

International Yoga Day celebrated across region with zeal, enthusiasm



Yoga Day celebrations at Poonch.

■ STATE TIMES NEWS

POONCH: Deputy Commissioner Vikas Kundal attended the 'Dharti Aaba Janbhagidari Abhiyan' (DAJGUA) Awareness and Benefit Saturation Camp at Village Bhainchh to assess the ground truthing of government schemes in the area with major tribal population.

Speaking on the occasion, the Deputy Commissioner underscored the comprehensive approach of the campaign, which involves 17 Union Ministries to execute 25 key government interventions on the ground.

BJP District President Gurdeep Singh Khalsa, along with party leaders and workers, celebrated the 11th International Day of Yoga (IDY) at his residence today with great enthusiasm and devotion.

Speaking on the occasion, Gurdeep Singh Khalsa emphasized the significance of incorporating yoga into daily life and highlighted Prime Minister Narendra Modi's



DDC Chairman Doda Dhananter Singh Kotwal along with DC Harvinder Singh and others during the event

global efforts to popularize yoga as a means of achieving holistic health.

KATHUA: The 11th International Day of Yoga (IDY) 2025 was celebrated amid great fervour and enthusiastic public participation across the district of Kathua. The main event was organised at the Sports Stadium by the District Administration in collaboration with the Department of AYUSH and other allied departments.

The venue witnessed a massive turnout of people from all walks of life who gathered in the wee hours, braving intermittent rain showers to take part in the yoga session.

The mega yoga session was presided over by Deputy Commissioner Dr. Rakesh Minhas, and attended by DDC Chairman Col (Retd.) Mahan Singh and MLA Kathua Dr Bharat Bhushan, besides Vice Chairman DDC Raghunandan Singh, DDC Marheen Karan Attri and DDC Nagri Sandeep Majotra.

Government Degree College Ramkote celebrated 11th International Yoga Day amid enthusiastic participation of students, faculty and staff. The event was organized under the overall guidance of the college Principal Dr. Rakesh Kumar Koul.

The session was moderated by Prof. Suresh Chander who guided participants in performing yoga poses like vrikshasana, bhujangasana, tadasana, anulom vilom, dhyana and bhrumri.

The event was organized by Prof. Anu Sharma, NSS PO and Prof. Suresh Chander, Convener NSS Committee, Krishan Singh, Assistant Library and Anukush Kundral.

RAMBAN: District Legal Services Authority, Ramban celebrated 11th International Yoga Day by organizing a Yoga Session in collaboration with Bhartiya Vidya Mandir High School. The program was held under the guidance of Chairman, District Legal Services Authority (Principal District & Sessions Judge), Deepak Sethi.

The Yoga session was attended by all the judicial officers of district Ramban along with the staff and Para Legal Volunteers, besides the students and staff of the school. The yoga session was conducted by the yoga teachers. Yoga sessions were also organised at other courts of the district Ramban.

In his address, the Principal District & Sessions Judge highlighted the importance of yoga and physical exercises for human health.

In tune with the rest of the nation and the world, the District Administration Ramban, spearheaded by Deputy Commissioner Mohammad Alias Khan, celebrated the 11th International Yoga Day with great enthusiasm across the district.

DIG DKR Range Shridhar Patil, SSP Kulbir Singh, ADC Varunjeet Singh



Students and faculty members performing Yoga at GDC Khour.

Charak, ACR Shokat Hayat Mattoo, senior officers, members of civil society, youth and other prominent citizens actively participated in the district-level celebration held at the District Administrative Complex, in collaboration with the Department of AYUSH.

The celebrations extended beyond the district headquarters to sub-division and tehsil levels in Gool, Banihal, Ramsoo, Ukhral, Pogal-Paristan, Batote, Rajgarh, Khari and other areas. Officials including SDM Banihal Mohammad Naseeb, SDM Gool Imtiaz Ahmed, Tehsildars and others actively led and participated in the yoga sessions at their respective locations.

The yoga session at the district headquarters was coordinated by District Nodal Officer Yoga, Dr. Masood Iqbal Zargar, assisted by yoga experts Dilar Singh and Santosh Chib.

KISHTWAR: The 11th International Day of Yoga was celebrated with immense zeal and festive spirit across District Kishtwar under the global theme, "Yoga for One Earth, One Health."

The district-level event was organized on the historic Chowgan Grounds witnessing overwhelming participation from over 2,500 individuals representing all age groups and diverse walks of life.

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Senior citizens, women, children, government officials, prominent citizens, and students from local schools gathered at the venue reflecting a shared commitment to embracing yoga as a holistic path to physical, mental and spiritual well-being.

Local MLA Shagun Parihar, Deputy Commissioner Pankaj Kumar Sharma, SSP Naresh Singh, ADC Pawan Kumar Kotwal ACR Idrees lone besides other district and Sectoral Officers from the Civil Administration, Police, CRPF and other Paramilitary Forces were part of the event.

DODA: The 11th International Yoga Day was celebrated with great excitement and energy across District Doda, with the main event held at the picturesque Gatha Park in Bhaderwah.

More than 2600 people, including school students, government officials, senior citizens, NCC cadets, PRI members and differently-abled persons joined the event in presence of the Chief Guest DDC Chairman, Dhananter Singh Kotwal, Guest of Honour Deputy Commissioner, Harvinder Singh and dozens of government functionaries. The event began with the singing of the National Anthem, followed by a refreshing yoga session led by well-known Yoga Expert Acharya Shri Anil.

The yoga demonstrations were led by yoga trainers Anil Yogi, Nidhi Padha (Yoga Therapist), Faizan Ul Haq, Sajawal, Kame Kumar and Nawaz, helping people learn correct techniques.

The programs were held under the guidance of Dr. Ajay Kumar Tikoo, District



International Yoga Day celebrations at JKAP-8th Bn.

AYUSH Officer Doda and coordinated by Dr. Manjit Singh (Medical Officer) and the Ayush Department team.

REASI: The District Administration Reasi, in collaboration with the AYUSH Department, celebrated International Yoga Day 2025 with great enthusiasm across the district to promote its integration into daily life to enhance individual well-being and foster a harmonious relationship with the environment as envisaged in this year's global theme- "Yoga for One Earth, One Health."

The main event was held at the Indoor Sports Stadium, where a large number of citizens participated in a yoga session in presence of DDC Chairman Saraf Singh Nag; Deputy Commissioner Nidhi Malik; SSP Paramvir Singh; SSP IRP 1st Battalion Anita Sharma; ADDC Sukhdev Singh Samyal; ADC Rakesh Kumar and other government functionaries.

Earlier, Nodal officer Ayush Dr Kamal Kishore Dubey welcomed all the dignitaries.

Meanwhile, parallel yoga sessions were organized at the Shrine Board Stadium in Katra and Helipad Mahore subdivision. The schools and colleges also held yoga sessions engaging students and spreading awareness of the physical, mental and spiritual benefits of yoga.

SAMBA: The 11th International Day of Yoga was celebrated with great fervor and enthusiasm in District Samba today. The event, themed "Yoga for One Earth, One Health," was organized by the Department of AYUSH in collaboration with the District Administration Samba under the banner "Yoga Sangam" at Rani Suchet Singh Indoor Stadium, Samba.



Dignitary being honoured during the event at PTTI Vijaypur.

The event was held under the esteemed guidance and directions of Deputy Commissioner Rajesh Sharma and Director AYUSH J&K, Dr. Nuzhat Bashir Shah, and was meticulously supervised by District Nodal Officer AYUSH Dr. Remu Dass.

The celebration was graced by Chairman District Development Council Keshav Dutt Sharma, and MLA Samba, Surjeet Singh Slathia, as the honorary guests.

UDHAMPUR: District Legal Services Authority (DLSA) Udhampur, under the guidance and supervision of Principal District & Sessions Judge (Chairman DLSA) Virinder Singh Bhoun and Secretary DLSA Dr. Smriti Sharma, celebrated International Yoga Day with great enthusiasm at the District Court Complex.

The program commenced with an introduction to the significance and benefits of yoga, delivered by Adv. Sanjeet Kumar, Panel Lawyer.

The yoga session was expertly conducted by Dr. Makhan Lal Gupta and Ashok Abrol, the Yoga instructors from Bharatiya Yog Sansthan, Udhampur.

The participants practiced Tadasana (Mountain Pose), Chakra-asana (Wheel Posture), Anjaneya-asana (Bow Moon Pose) Ardha-chandra-asana (Half-Moon Pose), Baum Position (Vrksasana), Herabschauender Hund (Adho Mukha Svanasana), etc. Similar programs were held at TLSCs Rannagar, Majalta and Chenani.

District Police Udhampur celebrated International Yoga Day with enthusiastic participation across the district.

District Police Udhampur also celebrated this event with great enthusiasm and participation across all police stations and police posts, including PS Rannagar PS Udhampur PS Chenani, PS Rehambal, PS Majalta, PS Kud, PS Panchari, PP Tikri, PP Sudhmahadev, PP Roundmail, DPL Udhampur and all other Police units of District.

Under the supervision of SSP Udhampur Amod Nagpure IPS, officers and staff from various units gathered in large numbers to partake in the Yoga sessions.

To commemorate the 11th International Day of Yoga, Central Bureau of Communication, Ministry of Information and Broadcasting, Government of India, Field Office, Udhampur organized Integrated Communication and Outreach



Shrine Board celebrates 11th International Yoga Day with enthusiasm.

Programme at Government Higher Secondary School, Chenani in Udhampur district today.

On this occasion a team of Yog Gurus from Bhartiya Yog Sansthan led by renowned Yog Guru Upkar Singh, Jamwal demonstrated various Yog Asanas, highlighted the benefits/ importance of Yoga for overall well being and said celebrating International Yoga day is to raise awareness of the multitude of benefits of practicing Yoga in day to day life.

The programme was organized under the Chairmanship of Anchal Singh, Principal of the Institute. Gurnam Singh, Incharge Field Office, Udhampur in his address highlighted the importance of such programmes and extended his gratitude to all for their cooperation and coordination in making these events successful and result oriented.

KATRA: The Shri Mata Vaishno Devi Shrine Board in collaboration with the Art



District Police Udhampur celebrating International Yoga Day across district.

of Living Foundation celebrated the 11th International Yoga Day with great fervor and enthusiasm at the Shri Mata Vaishno Devi Sports Complex, Katra. The event, themed "Yoga for One Earth, One Health," aimed to promote yoga as a powerful tool for individual transformation and societal well-being, emphasizing its benefits for physical, mental and spiritual health.

Anshul Garg, Chief Executive Officer, Shri Mata Vaishno Devi Shrine Board observed that under the chairmanship of Shri Manoj Sinha, Hon'ble Lt. Governor, JK-UT, the Shrine Board has established a serene Sports Complex in Katra, which now hosts yoga sessions alongside other sports activities. He highlighted yoga's significance in today's fast-paced world, emphasizing its role in fostering harmony and balance within oneself and society. He said that making Yoga a way of life would go a long way for staff and other stakeholders in enhancing the efficiency and efficacy in management of hassle-free pilgrimage to Shri Mata Vaishno Devi Ji Shrine round the clock.

Shri Mata Vaishno Devi University celebrated 11th International Yoga Day with a morning yoga session. Vice chancellor Prof. Pragati Kumar graced the occasion. Yoga instructor Gurnel conducted the yoga session. Prof. Balbir Singh, Dean Academic Affairs encouraged all the participants to include yoga in their daily routine. Vice chancellor, Prof. Pragati Kumar discussed role of yoga to improve physical and mental health and also to avoid lifestyle diseases. Prof. Yugal Khajuria, Dr. Ram Prakash, Ajay Khajuria, Pyarelal, Avdhesh Gupta, Balbeer Singh, Sudesh Kumar participated in the said event. NSS Programme Coordinator Dr. Rajiv Kumar thanked all the participants for joining the yoga day celebration

SUNDERBANI: On the occasion of 11th International Yoga Day, a yoga camp was organized in the premises of 72 Battalion Central Reserve Police Force, Sunderbani, Rajouri (Jammu & Kashmir). On this occasion, Himanshu Kumar, Deputy Inspector General, Range Hiranagar, CRPF participated in yoga practice and told all the officers and jawans about the importance of yoga.

In this program, Jitendra Singh Yadav, Commandant, Vineet Kumar, Second Command Officer, Shri Kapil Dev, Deputy Commandant, Shri Rajan Chhetri, Medical Officer, along with the subordinate officers of this battalion, families of soldiers and corps personnel, besides the villagers of the surrounding area also participated enthusiastically and practiced various yoga asanas.

KHOUR: Government Degree College Khour celebrated 11th International Day of Yoga. To mark this day, Yoga session was organized in the College premises. NSS volunteers, NCC cadets along with the Principal of the College and Teaching & Non teaching staff members participated in this Yoga session and performed various Yoga Asanas. Yoga instructions were led by Prof. Sunil Kumar (PTI). Principal of the college Prof. (Dr.) T.K Sharma while addressing the students stressed to integrate Yoga practices into daily routines, to promote a balanced, healthy and spiritual life style. The whole event was organized by Prof. Shivani Sharma NCC ANO under the able guidance of Principal of the College Prof. (Dr.) T.K Sharma.

VIJAYPUR: On the occasion of "International Yoga Day", Ranjit Singh Sambyal, Principal Police Technical Training Institute (PTTI) Vijaypur organized "Yoga Session" in PTTI complex for the staff and trainees. Col. Virender Singh Jamwal Executive Member and Jagat Ram Bhagat, Yoga Teacher JKUT Bharatiya Yog Sansthan from Jammu were invited on the occasion who gave an impressive lecture on the benefits of Yoga and demonstrated various yoga exercises which were performed by all the staff and trainees.

BHADERWAH: With a focus on the relationship between individual health and the health of our planet, hundreds of people from different walks of life reached at Lake View Resort Gatha of Bhaderwah to perform asans of Yoga to observe 11th International Yoga Day Saturday with the theme "Yoga for One Earth, One Health".

The 2025 theme relates to the wellness of not just human wellness but environmental wellness, in a world practice, internationally, together in an age where glob-



Faculty members and students performing Yoga at GDC Nowshera.

al new urgency should globally warrant our practice.

Over 3000 participants, including school children, PRIs, NCC cadets, senior citizens & Divyang Jan, joined the grand celebration organized by Directorate of Ayush J&K in collaboration with District Administration Doda under the leadership of DC Doda Harvinder Singh (IAS) and Dr. Ajay Kumar Tikoo, District Ayush Officer.

Chief Guest Dhananter Singh Kotwal (DDC Chairman Doda) and other dignitaries led vibrant activities including live yoga sessions, Yoga Unplugged for youth, Yog Samavesh, painting competition, and a Harit Yoga plantation drive, promoting wellness, inclusivity & harmony with nature.

Yoga instructors like Anil Yogi, Nidhi Padha, and others inspired the gathering amidst the serene beauty of Bhaderwah-celebrating unity, health, and mindfulness on this global day.

The congregation, was organized by Nodal Officer of the event Sunil Kumar Bhutiyal (who is also ADC Bhaderwah and CEO BDA) and Dr Iftikhar Malik, Nodal Officer of Department of AYUSH.

NOWSHERA: Government Degree College (GDC) Nowshera joined the global community in celebrating the 11th International Yoga Day with an inspiring yoga session that highlighted the importance of physical, mental, and spiritual well-being. The event, organized under the esteemed guidance of

Principal Dr. Shamim Ahmed Azad, reinforced yoga's significance as a cornerstone of Indian heritage and a universal practice for holistic health.

The morning began with an invigorating one-hour yoga session led by Physical Training Instructor (PTI) Goutam Sharma.

Kakryal: On the occasion of International Yoga Day 2025, Shri Mata Vaishno Devi Institute of Medical Excellence (SMVDIME) joined the global celebration with the theme "Yoga for Self and Society," focusing on the integration of physical well-being, mental clarity, and professional harmony - especially within the healthcare sector.

Addressing a gathering of doctors, nurses, faculty members, students, and healthcare workers, Dr. Yashpal Sharma, Executive Director, SMVDIME, emphasized the relevance of this year's theme in the medical profession.

RAJOURI: On the occasion of International Yoga Day, Vibodh Gupta, BJP J&K General Secretary and former MLC, joined the vibrant and spirited residents of Kerri Sector near the Line of Control (LOC) in a yoga session held under this year's global theme "One Earth, One Health".

MIRANSAHIB: The Jammu and Kashmir Armed Police 8th Battalion celebrated the international Yoga Day with great enthusiasm and commitment at its Bn. Hqrs Miran Sahib Jammu, reinforcing its focus on the physical and mental well-being of its Jawans and officers.

The event was led by Suram Singh-JKPS (SSP) the commandant of the unit who underscored the importance of Yoga in ensuring physical endurance, mental resilience and spiritual harmony among the Jawans and officers.