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Khaltse, April 25, 2025 – The Zonal Education Officer (ZEO) Khaltse, Ms. Sonam Dolkar, has launched a wellness initiative aimed at promoting physical and mental wellbeing among students by distributing yoga mats across schools in the zone.

As part of this program, students are encouraged to incorporate yoga into their daily routine, particularly during morning sessions, to enhance their energy levels and focus throughout the day. Teachers have been directed to ensure that students practice yoga at least twice a week.

This initiative not only supports holistic development but also prepares students to actively participate in the upcoming International Yoga Day celebrations on June 21. The goal is to instill discipline, improve academic performance, and nurture overall wellbeing among students.

The inaugural yoga session under this initiative was held at High School Lingshed.





