

## Karpo Khar embraces wellness on International Yoga Day

### *Tourism Department Kargil organizes Yoga session to mark IDY 2025*

Kargil, June 21, 2025: In connection with the International Day of Yoga, 2025 under the theme 'One Earth, One Health', Tourism Department Kargil today organized a Yoga Session at the famous tourist spot Karpo Khar Meadows in the Suru Valley.

Chairman, Tehsil Legal Services Committee [TLSC] and Munsif Sankoo Deldan Angmo; Assistant Director, Tourism Department, Kargil Muhammad Ali Tak; Headmaster, Government Model High School Sangrah, Hamid Khan; Para Legal Volunteers [PLVs] of Tehsil Legal Services Committee Sankoo; students, teachers and staff members of High School Sangrah besides the officials of Tourism Department and Forest Department Kargil attended the Yoga session.

To mark the day and raise awareness of the benefits of practicing yoga, the participants gathered early morning at the Karpo Khar Meadows and enthusiastically participated in the event.

During the course of the Yoga Session, Physical Master and Yoga Instructor, Javed Iqbal led participants through a series of 'asanas' (postures), 'pranayama' (breathing exercises), and meditation techniques, emphasizing the holistic approach of yoga for physical, mental, and spiritual well-being. He said that Yoga is not only a physical practice but a complete lifestyle that enables a human being to discover and realize his physical and mental abilities.

Speaking on the occasion Chairman, TLSC Deldan Angmo stated that International Yoga Day is a powerful reminder of the importance of health and harmony. She further said that Yoga offers a path to inner peace and a healthier lifestyle, increased concentration levels and other innumerable health benefits, adding events like these are crucial for fostering well-being. The Chairman, TLSC also said that yoga is a powerful tool for individual and collective health with great universal appeal and timeless relevance.

Earlier, while welcoming the guests and participants, Assistant Director, Tourism Department, Kargil Muhammad Ali Tak while underlining the importance of Yoga for physical and mental well being stated that practicing yoga brings a sense of calm and energy and further expressed the need to incorporate yoga into one's daily routine for a healthier and more balanced existence.

Meanwhile, participants expressed their joy and gratitude for the opportunity to practice yoga in the serene environment of Karpokhar which provided an ideal backdrop for the event, enhancing the overall experience for attendees.



