

KU celebrates 8th International Yoga Day, VC presides over mega event

Srinagar, June 21: In line with the country's widespread celebrations of 8th International Day of Yoga and in pursuance of the clarion call by Hon'ble Prime Minister Shri. Narendra Modi, the University of Kashmir on Tuesday joined the nation-wide yoga celebrations with great fervour and enthusiasm.

The event was organised by the varsity's Directorate of Physical Education and Sports (DPES).

The theme for this year's Yoga Day is, 'Yoga for Humanity,' which focuses on how yoga helps people in achieving holistic health.

Vice-Chancellor Prof Nilofer Khan presided over the mega event. She was accompanied by Dean Academic Affairs Prof Farooq A Masoodi, Registrar Dr Nisar A Mir and Special Secretary to VC Dr Tanveer Ahmed Shah. Assistant Director Basharat Ali was also present.

Prof Nilofer referred to various health benefits of Yoga and urged the participants to practice yogasanas daily to attain physical fitness. She urged Director DPES to organise yoga camps for students of main campus, satellite campuses and affiliated colleges so as to acquaint them with the yoga postures and asanas.

In his welcome address, Director DPES Prof Showkat Ahmad Shah underlined the benefits of yoganastas on the overall development of the individuals, and highlighted that yoga helps in de-stressing of the body and mind, thereby enhancing energy level and making an individual more mindful to live life to the fullest.

Dr Nisar Ahmad Mir wished the participants on the occasion of IDY 2022 and spoke at length about the long-term benefits of yoga on one's personality.

Prof Farooq Ahmad Masoodi said that Yoga should not be considered as a mere sports activity because it has benefits for physical, psychological and spiritual wellbeing of individuals.

Earlier, a two-day yoga workshop was conducted by DPES for the students and staff of the University which witnessed a remarkable participation of 100 students



and staff members. The inaugural session was conducted by Dr Surjeet Singh Assistant Professor Physical Education who demonstrated various yogasnas, while the terminal session was conducted by Dr Pathak, Assistant Professor Sanskrit. Dr Surjeet Singh conducted the proceedings of the event.