

District Legal Services Authority (DLSA), Leh, observes International Yoga Day

Leh, June 21, 2026: District Legal Services Authority (DLSA), Leh, observed International Yoga Day on 21st June 2026 at the District Court Complex, Leh, at 7:30 A.M., in compliance with the directions issued by the Hon'ble High Court of Jammu & Kashmir and Ladakh.

The programme was organized to promote physical well-being, mental health, holistic wellness, mindfulness, and the significance of yoga in fostering a healthy and balanced lifestyle. The event was attended by Ms. Spalzes Angmo, Principal District & Sessions Judge, Leh and Chairman, District Legal Services Authority, Leh; Ms. Phuntsog Angmo, Chief Judicial Magistrate, Leh; Mr. Wangial Tsering, Secretary, District Legal Services Authority, Leh; ministerial staff of the District Judiciary, and Para Legal Volunteers (PLVs).

They also conducted practical yoga sessions and demonstrated various yoga postures and practices, including Tadasana (Mountain Pose), Standing Asanas, Trikonasana (Triangle Pose), Vrikshasana (Tree Pose), Surya Namaskar (Sun Salutation), Bhadrasana (Gracious Pose), and Pranayama (breathing exercises) and concluded with meditation session encouraging participants to adopt yoga as a regular part of their daily routine.

