

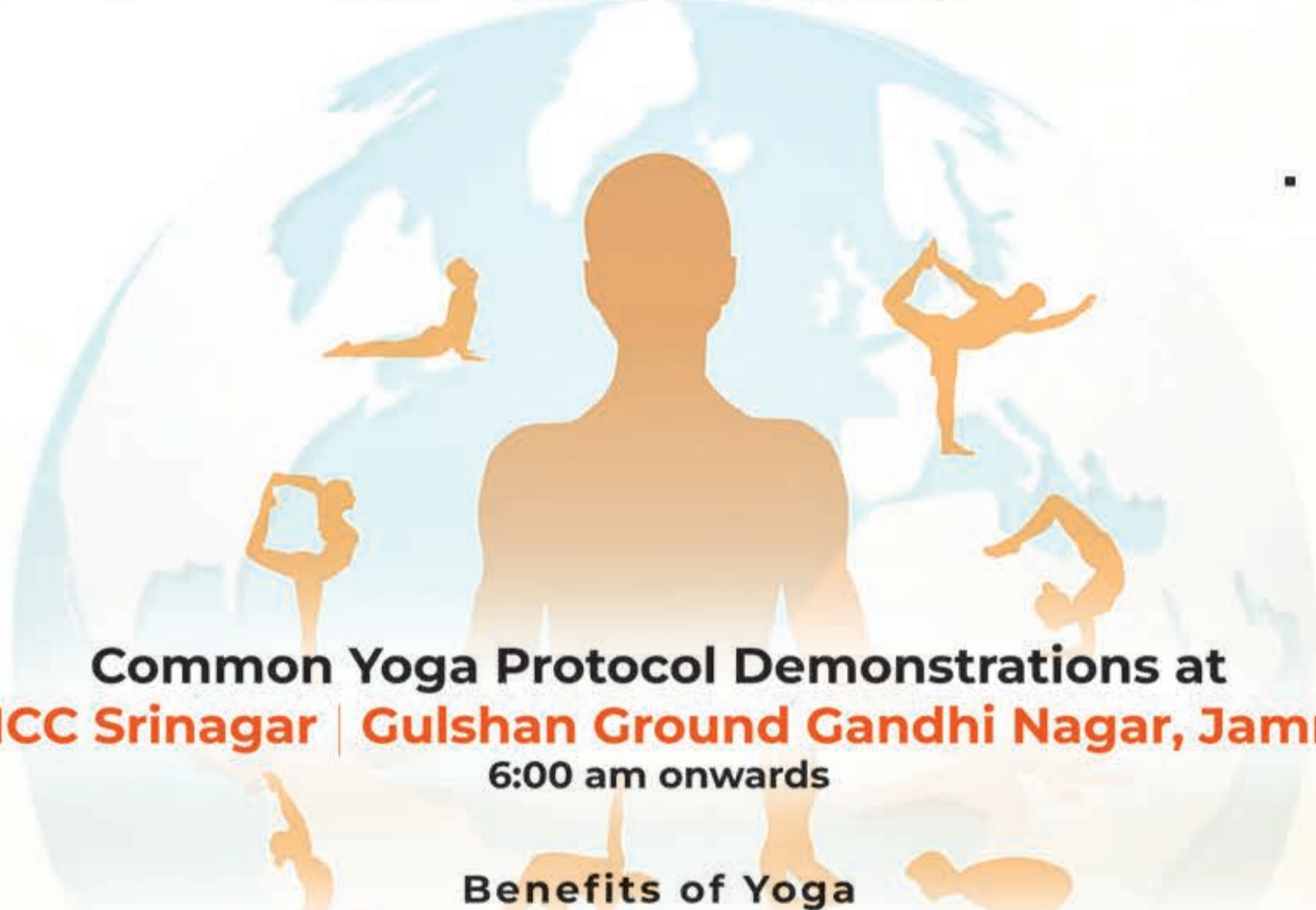


BE A PART OF THE GLOBAL WAVE  
OF WELLNESS AND UNITY

# INTERNATIONAL DAY OF YOGA

YOGA FOR ONE EARTH, ONE HEALTH

— 21<sup>ST</sup> JUNE 2025 —



Common Yoga Protocol Demonstrations at  
**SKICC Srinagar | Gulshan Ground Gandhi Nagar, Jammu**  
6:00 am onwards

#### Benefits of Yoga

- Improves flexibility and strength
- Boosts energy and sleep quality
- Reduces stress and anxiety
- Enhances focus and emotional balance
- Supports overall health and immunity

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