JAMMU JAMMU celebrated the 5th International Day of Yoga at JAMMU campus as per the directives of Ministry of Human Resource and Development, Government of India. The event was coordinated by Prof Rashmi Ranjan Parida, Chairperson, Student Affairs. Further, session on Yoga and Pranayama was conducted by Dr Rajan, Yoga Instructor from The Art of Living.

DAILY EXCELSIOR, JAMMU SATURDAY, JUNE 22, 2019 (PAGE 7) 'TIM Jammu' celebrated the day at its campus. The event was coordinated by Prof Rashmi Ranjita Parida, Chairperson, Student Affairs. Session on Yoga and Pranayama was conducted by Dr Rajan, the seasoned yoga instructor from 'The Art of Living'. All the participants benefited from the yoga session and internalized the motto of the Day.