

Celebration of International Yoga Day 2026 at Khaltsi

Khaltsi, 21 June 2026: The International Day of Yoga 2026 was observed with great enthusiasm at the DC Office Ground, Khaltsi, on 21 June 2026, under the theme “Yoga for Healthy Ageing.”

The programme was attended by the Deputy Commissioner, Sham, Smt. Kunzes Angmo (JKAS); SDM Khaltsi, Mohd Sharif; representatives of political parties and religious organisations; prominent citizens; officers and officials; villagers; and students and staff of Higher Secondary School, Khaltsi.

The programme commenced with the National Song and the National Anthem.

The event was organised to raise awareness about the importance of yoga in promoting healthy ageing, physical fitness, mental well-being, and a balanced lifestyle. Participants actively took part in various yoga asanas and breathing exercises conducted under the guidance of trained instructors. The programme concluded with the National Song and the National Anthem.

