

12th International Day of Yoga Celebrated with great Enthusiasm at Holy Chamba,Diskit Nubra, with Massive Participation

Nubra, June 21, 2026: The 12th International Day of Yoga was observed at the holy place of Chamba Diskit, Nubra, in the gracious presence of Deputy Commissioner Nubra, Sh. Mukul Beniwal, IAS.

The celebrations commenced with a 45-minute Yoga session conducted under the Common Yoga Protocol, during which participants enthusiastically performed various Yoga asanas, breathing exercises, and meditation practices. The session witnessed active participation from officials, staff members and students promoting the message of health, wellness, and mindfulness.

Addressing the gathering, the Deputy Commissioner highlighted that Yoga is an ancient tradition of India that promotes the harmonious connection of mind and body. He elaborated on this year's theme, "Yoga for Healthy Aging," emphasizing the vital role of Yoga in fostering a healthy and balanced lifestyle.

The Deputy Commissioner particularly encouraged students to make Yoga and meditation a regular part of their daily routine. He stated that consistent practice of Yoga helps reduce examination stress, improves concentration, enhances mental well-being, and contributes to better academic performance. He stressed that Yoga should not be treated as a one-day activity but adopted as a way of life to experience its long-term benefits.

Concluding his address, the Deputy Commissioner thanked all participants for their wholehearted involvement in the Yoga Day celebrations.

The event witnessed the participation of SDM Nubra, Sh. Jigmet Raftan, JKAS, Ex-Deputy CEC, Sh. Tsering Angchuk, Tehsildar Sumoor, Sh. Tashi Jorgais, Heads of Departments, officials, staff, and students from schools and colleges across Diskit and Nubra.

