

YOGA ACHIEVEMENTS

Yoga has tremendous value not only for physical health but also for an mental and spiritual development. Yoga is a complete system introduced by Indian



experts as an acceptable life style for the entire humanity at large. India Undoubtedly posses and unmatched heritage represented by Yoga for both preventive and creative health care. The Silent



feature of Yoga Includes its diversity, flexibility, acceptability, affordability, throughout the world. Therefore there is increased global interest in yoga for apply its effectiveness as a part of holistic health approach to a complete rejuvenation of body mind and



spirit. Today Yoga has been recognized across the globe because of its great potentialities in promoting, maintaining and transforming life as a whole approaching higher stages of evolution of mental spiritual and physical health Yoga is introduced in different Universities and other institutions and is taught as a subject of Philosophy and sports coaching across the globe. There are 15 full flagged Post Graduate departments of Yoga under 11th and 12th in different university



of country where in MA M.Phil Ph. D and further research in related areas is going on. On 20-06-2016 the NCC



unit of Govt. PG College Rajouri Celebrated International Yoga Day in ALG Rajouri in which NCC Cadet from various Institutions of Rajouri and Poonch Participated. Prof. Shabir Hussain Shah chaired the function whereas various civil and army officials greased the occasion.

Lt. Tanwir Ahmed Associated NCC officer Govt. PG College Rajouri Co-ordinate the 10 day long Yoga Preparatory Classes and also acted as the chief organizer of International Yoga day.

