

JK Public School Kunjwani observes International Yoga Day



JK Public School Kunjwani students and faculty members performing Yoga Asanas on Wednesday.

STATE TIMES NEWS

JAMMU: International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has

brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

Today, on 21st June 2023, JK Public School Kunjwani

celebrated International Yoga Day. It was attended by teaching and non-teaching staff, Vice Principal Roopinder Kour and Toddler's World Coordinator Shivangini Pandotra with great enthusiasm.

Warm up exercises were taken by all, after that they practiced and performed sitting and standing Asanas, importance of these were explained simultaneously. Some breathing techniques were also practiced to keep

mind calm. The staff showcased a very energetic and spirited performance. Overall Yoga Day was celebrated with great enthusiasm.

The celebration concluded with the words of Vice Principal Roopinder Kour,

she emphasized upon the need of yoga in today's hectic and busy world. She encouraged everyone to practice regular yoga to remain fit and maintain the harmony between body and mind. Speaking on the occasion,

Roopinder Kour said Yoga is that medicine that has the power to cure any disease of the Universe, even those which cannot be cured by the prescription of Doctor.

Including Yoga in everyday life is one of the healthiest

practice people can ever make. It not only makes us physically well but will calm our mind and soul. Let's be a part of the change that yoga seeks to bring to our physical, mental health and spiritual well-being.

VAJK celebrates Yoga Day across J&K UT



VAJK office bearers with B.S Billawaria, Dy. Mayor JMC, and Vikram Randhawa, ex-MLC and others at Yoga Day celebration.

STATE TIMES NEWS

JAMMU: All the district affiliated volleyball associations celebrated Yoga Day all across JKUT in a befitting manner on Wednesday. Srinagar District Secretary, Muneer Aalam organized the event at Kashmir University, wherein sportsmen were given tips of yoga through demonstration cum awareness for betterment of their day to day living.

The main function was held at MA Stadium Jammu in coordination with J&K Sport Council and Sports Authority of India wherein number of office bearers of Volleyball

Association of J&K, volleyball, handball, basketball, washu, gymnast and other stream athletes participated in a large number.

Baldev Singh Billawaria, Dy. Mayor JMC, was the Chief Guest and Vikram Randhawa, ex-MLC was Guest of Honour on the occasion. Other dignitaries present were Ashok Singh, Divisional Sports officer Jammu, Kuldip Magotra CEO VAJK, Vijay Magotra General Secretary VAJK, Veena Kumari Executive Member VAJK, Harjinder Singh, Senior coach of Basketball, Rajeev Dogra Senior Volleyball coach,

Prateek Kumar Volleyball coach from SAI, reputed sport personalities coaches, office bearers of various sport association and media fraternity.

The Divisional Sport Officer (J) explained the objectives of the celebration of the day. The dignitaries wholeheartedly supported the ideals of yoga for making the universe an abode of peaceful living and co-existence as being advocated by Narendra Modi, Prime Minister of India.

The programme concluded with powerful presentation of yoga items by the yoga trainees on the occasion.

Volleyball Summer Camp concludes at Ramnagar

STATE TIMES NEWS

JAMMU: Summer Volleyball Camp, organised by Narsingh Volleyball Club, concluded with a friendly match at Sports Stadium, Ramnagar in district Udhampur.

In the valedictory of the camp and friendly match, Senior Prosecutor Officer, Yuvraj Singh was special guest while Rakesh Rahi (lecturer physical education), Advocate Vikrant Sharma;



Participating teams posing for a photograph with dignitaries.

senior players, Satbir Singh and Vishavdeep.

Earlier, Vinod Sharma briefed the visiting guest about the activities that took place during the summer camp. Speaking to the gathering, Yuvraj Singh appreciated the efforts of organisers team, especially the Narsingh Club for the initiative.

Among others present were Ankush Paul, Anil Atri, Sunil and Ajay Singh.

Inter-College Volleyball & Table Tennis Tournament held at GCoE

STATE TIMES NEWS

SRINAGAR: The Govt. College of Education (GCoE), IASE, M.A. Road, Srinagar organized 2nd Inter College Volleyball and Table Tennis Tournament for Men and Women from 19th June to 23rd June, 2023.

In Volleyball (Men and Women) 10 teams each from different college will participate and in Table Tennis (Men and Women) 10 teams each from different college will participate.



VC Cluster University Srinagar, Prof. Qayyum Hussain interacting with players.

The 2nd Inter College inaugurated by Vice Volleyball and Table Tennis Tournament was University Srinagar, Prof.

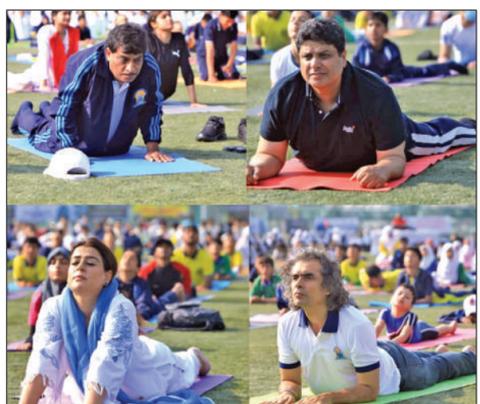
Qayyum Hussain in the multipurpose hall of the institution in presence of Registrar, Cluster University, Prof. Syed Wilayat Hussain Rizvi and Principal of the host college, Prof. (Dr.) Seema Naz. Vice Chancellor, Cluster University, Srinagar highlighted the importance of sports and said that university will work whole heartedly for the upliftment of sports infrastructure in all the constituent colleges of the Cluster university. He said that the

University will start the sports as one of the course in the university from upcoming session.

Registrar, Cluster University, Srinagar in his address said that the sports are an importance aspect of day to day life and we all must put hands together to improve it at every level.

Earlier, the Principal of the host college welcomed all the dignitaries, guests and sports people to the institution. She highlighted the importance of conduct of these programmes.

International Yoga Day celebrated with fervour



Chief Secretary, Dr. Arun Kumar Mehta, Secretary, Youth Services and Sports, Sarmad Hafeez, Secretary, Sports Council, Nuzhat Gul and Bollywood Director, Imtiaz Ali performing Yoga.

STATE TIMES NEWS

JAMMU/SRINAGAR: J&K Sports Council on Wednesday celebrated the International Yoga Day and organised grand celebrations in all major stadiums and indoor sports complexes across Jammu and Kashmir in this regard.

Chief Secretary, Dr. Arun Kumar Mehta presided over the main function of J&K Sports Council at Football Astro-Turf TRC here.

Speaking on the occasion, Dr. Mehta highlighted that the aim of celebrating International Yoga Day is to unite as it symbolizes the union of body and consciousness. He added that the benefits of yoga are varied and it has been actively used as a medium to remain fit all over the world.

Secretary, Youth Services and Sports, Sarmad Hafeez, who was present on the occasion, said that the Sports Council is promoting yoga throughout the union territory and is also establishing two state-of-the-art yoga centres one each at MA stadium Jammu and Bakshi Stadium Srinagar to educate athletes about the benefits of Yoga.

Noted Bollywood Director, Imtiaz Ali, who also attended Yoga Day celebrations at TRC, said that such important days play an important role in promoting yoga and its transformative impact on the overall health and well-being of individuals.

Secretary, Sports Council, Nuzhat Gul said that our athletes irrespective of whichever games they specialise in, are glued to yoga as it has not only helped them stay fit but also create a synchronous association between mind and body for optimum utility on the days of competition.

Govt. SPMR College of Commerce celebrated International Yoga Day by participating in International Yoga day celebrations at Jajjar Kotli. About 50 students of the College participated in the Yoga practice session along with Prof. Deepshikha Sharma and Prof. Apfan Ali NSS, Programme Officers of the College. Students were introduced to various Yogasanas, Pranayama and Dhyana, etc. A Yoga Session was also organized in the College campus in which number of students and faculty members participated. Ajay Kapoor, State Coordinator, Art of living Bureau of Communications & Projects Jammu, Kashmir & Ladakh, Suman Sharma, Shakti Sagar, Jogeshwar Singh, Sonia Sharma and Sunny Sharma were the Resource persons for the programme. Dr. Surinder Kumar Principal of the College stressed on the importance of Yoga to lead a stress free and healthy life. The Yoga session was attended by Prof. Barbara Koul, Dr. Monika Malhotra, Dr. Sandhya Bharadvaj, Prof. Deepshikha Sharma, Dr.

Deepak Pathania, Prof. Apfan Ali and Malik Ajjaz Iqbal. The event was coordinated by NSS units, Tourism Club and Department of Environmental Sciences.

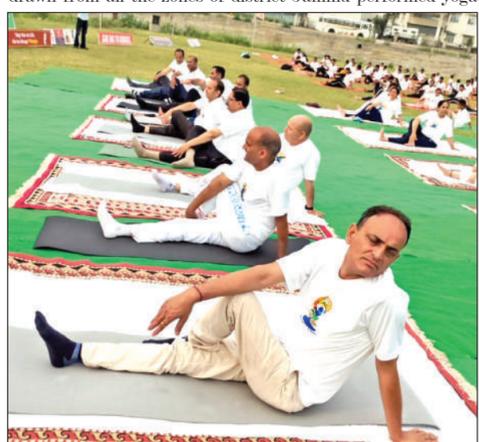
On the occasion of Yoga Day, a camp was organized at K.C. College of Education by NSS wing of the college on



Experts performing Yoga with students and faculty at KC College of Education.

Wednesday in which about 60 B.Ed. trainees participated. The event was attended by resource persons of Yoga Sansthan namely Mohini ji, Prantiya Sadasya, Tara Chand, Pradhan Baba Jitto, Madan Lal, Sweety and Anjali. How to get rid of stress in daily life by following Yoga was explained by Mohini. Many Yogasanas were demonstrated. Everybody appreciated the event and requested to conduct such programmes in near future also. Dr. Sanjay Tiekoo, Principal of the College thanked the resource persons. The programme was convened by Priya Gupta, Programme Officer, NSS.

Over 1200 people including officers, officials and students drawn from all the zones of district Jammu performed yoga



Deputy Director YSS (Central), Jitender Mishra and others performing Yoga.

with enthusiasm and fervour as the Department of Youth Services and Sports (DYSS) celebrated International Yoga Day with zeal and zest at Khel Gaon Nagrota, near here today. The activity began at around 7 am and concluded at 9:30 am.

The programme was conducted under the overall supervision of Deputy Director Youth Services and Sports (Central), Jitender Mishra in the presence of Joint Director Youth Services and Sports Jammu, Suram Chand Sharma; Deputy Director (P) Ravi Kumar; Accounts Officer, Sunil Kumar and District Youth Services and Sports Officer Jammu, Sukhdev Raj Sharma, while Yoga master trainers Anil Sharma and Rajesh Bhandral provided the requisite tips to the participants.

University of Jammu under "Har Ghar Dhyana Abhiyan" organized International Yoga Day on the theme 'Meditation and Mental Health' in collaboration with the Directorate of Sports and Physical Education, JU and Confederation of Indian Industry (CII) at Gymnasium Hall of the University wherein around 150 participants participated including the Employees, Students and people from Civil Society.

The welcome address was presented by Dr. Shalhu Sehgal, Meditation Ambassador, JU.

Prof. Naresh Padha, Dean Academic Affairs, JU was the Chief Guest of the function who explained the importance of practicing Pranayama, Asanas for the mental and Physical development of person. He also applauded the efforts of Dr. Daud Iqbal Baba, Director Directorate of sports and Physical Education along with his whole team and wishes to be the part of all future events which will encourage students and society.

Prof. Jasbir Singh, HoD Philosophy, Prof. Pankaj Srivastava President JUTA were the guests of Honour also participated in practicing Pranayama and meditation sessions.

The event was collaborated with Confederation of Indian Industries and also provided refreshment to the participants, while addressing the Chairman of CII Arehit Puri also a guest of Honour appreciated the efforts of Directorate of Sports and Physical Education.

Dr. Hema Gandotra, NSS Coordinator University of Jammu stressed upon the importance of yoga for mental and spiritual health and urged the participants to make yoga a part of their daily course.

Vandana Daffri, Regional Director, Art of Living initiated the Har Ghar Dhyana Campaign and gave an introductory talk on the theme Meditation and Mental Health during the function. An Advance demonstration performed by Sandeep Sharma and Yoga students of the University of Jammu.

The proceedings and formal vote of thanks was presented by Dr. Mandep Singh, Asst. Prof. Directorate of Sports and Physical Education, University of Jammu.

Other prominent among Prof. Lalit Sen Provost Hostels, Dr. Sumita Sharma Deputy Registrar, Dr. Meghna Dhar, Dr. Anit, Raj Kumar, Ravish Vaid, Gagan Kumar, Jai Bharat, Vikas Karlopa, S. Harinder Pal Singh, Sanjeev Kumar, S. Tarvinder Singh, Rohan Kundal, Buneet Singh, Ashok Singh Balivere present in function.

The NCC Cadets and sports students of Padma Shri Padma Sachdev Government College for Women, Gandhi Nagar came together to celebrate the importance of Yoga in promoting physical and mental well-being. The event witnessed enthusiastic participation from 100 NCC cadets & students - 50 NCC cadets from the Srinagar Group, Armed ; 15 cadets from Naval, Srinagar Group; 25 cadets from 2J&K Girls Bn. Jammu Group and students from the Department of Physical Education and Sports.

The participants engaged in various yoga exercises and poses under the guidance of the resource person, Rakesh Gupta, a renowned yoga expert and trainer currently serving as the Yoga Convenor at Arogya Bharti, Jammu Kashmir and Ladakh.

NSS Unit Government College for Women, Parade Ground, Jammu, in collaboration with Nehru Yuva Kendra Sangathan, NCC Unit and Department of Sanskrit organized a 3-day workshop on the occasion of International Day of Yoga 2023 on the theme "Yoga for vasudhaiva kutumbakam" and under the guidance of NSS programme officers of the college Dr Gurpreet Kour, Dr Mohammad Majeed and Dr Parvaiz Ahmad.

On the first day, students performed yoga with the family and on the second day, NSS volunteers, NYK volunteers and the NCC cadets visited Gulshan Ground to attend the programme organised by AYUSH ministry in the morning

yoga session.

The afternoon session of Yoga was performed in the college premises, the event started with a formal welcome address by the Principal of the college, Dr. S. P. Sarswat. She hailed the Prime Minister for making yoga day an international event.

The 9th International Yoga Day was celebrated with great enthusiasm at Central University of Jammu (CUJ) campus with the theme "Vaudhava kutumbakam".

Vice-Chancellor, Prof. Sanjeev Jain was the chief guest of the event. In his address, the Vice Chancellor said that word yoga has been derived from the Sanskrit language which means to unite. This implies the union of mind, body and soul.

Let us pledge to make Yoga an integral part of our daily lives & also inspire others to do the same, for a better and healthier future, said Prof. Jain.

A Yoga session and Pranayama was conducted by Sandeep Sharma (Yoga instructor) with 150 participants. The session started with the systematic practice of different "Asanas" of standing, sitting and lying under the instructions of the Yoga Instructor. He also mesmerised the participants with demonstration of some of the most difficult Asanas.

The School of Teacher Education, Cluster University of Jammu celebrated 9th International Yoga Day to promote the practice of yoga and its numerous benefits to the students for physical, mental and spiritual well-being. This year, the theme for International Yoga Day 2023 is "Yoga for V as u dh aiva Ku tu mb ak am", effectively encapsulating our collective aspiration for "One Earth, one family and one future". During the event it was emphasized that not only the regular practice of yoga improves flexibility, strength, balance, and posture but promotes the relaxation, reduces stress and improves mental clarity. Further, it enhances focus; concentration and emotional stability which will help students manage anxiety, depression and other mental health issue. Moreover, warm up exercises were taken and all the students practiced & performed sitting and standing "Asana". The programme was attended by the all the students, faculty, staff and Dean, School of Teacher Education, Cluster University of Jammu.



Yoga expert with students performing yoga at Sacred Heart College of Education Paloura.

Sacred Heart College of Education Paloura celebrated International Yoga Day with great enthusiasm.

The event was graced with the presence of Hari Singh Chib, Managing Director and Uday Bhanu Chib, Director of Sacred Heart College, who encouraged the students to make the practice of yoga a part of their everyday routine.

Managing Director Hari Singh Chib said, "Yoga is a comprehensive approach to health and wellbeing. It has been recognized globally, and its benefits for physical and mental health have been proven by science. It is a great initiative that Sacred Heart College of Education Paloura has taken to promote the practice of yoga among students."