

International Yoga Day Celebrated at Sub-Division Liker and Tehsil Saspol.

Khaltse, June 21, 2026: International Yoga Day was celebrated with great enthusiasm at Ladakh Model High School, Liker, under the global theme “Yoga for Healthy Aging.” The event commenced at 7:00 a.m. and witnessed the active participation of Sub-Divisional Magistrate, Liker, Shri Gurmat Namgyal, along with officials and employees from the Veterinary Department, medical staff from the Upper and Lower Health Centres, members of the School Management Committee (SMC), senior students, and staff of Ladakh Model High School, Liker.

The programme began with a brief introduction highlighting the importance of yoga in promoting physical fitness, mental well-being, and a healthy lifestyle. Participants performed various yoga asanas and breathing exercises under the guidance of trained instructors, emphasizing the need to incorporate yoga into daily life for overall health and wellness.

Meanwhile, International Yoga Day 2026 was also celebrated with great enthusiasm at Higher Secondary School, Saspol, under the theme “Yoga for Healthy Ageing.” Tehsildar Saspol, Tanveer Ahmad, government employees, and school students actively participated in the programme and performed various yoga exercises aimed at promoting physical, mental, and emotional well-being.

The event witnessed enthusiastic participation from all sections of society and was a grand success. Speakers highlighted the significance of yoga in maintaining a healthy lifestyle and fostering overall wellness among people of all age groups.

Participants expressed their commitment to practicing yoga regularly and appreciated the initiative for promoting health, harmony, and mindfulness within the community.

