



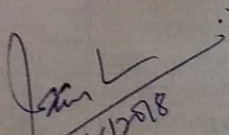
DEPARTMENT OF BOTANY
School of Biosciences & Biotechnology
Baba Ghulam Shah Badshah University, Rajouri (J&K)-185234

A Report on International Yoga Day Celebrations - June 21st, 2018

School of Biosciences and Biotechnology celebrated International Yoga Day on 21st June, 2018.

In the event faculty, research scholars, students, and non-teaching staff of the school participated. It was a matter of joy for all Yoga Enthusiasts that the "Vishva Yoga Divas" got declared to be celebrated on June 21st. The day was chosen as it's the longest day of the calendar year, a day connected with Sun, light and nature and not a day of personal importance. Dr. Susheel Verma, Head, Department of Botany listed importance of mind, body and soul nourishment through YOGA. Proper scientific instructions were given for all the yoga asanas and all the participants performed them as per instructions. Various asanas like Anulom Vilom Pranayama, Tadasan, Vrikshasana, Butterfly etc. were performed and their significance were told to all the participants. Program started sharp at 9.30 am and ended at 11.30 am.

The event ended with the vote of thanks by Dr. Shreekar Pant. He optimized that such days of national importance signify the hidden benefits of the Yoga since time immemorial and he also assured that the same will be continued in the future too. Participants also pledged to adopt YOGA in their daily life.


21/6/2018



(Head)

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International Yoga Day started at School of Biosciences and Biotechnology



Participants performing various Asanas and Pranayama



Performing Butterfly asana



Performing Anulom Vilom Pranayama

List of participants including Teachers, Research Scholars, non teaching staff and Students

| S.No. | Name | Status |
|-------|----------------------|------------------|
| 1. | Dr. Susheel Verma | Teacher |
| 2. | Dr. Shreekar Pant | Teacher |
| 3. | Dr. Mamta Bhat | Teacher |
| 4. | Mr. Zishan Ahmad | Research Scholar |
| 5. | Ms. Priyanka Kumari | Research Scholar |
| 6. | Mr. Ayaz Ahmad | Research Scholar |
| 7. | Mr. Javaid Rashid | Lab Assistant |
| 8. | Mr. Mohd. Azad | Mali |
| 9. | Saman Zahra Naqvi | Student |
| 10. | Mir Aamir Nazir | Student |
| 11. | Mohsina Rasool | Student |
| 12. | Tahira Aslam | Student |
| 13. | Aabida Bashir | Student |
| 14. | Mir Adnan Bashir | Student |
| 15. | Aabid Nazir | Student |
| 16. | Hasnaat Ahmad Sheikh | Student |
| 17. | Mukhtar Ahmed | Student |
| 18. | Silvi Abrol | Student |
| 19. | Rifat Sabha | Student |
| 20. | Saima Jan | Student |
| 21. | Mehak Amin | Student |
| 22. | Benisha Farooq | Student |
| 23. | Rafia Akbar | Student |
| 24. | Rahila Koser | Student |
| 25. | Saima Jan | Student |
| 26. | Munazah Jan | Student |
| 27. | Noreen Akhter | Student |
| 28. | Bilal Ahmed Dar | Student |
| 29. | Aaqibah Jan | Student |
| 30. | Zeenat Maqbool Peer | Student |
| 31. | Mohd. Usman | Student |
| 32. | Nayaz Ahmed | Student |
| 33. | Shaista Kouser | Student |
| 34. | Safeena Kouser | Student |
| 35. | Subhya Syeed | Student |
| 36. | Iqra Farooq | Student |
| 37. | Purva Bhasin | Student |
| 38. | Aabir Mehmood Bhat | Student |
| 39. | Kajal Sharma | Student |
| 40. | Arusa Kousar | Student |
| 41. | Nujeeba Wazir Beigh | Student |
| 42. | Hema Dixit | Student |
| 43. | Abeena Mustaq | Student |
| 44. | Gulfishan Jalal | Student |
| 45. | Zaheer Abass Khan | Student |
| 46. | Rehana Choudhary | Student |
| 47. | Farhana Latif Dar | Student |
| 48. | Sundas Choudhary | Student |
| 49. | Skinder Lodhi | Student |
| 50. | Nahid Anjum | Student |

Jasim
21/16/2018

[Signature]