

Press Release:

Date: 15.06.2023

Directorate of Sports and Physical Education University of Jammu Organizes 7 day Yoga Camp to comemorate 9th International Yoga Day 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 Today's 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. Gagan Kumar, Harinderpal Singh, Mr. Rohan Kumar, Mr. Buneet Singh, Mr. Tarvinderpal Singh, Mr. Ashok Singh Bali, Sh. Sat Paul and Sh. Makhan Lal.

