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CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY

PRESS RELEASE

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Uttar Pradesh-208024

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Chhatrapati Shahu Ji Maharaj University establishes a Yoga Health Club in University.

The school of health sciences and Department of Physical education inaugurated a Yoga health club in the university **patronship of Hon'ble Vice Chancellor Prof. Vinay Kumar Pathak.**

The program was inaugurated by lighting the lamp by the **Chief guest Yoga and Nature Cure Specialist Om Prakash Anand**, Prof. Sanjay Swarnkar, Dr. BP Singh, Dr. Sandeep Singh, Dr. R.P. Singh.

Describing the benefits of yoga, Chief Guest Om Prakash said that we all should adopt yoga in our lives. Yoga not only makes us physically strong but also drives us towards a stable mental health. It also affects our ability to think and understand. Furthermore, he also taught his self-designed King Asana, Queen asana to the participant of this Event.

It was decided to organize this program daily from 3:30 to 4:30 with under the guidance of Vice Chancellor Prof. Vinay Kumar Pathak.

Many students from the university participated in this program and learned yoga.