**The Yoga Centre, Central University of Jammu kicks off a program on Self Efficay under Saksham**

JAMMU, Aug, 8: A University wide program on Self- efficacy commenced at Central University of Jammu under the aegis of The Yoga Centre and Saksham scheme of the Central Govt. of India.

The program aims at developing the mental and physical capacities of the students such as to make them self reliant. The program shall be conducted across all disciplines of the university both at the TAB as well as at the campus at Raya Suchaini.

Inaugurating the event, Vice Chancellor, Prof. Ashok Aima, applauded the efforts of the Yoga Centre and SPARSH for conducting such programs that enhance the overall personality of the students. He urged upon the students to put in efforts for self development for facing the challenges that lie ahead in the real world.

Earlier, Dr. D.L Chaudhary, Incharge , The Yoga Centre, apprised that the program was conceived and designed such that it enables the students to be self reliant and know the benefits of yoga in our daily lives. He further informed, that a 3- months certificate course is going to be launched at the Central University f Jammu where students can take admission as a part time course.

Dr. Jaya Bhasin, Chairperson SPARSH, briefed the gathering about the mandate of the Govt. of India regarding SPARSH and SAKSHAM. She further informed that the Central University of Jammu is committed to provide safe and secure environment for all the genders at the campus.

Dr. Neelika Arora, Assistant prof. Department of HRM & OB conducted the proceedings of the event.