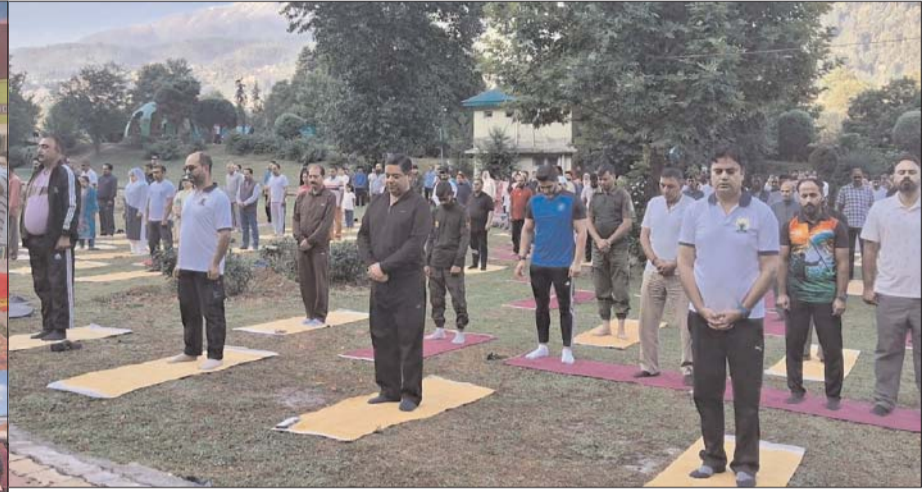




International Day of Yoga celebrated across Jammu province



HIMALAYAN MAIL NEWS JAMMU, JUNE 21

As part of the synchronised, Union Territory-wide observance of the 12th International Day of Yoga, the main district-level event was held today at Government College for Women (GCW), Gandhi Nagar, Jammu, under the theme "Yoga for Healthy Ageing". The district-wide events carried forward the message of holistic health, physical well-being and global harmony, drawing participation from officers, students and citizens across Jammu.

Jammu: Union Minister of State (Independent Charge) for Science and Technology and Earth Sciences Dr Jitendra Singh attended the main event as the Chief Guest, joining participants in the Common Yoga Protocol and underlining the role of Yoga in fostering physical fitness and mental well-being.

Member of Parliament (Lok Sabha) from Jammu Jugal Kishore Sharma attended as special guest and reaffirmed the country's commitment to taking the ancient practice of Yoga to every household.

Among the senior administrative and police officials present were Divisional Commissioner Jammu Ramesh Kumar, Inspector General of Police (IGP) Jammu Zone Bhim Sen Tuti, SSP Jammu Joginder Singh and ADDC Jammu Sher Singh, besides other officers of the district administration. The dignitaries, together with hundreds of participants, performed Yoga asanas, pranayama and meditation exercises.

Doda: The 12th International Day of Yoga was celebrated at Sports Stadium, Doda, organised by the District Administration in collaboration with the AYUSH Department under the theme "Yoga for Healthy Ageing". Among those present were Deputy Commissioner Krishan Lal, SSP Kartik Shrotriya, ADC Anil Kumar Thakur, ACR Ashraf Pervez and ACD Din Mohammad Afaqi, who joined officers, students, healthcare workers and civil society members in the session led by Yoga Guru Shri Anil Thakur. Plantlets

were distributed to dignitaries at the close. At Bhandarwah, more than 2,000 people joined the celebrations at Gatha Park under Chief Guest ADC Sunil Kumar Bhutyal, with senior citizens taking part in a special "Yog Samavesh" session and a tree plantation and cleanliness drive held alongside. Similar sessions were held at Thathri and across the district's Medical Blocks under respective Block Medical Officers.

Udhampur: The district administration, in collaboration with the AYUSH Department, organised the main Yoga camp at Subhash Stadium, Udhampur, under the theme "Yoga for Healthy Ageing". MLA Udhampur West Pawan Kumar Gupta attended as the Chief Guest.

Among those present were DIG Udhampur-Reasi Range Shiv Kumar Sharma, SSP Amritpal Singh, ADC Prem Singh, ACR Dr Umesh Shan, Chief Planning Officer Uttam Singh and Additional SP Sandeep Bhat, besides other officers and citizens. The dignitaries joined hundreds of participants in performing Yoga asanas and breathing exercises. The MLA described Yoga as India's gift to the world and urged its daily adoption for holistic health. The session was conducted by instructors Himanshu, Aatish, Jyoti Samotra and Shobana. Similar camps were held in the tehsils and sub-divisions of Chenani, Ramnagar, Dudu and Basantgarh.

Ramban: Led by Deputy Commissioner Mohammad Alyas Khan, Ramban district observed the 12th International Day of Yoga under the theme "Yoga for Healthy Ageing". The main function, organised by the district administration with the AYUSH Department at the District Administrative Complex, Maitra, drew over 3,000 participants. Among those present were SSP Arun Gupta, ADC Varunjeet Singh Charak, Additional SP Mujeeb-ur-Rehman, Programme Officer ICDS Abdul Qayume, ACR Shokat Hayat Mattoo and Chief Planning Officer Dr Shakeeb Ahmed Rather. Celebrations extended to Banihal, Gool, Ramsoo, Batote, Rajgarh, Ukhral and Khari, led

by field officers including SDM Banihal Mohammad Naseeb Bajraan and SDM Gool Imtiaz Ahmed. The Deputy Commissioner highlighted Yoga's role in managing stress and urged the youth to adopt it daily. The headquarters session was coordinated by AYUSH Nodal Officer Dr Shakeel Ahmed Lone.

Samba: Deputy Commissioner Ayushi Sudan led the District Administration's Yoga Day celebrations at Rani Suchet Singh Sports Stadium, Samba, herself joining the Common Yoga Protocol with the assembled gathering. She underscored Yoga's relevance for physical fitness, mental clarity and emotional balance, and called on citizens to make it part of their daily routine. Hundreds of participants, including officers, public representatives, students, youth and senior citizens, performed asanas together following an awareness session on Yoga's scientific foundations. The event was supervised by District Nodal Officer AYUSH Dr Renu Dass. The programme concluded with a pledge to adopt Yoga daily and spread its message across the district.

Kathua: More than 1,800 participants performed Yoga at District Sports Stadium, Kathua, organised by the AYUSH Department with the district administration under the theme "Yoga for Healthy Ageing".

Among those present were MLA Dr Bharat Bhushan, Deputy Commissioner Rajesh Sharma, SSP Mohita Sharma, ADDC Surinder Mohan Sharma and other district and sectoral officers. The programme featured lamp lighting, the Common Yoga Protocol, and a Nasha Mukht Bharat Abhiyan pledge against drug abuse. The MLA and Deputy Commissioner called on citizens, especially youth, to make Yoga part of daily life. Similar sessions were held at sub-division level in Bani, Basohli, Billawar and Hiranagar, presided over by local MLAs, SDMs and Tehsildars, with large public participation at each venue.

Kishtwar: The district-level event, organised by the District Administration with the AYUSH and Youth Ser-

vices and Sports Departments, drew over 2,500 participants at Chowgan Ground, Kishtwar, under the theme "Yoga for Healthy Ageing".

MLA Shagun Parihar attended as the Chief Guest, with Deputy Commissioner Pankaj Kumar Sharma as the Guest of Honour. The national event led by the Prime Minister from Kolkata was live-streamed for participants. The Deputy Commissioner recalled the origins of International Yoga Day in the Prime Minister's 2015 proposal at the United Nations and highlighted Yoga's role in improving children's concentration and focus. Participants took the Nasha Mukht Pledge under the 100-Day Nasha Mukht Jammu and Kashmir Abhiyan. Similar programmes were held in educational institutions, Anganwadi Centres, AYUSH Wellness Centres and at Chatroo, Paddar and Marwah.

Reasi: The District Administration, with the AYUSH Department, organised the main Yoga Day event at General Zorawar Singh Sports Stadium, Reasi, under the theme "Yoga for Healthy Ageing". Among those present were MLA Kuldeep Raj Dubey, SSP Mukund Tibrewal, Additional District Development Commissioner Krishan Lal and ADC Rakesh Kumar. District Nodal Officer AYUSH Dr Kamal Kishore Dubey welcomed the gathering, which also viewed the live telecast of the Prime Minister's address. Yoga sessions were held simultaneously at schools and colleges across the district. A rally under the 100-Day Nasha Mukht Jammu and Kashmir Abhiyan, flagged off by SSP Tibrewal and ADDC Krishan Lal from the stadium, culminated at the DC Office Complex. Participants took the Yoga Pledge and Nasha Mukht Pledge.

GDC Kakryal: Government Degree College Kakryal Katra celebrated the International Day of Yoga with great enthusiasm. On the occasion, a practical yoga session was organized in the college campus. Faculty members and student volunteers emphasized the role of yoga in reducing stress, improving concentration and fostering holistic development among

youth. Addressing the participants, the Principal of the college underscored the importance of incorporating yoga into daily life for achieving physical, mental and emotional balance.

Poonch: Deputy Commissioner Ashok Kumar Sharma led the district's 12th International Day of Yoga celebrations at Sports Stadium, Poonch, under the theme "Yoga for Healthy Ageing", joined by SSP Shafket Husain Bhat, Additional Deputy Commissioner Tahir Mustafa Malik, Assistant Commissioner Revenue, Mumhammad Sayeed, officers of the district administration and police personnel. Participants watched the live telecast of the national event led by Prime Minister Narendra Modi from Kolkata. The session, conducted by instructors Sanjana Sudan, Jeevanjot Singh, Zahida, Sourab Sharma and Imtiaz Ahmed, covered Yoga postures and breathing exercises for physical fitness and mental well-being. District AYUSH Officer Dr Sanjay Raina urged people to adopt Yoga for strengthening the mind and improving overall health.

High Court Complex, Janipur, Jammu: International Day of Yoga was celebrated at the High Court Complex, Janipur, Jammu, under the aegis of Acting Chief Justice Mr Justice Sanjeev Kumar, High Court of J&K and Ladakh, on the theme "Yoga for Healthy Ageing". The event was attended by Mr Justice Rahul Bharti and Mr Justice Rajesh Sekhri, along with Registrar Judicial Swati Gupta and Gazetted and non-Gazetted staff of the High Court's Jammu wing. A one-hour session was conducted by instructors from the Bhartiya Yog Sansthan, led by Anil Sharma, covering Yogic postures, breathing exercises and meditation. Mr Justice Rahul Bharti thanked the Sansthan for its support and stressed the importance of adopting Yoga as part of daily life.

DLSA Jammu: District Legal Services Authority Jammu celebrated International Day of Yoga at the Lawyer Chamber, District Court Complex, Jammu, under the guidance of Princi-

pal District and Sessions Judge Ravinder Nath Watal, Chairman DLSA, and the supervision of Secretary DLSA Maleeka Sharma, Civil Judge Senior Division, in collaboration with the Directorate of AYUSH, Jammu and Kashmir. The programme, which began at 9 am, saw participation from judicial officers, Bar Association members, Legal Aid Defence Counsels, staff and Para Legal Volunteers. The session was conducted by AYUSH resource persons Dr Sangeet Mahajan, Medical Officer, along with Yoga Instructors Jyoti Bali and Mamta Sharma, covering asanas, pranayama and meditation. TLSC Bishnah, Akhnour and RS Pura also held similar celebrations.

DLSA Udhampur: The District Legal Services Authority, Udhampur, organised a Yoga session at the District Court Complex Hall under the guidance of Chairperson Kalpana Revu, Principal District and Sessions Judge, and the supervision of Secretary Sumati Sharma, to promote the physical and mental well-being of judicial officers, court staff and Para Legal Volunteers. Instructors from the Bhartiya Yog Sansthan conducted yoga asanas, pranayama and meditation practices suited to all fitness levels. The Authority thanked the Sansthan for its guidance and reaffirmed its commitment to similar wellness initiatives. Similar programmes were held by TLSC Ramnagar at Munsiff Court Ramnagar, TLSC Majalra at Munsiff Court Majalra and TLSC Chenani at Munsiff Court Chenani.

SKUAST-Jammu: Sher-e-Kashmir University of Agricultural Sciences and Technology of Jammu organised a Yoga session at its Main Campus, Chatha, under the leadership of Vice Chancellor Prof BN Tripathi, coordinated by Director Students Welfare Dr Sudhakar Dwivedi.

Faculty, staff and students participated under the guidance of Yoga Instructor Shaveta Gupta. Prof Tripathi highlighted the theme "Yoga for Healthy Ageing", noting Yoga's role in promoting longevity, graceful ageing, mobility and preventive healthcare.

GDC Bandipora celebrates International Yoga Day with great enthusiasm

BANDIPORA, JUNE 21: Government Degree College (GDC) Bandipora celebrated International Yoga Day with great zeal and enthusiasm today, in the college premises.

Centred around the official theme "Yoga for Healthy Ageing", the event witnessed active participation from teaching and non-teaching staff members, students, and several alumni of the institution.

The programme was organised with the objective of promoting physical well-being, mental health, and holistic development through the practice of yoga.

The celebrations were led by the Principal, Prof. Suresh Kumar Dogra, who participated enthusiastically in the yoga session and encouraged all attendees to incorporate yoga into their daily lives for maintaining a healthy body and a balanced mind.

The programme commenced in the early morning with a brief introduction highlighting the significance of International Yoga Day



and the universal relevance of yoga in today's fast-paced world. Participants then engaged in a series of yoga exercises and asanas under expert guidance.

Some of the prominent asanas performed during the session included Tadasana (Mountain Pose), Vrikshasana (Tree Pose), Bhujangasana (Cobra Pose), Vajrasana (Thunderbolt Pose), Trikonasana (Triangle Pose), and Padmasana (Lotus Pose). Breathing exercises and meditation techniques were also practised to promote mental relaxation and emo-

tional well-being. The yoga session and various asanas were ably led by the College Physical Training Instructor, Dr. Suhail Ahmad, along with Nazarana, a student of 4th Semester, whose guidance and demonstrations ensured enthusiastic participation and proper execution of the yoga practices by all attendees.

The participants displayed great enthusiasm and dedication throughout the session. The collective performance of yoga postures created an atmosphere of positivity, disci-

pline, and harmony within the campus. The alumni present on the occasion appreciated the college administration for organising such a meaningful programme and expressed their delight in being part of the celebrations.

Addressing the gathering, Prof. Suresh Kumar Dogra emphasised the importance of yoga as an invaluable gift of India's ancient wisdom to the world.

He highlighted how regular practice of yoga helps in reducing stress, improving concentration, enhancing physical fitness, and fostering overall well-being. He urged students and staff members to make yoga an integral part of their daily routine.

The programme concluded with a pledge to adopt healthy lifestyle practices and to spread awareness about the benefits of yoga among the wider community. The event served as a reminder of the transformative power of yoga in nurturing a healthy, balanced, and peaceful life.

Bhandarwah: Haryana sweep Bilateral Cricket Series for the Blind 2026

HIMALAYAN MAIL NEWS JAMMU, JUNE 21

The Bilateral Cricket Series for the Blind 2026 concluded at University Ground, Bhandarwah, on June 20 and 21. The tournament was organised by the Cricket Association for Blind Jammu and Kashmir (CABJ&K) in collaboration with the District Youth Services and Sports Department Doda and Donate One Foundation.

Additional Deputy Commissioner (ADC) Bhandarwah Sunil Bhutyal attended the closing ceremony as chief guest. He was accompanied by Tehsildar Kamal Preet Singh, Block Medical Officer (BMO) Dr Versha Sharma and Zonal Physical Education Officer Vijay Kotwal.

The three-match bilateral series was played between the Jammu and Kashmir Blind Cricket Team and the Haryana Blind Cricket Team. Haryana defeated Jammu and Kashmir in all three matches to register a



clean sweep in the series. Speaking on the occasion, the ADC lauded the determination, courage and sporting spirit of the visually impaired cricketers, and appreciated the organisers' efforts in promoting inclusive sports and providing a platform for specially-abled ath-

letes to showcase their talent. Players from both teams exhibited remarkable skill and competitive spirit, earning appreciation from spectators and organisers alike. Officials of CABJ&K thanked the collaborating organisations, players, coaches and supporters for

making the event a success and reaffirmed their commitment to promoting blind cricket and inclusive sports across the region.

The series concluded with a prize distribution ceremony, where the ADC and other dignitaries felicitated the players and officials.