

University of Jammu Celebrates 12th International Day of Yoga 2026 with Great Enthusiasm

The Directorate of Sports and Physical Education, University of Jammu, in collaboration with the Isha Foundation, successfully organized the celebration of the 12th International Day of Yoga 2026 on 21st June 2026 at the Football Ground near Synthetic Track, University of Jammu. The event witnessed enthusiastic participation from a large number of university employees, students, yoga enthusiasts, university sports academies and members of civil society, reflecting the growing awareness and acceptance of yoga as a holistic approach to health and well-being.

The programme commenced with a warm welcome address by Dr. Vimal Kishore, Assistant Professor, Directorate of Sports and Physical Education, University of Jammu, who extended a cordial welcome to the distinguished guests and participants. In his address, he highlighted the significance of International Yoga Day and emphasized the role of yoga in promoting physical fitness, mental well-being, and spiritual harmony.

The yoga session was conducted by Sh. Sanjeev Kumar, Yoga Instructor, University of Jammu, and Mr. Siddhant Magotra from the Isha Foundation, who guided the participants through a series of yoga practices including various asanas, kriyas, pranayama techniques, and meditation exercises. The session was enthusiastically attended by participants from diverse backgrounds who actively engaged in the activities and experienced the benefits of yoga firsthand.

The programme was graced by Dr. Rahilla Parveen, Chief Accounts Officer, University of Jammu, who appreciated the efforts of the Directorate in organizing such a meaningful event and underscored the importance of incorporating yoga into daily life for achieving a balanced and healthy lifestyle.

A major highlight of the event was an advanced yoga demonstration presented by the students of the Yoga Centre, University of Jammu. The participants displayed remarkable flexibility, balance, concentration, and mastery over advanced yogic postures, earning appreciation and applause from the audience.

The entire programme was organized under the direct guidance and overall supervision of Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu, whose continuous encouragement and support contributed significantly to the successful conduct of the event.

Among those present on the occasion were Ms. Manju Gandotra, Mr. Piyush Anand, Sh. Raj Kumar Bakshi, Sh. Ravish Vaid, Sh. Gagan Kumar, Sh. Vikas Karlopiya, Sh. Jai Bharat, S. Padam Dev Singh, Mr. Sumit Kumar, S. Harinder Pal Singh, Ms. Richa Mandla, Ashok Singh Bali, Sh. Ankit Bali, Mr. Gaurav Raina, along with faculty members, officials, and staff of the Directorate of Sports and Physical Education.

The celebration concluded with a collective pledge to adopt yoga as a way of life and to spread awareness about its numerous benefits for individual and societal well-being. The event served as a fitting tribute to the global movement promoting health, harmony, and sustainable living through the ancient Indian tradition of yoga.

