

# Int'l Yoga Day celebrated across Kupwara district with Great Fervour and enthusiasm

HIMALAYAN MAIL NEWS  
JAMMU, JUNE 21

12th International Day of Yoga was celebrated today across district Kupwara with great enthusiasm and fervour. Events were held across multiple venues in the district, reflecting the growing awareness and commitment to a healthy lifestyle through yoga.

The main event was organized at Galizaoo Stadium Kupwara, where hundreds of participants, including school children, government officials, health workers, security personnel, and yoga enthusiasts, performed common yoga protocol as guided by trained instructors. The session was led by expert yoga trainers, who emphasized the physical, mental, and emotional benefits of regular yoga practice.

Deputy Commissioner Kupwara, Shrikant Suse was the chief guest on the occasion. The DC along with SSP Kupwara, Syed Al Tahir Gilani; ADC Kupwara, Gulzar Ahmad; ACR,



CPO and other District and Sectoral Officers participated in the main Yoga event.

A major Yoga event was also witnessed at Town Hall Handwara in which hundreds of people including officers, students and locals took part actively in

the event. ADC Handwara, Javed Naseem Masoodi presided over the event.

Similar yoga sessions were held simultaneously at tehsil headquarters, educational institutions, and health centers across the district, ensuring widespread participation.

Awareness campaigns, poster exhibitions, and motivational talks were also part of the celebrations.

The International Day of Yoga, celebrated annually on June 21st, aims to raise global awareness about the many benefits of practicing yoga.

# 12th International Day of Yoga celebrated with great enthusiasm across Shopian

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12th International Day of Yoga 2026 was celebrated with great enthusiasm and active participation across Shopian district today.

This year's theme, "Yoga for Healthy Ageing," highlights the importance of adopting yoga as a lifelong practice to promote physical vitality, mental resilience, and holistic well-being across all stages of life.

The main district-level event was organized at the Mini Secretariat, Shopian, where a large number of participants from various government departments, educational institutions, civil society organizations, and the general public took part in the yoga session.

The programme commenced with a mass yoga demonstration conducted as per the Common Yoga Protocol under the guidance of trained instructors from the Department of AYUSH.



Participants performed various yoga asanas and breathing exercises aimed at promoting a healthy lifestyle and overall well-being. Deputy Commissioner Shopian, Shishir Gupta attended the district level function.

SSP Shopian, Mushtaq Ahmad Choudhary, ADDC Shopian, Dr. Nasir Ahmad Lone, ADC Shopian, Dr. Zakir Hussain Faaz, district administration officers, officials from various depart-

ments, and members of the public participated in the celebrations and performed yoga asanas with great zeal and enthusiasm.

Similar yoga programmes were organized at Government Degree College Shopian, Government Degree College Zainapora, SDM Office Zainapora, and Indoor Stadium Arhama.

Besides, yoga sessions were conducted at all AYUSH Arogya Mandir Centres and the AYUSH

Unit in the district in collaboration with Government UPS, MS, HS, and HSS institutions to spread awareness about the benefits of yoga and encourage its adoption in daily life.

The events featured mass yoga sessions and awareness activities highlighting the importance of yoga in achieving physical fitness, mental resilience, and holistic health and promoting a culture of drug free and healthy society.

# DC Ganderbal visits Markazi Imambara Dab; takes spot inspection of Muharram arrangements

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In view of the holy month of Muharram-ul-Haram, Deputy Commissioner (DC) Ganderbal, Jatin Kishore today visited Markazi Imambara in Dab, Wakura to take spot inspection of facilities being extended to the locals and take review of issues for their timely redressal.

The DC held an extensive interaction with the local residents to take feedback on civic amenities, assess requirements and address issues of public importance in the area.

On the occasion, Imam Sahib and members of the local community appreciated the efforts of the District Administration in improving public facilities and highlighted a few issues requiring immediate attention.

They highlighted issues pertaining to installation of street lights in the area to improve public convenience and safety, adequate availability of essential medicines, smooth drinking water and electricity supply, filling of potholes on link roads and PMGSY



roads in the area, adequate supply of cooking gas among others.

Giving patient hearing to the issues, the DC directed the concerned officers to identify suitable locations and ensure installation of street lights as per feasibility. He instructed the concerned Block Medical Officer to ensure sufficient stock of medicines are maintained and made available as per requirements.

On issues pertaining to

drinking water and electricity supply, the DC directed the concerned officers of PHE and PDD to examine the matter on priority and ensure provision of the required services. Similarly, Rural Development Department was directed to take necessary measures to improve cleanliness and undertake desilting of drains wherever required.

Regarding the condition of link roads and PMGSY roads in the area, the DC

directed the concerned officers to visit the sites and ensure immediate filling of potholes and execution of necessary repair works for smooth public movement.

Food and Civil Supplies department was directed to ensure uninterrupted availability of essential commodities to the residents, while Forest department was directed to make arrangements for providing the adequate quantity of firewood as per requirement.

To strengthen emergency response mechanisms, it was informed that fire service facilities shall be made available during the processions to cater to the area in case of any exigency.

The DC assured the public that all genuine demands would be addressed in a phased manner and reiterated the commitment of the District Administration towards ensuring improved civic amenities and accelerating developmental activities.

Officers of district administration and line departments, besides local representatives and prominent members of the area were present on the occasion.

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With the theme 'Yoga for Healthy Ageing', the 12th International Day of Yoga was celebrated with great enthusiasm and widespread participation today across district Anantnag.

The main district level function was organized by the department of AYUSH, in collaboration with the district administration, at Sports Stadium, Anantnag.

Led by Deputy Commissioner, Dr. Bilal Mohiuddin Bhat, the mega event was attended by DIG SKR, Javid Iqbal Matoo, SSP, Amod Ashok Nagpure, ADC, Vikas Ahlawat, ACR, Tariq Ahmad Malik, CMO, DySP HQ, DSWO, DAO, DEPO, DYSSO and other district/sectoral officers.

The celebrations witnessed enthusiastic participation from students, civil society members, local residents, volunteers besides officials from various departments, including Health, AYUSH, Youth Services & Sports, Education, NCC, and several degree colleges.

The event marked a huge



turnout and a vibrant display of unity, discipline, and wellness through yoga practices. Participants collectively performed a series of asanas and breathing exercises, underscoring the significance of yoga in promoting physical fitness, mental clarity, and emotional stability. They also

reaffirmed their commitment towards a fit, healthy and drug free society. Notably, three major events were held at Pahalgam, Kokernag and Verinag while as Yoga sessions were also organised at multiple locations of the district, with active involvement from officials,

educational institutions, volunteers and members of the general public.

The observance of the day with overwhelming and 'whole of society' participation reinforced the need to incorporate yoga into daily routines for better health, inner peace, and overall well-being.

# 12th International Day of Yoga celebrated with enthusiasm across Budgam

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12th International Day of Yoga was celebrated with great enthusiasm across District Budgam today, in line with this year's theme, "Yoga for Healthy Ageing."

The celebrations aimed at promoting the importance of yoga in ensuring physical fitness, mental well-being, emotional balance and healthy ageing.

The nationwide celebrations were formally inaugurated by the Hon'ble Prime Minister, Shri Narendra Modi, who led the main International Day of Yoga event from Kolkata, highlighting yoga as a global movement for holistic health and urging people to make it an integral part of their daily lives.

In Budgam, the main district-level function was organized at Sports Stadium Budgam by the District Administration Budgam in collaboration with the Department of AYUSH Budgam, District Youth



Services & Sports, School Education Department Budgam, My Bharat and Department of Information & Public Relations Budgam.

The programme witnessed enthusiastic participation from a large number of school children, youth, government officials and members of the public, who performed the Common Yoga Protocol under the guidance of trained Yoga instructors.

Deputy Commissioner Budgam, Athar Aamir Khan, was the chief guest on the occasion. SSP Budgam, Hariprasad KK also participated in the

event. Among others present were Additional District Development Commissioner Budgam, Vivek Agarwal; Additional Deputy Commissioner, Mehraj-ud-din Shah; General Manager DIC, Joint Director Planning, Chief Education Officer, Chief Medical Officer, Assistant Commissioner Development, Chief Horticulture Officer, District Information Officer and officers and officials from various departments.

The event featured impressive Yoga demonstrations by trained instructors, showcasing various asanas and breathing techniques that reflected discipline, harmony and the balance between body and mind.

Highlighting the benefits of yoga, the DC said it is a holistic practice that promotes physical fitness, mental well-being and inner peace.

He emphasized that regular practice of yoga helps reduce stress, enhances concentration, improves emotional resilience and contributes to overall well-being. He urged people, particularly the youth, to incorporate yoga into their daily routine for leading healthier, happier and stress-free lives.

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International Day of Yoga was celebrated in District Ganderbal with great enthusiasm and zeal and with a spirit of shared commitment towards healthy living.

The main district-level programme was held at the Government College of Physical Education (GCoPE), Gadoora and presided over by Deputy Commissioner (DC) Ganderbal, Jatin Kishore, along with Senior Superintendent of Police (SSP) Ganderbal, Sudhanshu Dharma, Additional District Development Commissioner, Manzoor Ahmad Bhat, district officers, students, youth and members of the general public.

The programme commenced with the live streaming of the Prime Minister's address, followed by a demonstration of the Common Yoga Protocol conducted by trained instructors. Participants actively took part in various yoga asanas and breathing exercises aimed at promot-



ing physical fitness, mental wellness and inner balance.

Speaking on the occasion, the DC highlighted the growing relevance of Yoga in today's fast-paced world and stressed the importance of adopting it as a regular part of daily life. He said Yoga offers a simple yet effective path towards better health, reduced stress and overall well-being, benefiting people of all age groups.

Yoga instructors and experts present on the occasion sensitized participants

about the numerous benefits of Yoga, describing it as a priceless gift of India's ancient wisdom that promotes harmony between body and mind. They emphasized its role in improving flexibility, strength, immunity and emotional well-being.

The event witnessed enthusiastic participation from students of various educational institutions, youth, officials and citizens, reflecting the district's growing awareness about the importance of

healthy lifestyle practices.

Besides the main function at GCoPE Gadoora, similar Yoga sessions were organised at Manasbal and Sonmarg by respective development authorities, besides across all Government Offices, Colleges, Schools, and Educational Institutions, Panchayat Ghars and Ayushman Arogya Mandirs / AYUSH Health & Wellness Centres besides other public institutions, where a large number of participants joined the celebrations.