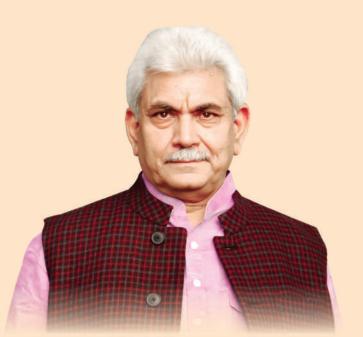
STATE TIMES



Manoj Sinha Lieutenant Governor, J&K









21 JUNE

8th INTERNATIONAL DAY OF

Celebrations at 75 Iconic Sites across India as a part of Azadi Ka Amrit Mahotsav including 3 iconic sites in UT of Jammu & Kashmir

Mass Yoga Demonstrations on June 21, 2022 at:

- BSF BOP Octroi Suchetgarh, Jammu led by Dr. Jitendra Singh, Union Minister
- Sher-i-Kashmir International Convention
 Centre (SKICC) Srinagar
 led by Kapil Moreshwar Patil, Union Minister
- Martand Sun Temple Anantnag Kashmir led by Dr. Bharati Pravin Pawar, Union Minister

Guardian Ring:

Showcasing celebrations in 75 countries with the movement of Sun in 16 time zones (Live on DD India)

For active participation register yourself on Ayush Yoga Registration portal

https://yoga.ayush.gov.in/

Comprehensive Video tutorials to practice common Yoga Protocol are available on our official website www.jkdism.in

