

Drass District Administration Celebrates International Yoga Day; DC reiterates instructions regarding ban imposed on single-use plastic and littering

Drass, June 21, 2026: The District Administration of Drass celebrated the International Yoga Day at Helipad Khandiyal, Drass, today with immense enthusiasm.

The programme witnessed the participation of Deputy Commissioner Drass, Imteeaz Kacho; Superintendent of Police, Drass, Ishtyaq Kacho; LAHDC-Kargil Councillors Abdul Samad and Abdul Wahid, Block Development Officer, Shahid Sultan; Block Medical Officer, Dr. Sajjad Hussain; Station House Officer, Mohammad Abdullah; Zonal Education Officer, Mohammad Ibrahim; Zonal Physical Education Officer, Mohammad Ishaq; Tehsil Supply Officer, Mohammad Syeed Mir Block Veterinary Officer (Sheep Husbandry), Shiekh Aziz and officials of Police and District Administration apart from staff and students of Government Degree College, Drass, and Higher Secondary Schools and High Schools, Ex-Servicemen and people from different walks of life.

The event was organised in accordance with this year's theme "Yoga for Healthy Ageing," highlighting the importance of yoga in promoting physical fitness, mental well-being and a healthy lifestyle for people of all age groups.

Deputy Commissioner Drass, Imteeaz Kacho and Superintendent of Police Ishtyaq Kacho joined participants in performing various yoga asanas under the guidance of trained instructors. Addressing the gathering, the Deputy Commissioner emphasized the significance of incorporating yoga into daily life to achieve a balanced and healthy lifestyle. He urged people, particularly the younger generation, to embrace yoga as a means of reducing stress, improving concentration and enhancing overall well-being.

On the occasion, the Deputy Commissioner informed the participants about the initiative of UT Administration of Ladakh to impose a complete prohibition on single-use plastic and on littering. He highlighted the need for behavioural change and sought cooperation from the public representatives, officials, civil society, media fraternity, market associations, transport unions, students and all stake holders to help the District Administration ensure implementation in letter and spirit. He urged them to start carrying cotton bags or any bag made from non-plastic material while visiting markets for purchase so that shopkeepers are not compelled to give commodities in plastic bags. He also urged business establishments to encourage the use of non-plastic carry bags. The idea is to keep the pristine environment of Drass District need and clean, he added.

The yoga event saw active participation of officers and officials from all Line Departments, public representatives, teachers, students and local residents who enjoyed the mass yoga session thoroughly thus reflecting the District's collective commitment towards health, wellness and holistic living.

The District Administration Drass reiterated its commitment to promoting health awareness initiatives and encouraged citizens to make yoga an integral part of their daily routine for a healthier and happier society.

