

Press Release from Department of Ayush

12th International Day of Yoga Observed at Rhenock

Rhenock, June 21: A special yoga session celebrating the 12th International Day of Yoga was organized at the Development Area, Rhenock, Pakyong District.

Centered on the official theme, "Yoga for Healthy Ageing,"

The program drew a total of 80 participants who actively followed the demonstration of the Common Yoga Protocol.

The diverse gathering included personnel from the Police Department, Self-Help Groups (SHGs), Social Welfare Organizations, school students, and health staffs.

The event was led and organized by Dr. Aswin J. Kharka (MOIC AYUSH Homoeopathy) and Sita Adhikari (Pharmacist and Organizer) to promote community health and wellness.