



Public Relations and Media Centre

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IUST Celebrates Yoga Day

Awantipora, June 21: The Islamic University of Science and Technology (IUST) celebrated International Yoga Day with a special event attended by students and staff. Vice Chancellor Prof. Shakil Ahmad Romshoo spoke on the occasion, highlighting this year's theme, "Yoga for Self and Society." He emphasized that yoga promotes individual well-being and social harmony, noting that its benefits are scientifically proven. Prof. Romshoo also remarked on the ancient Indian tradition of Yoga being scientifically proven to have a bearing on health and wellness and the declaration of June 21 as the International Yoga Day by the United Nations is a testament to the global recognition of this practice.

He further emphasized that IUST is committed to integrating Indian Knowledge Systems, including AYUSH and yoga, into the curriculum to foster the development of well-rounded students. The event was organized by the Directorate of Physical Education and Sports, where Dr. Hilal Ahmad Rather, Assistant Director of DoPE, demonstrated various yoga postures, breathing exercises, and meditation techniques aimed at improving physical flexibility, mental clarity, and overall health.