

JAMMU & KASHMIR

Satish attends Yoga Day celebrations; calls 'Yoga' a path to healthy, progressive society

HIMALAYAN MAIL NEWS
JAMMU, JUNE 21

Minister for Food, Civil Supplies & Consumer Affairs, Transport, Information Technology, Science & Technology and Youth Services & Sports, Satish Sharma, today participated in the International Yoga Day celebrations, joining hundreds of yoga enthusiasts, students, officials and citizens in observing the global event dedicated to health, wellness and harmony.

The Minister actively participated in the yoga session and extended greetings to the people on the occasion, emphasizing that yoga is an invaluable gift of India's ancient heritage that promotes physical fitness, mental well-being and spiritual harmony.

Addressing the gathering, Satish Sharma said that yoga has emerged as a global movement for healthy living, transcending boundaries of age, cul-



Minister Satish Sharma participating in Yoga Day celebrations.

ture and nationality. He said that regular practice of yoga helps reduce stress, enhances physical fitness, improves concentration and instills discipline, making it an effective tool for leading a balanced and productive life.

The Minister highlighted that the present government is laying an enhanced emphasis on promoting healthy lifestyle among the youth through sports, fit-

ness and wellness initiatives. He said that yoga complements sports by improving flexibility, endurance, focus and overall physical conditioning, making it an integral part of holistic development.

Calling upon the younger generation to adopt yoga as a daily habit, Satish Sharma said that investing a few minutes every day in yoga can significantly improve physical and mental health while helping indi-

viduals cope with the challenges of modern life.

The Minister urged the educational institutions, sports bodies and community organizations to continue organizing yoga sessions throughout the year so that its benefits reach every section of society.

Senior officers of the Youth Services and Sports Department, coaches, sports persons and officials were present during the programme.

Govt making consistent efforts for empowering youth, creating opportunities: Sakeena

Felicitate outstanding achievers from diverse fields at SKICC

HIMALAYAN MAIL NEWS
JAMMU, JUNE 21

Minister for Education, Social Welfare, Health and Medical Education, Sakeena Itoo today said that the Government is making consistent efforts for empowering youth and creating opportunities for them for inclusive growth and development across Jammu and Kashmir.

The Minister made these remarks while presiding an award function at SKICC here today, organised by New Light Education and Environmental Services Foundation (NEESF) and New Light Education and Environmental Society (NEES), to felicitate outstanding achievers for their exemplary contributions in the fields of education, social service, youth empowerment, and community development.

While addressing the gathering, the Minister highlighted the transformative role of education in shaping society and appreciated the efforts of NEESF and NEES in recognizing excellence and promoting a culture of achievement among students, educators, professionals, and social workers. She emphasized the need for collective efforts towards empowering youth and creating opportunities for inclusive growth and development.

The Minister highlighted



that since formation of this government, Education department has been given much focus and continuous measures are being taken to improve the quality of education in public educational institutions of J&K. "Facilities are being upgraded in all schools to improve learning environment and other outcomes", she stated.

The Minister further said that under the leadership of Chief Minister Omar Abdullah education sector witnessed tremendous importance in the allocation of Budget.

Highlighting the importance of education for society, the Minister said that in our religion it is said that 'even if you have to go to China to get education, you

should not stop, you should go'. The Minister also called upon all the stakeholders to consider its responsibility for making the education sector nest among all sectors, so that the children of Jammu and Kashmir can get the best quality education and can easily face all the competitions in the future.

The Minister also congratulated all award recipients and encouraged them to continue contributing positively to society through their dedication, innovation and service.

Speaking on the occasion, the organizers expressed their gratitude to the Minister for unwavering support for educational and social initiatives. They reaffirmed

their commitment to advancing educational excellence, social welfare, and youth empowerment through meaningful programmes and partnerships.

The Minister also presented awards and certificates to different achievers from diverse fields.

Among others, the programme was attended by Director School Education Kashmir, prominent academicians, educationists, social activists, community leaders, representatives from various institutions, and a large number of students and youth participants. Several individuals and organizations were honoured for their outstanding accomplishments and contributions to society.

JKAACL invites applications for Somnath Swabhiman Yatra-2026

JAMMU/SRINAGAR, JUNE 21: The Jammu & Kashmir Academy of Art, Culture & Languages (JKAACL), Department of Culture, Government of Jammu & Kashmir, in pursuance of directions conveyed by the Ministry of Culture, Government of India, has invited applications from residents of the Union Territory of Jammu & Kashmir for participation in the Somnath Swabhiman Yatra-2026. The six-day yatra is scheduled to commence from Jammu on June 29, 2026.

The pilgrimage, being organised for the first time in this format, aims to facilitate devotees from Jammu & Kashmir to undertake the journey to Somnath

Temple. This year, the Government has earmarked 140 seats for yatis from the Union Territory.

The Academy has requested all Deputy Commissioners across Jammu & Kashmir to identify and recommend eligible participants from their respective districts for the yatra. Applications shall be accepted exclusively through the offices of the Deputy Commissioners concerned, and every application must be duly verified and forwarded by the Deputy Commissioner concerned. Applications submitted directly to the Academy shall not be entertained.

The application form has been uploaded on the official website of the Depart-

ment of Culture, Government of Jammu & Kashmir, from where it may be downloaded.

Printed forms are also available at the offices of the Deputy Commissioners concerned across the Union Territory. Applicants may obtain the form from their respective Deputy Commissioner's office, complete the required formalities and submit it through the same channel for onward processing.

Selection of yatis shall be made strictly on a first-come, first-served basis from among applications received through the Deputy Commissioners. Incomplete applications, those lacking required documents, or applications re-

ceived after all seats have been filled shall not be considered.

Applicants are required to submit, by or before June 25, 2026, a copy of their Aadhaar card or any other valid government-issued photo identity card, a recent passport-size photograph, complete contact details including mobile number and residential address, and any other document required by the forwarding authority.

The Academy has advised interested devotees to submit their applications through the Deputy Commissioners concerned at the earliest, as the registration process shall close automatically once all seats are filled.

RDD coordinates Yoga Day celebrations across J&K; Yoga sessions, community activities held at PGs, Amrit Sarovar

HIMALAYAN MAIL NEWS
JAMMU, JUNE 21

The Rural Development Department (RDD) and Panchayati Raj, successfully coordinated the celebration of the 12th International Day of Yoga across all Panchayats of the Union Territory on Sunday.

The celebrations were organized in accordance with advisories issued by the Ministry of Rural Development & Panchayati Raj and the Ministry of AYUSH, with the RDD&PR Department directing all districts to ensure widespread observance of the event at the grassroots level.

Following departmental instructions Assistant Commissioners Developments, District Panchayat Officers, and Rural Development functionaries coordinated yoga programmes at Gram Panchayat offices, community centres, schools, Amrit Sarovar sites, and other public spaces across Jammu and Kashmir.

The events witnessed enthusiastic participation from Panchayati Raj Institution representatives, government officials, Self-Help Group (SHG) members, youth clubs, school students, and local residents, reflecting the growing acceptance of yoga as a tool for promoting physical and mental well-being.

The programmes featured yoga demonstrations, meditation sessions, and awareness campaigns emphasizing the importance of healthy lifestyles, stress management, and holistic wellness.

At several Amrit Sarovar sites, yoga sessions were combined with community activities focused on water conservation, environmental cleanliness, and maintenance of public assets.



Officials said that the large-scale observance highlighted the increasing integration of yoga into community life and public wellness initiatives across the Union Territory.

Panchayats played a proactive role in mobilizing local communities and strengthening civic engagement through the celebrations.

Observed annually on June 21, the International Day of Yoga was adopted by the United Nations in 2014

following a proposal by India and has since grown into one of the world's largest public health and wellness movements.

The RDD&PR Department noted that the successful conduct of Yoga Day celebrations across all Panchayats underscores the commitment of Panchayati Raj Institutions towards promoting healthier communities, social participation, and sustainable development at the grassroots level.

CMO Doda reviews medical block functioning at SDH Gandoh

HIMALAYAN MAIL NEWS
JAMMU, JUNE 21

To review the functioning of Medical Block Gandoh and assess healthcare services being provided, Chief Medical Officer Doda Dr Vinod Sharma visited Sub-District Hospital (SDH) Gandoh on Saturday and chaired a block-level review meeting.

Among those present at the review meeting were doctors and paramedical staff of SDH Gandoh, in-charges of peripheral health institutions, RBSK teams and touring staff of the block.

During the visit, the CMO inspected various sections of SDH Gandoh reviewing availability of medicines, diagnostic services, cleanliness and patient amenities. He also interacted with patients, attendants and staff to assess service delivery and identify areas for improvement.

Chairing the review meeting, Dr Sharma reviewed the block's performance un-



der national health programmes and directed staff to maintain punctuality,

teamwork, accountability and patient-centric health-care.

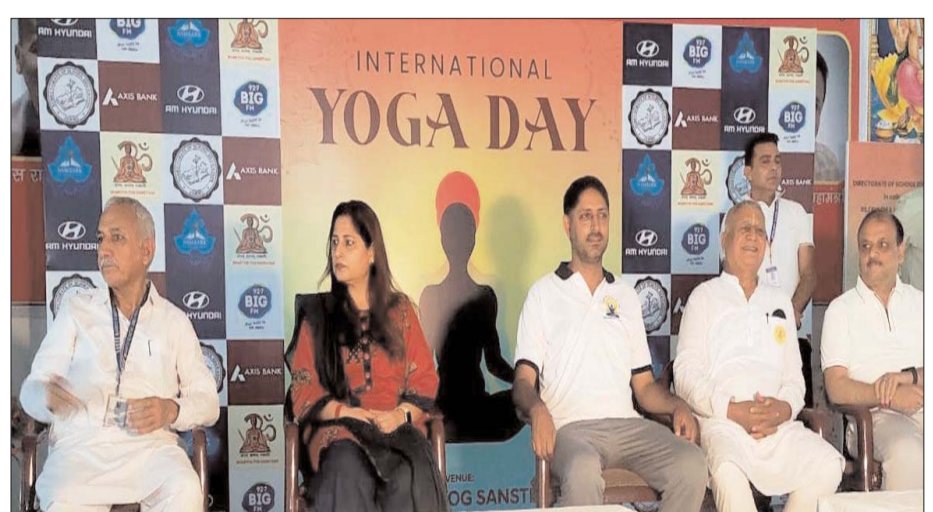
Staff members also raised issues faced at different levels during the meeting.

DSEJ celebrates IDY-2026

JAMMU, JUNE 21: International Day of Yoga was celebrated across government schools of Jammu division, with students and teachers participating in yoga asanas, Surya Namaskar, pranayama and meditation sessions.

The divisional-level function was held at Bharatiya Yog Sansthan, Jammu, where Director School Education Jammu Dr Naseem Javid Chowdhary attended as Chief Guest.

Also present were PO DSEJ Manisha and CEO Jammu Ajeet Kumar Sharma, besides other officials. The celebrations drew participation from



parents, local public representatives, senior government officers, eminent public representatives and

School Management Committees.

Special functions were also organised at the zonal

and district levels under the respective Zonal Education Officers and Chief Education Officers.