

International Yoga Day Celebrated at District Court Complex Kargil

Kargil, June 21, 2026: District Legal Services Authority, Kargil, under the aegis of Ladakh Legal Services Authority, celebrated “International Yoga Day” under this year’s global theme “Yoga for Healthy Ageing” in the premises of District Court Complex Kargil.

The event was held under the Chairmanship of Mr. Sheikh Gowher Hussain Chairman DLSA/PDSJ Kargil, in the presence of Mr. Tsewang Phuntsog Ld. CJM Kargil. The event saw enthusiastic participation of DLSA Panel Lawyers, LADC Staffs, Court Staffs, Yoga Instructors Mr. Fazil Mukhtar and Mr. Altaf Baig & Adhikar Mitra's (PLV's).

The participants performed a series of yoga asanas, breathing exercises, and meditation practices, like Tadasana (Mountain Pose), Vrikshasana (Tree Pose), Bhujangasana (Cobra Pose), Trikonasana (Triangle Pose), Vajrasana (Thunderbolt Pose), Padmasana (Lotus Pose), Surya Namaskar (Sun Salutation), Anulom Vilom (Breathing Exercise), Bhramari Pranayama (Bee Sound Breathing), Shavasana (Relaxation Pose) highlighting the importance of yoga in maintaining physical and mental well-being. The event aimed to spread awareness about the benefits of yoga and promote a healthy lifestyle among the youth.

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.

