

International Yoga Day celebrated at KU's main, south campuses



Srinagar, June 21: The International Day of Yoga was on Wednesday celebrated with active participation of students and officials at the main and south campuses of the University of Kashmir.

At the main campus, the early-morning event was organised by the Office of National Service Scheme in collaboration with the Directorate of Physical Education and Sports (DPES).

Students from the University and various higher secondary schools in Kashmir participated in the programme.

In her special message, KU Vice-Chancellor Prof Nilofer Khan highlighted the theme of this year's International Day of Yoga which lays emphasis on the philosophy of 'One Earth, One Family, One Future' or Vasudhaiva Kutumbakam. She said the youth of J&K have great ability to lead mass awareness on the importance of Yoga and assured that the University will provide all its all-out support in this endeavour.

Registrar KU, Dr Nisar A Mir chaired the International Day of Yoga celebrations and encouraged the students to continue performing Yoga with the same passion and reap its multiple benefits, especially Yoga Asanas leading to inner peace, strength and self-discovery.

He appreciated DPES and NSS for celebrating the IDY every year in the University.

Dean, School of Behavioural Sciences Prof Mehmood A Khan and Controller of Examinations Dr Majid Zaman also spoke on the occasion and underlined the importance of Yoga. Dr Wahid Nasru, Faculty, CCAS KU and officials from DPES and NSS were also present.

Yoga instructors including Ms Danishta Mushtaq from Physical Education College, Ganderbal, and Dr Zahoor ul Haq, Lecturer DPES, imparted training to young students on key aspects of Yoga.

Mirza Irshad Hussain Baig, Section Officer, DPES, and Riyaz Ahmad from NSS, coordinated the event under the supervision of Coordinator DPES/NSS, Dr Mussavir Ahmad.

The South Campus of the University also joined the IYD celebrations. The event was organised by the Department of Physical Education and Sports, South Campus, under the supervision of its Director, Prof Raies Ahmad Qadri.

Prof Qadri spelt out the innumerable benefits of yoga on the body, mind and spiritual well-being of individuals.

Assistant Director, Physical Education, Tausif Bhat, briefed the participants in detail about the significance of International Day of Yoga.