

'Yoga for Self and Society':

KU celebrates Int'l Day of Yoga across campuses

'Yoga pathway to inner peace, transcends physical exercise'



Srinagar, June 21: To underline the significance and holistic benefits of Yoga for individuals and communities, the University of Kashmir (KU), Friday joined the worldwide celebrations of the '10th International Day of Yoga' here.

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

In line with this year's theme, 'Yoga for Self and Society', the event strictly followed the international protocol for Yoga Day celebrations witnessing enthusiastic participation from students, faculty and staff.

KU Registrar, Prof Naseer Iqbal; Dean, Students Welfare, Prof Shamim Ahmad; Dean and Head, School of Law, Prof Mohammad Hussain; Vice Chairman, University Model School, Prof Aadil Amin Kak; Director, DPES, Dr Mandeep Singh, faculty and staff from DPES, students from the University Model School, along with their faculty besides faculty and staff from other varsity departments also joined in the celebrations.

The event featured Yoga sessions with full adherence to the international protocol, which included guided meditation and Yoga asanas (postures).

In her message, KU Vice-Chancellor, Prof Nilofer Khan, highlighted the importance of Yoga in modern life and said that Yoga offers a pathway to inner peace and resilience, enabling individuals to navigate the challenges of life with a balanced mind and a healthy body.

“The practice of Yoga transcends physical exercise for it is a journey towards self-awareness and social harmony,” she reiterated.

On the occasion, KU Registrar, Prof Naseer Iqbal delivered a special note emphasising the significance of Yoga in promoting holistic health and well-being.

“Yoga is a profound practice that harmonises the mind, body and spirit and at the same time encourages a sense of well-being and balance essential for a healthy lifestyle,” he said.

Director, DPES, Dr Mandeep Singh, said that the varsity’s mission is to integrate physical education and wellness practices like Yoga into the daily lives of our students and staff.

“Today’s celebration is a step forward in that direction, showcasing the unity and enthusiasm of our fraternity,” he said.

Sr Asstt Prof at DPES, Dr Surjeet Singh, conducted the proceedings of the event, while as Dr Iftikhar Ahmad Wani, Dr Naseer Ahmad Bhat and Dr Iqbal Kabir Lone, faculty at DPES coordinated the additional arrangements for the smooth execution of the event.

Gymnasium Coach, DPES, Sheikh Aadil delivered the formal vote of thanks.

The event concluded with the distribution of certificates and refreshment to all the participants.

Meanwhile, KU’s South Campus at Anantnag, also celebrated the International Day of Yoga in which faculty, staff and students participate.

Underlining the significance of Yoga in daily life, Director, South Campus, Prof Raies Ahmad Qadri, highlighted the significance of Yoga in encouraging a balanced and harmonious lifestyle.

“Regular Yoga practice is essential for achieving mental, physical and spiritual stability,” he said.

Assistant Director, Physical Education, Tausif Ahmad Bhat, engaged the participants in various asanas (postures) and breathing exercises and stressed the importance of Yoga in enhancing the overall health and well-being.

The event showcased the growing popularity of Yoga and its vital role in promoting health and wellness.

The session concluded with a collective meditation exercise, allowing participants to reflect on the day's learnings and the profound impact of Yoga on their lives.