

BGSBU celebrates 10th International Yoga Day

June 21: Baba Ghulam Shah Badshah University celebrated the 10th International Yoga Day with great enthusiasm. The event attended by faculty members and officials from different departments of the University, all of whom demonstrated a keen interest in this ancient practice.

The early-morning event held at the FIFA certified football ground in the University was organised by the National Service Scheme unit of the University.

Prof. Akbar masood in his message highlighted the theme of this year's International Day of Yoga 'Yoga for self and society'. Prof. Akbar mentioned that during the last one decade Yoga has gained immense popularity worldwide for its numerous physical, mental, and spiritual benefits. Prof. Akbar said that Yoga is one of the greatest gift of India to the world. Prof. Akbar appreciated the NSS unit of the University for celebrating Yoga day every year in the campus.

On the ocassion the participants performed various yoga asanas. On the ocassion, Mr. R C Bhat , a yoga trainer taught some important physical, mental, and spiritual practices to the participants which would help the participants in improving their health by increasing blood flow and boosting immunity.

Those who were present on the ocassion included Dr. A A Shah Dean Academic Affairs, Dr. Zaheer Abass , NSS unit coordinator, senior faculty members and staff of the University.

