

**12<sup>th</sup> February, 2019.**

The Department of Students Welfare in collaboration with The Directorate of Sports & Physical Education, University of Jammu organized a Presentation/Lecture on the topic 'Holistic Health, Science of Stress and its Management through Yoga' by Dr. T.R. Raina, former Head Blood Bank, GMC & former Programme Director Advanced Yoga Center Govt. Medical College, Jammu at Brig. Rajinder Singh Auditorium. Prof. M.K. Dhar, Vice-Chancellor University of Jammu was the Chief Guest at the occasion. The success and meaningfulness of the programme could be gauged from the participative response from each and everyone which included students, scholars, faculty members and the staff of the University in the jam-packed auditorium.

In his address, Prof. Dhar highlighted the importance of conducting such programmes for the holistic development of the students and announced more such programmes for the overall benefit of all the stakeholders. Prof. Shailendra Singh Jamwal, Dean Students Welfare, in his welcome address said that the Department of Students Welfare in collaboration with the Directorate of Sports & Physical Education have charted out various programmes for the physical as well as mental health of the students. Dr. Daud Iqbal Baba, Director Directorate of Sports & Physical Education, University of Jammu was also present at the dais. In a very interesting manner, Dr. T.R Raina explained the importance of stress management through Yoga which is as much scientific as being spiritual. He highlighted the importance of stress management which is a prerequisite for healthy body and mind particularly in the contemporary lifestyle where we are surrounded by stress and tension. He cited many examples and performed live demonstration of a few miraculous techniques in support of his Presentation which were appreciated by the audience.

The programme was very ably conducted by Ifra Kak, Cultural Officer (SW) and was coordinated by Dr. Garima Gupta , Asstt Dean(SW). Prominent amongst those who attended the programme included Dr. Neeraj Sharma, Dr. Parvinder, Dr. Pallavi Sachdeva, Dr. Vinay Thusso, Raj kumar, Vikas Karlophia , Ravish, Dr. Bali, Harvinder Pal Singh, P D Singh, Jai Bharat, Vinod Sharma.