

## International Yoga Day celebrated at PHC Thiksay

Thiksay, June 21, 2025: The 11th International Day of yoga with the theme; Yoga for One Earth, One Health was celebrated at PHC Thiksay today.

The yoga session was led by certified yoga instructor Ms Rinchen Dolma. She educated the community with detailed information about the importance & benefits of practicing yoga regularly in daily life . She emphasised that yoga would not only help one to develop physically but it will also help one to develop mentally, emotionally as well as spiritually & be present. She instructed various Asanas/Pranayama to reduce many diseases and concluded the session with Dhyana/ meditation.



