jammu w.e.f. 19<sup>th</sup> May to 28<sup>th</sup> May 2023 at Gymnasium Hall University of Jammu.



## **18. AYUSH organizes Yogotsava at University of Jammu**

Under the guidance of Dr. Mohan Singh, Director AYUSH J&K and under the supervision of Dr. Vandana Dogra, District AYUSH Officer Jammu and Medical Superintendent Government Ayurvedic Hospital, Jammu, a Yogotsava programme was organized in collaboration with Directorate of Sports and Physical Education, University of Jammu (JU). Morarji Desai National Institute of Yoga under the aegis of Union Ministry of AYUSH has been organizing Yogotsava programmes across the country as part of countdown programmes to 9th International Day of Yoga.

Union Ministry of AYUSH has come up with promotional theme of 'Har Ghar Angan Yog' to promote Yoga and its benefits in community. In these programmes, Yoga Workshops, Common Yoga Protocol Practice and Community Level Yoga Sessions are being organized across India. In this series 74th Yogotsava programme was organized at JU in which more than 450 participants from various departments of the varsity and Directorate of AYUSH J&K participated and practiced Common Yoga Protocol.

The programme was attended by Dr. Daud Iqbal Baba, Director Sports and Physical Education Department of JU; Dr. Seema Rohmetra, Director Gandhian Studies; Dr. Suresh Sharma, Deputy Director AYUSH; Dr. Vandana Dogra, District AYUSH Officer Jammu; Medical Superintendent Govt. Ayurvedic Hospital Jammu; Dr. Bharat Bhusan, CMO Jammu University and others. Tributes were paid to Mahrishi Patanjali, founder of Yoga, who was the first to scribe this ancient wisdom into Patanjali Yoga Sutra. Deputy Director AYUSH, Jammu Division, Dr. Suresh Sharma elaborated the need of practicing principles and practices of Yoga for health and happiness in the present health scenario.

Dr. Anil Sharma, expert in Swasthavritta and Yoga conducted proceedings of the Yoga session and Dr. Manjeet Singh coordinated the programme.

Dr. Vandana Dogra concluded the session with vote of thanks. These sessions shall continue till the final event of 9th International Day of Yoga.





**19. Directorate of Sports and Physical Education University of Jammu Organizes 7 day Yoga Camp to comemorate 9<sup>th</sup> International Yoga Day 2023 w.e.f. 15.06.2023 to 21.06.2023**

The Directorate of Sports and Physical Education, University of Jammu organizing 7-day Yoga Camp at Gymnasium Hall of Directorate of Sports and Physical Education, University of Jammu under the supervision of Director Dr. Daud Iqbal Baba, Director Directorate of sports and Physical Education. Around 100 participants participated in the Yoga inauguration session which started with intense learning of Basic and Advance practicing of Yog Asanas and Mudras.

In that inauguration function of 7-day camp Dr. Daud Iqbal Baba Director, in his message to the participants highlighted the importance of yoga for wellbeing and also said that practicing yoga cannot only be an effective stress reliever, but also a way to ease symptoms of anxiety and depression. By transferring focus and attention to the body and breath, yoga can help to temper anxiety while also releasing physical tension.

The Yoga session was conducted by Sh. Sanjeev Kumar Pandey, Teaching Assistant gave information about different Asanas, pranayama and Trending Utilization of Yog Mudras. The formal proceedings and Vote of Thanks was carried out by Dr. Mandeep Singh, Assistant Professor Department of Physical Education.

Others present there were Mr. Vimal Kishore, Padam Dev Singh, Mr. Vikas Karlopa, Mr. Gagan Kumar, Harinderpal Singh, Mr. Rohan Kumar, Mr. Buneet Singh, Mr. Tarvinderpal Singh, Mr. Ashok Singh Bali, Sh. Sat Paul and Sh. Makhan Lal.



## **20. University of Jammu organized Har Ghar Dhyan campaign on International Yoga Day 2003**

On the Eve of the 9<sup>th</sup> International day of Yoga 2023, the University of Jammu under “HarGhar Dhyan Abhiyan” organized International Yoga Day on the theme Meditation and Mental Health in collaboration with the Directorate of Sports and Physical Education, University of Jammu and Confederation of Indian Industry (CII) at Gymnasium Hall University of Jammu on 21<sup>st</sup> June 2023 where in around 150 participants participated including the Employees, Students and people from Civil Society.

The welcome address was presented by Dr. Shallu Sehgal, Meditation Ambassador, University of Jammu. In her address, Dr. Shallu Sehgal welcomed the chief guest, other invited guests and participants on the occasion of launching the 1<sup>st</sup> session of “Har Ghar Dhyan Abhiyan” and celebrating International Yoga Day on the theme Meditation and Mental Health. She in her address also introduced “Har Ghar Dhyan Abhiyan” under the aegis of Azadi ka Amrit Mahotsav, Ministry of Culture has collaborated with Art of Living Foundation and launched a campaign to conduct introductory sessions on meditation and mental health for the people of all walks of life. The module has been developed by founder of Art of Living Sri Sri Ravi Shanker Ji.

**Prof. Naresh Padha**, Dean Academic Affairs, University of Jammu was the Chief Guest of the function and while his addressing the participants explained the importance of practicing Pranayama, Asanas for the mental and Physical development of person. He also applauded the efforts of Dr. Daud Iqbal Baba, Director Directorate of sports and Physical Education along with his whole team and wishes to be the part of all future events which will encourage students and society.

Prof. Jasbir Singh, HoD Philosophy, Prof. Pankaj Srivastava President JUTA were the guests of Honour on the occasion also participated in practicing pranayama and meditation sessions.

The event was collaborated with Confederation of Indian Industries and also provided refreshment to the participants, while addressing the Chairman of CII Sh. Archit Puri also a guest of Honour appreciated the efforts of Directorate of Sports and Physical Education for organizing such event from time to time. He also promised for participating in such events which are beneficial for the society.

Dr. Hema Gandotra, NSS Coordinator University of Jammu also gave valuable remarks on the occasion and stressed upon the importance of yoga for mental and spiritual health and urged the participants to make yoga a part of their daily course.

Ms. Vandana Daftri, Regional Director, Art of Living initiated the Har Ghar Dhyan Campaign and gave an introductory talk on the theme Meditation and Mental Health during the function. She conducted an excellent session for the participants and made them practice pranayam and meditation.



An Advance demonstration performed by Sandeep Sharma and Yoga students of the University of Jammu.

The proceedings and formal vote of thanks was presented by Dr. Mandeep Singh, Asst. Prof. Directorate of Sports and Physical Education, University of Jammu.

Other prominent among Prof. Lalit Sen Provost Hostels, Dr. Sumita Sharma Deputy Registrar, Dr. Meghna Dhar, Dr. Amit, Mr. Raj Kumar, Ravish Vaid, Gagan Kumar, Jai Bharat, Vikas Karlopa, S. Harinder Pal Singh, Sanjeev Kumar, S. Tarvinder Singh, Rohan Kundal, Buneet Singh, Ashok Singh Baliwere present in function.



