

Celebration of 4th International Day on Yoga by Raj Bhavan J&K on 21st June, 2018.

Celebration at Sher-i-Kashmir Indoor Sports Complex, Srinagar

Governor attended the 4th International Yoga Day organised by the Directorate of Indian Systems of Medicine and Homeopathy, J&K, in early morning at the Sher-i-Kashmir Indoor Sports Complex.

Governor observed that Yoga is a scientific method maintaining the health and balance of the mind and body and its techniques have now been reoriented to suit modern sociological needs and lifestyles, thereby helping in mitigation of diseases and promotion of health.

Emphasising the importance of Yoga for physical and mental fitness, Governor stressed that yoga should be taught at educational institutions and there should also be special arrangements for teaching it to senior citizens.

Governor participated in the Yoga exercises conducted by Sh. Deepak Sharma, Yoga expert. In this session over 1000 participants of all age groups participated.



GOVERNOR N N VOHRA PARTICIPATED IN THE 4th INTERNATIONAL DAY ON YOGA AT SHER-I- KASHMIR INDOOR SPORTS COMPLEX SRINAGAR.

Celebration at Raj Bhavan, Srinagar.

The 4th International Yoga Day was observed at the lawns of Raj Bhavan, where experts from Yoga Society of Kashmir conducted a 45 minute session of a Yoga demonstration exercises.

Governor N.N. Vohra, First Lady Usha Vohra, Sh. Umang Narula, Principal Secretary Governor; and household, Secretariat and security officers and staff of the Raj Bhavan participated in the yoga session.



4th INTERNATIONAL DAY ON YOGA AT RAJ BHAVAN, SRINAGAR

Celebration at Shri Mata Vaishno Devi Shrine Board(SMVDSB), Katra

4th International Day of Yoga was also observed by Shri Mata Vaishno Devi Shrine Board at its Sports Complex at Katra on 21 June 2018 as per the directions of Governor and Chairman SMVDSB. Around 300 participants from different educational institutions and social organisations, besides prominent

citizens, people of the area, pilgrims, sports persons and members of the Sports Complex and officers/staff from SMVDSB, Police and CRPF took part in the Yoga event. The participants performed a series of *asanas* and *pranayam* during the 45-minute programme under the supervision of Mr. Dinesh Kumar, a Yoga expert.



CELEBRATION OF 4th INTERNATIONAL DAY ON YOGA BY SMVDSB AT SPORTS COMPLEX, KATRA