

## **District Administration Kargil Observes 11th International Yoga Day at Khri Sultan Cho Sports Stadium Biamathang**

Kargil, June 21, 2025: The District Administration Kargil today celebrated the 11th International Yoga Day with great enthusiasm at the Khri Sultan Cho Sports Stadium, Biamathang. The event witnessed active participation from officers, students, and the general public, promoting the message of health, harmony, and holistic well-being through Yoga.

Chairman/Chief Executive Councillor, LAHDC Kargil, Dr. Mohd Jaffer Akhoo, Deputy Commissioner/CEO, LAHDC Kargil, Rakesh Kumar, MLA, Bahu Jammu, Vikram Singh Randhawa, Senior Superintendent of Police Shri Ram R., Director Tourism, Director Social Welfare, Director School Education, Joint Director Youth Services and Sports, ASP Kargil Nitin Yadav, Additional Deputy Commissioner, Joint Director Finance, Joint Director Planning, sectoral officers, school children, yoga enthusiasts, and members of the public also attended the event.

Addressing the gathering, Dr. Mohd Jaffer Akhoo emphasized the significance of Yoga as a tool for not only physical fitness but also for mental peace and spiritual well-being. Drawing parallels between prayer and yoga, he highlighted how both practices nurture the body, mind, and soul.

He expressed gratitude to the Hon'ble Prime Minister of India for elevating Yoga to a global platform, with over 150 countries now observing International Yoga Day. He urged people to adopt yoga as a regular part of their lives for overall health and moral balance.

He appreciated the role of the District Administration and line departments for the successful conduct of the event. He also welcomed and thanked the dignitaries from other states who joined the celebration in Kargil.

Deputy Commissioner Rakesh Kumar, while speaking to the media, stressed that Yoga should not be confined to just one day of celebration but practiced daily. He shared plans to introduce regular yoga sessions in schools across the district in coordination with the Chief Education Officer, Kargil.

Ladakh Academy of Art, Culture and Languages (LAACL) organised a special cultural programme showcasing the rich traditions of the region. The master of ceremony, Mr. Ibrahim Shoqi administered a Yoga pledge also vowing to adopt Yoga in daily life.



