

District Court Meerut

Date: 21.06.2024

District Court Meerut Celebrates International Yoga Day at Session House

The **International Day of Yoga** is a day in recognition of Yoga, that is celebrated across the world annually on 21 June, following its adoption by the United Nations in 2014. As Yoga exercises have shown significant benefits for physical and mental well-being, it was considered important by the UN to globally promote this wellness practice, which originated in ancient India





