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District Administration Kishtwar

21 June at 17:51 · 🌐

**\*10th International Day of Yoga Celebrated with Enthusiasm across Kishtwar District; Over 1700 enthusiasts participated in Mega Yoga session at historic Chowgan Ground\***  
Kishtwar, 21-06-2024

The tenth International Day for Yoga 2024 was celebrated with great enthusiasm and zeal today across the district Kishtwar with the theme "Yoga for Self and Society."

The mega program was organized by the Ayush Department Kishtwar in collaboration with the District Administration Kishtwar, Department of Youth Services and Sports, Kishtwar Development Authority, Education Department, Indian Army, and paramilitary forces here at the historical and iconic Chowgan Ground of Kishtwar.

Over 1700 enthusiastic participants from diverse backgrounds, including elders, children, women, government functionaries, troops of Police, Army and Paramilitary Forces, and students from different schools in Kishtwar, actively participated and contributed to the grand success of this event.

The International Day for Yoga was celebrated based on the "Common Yoga Protocol" issued by the Ministry of AYUSH, Government of India and under the close supervision of Nodal Officer AYUSH Kishtwar Dr. Vikram Singh Jammwal collaborated by DYSSO Kishtwar Jaffer Haider and Nodal Officer AHWC Kishtwar-Doda Dr Tariq Hussain and their teams.

The event was graced by esteemed dignitaries, including Deputy Commissioner Kishtwar, Dr. Devansh Yadav IAS, SSP Kishtwar Abdul Qayoom, ADC Kishtwar Pawan Kumar Kotwal, ASP Rajinder Kumar, ACR Kishtwar Idrees Lone, ACD Kishtwar Phulail Singh, DSWO Kishtwar Zubair Ahmed, Tehsildar Kishtwar, CMO Kishtwar, Dy CEO Kishtwar, AD Fisheries, CPO Kishtwar, DIO NIC Pankaj Bhardwaj besides Officers of Civil, Army, Para military forces and PRIs also remained present.

The event was led by yoga instructor Nawaz Malik from District Doda and yoga demonstrators Satwik Sharma and Ritu Sharma who provided insights into the benefits of yoga exercises for the prevention of lifestyle diseases and stress management.

The yoga instructor, known for expertise in the field, demonstrated a wide range of asanas, including standing, sitting, and supine postures, showcasing the versatility and benefits of each posture. Additionally, the instructor led the participants through pranayam techniques, emphasizing the importance of controlled breathing for relaxation and overall well-being.

The program concluded with the presentation of mementos, certificates, and a vote of thanks to all the participants. Besides medical camp was organised and ayush medicines were also distributed among the participants by the Ayush Department.

Another mega event of 10th International Yoga Day was conducted by the Ayush Department Kishtwar at Sports Stadium Paddar in collaboration with District Administration. The event was graced by the presence of SDM Paddar, Amit Kumar as chief guest and other dignitaries Tehsil Paddar, Manjeet Singh, DDC member Hari Krishan, Rtd Tehsildar, Dolat Ram were also present at the program.

The Yoga event was led by renowned Yoga Expert Balwan Singh and Yoga instructor Sadam Hussain who demonstrated various yoga asanas and pranayamas to the participants and their benefits. Around 120 participants were present at the event.

Similar celebrations were witnessed throughout the length and breadth of Kishtwar District, including educational institutions under the supervision of CEO Kishtwar R. K. Vashishta, both today and earlier this week, as part of the Yoga Mahatsav.






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