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PUBLIC RELATIONS CENTRE UNIVERSITY OF KASHMIR



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KU observes International Day of Yoga - 2025 with enthusiastic participation



Srinagar, June 21: To mark International Day of Yoga 2025, the Department of Students' Welfare (DSW), University of Kashmir (KU), in collaboration with the Regional Research Institute of Unani Medicine (RRIUM) organised a vibrant yoga session under the theme "Yoga for One Earth, One Health" on the university's athletic track at sports ground today, under the aegis of Ministry of AYUSH, Government of India.

It began with the live telecast of Prime Minister Shri Narendra Modi's 11th consecutive International Day of Yoga address to the nation, following which the yoga session commenced under the morning sun in the scenic campus setting. The session was synchronised with over one lakh locations across the country as part of the nationwide 'Yoga Sangam' initiative' which promotes collective participation and harmony. Participants performed the Common Yoga Protocol (CYP), designed



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by the Ministry of AYUSH to ensure a standardised and holistic yoga experience across all centres.

The atmosphere was filled with energy, mindfulness, and collective spirit as more than 1,500 participants joined the session at the university sports grounds. These included senior university officers, faculty members, non-teaching staff, NSS KU volunteers, students from the main and satellite campuses including North and South Campus, students from KU hostels, representatives from RRIUM, and students from nearby schools.

A team of three certified yoga trainers- Mr. Mohammad Tahir Bhat, Mr. Tahir Hussian, Mr. Zahid Shah, led the gathering through a structured series of asanas, pranayama, and meditation techniques.

The Public Relations Centre and Directorate of IT & SS, KU, facilitated the live streaming of the event across social media platforms to enable a wide virtual participation.

In her message, Vice-Chancellor KU, Prof. Nilofer Khan, highlighted the transformative potential of yoga in contemporary life.

"Yoga is not just a physical discipline; it is a way of life that promotes balance, peace, and strength. As we celebrate this day, let us commit ourselves to the daily practice of yoga for a healthier and more resilient society," she said.

Dean Academic Affairs KU, Prof. Shariefuddin Pirzada, who was the chief guest on the occasion, emphasized physical, emotional and scientific benefit of yoga.

"It enhances focus, builds inner strength, and improves well-being that are essential for students and professionals alike," he said.

Earlier, in his welcome address, Registrar KU, Prof. Naseer Iqbal, noted the university's strong focus on holistic development and student wellness.

Dean Students Welfare KU, Prof. Pervez Ahmed, delivered the formal vote of thanks and appreciated the participants for their enthusiastic involvement.

The proceedings of the event were conducted by Cultural Officer DSW KU, Dr Shahid Ali Khan.

The successful observance of International Day of Yoga at KU served as a reminder of the varsity's active role in promoting physical fitness, emotional balance, and community wellness, in alignment with the objectives of NEP 2020 and national health campaigns.



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