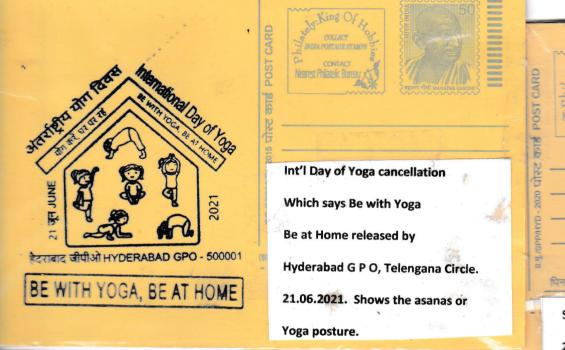
## YOGA THROUGH PHILATELY

Harmony and Peace for humanity is the essence of Yoga. International Day of Yoga is celebrated on 21<sup>st</sup> June of every year round the globe and India brings out special cancellation, camps etc. The exhibit showcases some of the best material like stamp, souvenir sheet, FDC, special cancellation etc.

The stamp shows Ashwa Sanchalansana. Asana which means Equestrian pose. It is derived from three words Ashwa meaning horse, sanchalansana meaning movement and asana posture. The stamp was released in the year 2016, value 2500ps, multi colour, Wet Offset, SPP Hyderbad.





भारत INDIA

## 21.06.2021

## TRIERRA LINTERNATIONAL DAY OF YOGA

the yoga, which reflects the union of self consciousness with that of the universal consciousness. A perfect harmony between mind and body, man and nature. Greenl eaves symbolizes nature, blue water element, the holistic approach to health and well being. The brown symbolizes the earth element, brightness symbolizes the fire element, sun symbolizes the source of energy and inspiration. The logo reflects harmony and peace for humanity. Issued on 21.06.2015.