

JAGAN NATH UNIVERSITY, JAIPUR

INTERNATIONAL YOGA DAY (2015-16)

- **Yoga Day – June 21, 2016**

June 21, 2016 Daily yoga helps a lot in today's busy life for mental and physical health. This was said by Prof. V.K. Agarwal, Vice-Chancellor of Jagan Nath University during celebration of International Yoga Day on University Campus. He said that the importance of yoga is greater for teachers and students as it increases concentration capacity and promotes spirituality. On this occasion, a Yoga camp was organized in which students, faculty and staff participated. There was a lot of enthusiasm amongst the young students and staff. It was emphasized that yoga should be adopted by each one of us as a part and parcel of our life. It will keep us energetic and help us to effectively channelized in national building. On this day, a seminar was conducted to discuss the benefits of practicing yoga daily in today's life which is full of stresses.



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INTERNATIONAL YOGA DAY (2016-17)

- **Yoga Day – June 21, 2017**

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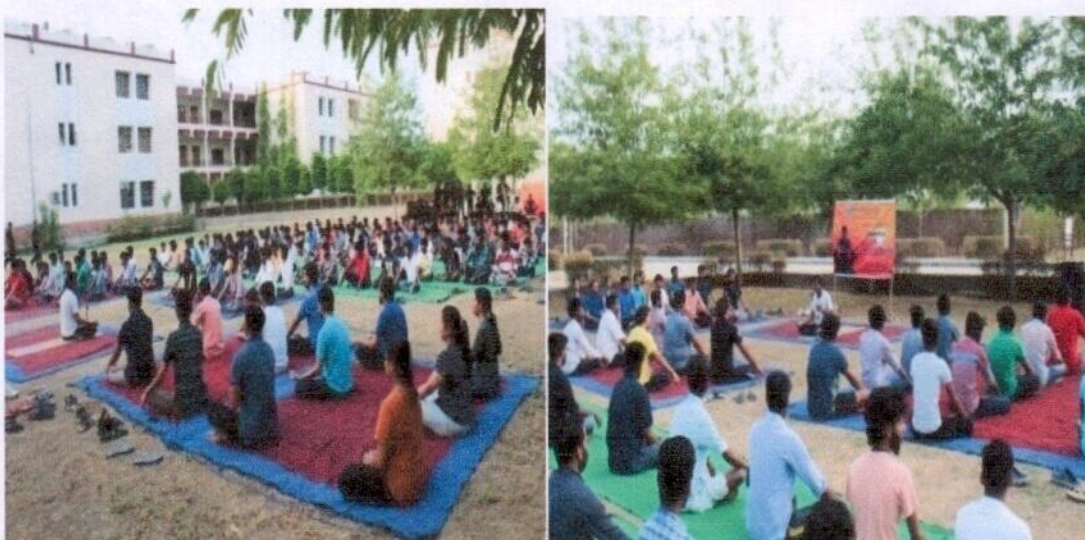
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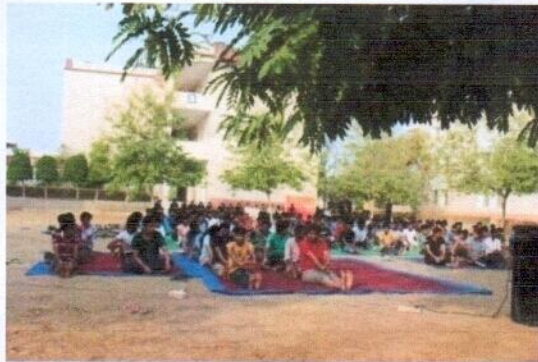
JAGAN NATH UNIVERSITY, JAIPUR

INTERNATIONAL YOGA DAY (2017-18)

- **Word Yoga Day – June 21, 2018**

Yoga Day was celebrated in the University Campus on 21st June in morning from 7.00 – 8.00 am. The Yoga Day was organized by Mr. PiyushAttarwala, Joint Registrar of the University. Staff, student and various schools enthusiastically participated. Alongwith yoga a workshop on 'TAN MAN OR YOGA' was also organized Dr. Ramesh Bharti, Co-ordinator N.S.S. informed that the NSS Branch of the University actively participated in World Yoga Day celebration and distributed Yoga Awareness publicity pamphlets in nearby villages. On this occasion Senior Professors and students also presented their views about the importance of Yoga. Prof. P.N. Kalla, Dean & HOD, Agriculture Department said that Yoga provide relief from mental tension and physical ailments. Participating in the World Yoga Day Dr. KapilKhattar, Dr. RanjitaSoni, Dr. S.L. Sharma, Prof. G.R. Choudhary highlighted the importance and benefits of Yoga.





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INTERNATIONAL YOGA DAY

(2018-19)

- **Special Yoga Class – May 11, 2019**

University organized a special yoga session in supervision of Mr. Hemant Goswami on 11.05.2019 who provided special tips related to yoga and benefits of yoga.



- **Free Yoga Camp and Special Yoga Class – June 2 to June 21, 2019**

As per the directions of the UGC, the University is organizing 45 Days Special Yoga sessions during May 2-June 21, 2019 in the chaksu campus for this University organized a special yoga session in supervision of Mr.Megh Singh Chouhan and Ms. Pooja Jain on 18.05.2019 who provided special tips related to yoga and benefits of yoga.



- **International Yoga Day – June 21, 2019**

Yogacharya Hemant Goswami Yogacharya Hitesh Parihar Chaksu Campus University celebrated 5th International Yoga Day on 21st June, 2019. A 50 days Yoga camp successfully completed under the supervision of Dr. Sampat Rathore, Dr. Dalpat Lal, Mr. Amit Kumar Saraf, Mr Gajendra Singh Shekhawat and Outstanding efforts by Student Abhishek Patil.

N.S.S. members distributed in university campus and nearby village area leaflet of Yoga awareness.



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JAGAN NATH UNIVERSITY, JAIPUR

INTERNATIONAL YOGA DAY

(2019-20)

- **International Yoga day has been celebrated on 21 June, 2020**

Jagannath University celebrated International Yoga Day. On this occasion university organized an online quiz to spread awareness on the benefits of Yoga providing multidimensional solution to COVID-19 Challenges. Due to COVID-19 staff, faculty members and students had participated in this event from home. Many staff members and students shared their video and photos of yoga. An online quiz has also held on "Importance of yoga". E-certificates were provided to all the participants. The event registered a total of 4464 participants.



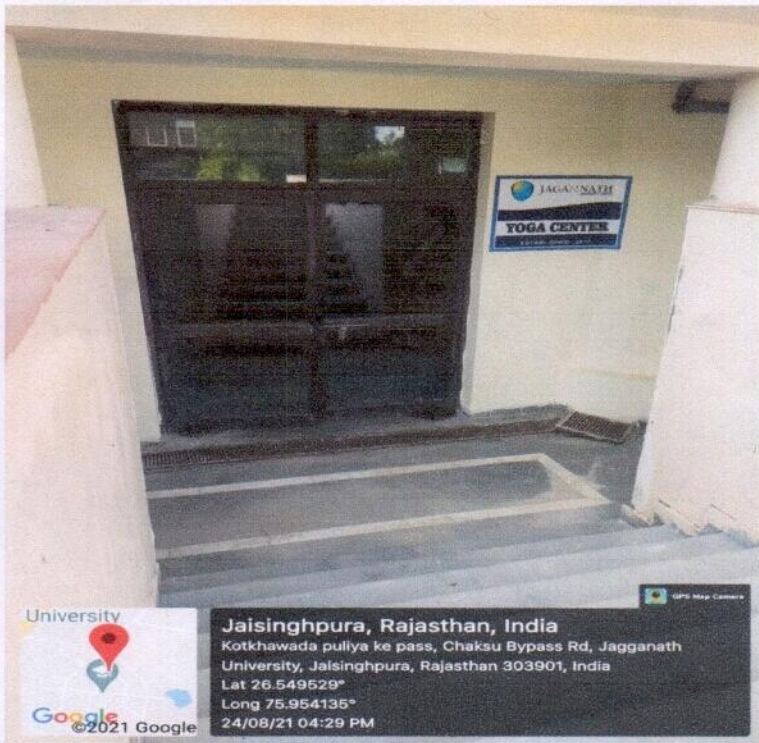
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