



June 21, 2025

IUST Celebrates International Yoga Day 2025

Awantipora, June 21: The Islamic University of Science and Technology (IUST) celebrated 11th International Day of Yoga with great enthusiasm, aligning with this year's global theme "Yoga for One Earth, One Health." The event witnessed active participation from university officials, faculty members, staff, students, and NSS volunteers, all coming together to embrace the ancient Indian practice of yoga for holistic well-being.

The program, jointly organized by the Centre for AYUSH Science and the Directorate of Physical Education & Sports (DoPE), featured comprehensive yoga sessions conducted by Dr. Hilal Ahmad Rather, Assistant Director of DoPE. Participants engaged in various yoga asanas (postures), pranayama (breathing techniques), and meditation practices including Tadasana (Mountain Pose) and Vrikshasana (Tree Pose), aimed at enhancing physical flexibility, mental clarity, and overall wellness. The event beautifully captured the essence of the Indian principle "Sarve Santu Niramaya" (May all be free from disease), emphasizing yoga's role in creating harmony between individual health and global well-being.

Prof. Abdul Wahid Makhdoomi, Registrar IUST, reiterated the university's dedication to promoting yoga as an integral part of campus life. "At IUST, we believe yoga is not merely an exercise but a way of life that fosters holistic development," he stated. "'Yoga for One Earth, One Health' perfectly captures how this ancient practice addresses modern challenges of both personal wellness and environmental sustainability."

Prof. Ayaz Hassan Moon, Dean of Academic Affairs, elaborated on the university's pioneering efforts to incorporate Indian Knowledge Systems (IKS) into its academic framework, saying, "Through Centre for AYUSH Science, we are bridging ancient wisdom with modern education."

Prof. Ayub Qadri, Dean School of Health Sciences, highlighted yoga's proven benefits for physical and mental health, noting its global recognition by the United Nations. "The global acceptance of yoga, as evidenced by the UN declaring June 21 as International Yoga Day, validates its universal appeal and effectiveness," he remarked.

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