

JK Public School Kunjwani champions holistic wellness on International Yoga Day



Students and faculty of JK Public School Kunjwani performing yoga Aasans to mark the celebration of International Yoga Day.

International Yoga Day 2025 celebrated at IIMC Jammu

■ STATE TIMES NEWS
JAMMU: To mark the 9th International Day of Yoga, the Indian Institute of Mass Communication (IIMC), Jammu, in collaboration with the Press Information Bureau (PIB) and Bharatiya Yoga Sansthan, organized a vibrant and meaningful celebration on June 21, 2025. This year's theme, "Yoga for One Earth, One Health," highlighted the importance of yoga in promoting individual well-being and environmental harmony.

The event aimed to spread awareness about the holistic benefits of

global well-being. She also mentioned that while a grand event, Yoga Sangam, was being organized in Visakhapatnam and led by Prime Minister Narendra Modi, more than 1 lakh yoga events were being held across the country to mark the occasion.

"Inspired by the national efforts, we too decided to organize a yoga session on our campus to create a holistic environment and promote a healthy lifestyle," she said.

Experts in naturopathy and yoga were also invited to share their knowl-



yoga-physical, mental, emotional, and spiritual. The celebration saw the enthusiastic participation of over 30 individuals, including students, faculty, officials, and members of the local community.

A special yoga session was conducted by trained instructors from Bharatiya Yog Sansthan, who guided participants through a series of simple yet effective yoga techniques.

The session began with a prayer and warm-up exercises, followed by asanas, pranayama, and a short meditation to promote mindfulness and stress relief.

Neha Jalali, Director, PIB Jammu, addressed the gathering and emphasized the significance of International Yoga Day. She highlighted that the central theme - "Yoga for One Earth, One Health" - aligns with India's vision of sustainable living and

Army celebrates International Yoga Diwas at Pathseekers



■ STATE TIMES NEWS
JAMMU: In a soulful morning filled with strength, serenity, and unity, Pathseekers International School - Ramgarh and Vijaypur Branches proudly collaborated with the Indian Army's 19 JAK RIF to celebrate International Yoga Diwas 2025 with great zeal and spirit.

was guided by trained instructors and supported by the Indian Army personnel, symbolizing the deep rooted cultural and spiritual connection India shares with Yoga.

The initiative aimed to instill values of discipline, physical well-being, and mindfulness among young learners and the wider school community. The presence and active involvement of the Indian Army not only added pride to the occasion but also inspired students to embody the strength and dedication of our armed forces.

"We are deeply grateful to the brave hearts of the 19 JAK RIF for their presence and support. Their participation uplifted the spirit of the event and served as a source of immense motivation for our students and staff," said Principal Manpreet Kaur. As the sun rose over the peaceful campuses of Pathseekers, mats were rolled out, hands joined in Namaste, and breaths synchronized in the rhythm of peace. Truly, it was a morning where minds calmed, hearts connected, and the message echoed clearly.

began with a brief orientation on the profound impact of yogic practices on human health. This was followed by a guided demonstration session comprising a series of asanas, pranayama, and meditation techniques. Participants, including students, faculty, and staff, actively engaged in performing *Yogasanas*, *Kapalbhati*,

Pranayama, Dhyana, Sankalpa, and Meditation—fostering physical vitality and inner peace.

The celebration served as a vibrant platform for promoting the numerous physical, mental, and emotional benefits of yoga. It also nurtured a sense of community, unity, and conscious living among participants.

One Earth, One Health: SCERT Jammu embraces Yoga on 11th International Day of Yoga 2025

■ **STATE TIMES NEWS**
JAMMU: The State Council of Educational Research and Training (SCERT), J&K, Divisional Office Jammu under the leadership of Shantmanu, Financial Commissioner, ACS & Director SCERT, J&K and mentorship of Prof. Dr. Sindhu Kapoor, Joint Director SCERT, Jammu Division celebrated the 11th International Day of Yoga (IDY 2025) with zeal on Saturday.



sense of physical and mental well-being while fostering a culture of wellness within the institution.

The day unfolded with a guided yoga session based on the IDY 2025 Handbook - Version 1.0 issued by the Ministry of Education, Government of India. The yoga session was skillfully demonstrated by Dr. Sanjeevani, certified yoga instructor, who guided the participants through various asanas and breathing exercises aimed at cultivating

GGM Science College celebrates International Yoga Day with enthusiasm

STATE TIMES NEWS
JAMMU: Government Garment Memorial (GGM) Science College, Jammu, celebrated International Yoga Day with great enthusiasm and fervor, reflecting a strong commitment to health, mindfulness and national well-being. The event was organized under the overall guidance of Prof. (Dr.) Ramesh Kumar Gupta, Principal of the College, and witnessed the gracious presence of Prof. K.