

CUJ observes International Yoga Day with 'Yoga for Healthy Ageing'

HIMALAYAN MAIL NEWS
JAMMU, JUNE 21



The Central University of Jammu today organized a special session on "Yoga for Healthy Ageing" to commemorate the International Day of Yoga 2026. The programme was held under the guidance and support of Hon'ble Vice Chancellor Prof. Sanjeev Jain, reaffirming the University's commitment to promoting the physical, mental, and emotional well-being of its academic community.

Designed to encourage individuals to take charge of their health and wellness, the session focused on simple yet powerful yogic practices that cultivate mindfulness, self-care, and holistic well-being. It emphasized raising human consciousness and fostering harmony through individual transformation.

Participants engaged in a series of yogic practices,

guided meditation, and interactive discussions highlighting the deep connection between mind and body. The session was led by Yoga Instructor Mr. Manik Sambyal, who underscored yoga's role in enhancing emotional balance, reducing stress, and fostering inner peace and resilience. Conducted in a serene and engaging environment, the programme enabled participants to ex-

perience the transformative benefits of meditation and yoga.

The event witnessed enthusiastic participation from faculty members, officials, staff, security personnel, and NCC cadets. Attendees reported enhanced focus, improved emotional well-being, greater productivity, and a deeper sense of calm and fulfillment. The session reinforced the importance of integrating

mindfulness and yogic practices into daily life to support long-term health, wellness, and personal growth.

The programme concluded with a vote of thanks by Registrar Prof. Yashwant Singh, who appreciated the participants and organizers for making the event a success and for advancing the message of holistic well-being through yoga and meditation.

KV Jindrah celebrates Int'l Yoga Day

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The 12th International Yoga Day was celebrated with great enthusiasm and fervor at Kendriya Vidyalaya Jindrah on the morning of June 21, 2026. Colonel Sachin Khokhar, Commanding Officer of 15 FAD Jindrah and Chairman of the School Management Committee, graced the occasion as the Chief Guest.

Lieutenant Colonel Amit S. Bhardwaj attended the event as the Nominated Chairman (Special Guest).

The program commenced with a Scout welcome. Subsequently, the guests were welcomed through a *Tilak* ceremony and Green Welcome (presentation of saplings). Following this, the school Principal, Mr. Naveen Kumar, welcomed the guests and highlighted the significance of yoga, encouraging students to incorporate it into their daily routines for a healthy and balanced life.

Thereafter, Ms. Anjali, the Physical and Health Education teacher, delivered an inspiring speech on the theme of Yoga Day and the benefits of yoga.

The students captivated the audience with an engaging Yoga Dance performance.

All participants took the Yoga Pledge, resolving to practice yoga regularly and raise awareness about it among others. This was followed by an excellent demonstration of various

Yogasanas and *Pranayama* techniques by the students, which impressed everyone.

The Chief Guest honored students who had excelled in yoga activities and those who had performed outstandingly in the Class 12 board examinations by distributing certificates. Some students shared their experiences, noting that regular yoga practice had improved their health, concentration, and self-confidence.

At the conclusion of the

event, the Chairman delivered a message of encouragement, urging everyone to make yoga an integral part of their lives. He also commended the school for organizing such a successful event.

The program concluded with a vote of thanks. The event proved to be inspiring and informative for all, successfully raising awareness about yoga.

Yoga is the key to a healthy body, a calm mind, and a balanced life.

Yoga is India's gift to humanity, says Sat Sharma on International Yoga Day



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Bharatiya Janata Party (BJP), Jammu & Kashmir, celebrated International Yoga Day with enthusiasm at multiple locations across the Union Territory, with senior party leaders participating in yoga sessions and spreading awareness about the importance of adopting yoga as a way of life.

J&K BJP President and Member of Parliament Sat Sharma (CA), along with BJP General Secretary Baldev Singh Billawaria and All Cells Incharge Ved Sharma, participated in a yoga programme organized at Trikuta Nagar, opposite the Reserve Bank of India branch, Jammu. The event witnessed the participation

of BJP leaders, cell convenors, co-convenors, and activists from different walks of life.

Sat Sharma and Baldev Singh Billawaria also participated in a yoga session organized by the Vishwa Yoga Sansthan at Har Ki Pauri, Bahu Fort (Jammu).

Sat Sharma, addressing the gathering, lauded Prime Minister Narendra Modi for taking yoga to the global stage and securing worldwide recognition for this ancient Indian tradition. He said that yoga has emerged as a powerful medium for promoting physical fitness, mental well-being, and holistic health across nations.

Yoga is India's priceless gift to humanity. Due to the

dedicated efforts of Prime Minister Narendra Modi, International Yoga Day is now celebrated across the world. Every individual should make yoga a part of their daily routine to stay healthy, energetic, and free from illness, Sat Sharma said. He also appreciated the growing awareness among the youth and noted that young boys and girls are increasingly embracing yoga alongside sports and other fitness activities.

Baldev Singh Billawaria highlighted the numerous health benefits of yoga and urged people to practice it regularly to experience its full advantages.

Ved Sharma appreciated all participants and organizers for making the pro-

gramme successful.

The yoga session was conducted by Sunil Lamba and his associates.

Meanwhile, Leader of Opposition in the J&K Assembly Sunil Sharma, along with BJP Vice-President Rajeev Charak, General Secretary Mohammad Anwar Khan, Secretary Arif Raja, and District President Srinagar Adv. Sheikh Salman, participated in a yoga event at Municipal Park, Jawahar Nagar, Srinagar.

Sunil Sharma emphasized that yoga is a powerful tool for achieving a healthy mind, body, and society. He said that regular yoga practice helps reduce stress, enhances concentration, and promotes a balanced lifestyle.

In another programme held at Shri Krishan Chander Park, Poonch, BJP General Secretary (Organization) Ashok Koul performed yoga exercises along with BJYM State President Arun Prabhat Jamwal, District President Poonch Gurdeep Singh Khalsa, and former MLC Pradeep Sharma.

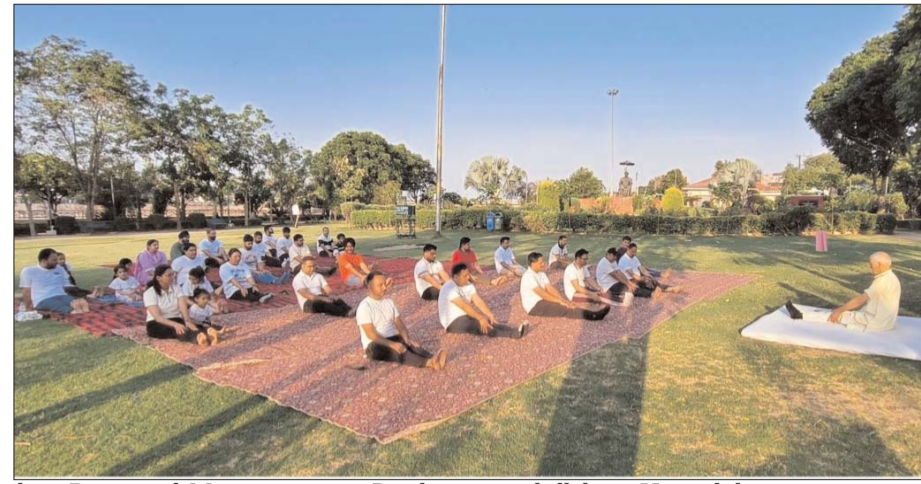
Ashok Koul said that yoga embodies India's timeless wisdom and serves as a bridge between physical wellness and inner peace. He called upon citizens to adopt yoga as a daily discipline for building a healthier and stronger nation.

Canara Bank celebrates Yog Diwas

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Canara Bank Regional Office Jammu along with all the branches celebrated International Yoga Day today in Jammu at Maharaja Shri Hari Singh Park at 6.00 am. Yoga is a gift of ancient Indian traditions, and has emerged as one of the most trusted means to achieve physical, emotional, and mental well-being. Every year, on June 21, International Yoga Day is observed worldwide, bringing together millions of people.

Officials from Canara Bank Regional Office Jammu, including Regional Head Sh. Arun Kumar Pan-



ditia, Divisional Manager, Sh. Manu Goel, Divisional Manager Sh. Sanjeev Kumar Jha, Divisional Manager Sh. Mukesh Ranjan were present.

RO Head Sh. Arun Ku-

mar Pandita, greeted all the members and laid emphasis on the importance of Yoga, specially to the Banker Community which due to sedentary lifestyle is prone to various problems.

He said that incorporation of yoga in daily life will help improve our health and vitality. He thanked all the members for joining the event. Thereafter refreshment was served to all

GAMC Akhnoor celebrates 12th International Yoga Day

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Today on 21st June 2026, under the guidance of Principal, Govt. Ayurvedic Medical College Akhnoor, Jammu celebrates 12th International Yoga Day with great enthusiasm and this year theme is "Yoga for Healthy Ageing." The faculty members, Medical Officers, Non teaching, Hospital staff, undergraduate and postgraduate students, interns, and supporting staff from various departments of the institution actively participated.

The main function held at Govt. College for Women Gandhi Nagar Jammu under the supervision of Dr.



Abhishek Magotra, Associate Professor, Department of Swasthavritta & Yoga and Seminar Hall, Govt. Ayurvedic Medical College Akhnoor under the supervision of Dr. Sheetal Gupta, Assistant Professor & Mrs Archna Sharma, Yoga Teacher Department of Swasthavritta & Yoga GAMC Akhnoor. The programme aimed to promote awareness regarding the importance of yoga in achieving physical, mental, and emotional well-being and both the sessions has emphasized the adoption of yoga as a healthy lifestyle practice to reduce stress, improve concentration, and enhance overall quality of life.

Yoga Session Held at SVMM Charitable Hospital to Mark Int'l Day of Yoga

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To mark the International Day of Yoga 2026, Swami Vivekananda Medical Mission (SVMM) Charitable Hospital, Amphalla, organized a special yoga session at its premises to promote health and wellness.

The session was conducted by Ms. Shuchi Mohan, Yoga Therapist from Morarji Desai National Institute of Yoga, currently serving at Government Ayurvedic Hospital, Jammu, under this year's theme, "Yoga for Healthy Ageing."

The programme was attended by members of the Hospital Management Committee, including Amar Chand Gupta, President; B. B. Gupta, Senior Vice President; B. S. Jamwal, General Secretary; and Dr. Sachin



Gupta, Treasurer.

Senior hospital officials present included Dr. Arvind Kohli, Medical Director; Dr. Rabinder Rattanpal, Medical Superintendent; Dr. Yashpal Karsyal, Assistant Medical Superintendent; and Pawan Sharma, Liaison Officer.

Consultants, doctors,

paramedical staff, employees, patients and attendants actively participated in the session.

The management reiterated the hospital's motto, "Nar Seva Narayan Seva," and highlighted yoga's role in promoting physical, mental and emotional well-being.

Speaking on the occasion, B. S. Jamwal expressed gratitude to Ms. Shuchi Mohan for conducting the session and sharing her expertise. The programme concluded with a message encouraging people to adopt yoga as a way of life for a healthier and happier future.

SMVDSB celebrates International Yoga Day with Enthusiasm



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Shri Mata Vaishno Devi Shrine Board (SMVDSB) today celebrated the 12th International Yoga Day with great enthusiasm at the Shri Mata Vaishno Devi Sports Complex, Katra. The programme was organized in collaboration with the Bharatiya Yog Sansthan and witnessed active participation from Shrine Board officers and employees with families, sportspersons, students, local residents and other stakeholders.

This year's International

Day of Yoga is being observed globally under the theme "Yoga for Healthy Ageing", highlighting the vital role of yoga in promoting physical vitality, mental well-being and healthy living across all age groups.

The event commenced with the ceremonial lighting of the traditional lamp by Shri Sachin Kumar Vaishya, Chief Executive Officer, SMVDSB, along with senior officers of the Shrine Board and other dignitaries, marking the formal inauguration of the programme. Thereafter, participants performed the Common Yoga Protocol and took part

in sessions comprising various yoga asanas, pranayama and meditation under the guidance of experienced instructors from the Bharatiya Yog Sansthan. The sessions were aimed at fostering holistic health, inner balance and overall well-being.

The Shri Mata Vaishno Devi Shrine Board, under the Chairmanship of Shri Manoj Sinha, Hon'ble Lieutenant Governor, Jammu & Kashmir, has consistently promoted wellness initiatives through the Sports Complex, which has emerged as a prominent centre for sports, fitness

and yoga activities in the region.

The observance of International Day of Yoga reflects the Shrine Board's continued commitment towards encouraging healthy lifestyles and promoting physical and mental well-being among employees, devotees and the local community.

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