

## **PRESS NOTE ENGLISH**

### **Central University of Punjab celebrated International Yoga Day**

21<sup>st</sup> June 2019 Bathinda: Central University of Punjab celebrated 5<sup>th</sup> Edition of International Yoga Day 2019 with great zeal and enthusiasm. To mark this occasion, a week-long yoga camp was organised from 13<sup>th</sup> to 20<sup>st</sup> June to spread awareness among youngsters to live a stressfree life with the help of Yoga. On International Yoga Day, a special yoga session was held. Honourable Vice Chancellor Prof R.K. Kohli, CUP faculty, staff and students participated in this event.

During the program, Sports Officer Mr Gagandeep Singh welcomed the guests. He mentioned that International Yoga Day was celebrated with a special theme every year since 2015, and its theme of the 2019 edition is Yoga for Climate Change. Further, he took Yoga Session and performed various Pranayam and Yoga Aasans along with participants.

Prof R.K. Kohli, Vice Chancellor, talked about the importance of yoga and exercise for a healthy body and a healthy mind. He encouraged youngsters to follow Yoga as a part of daily routine in order to stay fit and achieve their long term goals. Mr Kanwal Pal Singh, Controller of Examination and Registrar (Additional Charge), advocated Yoga for a stressfree and healthy life. He appreciated the efforts of the organising team and thanked the participants for making this event a success. During the program, a Yoga Competition was conducted and winners were awarded with prizes.