

# International Yoga Day celebrated at JKPS Kunjwani



Glimpses of International Yoga Day celebration at JK Public School Kunjwani.

## STATE TIMES NEWS

JAMMU: JK Public School, Kunjwani celebrated the 8th International Yoga Day on 21st June, 2022 in the school premises with enthusiastic participation of students and staff. Shashi Choudhary, Director JK Public School was present on the occasion.

The theme this year is 'Yoga for Humanity'.

The school Coordinator Inderjeet Kaur welcomed everyone present for having

joined the crusade for spreading the message of joining the mission of 'Yoga for Humanity'.

Choudhary appreciated the

## VAJK celebrates Yoga Day at MA Stadium



Office bearers of VAJK and players performing Yoga Aasan.

## STATE TIMES NEWS

JAMMU: As part of celebrations of International Yoga Day, the office bearers of Volleyball Association of Jammu and Kashmir organised a Yoga camp at MA Stadium, here on Tuesday.

Players from the three sports disciplines of volleyball, basketball and handball and sports lovers participated in the camp in large number to make it a success.

Chief Handball coach of the Sports Authority of India (SAI), Dev Raj and Rajeev Dogra (SAI Volleyball coach) asked the youth to come forward in generating awareness among the public

towards the advantages of Yoga.

Interacting with campers, Kuldeep Magotra, Chief Executive Officer of VAJK, highlighted India's role in promoting Yoga worldwide with proclamation of International Day of Yoga by United Nations in 2015. Ramesh Sharma, Treasurer VAJK, also endorsed on the occasion with promotion of Yoga life expectancy of human beings has risen.

Vijay Magotra, General Secretary VAJK said popularity and practice of Yoga in the world in general and in India in particular has proved a boon during

COVID-19 pandemic wherein mortality rates of human beings have been declined to a greater extent. He further called upon the youth to adopt Yoga a way of healthy living.

The office bearers of VAJK all over JKUT have organized various awareness progs on the themes 'Yoga for Humanity' in coordination with the stakeholders to spread the message in every nook and corner of JKUT.

Our District affiliated Volleyball Associations have organized similar programmes in Kulgam, Poonch and Udhampur as per reports received so far.

Interacting with campers, Amar Singh Palace, one of the iconic locations selected for this, attended by the chess enthusiasts of the Union Territory of Jammu and Kashmir. The torch, launched by the Prime Minister Narendra Modi on 19 June, 2022 began its relay from Leh. The torch will travel in 75 cities for 40 days before it culminates at Mahabalipuram in Tamil Nadu. 189 countries are participating in the Chess Olympiad. Chess grandmasters will receive the torch at various identified venues. Grand Master Pravin Thipsay today brought the torch from Srinagar to Jammu's Amar Singh Palace. Mayor Jammu, Chander Mohan Gupta, who was Chief Guest during the event, said that it is an honour and moment of pride for the people of Jammu to receive the torch relay. He further said that this kind of rare event will enthuse Jammu children towards chess and they too can bring laurels to the Union Territory of Jammu and Kashmir in this game.

Speaking to the media, Grand Master Pravin Thipsay said that for the first time, the International Chess Body, FIDE, has instituted the Chess Olympiad Torch that is part of Olympic tradition, from the biennial Olympiad starting from 28th July to 10th August, in

## Educational institutions celebrate International Day of Yoga

## STATE TIMES NEWS

JAMMU: The International Day of Yoga was celebrated on Tuesday with great enthusiasm by educational institutions.



GGM Science College faculty and students during International Yoga Day celebration.

Government Gandhi Memorial (GGM) Science College celebrated International Yoga Day by organizing Yoga Camp with Department of Ayush under the patronage of Principal Dr. Ravinder Tickoo and supervision of NSS PO Dr. Deepali Mahajan, Dr. Narinder Kumar and NCC ANO Dr. Devinder Kumar Sharma.

The event was coordinated under the guidance of Director Ayush. The resource person were Rashi and Sonam. About 100 NSS volunteers and NCC cadets participated in the college campus. The faculty, students performed different Asanas taking the pledge to make yoga part of their life.

A grand celebration of International Yoga Day was organized at the Central University of Jammu (CUJ). About 200 people, including all the deans, heads of departments, officers,



GDC Kunjwani students, faculty members performing Yoga Aasans.

International Yoga Day on the theme 'Yoga for Humanity' under the aegis of Fit India. The event was organized under the guidance of Principal, Prof. Hans Raj. During the event Staff and students of the college performed various yogic exercises. On the occasion Principal of the college emphasized the importance of yoga to improve and maintain physical, mental, social, emotional and spiritual wellbeing and advised the participants to make yoga as an integral part of their lives and also to aware the society about the importance of Yoga. Kanav Pradhan, Mandeep Kour and Lakshita, students of the college shared the stage as Yoga experts and performed various Yogic Asanas followed by the other participants. The event was coordinated by Prof. Baljinder Kour and Narinder Paul Sharma and technical support was provided by Prof. Deepa Sharma and Dr. Manjeet Singh.

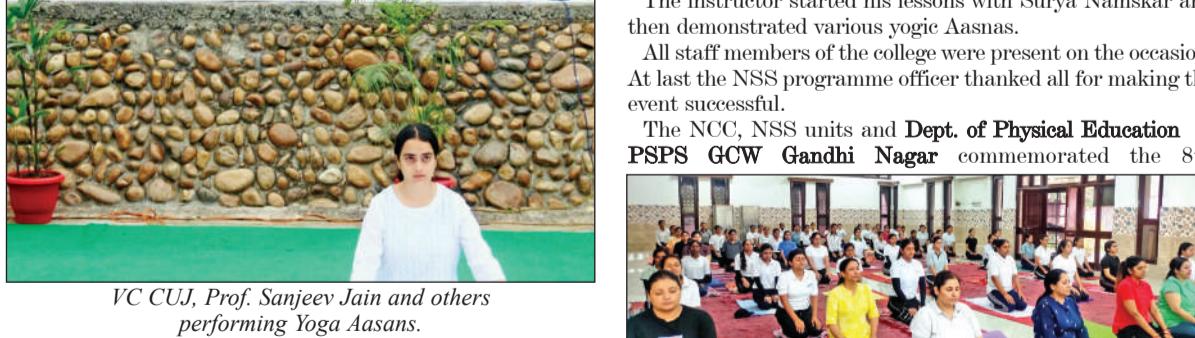
National Service Scheme (NSS) unit of Ashoka College of Education, Kathua observed International Day for Yoga under the guidance of NSS Programme Officer Vinod Kumar. The yoga expert and physical instructor Arun Sharma of JK Public School Kathua taught the students various Asanas by giving demonstration.

The yoga expert said, "Practicing yoga can make us feel active, energetic and positive. It also enriches the consciousness and makes one alert, aware and active".

The instructor started his lessons with Surya Namaskar and then demonstrated various yogic Asanas.

All staff members of the college were present on the occasion. At last the NSS programme officer thanked all for making the event successful.

The NCC, NSS units and Dept. of Physical Education of PSPS GCW Gandhi Nagar commemorated the 8th



VC CUJ, Prof. Sanjeev Jain and others performing Yoga Aasans.

registrars, research scholars and students of the university practiced the normal Asanas of yoga from 6:30 to 8 on morning.

The program was presided over by the Vice Chancellor (VC) of the University, Prof. Sanjeev Jain, and BK Ravindra, Brahma Kumari Sanstha, Jammu was present as the chief guest.

Prof. Jain has expected the Yoga Department of Central University of Jammu to make yoga practice available to maximum students of the University, which will bring positive changes in their lives. The vote of thanks was given by Dr. Bachcha Babu, Head of Department, Yoga Department.

Government Degree College (GDC) Kunjwani celebrated

International Yoga Day-2022 by organizing a Yoga Session by Kona Gupta, Yoga Instructor, KC International. 48 NSS Volunteers, 50 cadets of 2 J&K Girls Bn.; 90 cadets of 1 J&K Girls Bn. Armed Srinagar; 31 cadets of 1 J&K Girls Bn. Naval, Srinagar participated enthusiastically in the programme and realised the benefits of Yoga for health, harmony and tranquility.

The online and offline programmes were executed by Yoga

endeavours of those present for enlightening everyone about the value of yoga.

Anita Wangoo, Prince Sharma and Neetan Sharma first briefed the students about the essence of yogic exercises on the health of an individual. They talked about the value of yoga and its multi-dimensional solution to multiple challenges of life.

Students were told that yoga enables one to develop strong mind and healthy body.

At the same time yoga improves flexibility, stretches the muscles, eases stress and anxiety and improves sleep.

The spell bound audience keenly listened to the words of their mentors and were ready with their questions regarding the health benefits of yoga.

Later, different Asanas were performed by all present. They were told about the right postures of performing different asanas and their health benefits.

In all, it proved to be a very fruitful session. Yoga enthusiasts left the venue delighted and contented.

## Sinha hands-over Chess Olympiad Torch to Grandmaster Pravin Thipsay



Lt Governor Manoj Sinha handing over Chess Olympiad Torch to Chess Grandmaster Pravin Thipsay on Tuesday at SKICC.

## STATE TIMES NEWS

SRINAGAR: Lieutenant Governor Manoj Sinha handed over the Chess Olympiad Torch to Chess Grandmaster Pravin Thipsay on Tuesday at SKICC.

The first ever Chess Olympiad torch which was launched by Prime Minister Narendra Modi on 19th June from Indira Gandhi Stadium in Delhi will travel to 75 cities in 40 days before it culminates at Mahabalipuram in Tamil Nadu for the 44th Chess Olympiad.

Speaking on the occasion the Lt Governor said that J&K has a very strong sporting culture and such events will motivate aspiring young players to take up competitive Chess. Today, chess competitions are being organized in almost every district. Six youths from UT are being sent to Chennai to watch the 44th Chess Olympiad and take guidance from the legendary Grandmasters, he said.

The game of Chess advances creative thinking, discipline, enhances skills, and analytical ability of the players. UT administration is making every effort to popularize Chess amongst the youth, the Lt Governor said. J&K UT has given many talented chess players to the country including Meenal Gupta, Aarushi Kotwal and Soham Kamotra. I am confident that more budding chess players will bring laurels to the occasion.

## Kabaddi trials venue shifted to Green Fields

## STATE TIMES NEWS

JAMMU: Jammu and Kashmir Amateur Kabaddi Association shall hold selection trials at Green Fields ground, here from June 24 to 26 from 4 pm onwards.

"Earlier, the selection trials were scheduled to be held at MA Stadium, here but due to the ongoing construction at the venue the activity now shall be held at Green Fields ground," informed general secretary of the Association, Surinder Mohan Gupta.

## Grandmaster Pravin Thipsay brings

## 'Torch Relay of Chess Olympiad' to Jammu

## STATE TIMES NEWS

JAMMU: Grandmaster Pravin Thipsay on Tuesday brought 'Torch Relay of Chess Olympiad' to Jammu amid grand celebrations at Amar Singh Palace, one of the iconic locations selected for this, attended by the chess enthusiasts of the Union Territory of Jammu and Kashmir. The torch, launched by the Prime Minister Narendra Modi on 19 June, 2022 began its relay from Leh. The torch will travel in 75 cities for 40 days before it culminates at Mahabalipuram in Tamil Nadu. 189 countries are participating in the Chess Olympiad. Chess grandmasters will receive the torch at various identified venues. Grand Master Pravin Thipsay today brought the torch from Srinagar to Jammu's Amar Singh Palace. Mayor Jammu, Chander Mohan Gupta, who was Chief Guest during the event, said that it is an honour and moment of pride for the people of Jammu to receive the torch relay. He further said that this kind of rare event will enthuse Jammu children towards chess and they too can bring laurels to the Union Territory of Jammu and Kashmir in this game.

Grandmaster Pravin Thipsay bringing 'Torch Relay of Chess Olympiad' to Jammu.

Mahabalipuram. He appealed to the youth to take up chess seriously. He further said that this torch relay will spread a message of peace and harmony all over the world because entire world is like a family. He further said that this is the first time that India is hosting this chess Olympiad which is a matter of pride for all of us. Divisional Commissioner Jammu, Ramesh Kumar, Deputy Commissioner Jammu, Any Lavasa, former Minister, Ajitshatru Singh, Commissioner JMC, Rahul Yadav and president All J&K Chess Association, Atul Kumar Gupta attended the event. Pravin Thipsay also played rapid chess with youth at Amar Singh Palace. Cultural troupes of Central Bureau of Communication, Regional Office, Jammu also performed during the torch relay ceremony.

Celebration of International Yoga Week concluded in KV No 1 Jammu on Tuesday. Students, their parents and all the staff

The event was conducted under the guidance of Principal, Prof. Minu Mahajan and Coordinated by Prof. Mala Bhavin and Dr Monika Hans, NSS PO; Lt. Dr. Revika Arora, ANO, 1st J&K Girls Bn. Srinagar; SJT. Neelima Gupta, ANO, 1st J&K Naval Srinagar; Lt. Prof. Suman Bala, ANO & Prof. Poonam C/T, 2 J & K Girls Bn NCC Jammu and Physical Instructor Roopali Slattha.

Celebration of International Day of Yoga concluded in KV No 1 Jammu on Tuesday. Students, their parents and all the staff

members of KV No 1 joined online vs offline yoga session from 8:30 to 9:30 AM under the guidance of Sushma Gupta, yoga expert. She enlightened students about yoga and its need for humanity. The second day of yoga week started with laughter yoga which influences most of body nerves. Yoga experts Sushma Gupta and Anita Verma give tips to warm up body and then started Pranayama. Session ended with prayer in Gyanmudra. The 3rd day of yoga week started with the poses of Surya Namaskar in sequence. On day 4th poster making competition in yoga was organised. On 5th day yoga session started with stress releasing exercises in yoga. The theme of the 6th day was yoga with music. The 21st June 2022, was Grand finale of International Yoga Day celebration.

The principal KV No 1, Amit Walter, the staff and students of Vidyalaya performed different Asanas under the guidance of KV No 1 Jammu students posing with dignitaries.

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The principal KV No 1, Amit Walter, the staff and students of Vidyalaya performed different Asanas under the guidance of

Students of KC College of Education performing Yoga Asanas.

of yoga experts Sushma Gupta, Anita Verma and Monika Dogra. The vote of thanks was presented by Anju Jamwal.

The students, teachers and the administrative staff of Vishwa Bharti Senior Secondary School Akalpur, Jammu celebrated the International Yoga Day 2022.

In accordance to the theme, an online programme was celebrated early morning for all the students and teachers at home. The program commenced with an introductory speech by the Cultural Co-Coordinator Sneha highlighting the events of the programme, Shivani gave an enchanting Hindi speech on Yoga Divas.

The online and offline programmes were executed by Yoga

institutors Veerta. Vote of thanks was presented by Chetna. The school also organized an offline yoga programme for the Non-teaching staff members at school auditorium which shall continue for this week every morning.

The yoga meet ended with Pranayama and Meditation. The event was overseen by management committee members, Principal Annapurna and Vice Principal Sameer.

NSS unit of KC College of Education celebrated the 8th International Day of Yoga on 21st June 2022 on the

theme 'Yoga for Humanity'.

Staff members and students enthusiastically participated during the practice sessions to acclimatize the body to Yogic exercises. Various Yogasanas and Meditation were demonstrated. Prayers were recited before and after the programme.

The celebrations started with the welcome address by Dr. Sanjay Tickoo, Principal of the college. He addressed the students about importance and benefits of practicing Yoga in everyday life of an individual and highlighted its potential for customization to suit the individual during such hard time.

He, along with other participants, actively participated in the practice session. Whole program was organized by Priya Gupta, NSS Program Officer of the college.

Kreeda Bharati Jammu and Kashmir on Monday celebrated International Day of Yoga at the Kreeda Kendra within the campus of Bhargav Public School, Gagdhar in R S Pura, here.

Members of the Kreeda Bharati led by General Secretary, RC Vaid attended to the Yoga session along with prominent citizens of the locality. Treasurer of Kreeda Bharati, Vikas Bhargav speaking to the gathering generated awareness about the life with Yoga.

International Yoga Day was celebrated on the College campus of GDC Rajouri involving staff members, students and NCC Cadets of the College.

The programme was coordinated by Yoga expert (NIS), Captain Tanvir Ahmed, Assistant Physical Director of the College. He guided the participants in performing the Yoga Asanas.

Speaking to the gathering, Principal, Dr. Javaid Ahmed Qazi highlighted the importance of Yoga for improving physical and mental health.

The participants also took the pledge to promote the Yoga at local, National and International levels. In order to celebrate International Day of Yoga, the NSS volunteers prepared short videos and uploaded on the portal.