

Mass Participation Marks 12th International Yoga Day Celebrations across Ramban

Over 3000 Participants Join District-Level Event

HIMALAYAN MAIL NEWS
JAMMU, JUNE 21

The 12th International Yoga Day was celebrated with great enthusiasm and widespread public participation across Ramban district today under the theme "Yoga for Healthy Ageing." The district-wide observance, led by Deputy Commissioner Ramban, Mohammad Alyas Khan, witnessed active involvement of citizens from all walks of life, civil society members, youth, and government officials, reaffirming the growing importance of yoga as a means to achieve physical, mental, and emotional well-being.

The main district-level function was organised at the District Administrative Complex, Maitra, by the District Administration Ramban in collaboration with the Department of AYUSH. More than 3000 participants joined the mass yoga session, making it one of the largest wellness gatherings held in the district.

Among those who participated in the event were Senior Superintendent of Police Ramban Arun Gupta, Additional Deputy Commissioner Varunjeet Singh Charak, Additional Superintendent of Police Mujeeb-ur-Rehman, Programme Officer ICDS Abdul Qayume, Assistant Com-



missioner Revenue Shokat Hayat Mattoo, Chief Planning Officer Dr. Shakeeb Ahmed Rather, along with other senior officers, officials, representatives of civil society organisations, students, youth, and prominent citizens.

The celebrations extended across all sub-divisions, tehsils, and blocks of the district, including Banihal, Gool, Ramsoo, Batote, Rajgarh, Ukhral and Khari, where large numbers of people participated in yoga sessions organised at local levels. The programmes were actively led by field officers, including SDM Banihal Mohammad Naseeb Ba-

jaan, SDM Gool Intiaz Ahmed, Tehsildars, Block Development Officers, and other officials.

Addressing the gathering, Deputy Commissioner Mohammad Alyas Khan highlighted the transformative role of yoga in promoting a healthy lifestyle and managing stress in today's fast-paced world. He urged people, especially the younger generation, to make yoga an integral part of their daily routine for holistic development and overall well-being.

The Deputy Commissioner appreciated the co-ordinated efforts of the Department of AYUSH and

Youth Services and Sports, district officers, and all stakeholders for the successful organisation of the district-wide celebrations and the overwhelming public response to the event.

The yoga session at the district headquarters was coordinated by District Nodal Officer AYUSH Dr. Shakeel Ahmed Lone and District Youth Services & Sports Officer Nazir Husain, with technical guidance provided by yoga experts Yashpal Sharma, Dilar Singh, and Santosh Chib, who conducted various yoga asanas and wellness exercises during the programme.

Bandipora marks International Yoga Day 2026 with enthusiastic participation across district

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International Yoga Day was observed across District Bandipora on Sunday with a series of yoga sessions and awareness programmes organized at various locations to promote physical fitness, mental well-being and a healthy lifestyle.

Observed globally every year on June 21, the day highlights the importance of yoga as a holistic approach towards health, harmony and overall well-being.

The main district-level function was held at S.K. Sports Stadium Bandipora under the aegis of the AYUSH Department in collaboration with the District Administration Bandipora.

In addition, yoga sessions were organized at Wullar Vantage Park and Baduab Tulail, besides other locations across the district, including Sub-Division Gurez and Sumbal, to ensure wider outreach and participation.

The live telecast of the 12th International Day of Yoga celebrations led by Prime Minister Shri Narendra Modi from Kolkata was screened during the district-level programme.

Participants watched the proceedings and joined the nationwide observance of



Yoga Day, reinforcing the message of healthy living, mental well-being and holistic development through the practice of yoga. During the programme, trained yoga instructors conducted various yoga asanas and breathing exercises in accordance with the Common Yoga Procedures. The sessions focused on creating awareness about the role of yoga in maintaining physical health, reducing stress, improving concentration and fostering a balanced lifestyle.

Senior Superintendent of Police Bandipora Ajaz Ahmad Zargar, Additional Deputy Commissioner Bandipora Zaffar Husson Shawl, District Information Officer Bandipora Aadil Manzoor Wani, Assistant Regional Transport Officer Bandipora, officers from various departments, students from different educational institutions and the general public participated in the district-level celebration at S.K. Sports Stadium Bandipora.

Similar programmes held at Wullar Vantage Park and Baduab Tulail also drew enthusiastic par-

ticipation from local residents, officials and stakeholders.

Elaborate arrangements relating to sanitation, drinking water, medical assistance, traffic management and other logistical requirements were put in place by the concerned departments to ensure the smooth conduct of the celebrations.

The observance concluded with a collective pledge to adopt yoga as a way of life and promote the message of health, wellness and harmony across society.

District Judiciary Anantnag celebrates Int'l Yoga Day at District Court Complex

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District Judiciary and District Legal Services Authority (DLSA) Anantnag, in collaboration with the Department of Ayush, District Anantnag, successfully organized a event to commemorate International Yoga Day today at Court Complex Anantnag.

The event witnessed the enthusiastic participation of Chairman DLSA Anantnag, Tahir Khurshid Raina, along with Judicial Officers, Court Staff, LADCs Panel lawyers, para-legal volunteers, and dedicated staff members of DLSA Anantnag.

International Yoga Day, celebrated globally on June 21, aims to promote the numerous benefits of yoga for individuals and communities alike.

This year's event in Anantnag showcased the commitment of DLSA Anantnag and the Department of Ayush towards fostering holistic well-being and spreading awareness about the transformative



power of yoga.

The event kicked off with a serene ambiance as participants gathered in the open courtyard of the Court complex, eagerly awaiting the rejuvenating session. Under the expert guidance of yoga instructor, the attendees were led through a series of invigorating yoga asanas, breathing exercises, and meditation techniques. Chairman, Tahir Khurshid Raina actively participated in the yoga session, emphasizing the

importance of incorporating yoga into our daily lives to achieve physical, mental, and emotional balance. He highlighted how practicing yoga can enhance mindfulness, reduce stress, and promote overall well-being. The presence of Judicial Officers, Panel lawyers, LADCs, para-legal volunteers, and dedicated staff members of DLSA Anantnag exemplified their commitment to personal wellness and the development of a healthy community.

Their enthusiastic participation showcased their dedication to leading by example and inspiring others to embrace the practice of yoga.

The Chairman expressing his gratitude towards the Department of Ayush and the organizers, said, "the celebration of International Yoga Day provides a wonderful opportunity for individuals from all walks of life to come together and experience the transformative power of yoga. I extend my heartfelt appreciation to everyone involved in making this event a success, as their efforts will undoubtedly contribute to the overall well-being of our community."

The International Yoga Day event organized by DLSA Anantnag in collaboration with the Department of Ayush, District Anantnag, served as a reminder of the profound impact that yoga can have on individuals, communities, and society as a whole. By fostering physical fitness, mental serenity, and spiritual growth, yoga becomes a catalyst for positive change.

SMC celebrates International Yoga Day

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Srinagar Municipal Corporation (SMC) celebrated International Yoga Day with great enthusiasm at SK Park, Lal Chowk, reaffirming its commitment to promoting health, wellness, and mindful living among citizens and employees alike.

The programme was led by Joint Commissioner (Administration), Nuzhat K. Qurashi and other Senior officers and officials of the Corporation actively participated in the event, reflecting SMC's dedication to fostering a culture of physical fitness, mental well-being, and holistic development.

Observed globally on June 21 each year, International Yoga Day highlights the enduring relevance of yoga as a powerful tool for achieving balance between the body and mind.

The programme featured yoga asanas, pranayama, and meditation sessions aimed at encouraging participants to adopt yoga as an integral part of their daily lives.

Speaking on the occasion, Joint Commissioner SMC underscored the importance of yoga in enhanc-



ing overall health, reducing stress, and improving mental clarity. She noted that yoga is not merely a form of physical exercise but a comprehensive way of life that nurtures discipline, inner peace, and emotional resilience.

The event witnessed enthusiastic participation

from officials and attendees, demonstrating the growing recognition of yoga as an effective means of promoting preventive healthcare and overall well-being. Participants pledged to embrace healthier lifestyles through the regular practice of yoga and to spread awareness about its

numerous benefits within the community.

Through such initiatives, Srinagar Municipal Corporation continues to advance the message of health, wellness, and community well-being, contributing towards the development of a healthier, more resilient, and harmonious society.

DLSA Budgam celebrated International Day of Yoga at District Court Complex

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As part of the Calander of activities for the month of June 2026, DLSA Budgam In Collaboration with District Judiciary and Ayush Department Budgam Celebrated International Day of Yoga at District Court Complex Budgam.

The event was organized under the able guidance of O.P. Bhat, Principal District and Sessions Judge (Chairman DLSA), Budgam and under the observance of Tabassum Qadir Parray, Secretary District Legal Services Authority Budgam.

The programme witnessed active participation from all Judicial Officers, of district headquarter Budgam including Yahya



Firdous, Additional Sessions Judge, Fast Track Court Budgam; Abdul Bari, Chief Judicial Magistrate Budgam; Easar-ul-Nabi, Special Mobile Magistrate Budgam; Shabber Ayaz, Principal Juvenile Justice Board Budgam; Tasneem Kawoosa, Munsiff/JMIC

Budgam; Dr. Shameem Ahmad Shountoo, Nodal Officer; Dr. Athar Nazir, Dr. Fayaz Ganie, Court staff, Officials from Ayush Department Budgam, Defense Counsels and Staff of LADCs, Panel Lawyers and Para Legals (PLVs) and Staff of DLSA Budgam, who

joined together to observe the significance of yoga in promoting physical, mental, and emotional well-being.

During the event, participants performed various yoga asanas which were led by the Yoga Instructors of Ayush Department Budgam.

12th Int'l Day of Yoga celebrated at Zainapora

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12th International Day of Yoga was celebrated with great enthusiasm across Sub-Division Zainapora today under the theme "Yoga for Healthy Ageing."

The main event was organized at Government Degree College, Zainapora, where similar yoga sessions were conducted simultaneously at various locations across the sub division.

The central event witnessed enthusiastic participation from students, youth, officials, and members of the local community, who performed yoga asanas under expert guidance.

SDM Zainapora, Bilal



Ahmad, attended the programme as the Chief Guest and delivered a keynote address highlighting the significance of yoga in promoting physical, mental, and emotional well-being.

Speaking on the occasion, the SDM said that the theme "Yoga for Healthy Ageing" reflects an important contemporary need. He noted that as people age, maintaining physical

fitness and mental well-being becomes increasingly important, and yoga offers a holistic and preventive approach to achieving both.

He highlighted that different asanas provide distinct health benefits, including improved flexibility, stronger joints and muscles, better digestion, reduced stress, and enhanced concentration.

The yoga sessions conducted across the sub-division focused on age-appropriate postures, breathing exercises, and meditation techniques aimed at supporting healthy ageing and overall wellness.

The programmes concluded with participants taking a collective pledge to incorporate yoga into their daily lives.