

## **Surya Namaskar Programme**

On the Occasion of Makar Sakranti, Central University of Jammu is organising Surya Namaskar Programme under Government of India initiative 'Azadi ka Amrit Mahotsav'. All students of Central University of Jammu are requested to practice Surya Namaskar on **14.01.2022** , observing Covid appropriate behaviour/online mode while staying at their homes. Participants are requested to send their video recording of Surya Namaskar to the Co-ordinator ,Azadi Ka Amrit Mahotsav of Central University of Jammu. Participant can send their video by whatsapp /E-mail.

Surya Namaskar or Sun Salutation is a sequence of 12 powerful yoga poses. Besides being a great cardiovascular workout, Surya Namaskar is also known to have an immensely positive impact on the body and mind.

Registration can be done by filling google form .Participants have to send their video recording of Surya Namaskar to the Cultural Coordinator of the University. Kindly check the details .

Registration URL - <https://forms.gle/gDqm2j69a1bd2vMD9>

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Co-ordinator, Azadi Ka Amrit Mahotsav

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