



June 21, 2023

***International Yoga Day observed at IUST***

Awantipora, June 21. Islamic University of Science and Technology Awantipora Kashmir observed International Day of Yoga at the campus today. The event organized by the Directorate of Physical Education & Sports was attended by a large number of students, faculty and staff.

Dr Hilal Ahmad, Asstt. Director Physical Education IUST introduced the participants to different asanas and explained their benefits. He said that in the present times where individuals grapple with stress, the benefits of yoga have been well established for a healthy living.

Yoga day is celebrated every year on June 21 after United Nations proclaimed 21 June as the International Day of Yoga on December 11, 2014 with the aim to highlight the importance of Yoga and its role in keeping the body and mind in perfect health.