

HC judges, staff to join yoga classes

New Delhi: With International Yoga Day coming up on June 21, the Delhi high court kicked off a series of yoga classes within its premises for judges and office staff.

Acting chief justice Gita Mittal inaugurated the classes in the presence of justices P.S. Teji and C.Hari Shankar on June 9. They also joined the staff and officers in the yoga class conducted by an expert. The idea of the classes, according to sources, came from the acting chief justice who believes yoga could relieve the stress that judicial officers and staff go through.