

JK Public School Kunjwani celebrates 10th International Yoga Day with gaiety



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

■ STATE TIMES NEWS

JAMMU: "True yoga is not about the shape of your body, but the shape of your life. Yoga is not to be performed; yoga is to be lived."

International Yoga Day was celebrated in the premises of JK Public School, Kunjwani for students and teachers to make them aware about the physical and spiritual prowess that Yoga has brought about in the world today. The theme this year is "Yoga for Women

Empowerment".

The present audience were briefed about the essence of Yogic exercises on the health of individuals and thereafter, held a long practice session with demonstration of asanas. Faculty, staff and students enthusiastically participated during the session to acclimatize the body to Yogic exercises & Yoga.

The participants were introduced to Yogasanas, namely, Bhujangaasana, Taadaasana, Pawan muktaasana,

Malaasana, Halaasana, Ardha-chakraasana etc. They were also briefed about the correct techniques of performing pranayams, which included Kapaalbhati, Anulom vilom, Bhraamari etc. They were given a proper exposure to various meditative exercises, like, Dhyna, Sankalpa and Meditation, as per the common protocol issued by Ministry of Ayush, Govt. of India. Payers were recited before and after the programme.

Principal JKPS Kunjwani Rajesh Rathore shared his experiences associated with yoga & laid emphasis on its importance.

He said, "The movements of yoga are designed to enhance the flexibility, balance, coordination and strength, increasing your body's efficiency and overall health. Breathing techniques promote greater mind body connection, improving the function of body and mind".

"The practice of yoga encourages effort, intelligence, accuracy, thoroughness, commitment and dedication. It brings your body and mind together; and is built on three main elements - exercise, breathing and meditation. Focusing on controlled movement and breathing prepares the body and mind for meditation, with an approach to a quiet mind that allows peace and relief from everyday stress", he added.

He appealed the students present in

the audience to practise yoga regularly. Hitting hard on the general scenario prevalent around, wherein youngsters are found crazy about gym exercises to improve their biceps/triceps and flex their muscles, wearing a tight sleeve shirt; he appealed children to go for a flexible body. "Gym exercises make body muscular but stiff, whereas Yogic exercises shape the human body into its most flexible & agile version", he concluded.

JKP wrestler Ishaq wins Sarna Dangal title

■ STATE TIMES NEWS

KATRA: Wrestler Ishaq Ahmed (Lallu) of J&K Police claimed the 16th Sarna Dangal title after he defeated Abhinayak of Uttar Pradesh in the main bout that lasted for just eight minutes at village Sarna in district Reasi.

Winner Ishaq awarded with cash prize of Rs. 41,000 while runners-up, Abhinayak got Rs. 30,000.

Social activist, Rohit Dubey was chief guest in this dangal, who gave away the cash prizes. President Kreedha Bharti, J&K, Shiv Kumar Sharma presided.

Rajinder Mengi; retired ZEO Dhan Raj, Pandit Tara Chand, Ved Pujari and Jugul Kishore (Bablu) were guests of honour.

The second main bout went to Surjit Singh of J&K Police, who defeated Usman of UP while in third bout, Nadeem of district Doda trounced Munish of Khanna in Punjab. In another third bout Maam Hussain of Domel defeated Chandni of Maharashtra. In total, 106 wrestlers participated in this day-long event.

Members of Sarna Dangal Committee, who helped in smooth conduct of Dangal



President Kreedha Bharti, J&K, Shiv Kumar Sharma posing with wrestlers and others.

included Som Raj (president), Ram Singh Numberdar, Balwant Singh, Sat Paul Sharma, Karnail Singh, Ravi Kumar, Falail Singh, Des Raj, Om Parkash, Bir Bahadur Singh, Puran Chand, Abdul Rehman Panch, Bashir Ahmed, Angrej Singh, Varun Sharma, Kartar Sharma, Munshi Ram, Dhara Singh, Nayaj Ali, Tirath Ram Sharma, Kamal Sharma and former Sarpanch Onkar Singh.

The bouts officiated by Mohd Shrief, Rajinder

Kumar Ramotra, Harbans Lal, Raj Singh and Tulinder Kumar while proceeding conducted by Sunny Sharma, Pawan Singh and Anil Kumar of Reasi. Other Results: Shaker Noor of Merrut beat Ankush of Delhi, Arjun of Jammu beat Jai Bhagwan of Delhi, Murad Ali of Jatti beat Javed of UP Dillar of J&K Police beat Neeru Gujjar of BSF Chandigarh Billu of Panj Grian beat Sandesh of Delhi. Bouts played between Kharpu of Jammu and Salman Ali of Delhi ended in a draw.

IDY 2024: 10th International Yoga Day celebrated at Jammu Tawi Golf Course

■ STATE TIMES NEWS

JAMMU: Under the visionary guidance of Yasha Mudgal, Commissioner Secretary Tourism, and Vivekanand Rai, Director Tourism, Jammu, the Directorate of Tourism Jammu, in collaboration with Jammu Tawi Golf Course, Sidhra, District Administration Jammu, AYUSH J&K, J&K Sports Council and Directorate of School Education Jammu, celebrated the 10th edition of International Yoga Day-2024 at the picturesque Jammu Tawi Golf Course, Sidhra. Embracing this year's theme, 'Yoga for Self and Society,' the attendees engaged in yoga asanas with great enthusiasm, highlighting the profound significance of this age-old Indian tradition in fostering physical, mental and spiritual well-being.

The event underscored yoga's essential role in promoting holistic health and harmony, reinforcing its timeless value as a way of life that benefits both



Joint Director Tourism Jammu, Sunaina Mehta and others performing yoga.

individuals and society as a whole.

Sunaina Mehta, Joint Director Tourism, Jammu, underscored the event's importance, stating, "Yoga plays a crucial role in enhancing the well-being of both individuals and society. This ancient Indian practice fosters harmony between body and mind, and between the individual spirit (Aatma) and the universal spirit (Parmatma).

Conducting yoga in the tranquil surroundings of Jammu Tawi Golf Course amplifies these benefits, providing an ideal environment for physical,

mental and spiritual rejuvenation. Our youth, in particular, can derive immense advantages, becoming physically, mentally and socially fit. This picturesque location perfectly captures the holistic essence of yoga, reinforcing its value as a way of life."

Manav Gupta, Secretary Jammu Tawi Golf Course, highlighted the serene setting of the golf course, stating, "The lush environment enhances the yoga experience, making it more rejuvenating and impactful. Celebrating the 10th edition here underscores the importance of integrating nature and yoga for holistic well-being".

An insightful session was conducted by Dr.

Mitali Gupta, a renowned nutritionist, who emphasized the importance of body detoxification. She recommended detox waters aligned with the body's seven chakras to enhance overall health and energy balance, suggesting fruits like berries and citrus and vegetables like spinach and cucumber for effective detoxification. The event saw enthusiastic participation from around 200 attendees, including students, officials, and stakeholders, who engaged in yoga asanas with great interest and joy. Students and faculty from Government Girls Higher Secondary School Sunjwan, Government Girls Higher Secondary School Kandoli Nagrota, Higher

Secondary School Kachi Chawani, Higher Secondary School Dogra Hall, and students from the J&K Sports Council participated actively.

Savita Chouhan, Deputy Director Tourism, Publicity, offered concluding remarks, expressing gratitude to all stakeholders for their active participation and making the event a resounding success.

Also in attendance were Shoket Hayat Mattoo, Deputy Director Tourism; Arif Lone, Assistant Director Tourism, NHW-Batote; other tourism officials; Dr. Farhat from AYUSH J&K; and various travel and trade stakeholders, all demonstrating a shared commitment to integrating yoga into daily life.

Additionally, International Day of Yoga celebrations were held at multiple tourist locations across the Jammu Division by officials from the Directorate of Tourism, Jammu, and Tourism Development Authorities, including Katra, Patnitop, Surinsar Mansar, Bhaderwah, and Kishtwar.

VAJK holds sports meet on yoga & nutrition at Jammu

■ STATE TIMES NEWS

JAMMU: To celebrate the International Day of Yoga & Art of Giving, Volleyball Association of J&K (VAJK) organised sports meet to promote the concepts aimed at fostering the spirits of national unity and communal harmony, balanced diet, yoga etc. at Play Field Shastri Nagar Jammu on Friday.

Volleyball players and others were apprised various aspects of nutrition and yoga for better living on the occasion.

Dr. Shashikant Goswami nutrition expert Scientific Director (Retd from SAI) delivered a key note address on nutrition with special reference to budding players on the occasion as a chief guest. Besides this chief guest also made aware the play-



VAJK office bearers posing with participating teams and other dignitaries.

ers to lead the Nation in all spheres of life with dignity & honour. Veena Kumari executive member of VAJK also gave tips of nutrition for overall growth of human beings on the occasion.

Rajeev Sharma member J&K Sports Council who was guest of honour, expressed his gratitude to the association for keeping alive all districts volleyball units for organising such

social, themebased events all across JK UT. He also assured the participants, J&K Sports council headed by Ms Nuzhat Gull as secretary would leave no stone unturned in pushing their sport talents.

He also announced distribution of sports t-shirts to all participants boys and girls who displayed their skills in exhibition matches held today.

Chief Guest and Guest of

Honour were awarded with mementos on the occasion by office bearers of the Volleyball association of J&K Kuldeep Magotra CEO, HS Gill executive vice-president, RC Sharma Treasurer Subash Shastri.

Earlier V. K Magotra General Secretary of the association read out the message of Prof. Samanta, founder of AOG and acquainted the gathering of multi furious outreach pro-

grammes undertaken by him all across India including J&K. & urged the participants to adopt Yoga in daily life for overall growth & development by highlighting this year's theme ,Yoga for self & Society. Mulkh Raj Sharma coach JKSC conducted the proceedings of the function efficiently. Amongst dignitaries Subash Sharma chief conservator of forests (Retd.) J&K, Anil Sharma Manager of the stadium and a large number of sport lovers also graced the function which culminated with a weak long celebrations of Art of Giving all across JKUT.

Bhartiya Lok Sangeet Kala Sansthan who were other stake - holders ,extended their co-operation in making this drive - a grand success.

Crossway Cricket Academy concludes successful 15-day Cricket Summer Camp



Participants of cricket summer camp posing for a photograph with dignitaries.

■ STATE TIMES NEWS

JAMMU: A 15-day cricket summer camp was organized from June 6 to 20, 2024, under the leadership of Head Coach Sukomal Ganguly, Assistant Coach Deepak Singh, and Junior coach Aditya Sharma.

Sixty students partici-

pated in the camp, where they learned the basics of batting, bowling, fielding, and wicket-keeping.

The chief guest for the prize distribution ceremony at the camp's culmination was M. Faisal Qureshi, SSP Traffic Jammu. He encouraged the students and motivat-

ed them to continue dedicating their time to sports activities.

The founder of Crossway Cricket Academy, Rajbinder Singh Kler, announced that more such initiatives will be created to provide more opportunities for cricket in Jammu.