



June 21, 2022

Eighth International Yoga Day observed with zeal at IUST

Islamic University of Science and Technology Awantipora Kashmir observed International Day of Yoga at the campus today, and a large number of students, scholars and university officials participated in the event. The event was organized by the Directorate of Physical Education & Sports of the university.

The event was organized to spread awareness about the importance of Yoga. During the event, the participants performed multiple asanas. Highlighting the essentiality of yoga in a pandemic era, Dr. Hilal A Rather (Asstt. Director, Directorate of Physical Education) said that yoga plays a significant role in psycho-social care and is helpful in allaying mental health problems. He further said, “The IUST is conducting regular sessions of Yoga for students and employees in future as it is an effective treatment for a variety of autoimmune diseases because it can reduce the symptoms these diseases often cause, such as stiffness, malaise, fatigue and weakness”.

United Nations proclaimed 21 June as the International Day of Yoga on December 11, 2014. Consequently, the first International Yoga Day was observed on June 21, 2015. Yoga Day is celebrated across the globe to highlight the importance of Yoga and its role in keeping the body and mind in perfect health.