

PRESS RELEASE

Imphal, the 21st June, 2024

“OBSERVANCE OF INTERNATIONAL DAY OF YOGA - 2025”

International Day of Yoga is observed today with much energy and enthusiasm under the theme “Yoga for One Earth, One Health” at the office of Manipur State Legal Services Authority (MASLSA), ADR Centre, Lamphelpat. The programme was participated by Mr. Alek Muivah, Member Secretary, MASLSA along with the Officers and staff members of the office of Manipur State Legal Services Authority & District Legal Services Authorities.

Ms. R.K. Disila Devi, UDC of MASLSA as Yoga Instructor guided the participants in performing various yoga postures such as surya namaskar, pawan mukta asana, markat asana, nauka asana, kapalbhati, anulom vilom etc.

The main focus of today’s observance is to raise awareness of the benefits of practicing yoga and to relieve stress and physical discomfort faced by the employees such as backpain due to prolong sitting in the office through yoga practice.

Sd/-
(Alek Muivah)
Member Secretary,
Manipur State Legal Services Authority