



**Manoj Sinha**  
Lieutenant Governor, J&K



**YOGA FOR HUMANITY**

**21 JUNE**  
**8<sup>th</sup> INTERNATIONAL**  
**DAY OF**  
**YOGA**  
**2 0 2 2**

**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](http://www.jkdism.in)**

DIP/J-1323-P/22



Directorate of AYUSH J&K



Directorate of ISM Ayush J&K

**आओ योग करें,**  
**सदा निरोग रहें**