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JKRLM celebrates 8th International Yoga Day across J&K

SRINAGAR, JUNE 21: Jammu Kashmir Rural Livelihoods Mission, (JKRLM) on Tuesday celebrated 8th International Day of Yoga across various blocks of the Mission, wherein SHG members participated in the event and received orientation training about Yoga practices and its advantages in maintaining good health.

This year, the Ministry of Ayush has coined the theme "Yoga for Humanity". Hence, focusing on the theme several programmes were organized across various Blocks where NRLM is implemented and the SHG members were encouraged to practice yoga in their daily lives for healthy lifestyle.

With an effort to make the SHG members conscious about various benefits of Yoga, a series of events on Yoga sessions were organized by the Mission in convergence with Department of Ayush from June 14 to June 22, both in online as well as in offline mode. Emphasizing the importance of Yoga for physical and mental fitness, Mission Director JKRLM, Indu Kanwal Chib said that Yoga has various health benefits and keeps the human body active and strong. It takes only 30-40 minutes in the morning which is less than the time we spend on other activities, Yoga is beneficial for everyone and helps in reducing the stress level in our daily lives.

We should not make Yoga day restricted or limited to 21 June only but should make it an important segment of our daily lives," she added.

She advised all the officials of the Mission to practice yoga on a daily basis and also encourage the SHG members to practice it in their daily lives.