

Int'l Yoga Day celebrated across Jammu region with enthusiasm

EARTH NEWS SERVICE

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

The event featured a series of yoga and meditation sessions, led by experienced instructors from the Art of Living Foundation following the Common Yoga Protocol (CYP). Number of participants including Board officers and staff, sportspersons, students, prominent citizens and local residents came together in unison to practice yoga and meditation for better health and wellness. The event took place from 6:15



liament, UT of Jammu & Kashmir, and Member of Institute Body, AIIMS Jammu, along with the Guest of Honour and other dignitaries, inaugurated the event by lighting the ceremonial lamp. The occasion was spiritually uplifted by a soulful Saraswati Vandana, invoking knowledge and divine grace.

In his keynote address, Jugal Kishore Sharma highlighted yoga's deep cultural roots and its global impact as a transformative discipline. He lauded AIIMS Jammu's efforts in promoting the yogic way of life and urged everyone to incorporate yoga into their daily routines for a balanced and productive life.

Prof. (Dr.) Shakti Kumar Gupta, Executive Director & CEO, AIIMS Jammu, inspired the gathering with his address, emphasizing the

relevance of yoga as a lifestyle that promotes not only individual health but also societal harmony.

Organized under the supervision of Joint Registrar Judicial (Protocol), Jammu, Meyank Gupta, the celebration was attended by Khem Raj Sharma, Registrar Rules, Jeewan Kumar Sharma, Secretary, High Court Legal Services Academy, officers and staff of High Court Wing Jammu.

The event was held in collaboration with the Bhartiya Yog Sansthan and their experienced instructors who led the session by demonstrating various asanas and pranayams.

Justice Rahul Bharti expressed gratitude to Prime Minister Narendra Modi for championing the global recognition of Yoga and for creating an opportunity for everyone to actively contribute to this meaningful initiative. He said that this year's Yoga Day theme, 'One Earth, One Health,' conveys a powerful message about addressing the pressing challenges being faced by the world today.

Additionally, the Jammu & Kashmir Resident Commission, New Delhi, observed the International Day of Yoga with great enthusiasm and huge participation.

Dr. Jyotsana Mukhi, Incharge AYUSH Dispensary, highlighted the significance of celebrating this crucial Day for leading a peaceful and spiritually enriched life.

Yoga Instructor, Priya Choudhary and the Yoga Demonstrator, Ritik Kumar conducted the session efficiently. A structured yoga session was conducted under their expert guidance, comprising various asanas, breathing exercises (pranayama) and meditation techniques. The session focused on promoting physical, mental and emotional well-being through the principles and practice of Yoga.

Lastly, Anil Sharma, Additional Resident Commissioner, reiterated the importance of integrating yoga into daily life to enhance overall wellness.

The event witnessed active participation from officers and staff of the Resident Commission and served to reinforce the universal message of harmony and health embodied by Yoga.

Meanwhile, the Department of Fire and Emergency today observed the 11th International Yoga Day today with great enthusiasm and spirit across both headquarters (Jammu and Srinagar), all District Headquarters and Fire Training Centre Bari Brahmana.

The celebration saw participation from officers and personnel of all ranks, who assembled early in the morning at their respective locations and practiced various yoga asanas under

the guidance of trained instructors.

The event aimed to promote physical well-being, mental discipline and holistic fitness among the fire-fighting staff who serve the public under physically and mentally demanding conditions.

Commissioner Jammu Municipal Corporation and Mission Director Swachh Bharat Mission (SBM) 2.0 J&K Urban Dr. Devansh Yadav today presided over the International Yoga Day celebrations at Bhartiya Yog Sansthan as the Chief Guest.

The event witnessed a large and enthusiastic turnout, symbolizing the city's strong commitment to health, wellness and collective civic responsibility.

A standout moment of the day was a compelling Nukkad Natak (street play) themed

The celebration was graced by the presence of Judicial Officers, LADCs, Panel Lawyers, PLVs and court staff, who gathered early in the morning to participate in the yoga session led by certified instructors from the Art of Living.

The event focused on this year's theme "Yoga for One Earth, One Health," emphasizing the importance of yoga in achieving holistic health. The yoga session was expertly conducted by Professor and State Coordinator (STC), Jammu & Kashmir and Ladakh of Art of Living Trust, Rajan Salalia, along with two subordinates.

The session included guided breathing exercises (Pranayama), yoga postures (Asanas) and meditation, promoting physical health, mental clarity and emotional well-being. This joint initiative aimed to create awareness about the



"Naa Thapad Se Naa Gaali Se, Hum Samjhayenge Taali Se" (Not by Slapping or Scolding, but by Applauding, We Will Convince), presented by artists from Kalakar Manch.

In his address, Dr. Devansh Yadav praised the collaborative efforts of organizers, performers, and citizens. He urged everyone to internalize the values of cleanliness, health and social harmony in their daily lives and reaffirmed the administration's commitment to promoting such inclusive, impactful initiatives that shape a cleaner, greener and healthier Jammu.

The Directorate of Health Services Jammu celebrated the 11th International Day of Yoga today with great fervour and enthusiasm aligning with this year's theme "Yoga for One Earth, One Health".

A synchronised relaxing and soothing yoga demonstration for mental wellbeing was led by volunteers Ishan Bhat, Umang Koul and Shubham Singh from ISHA Foundation (Miracle of Mind Sadhguru).

The Director Health Services Jammu Dr. Abdul Hamid Zargar along with Deputy Director Schemes Dr. Poonam Sethi, Deputy Director Dentistry Dr. Sanjay Sharma and all Officers and Officials of the Directorate performed the Yoga Asanas. The session aimed to equip participants with practical tools to manage stress and enhance emotional balance.

District Legal Services Authority Jammu, under the guidance of Chairman, Y. P. Bournay, (Pr. Distt. & Sessions Judge), commemorated the 11th International Day of Yoga by organising a yoga session cum awareness program here in the Lawyers' Chamber Conference Hall, District Court Complex.

The programme was conducted under the supervision of Ritesh Dubey, Additional District and Sessions Judge & Dr. Smriti Sharma, Secretary District Legal Services Authority.

preventive and therapeutic benefits of yoga, especially in today's fast-paced lifestyle.

Similar Programmes were also organized by TLSC Bishnah, TLSC R. S. Pura and TLSC Akhnoor in their respective areas.

Forest Protection Force (FPF) along with Department of Wildlife Protection celebrated the 11th International Day of Yoga at former Gamma Unit, Sidhra. The officers and field staff of both departments enthusiastically participated in the event.

The PCCF/Director Forest Protection Force & Chief Wildlife Warden addressed the gathering and highlighted the importance of yoga in daily life.

Participants performed various yoga asanas under the guidance of a professional yoga instructor. At the conclusion of the session, they were encouraged to adopt yoga as a regular practice for physical, mental and spiritual fitness.

Besides, the programme is expected to encourage joint and coordinated working of both departments to effectively manage human-wild animal conflict and other protection related issues.

The Jammu & Kashmir Bharat Scouts and Guides marked International Yoga Day 2025 with a vibrant celebration at its Headquarters here in Gandhi Nagar.

The event was led by Administrative Officer Nasreen Khan. As many as 50 Scouts, Guides, leaders, and officials actively participated in the yoga session, showcasing unity and commitment toward a healthy lifestyle.

Yoga session was conducted by the Administrative Officer herself. Scouts, Guides, Rovers, Rangers and leaders performed asanas under expert instruction. The celebration was held under the theme "Yoga for One Earth, One Health," reflecting the global call for unified physical and emotional wellness.



AM to 8:00 AM.

AIIMS Jammu came together in full strength to celebrate the 10th International Day of Yoga on 21st June 2025, echoing this year's global theme: "Yoga for Self and Society." The event was marked by enthusiastic participation from the entire AIIMS fraternity, including faculty, doctors, nursing officers, students, and staff—reflecting a unified commitment to holistic health and well-being.

The day began with the arrival of the Chief Guest, Jugal Kishore Sharma, Member of Par-

relevance of yoga as a lifestyle that promotes not only individual health but also societal harmony. He encouraged all present to adopt yoga as a preventive and empowering practice.

Meanwhile, the 11th International Yoga Day was celebrated today at the High Court Complex, Janipur, Jammu under the patronage of Chief Justice, High Court of J&K and Ladakh, Justice Arun Palli, with immense enthusiasm and fervor.

The event was held in presence of Justice Rahul Bharti and Justice Sanjay Parihar, Judg-

DPS celebrates Scholars Day with Great Fervour

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LEH: Delhi Public School, Leh proudly hosted its much-awaited Scholars Day Function, celebrating the academic excellence and all-round achievements of its students.

The event was marked by enthusiastic participation and an atmosphere of pride and accomplishment. The Deputy Chairman LAHDC Tsering Angchuk and IAS (Admin Secretary) Shashanka Ala and School's PTA members graced the occasion as the Chief Guest and Guest of honor commended the school for its commitment to nurturing young minds. In their address, they praised the efforts of the DPS, Leh in providing a holistic education that not only emphasizes academic brilliance but also instills values and discipline among students.

The school's Principal, Sonal Mediratta, delivered a warm welcome address,



highlighting the hard work of students and teachers throughout the academic year. She emphasized the school's vision of fostering intellectual growth, creativity, and moral integrity in each student.

Her inspiring words set the tone for the event and reflected the school's continued pursuit of excellence in education. She also emphasised on how Delhi Public School, Leh has successfully embedded the principles of the National Education Policy (NEP) 2020 into its

academic framework. From interdisciplinary learning and experiential teaching methods to skill-based assessments and emphasis on foundational literacy and numeracy, the school has been at the forefront of adapting modern educational practices that align with national goals. The program featured vibrant cultural performances, inspiring speeches, and a felicitation ceremony honouring the top scholars of the year. Parents, teachers, and students joined together in celebrating the hard

work and dedication that led to such impressive accomplishments. In their feedback, that guests expressed their happiness over the seamless organization of the event and appreciated the DPS LEH's initiative in recognizing and encouraging academic excellence. They also highlighted the importance of such functions in motivating students to continue striving for excellence. The event concluded with a heartfelt vote of thanks and a renewed sense of pride within the DPS community.

Int'l Yoga Day celebrated at Sankoo Campus, GDC

SANKOO: The International Yoga Day 2025 was celebrated Saturday with great enthusiasm at the Sankoo Campus of Government Degree College Kargil (GDCK). The event was conducted in the morning hours by the students of 2nd Semester Yoga, under the supervision of Mohd Hassan Hadire, Director of Physical Education and Sports, GDCK. The participants performed a series of yoga asanas, breathing exercises, and meditation practices, highlighting the importance of yoga in maintaining physical and mental well-being. The event aimed to spread



awareness about the benefits of yoga and promote a healthy lifestyle among the youth. The celebration witnessed active participation from

students and staff, creating an atmosphere of unity, discipline, and wellness. While the refreshment was served among the participants, the gathering reflected a sense

of satisfaction and joy after the yoga session. The event concluded with a vote of thanks and a pledge to incorporate yoga into daily life.

MLA distributes assistive apparatus to over 100 'Divyang' beneficiaries

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BILLAWAR: In a significant outreach initiative, the Tehsil Social Welfare Office (TSWO), Billawar, organized a distribution camp where over 100 Divyang (specially-abled) individuals were provided with assistive devices. The event was presided over by MLA Billawar, Satish Sharma, who personally handed over the aids to the beneficiaries.

This marks the second such camp within a month, highlighting the department's consistent efforts toward inclusive development. TSWO Vishav Bandhu Sharma informed that Sub Division Billawar has recorded the highest num-



ber of Divyang beneficiaries enlisted in the entire Jammu Division, reflecting the department's active ground-level engagement.

The aids distributed in-

cluded scooties, electric and manual wheelchairs, hearing aids, artificial limbs, tricycles, and bicycles, aimed at improving mobility, dignity, and independence of

the recipients.

Addressing the gathering, MLA Satish Sharma reaffirmed the Government's commitment to uplift every section of society, stating that such welfare programs are part of a broader vision of "Sabka Saath, Sabka Vikas, Sabka Vishwas". He appreciated the efforts of the Social Welfare Department, Billawar, and assured his full support for future such programs.

The camp was attended by Shaish Paul Singh, District Coordinator, Child Helpline Kathua; Des Raj Gupta, and other members of the Social Welfare Department, who contributed to the smooth conduct of the event.

Drug peddler apprehended with narcotics

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SURANKOTE: Continuing its relentless drive against the menace of drug trafficking, Surankote Police achieved a significant breakthrough late last night. On 20 June 2025, during routine patrolling near Hari Mohalla, Surankote, a police team apprehended a suspected drug peddler. The individual has been identified as Tariq Hussain alias Madam, son of Muzaffar Hussain, resident of Village Lassana, Tehsil Surankote, district Poonch.

During the personal search of the accused, approximately 05 grams of heroin-like substance was recovered from his pos-

session. The narcotic substance was seized on the spot in accordance with legal procedures.

In this connection, a case has been registered under the relevant provisions of the Narcotic Drugs and Psychotropic Substances (NDPS) Act at Police Station Surankote. Further investigation is underway to identify the forward and backward linkages of the drug network and to trace other individuals possibly involved.

The Poonch Police remains committed to uprooting drug menace from the region and appeals to the public to cooperate by sharing any information related to drug-related activities in their areas.

CA Munish elected as president Aadarsh Bhartiya Samaj

JAMMU: Annual management committee meeting of Aadarsh Bhartiya Samaj was held at Khajuria Food Mall, Miran Sahib under the observance of Dr Neha Sharma, Assistant Professor, framed new managing committee and unanimously elected Munish Sharma, CA as President, S Daljeet Singh as Chairman, Col (Retd) R K Sharma as Patron, S Gulzar Singh & Dr Charanjeet Sharma as Vice Presidents, Manohar Lal Sharma as General Secretary, Yogita Ishar as Secretary, SI Mohinder Kumar Raina (Retd) as Treasurer, S Baldev Singh as Stage Secretary, Dewarka Nath Khajuria, ZEPO Hem Raj Ranyal (Retd), Parveen Kumar, Gourav Raina, Dr

Lalit Sharma, Kamlesh Sharma, Ashish Anand as executive members, Sunil Singh Yadav, Deepak Sharma, Pt Shiv Dev Raj Raina, NK Ajay Kumar (Retd) and Pt Chaman Lal Sharma as members of ABS.

Munish Sharma, CA newly elected President while addressing the members expressed his satisfaction over the activities conducted by the organisation and asked the members to increase social activities gradually for better results.

He assured his full co-operation to the organisation. He stressed upon the members to understand the need of the hour, ground realities and asked them to be more practical in their social approach.