# JK Public School Kunjwani champions holistic wellness on International Yoga Day



### **STATE TIMES NEWS**

JAMMU: Celebrating "Yoga for One Earth, One Health" with Unity, Wellness & Purpose, JK Public School, Kunjwani celebrated International Yoga Day on Saturday with great zeal, aligning with this year's global theme: "Yoga for One Earth, One Health."

The theme underscores the

intrinsic link between individual well-being and the health of our shared planet, encouraging a balanced and mindful lifestyle. The initiative to commem-

orate International Yoga Day was originally proposed by the Hon'ble Prime Minister of India, Narendra Modi, who aptly stated, "Yoga is an invaluable gift of

**Yoga Diwas at Pathseekers** 

India's ancient tradition. It embodies the unity of mind and body, thought and action, harmony between man and nature. It is not about exercise but discovering a sense of oneness with

yourself, the world, and nature.' The session at JKPS Kunjwani was led by Yoga Instructor Gopal Dass, who

tion 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,

STATE TIMES NEWS JAMMU: The State Council of Educational Research and Training (SCERT), J&K, Divisional Office Jammu under the leadership of

began with a brief orienta-

Dhvan, Pranavama. Sankalpa, and Meditationfostering physical vitality and inner peace.

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

Army celebrates International One Earth, One Health: SCERT Jammu embraces

Financial ACS

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Vice Principal JKPS Kunjwani Roopinder Kaur appreciated the Yoga instructor Gopal Dass, students and staff members for their enthusiastic participation and stated, "JK Public School remains committed to cultivating holistic wellness and values that inspire lifelong well-being and harmony.

## **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 Yog 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.

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.

The event aimed to Experts in naturopathy spread awareness about and yoga were also invited to share their knowlthe holistic benefits of



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 pants on incorporating wellness practices into their daily lives. The program included awareness talks on the scientific relevance of yoga and its role in building a healthier and more balanced society.

edge and guide partici-

As a token of appreciation, mementos and certificates were awarded to the yoga instructors and key contributors who played an important role in the success of the event.

The celebration was part of a broader initiative supported by the Ministry of AYUSH, which is organizing several programs nationwide to promote yoga as a way of

life. The event at IIMC Jammu not only celebrated India's ancient heritage but also reinforced yoga's universal relevance in achieving harmony between humans and

## Yoga on 11th International Day of Yoga 2025

### **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. The event witnessed

enthusiastic participation from students, parents, faculty members, and soldiers of the Indian Army, creating a vibrant atmosphere of collective wellness and patriotic harmony. The Yoga session

was guided by trained instructors and supported by the Indian Army personnel, symbolizing the deeprooted 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 clearly.

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 said Principal staff." 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

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. The event was presided

Shantmanu.

Commissioner.

over by Bharat Bhushan, Head, EPMM, joined by all Unit Heads, Wing Heads and staff members, who came together to promote the message of wellness, balance and mindfulness through yoga.

In the run-up to the International Day of Yoga and in tune with the National guidelines, a series of yoga sessions were conducted from June 2nd onwards on daily basis as a prelude to the main celebration, encouraging consistency and mindfulness, aiming at instilling a



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

institution. The day unfolded with a guided voga 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

and

physical fitness and inner peace.

The observance reaffirmed the timeless value of incorporating yoga into daily life for better mental and emotional well-being. The event resonated with the global spirit of health and harmony, echoing this year's theme-"Yoga for One Earth, One Health." As a part of the National Yoga Olympiad 2025 initiative, SCERT Jammu Division, in line with NCERT guidelines, successfully conducted zonal, district, and divisional level yoga competitions across all the districts.

A total of 2413 students participated at the zonal level, 602 at the district level and 107 at the divisional level. Out of these, 12 students were selected who shall be honoured at the Divisional level soon. The initiative was diligently coordinated by Kamla Dogra. Assistant Professor

The event concluded with a feedback session, during

Head AU-II, Arti Gupta, Head, Department of Teacher Education, Manu Vasudev A/O and Monica Sharma A/O, shared their reflections and appreciated the conduct of the session. They also expressed their heartfelt gratitude to the Management  $\mathbf{Event}$ Committee for successful organisation of the event and to the instructor, for guiding the participants through a meaningful and enriching yoga experience.

which Vinod Kumar Bhat.

GGM Science College celebrates International Yoga Day with enthusiasm

### STATE TIMES NEWS

JAMMU: Government Gandhi 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.) Romesh Kumar Gupta, Principal of the College, and witnessed the gracious presence of Prof. K. S.

Chandrashekar, Vice Chancellor, Cluster University of Jammu, as the Chief Guest. The celebration brought together, various Deans of ClUJ, students, faculty members. NSS volunteers, and NCC cadets who actively participated in embracing yoga as a powerful tool for physical fitness, mental harmony, and

spiritual well-being. The college campus resonated with an atmosphere of tranquility and collective energy, as

participants united in the pursuit of holistic health.

The highlight of the programme was a special yoga session conducted by renowned yoga instructor Shivali Verma, who led a well-structured and deeply engaging session. She began with an enlighten-

ing discourse on the modernday relevance and philosophical essence of yoga. Participants performed fundamental asanas like Tadasana, Vrikshasana, Bhujangasana, Trikonasana, Paschimottanasana.

The session also included calming breathing techniques such as Anulom-Vilom and Bhramari Pranayama, known for promoting respiratory health and emotional stability. Prof. (Dr.) Romesh Kumar Gupta, Principal of the College, appreciated the active participation and spirit of the attendees.

Dr. Gupta in his address added that voga is not merely a

physical discipline but a holistic way of life that fosters inner peace, discipline, and mental clarity.

I am delighted to see our young generation embracing these values with such sincerity and dedication.

Speaking on the occasion, Vice Chancellor ClUJ, Prof. K. S. Chandrashekar added that yoga is India's invaluable gift to the world, a timeless practice that connects the body, mind, and soul.

He commended Principal Dr. Romesh Kumar Gupta and the dedicated faculty and staff of GGM Science College for orchestrating this beautifully curated yoga session.

He further added that, the discipline and energy that I witnessed today among students and staff are truly commendable.

The event concluded on a note of rejuvenation and collective resolve to adopt yoga as a regular part of life.

The presence and contributions of faculty members including Dr. Rahul, Dr. Shafia, Dr. Ashaq Hussain, Dr. Devinder, Dr. Chaman Lal, Dr. Neha, Dr. Lokinder, and many others added to the success and vibrancy of the occasion.

With this GGM Science College once again proved itself as a nurturing ground for both academic and holistic development, making International Yoga Day 2024 a memorable and inspiring celebration.