

International Day of Yoga 2025

Theme: "Yoga for One Earth, One Health"

The Cooperative Department, Jammu & Kashmir, actively participated in the International Day of Yoga (IDY) 2025, commemorated worldwide on June 21.

To mark the occasion, a yoga session was organized at the Registrar Cooperative Complex, Jammu, featuring Yoga Asanas, Sooksham Kriyas, and Pranayam. All block and district offices, as well as *cooperative schools and institutions*, participated in **Yoga Sangam**, a synchronized yoga demonstration held across the country from 6:30 AM to 7:45 AM. As part of the **Harit Yoga** initiative, tree plantation drives and cleanliness activities were also conducted, promoting wellness and sustainability.

These activities were in line with this year's theme, "Yoga for One Earth, One Health", which underscores the interconnectedness of individual well-being and planetary health, promoting a holistic approach to sustainable living.



