

District De-Addiction Centre Kargil Celebrates International Day of Yoga 2025 under the banner of “Nasha Mukht Bharat Abhiyan”

Kargil, June 21, 2025: The District De-Addiction Centre (DDAC) Kargil successfully organized awareness stall on the International Day of Yoga under the banner of Nasha Mukht Bharat Abhiyan today with an inspiring Yoga session aimed at promoting a healthy lifestyle and spreading awareness about the benefits of yoga for physical, mental, and emotional well-being.

The event conducted at the Khree Sultan Cho stadium Kargil, witnessed enthusiastic participation. Under the guidance of trained Yoga instructors, participants engaged in a series of yoga postures, breathing exercises, and meditation practices, highlighting the role of yoga in recovery and its contribution to holistic health.

During the awareness camp CEC Kargil, Deputy Commissioner, Director Social Welfare Department, Additional Deputy Commissioner, Joint Director/Chief Planning Officer (nodal officer DDAC), DSWO Kargil (Member Secretary DDAC Kargil) and various other officials appreciated the team for their efforts and commitment towards removing the current drug addiction state of the district.

DDAC organized a massive public awareness stall (IEC Distribution) at the event to promote drug deaddiction services available in the district. DDAC Kargil while providing awareness emphasized the significance of incorporating yoga into daily life, especially for those seeking recovery from addiction.

Manager/Incharge of DDAC Kargil, Imtiyaz Hussain in his conversation with public stated, “Yoga is a powerful tool for rehabilitation, helping individuals build resilience, overcome cravings, and achieve emotional balance. At DDAC Kargil, we are committed to integrating such practices to support our patients on their path to a drug-free and healthy life.”

DDAC Kargil remains dedicated to its mission of providing holistic care and supporting recovery, and it encourages the public to adopt yoga and other wellness practices for a brighter, healthier future.



