

## DLSA Kargil celebrates International Yoga Day at District Court Complex

Kargil, June 21, 2025 – As per the direction of the Hon'ble High Court of J&K and Ladakh and as per the action plan provided by the Ladakh Legal Services Authority, the District Legal Services Authority Kargil celebrated **International Yoga Day** on **21<sup>st</sup> June 2025** in the premises of District Court Complex Kargil.

The event was held under the Chairmanship of Ms. Spalzes Angmo Chairman DLSA in the presence of Mr. Wangial Tsering Ld. CJM Kargil, Mr. Chemit Yurgyal Ld. Secretary DLSA Kargil. The event saw enthusiastic participation of DLSA panel lawyers, bar members, LADC staffs, court staffs, yoga instructors namely Mohd Hassan, Mukhtar Ahmad, Altaf Hussain & PLV's.

The event was held with an aim to propel yoga into a wide spread moment promoting global health and peace and to raise awareness about the numerous benefits of yoga in enhancing the physical, mental and spiritual wellbeing.

Instructors made participants aware about the benefits of yoga and said that yoga is an invaluable gift of ancient Indian tradition. Yoga helps in physical development and mental relaxation as well as development of strength, flexibility and immunity. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and nature.



