

SSDF Team Observes International Yoga Day 2025



On **June 21, 2025**, the **Safety Skills Development Foundation (SSDF)** observed **International Yoga Day** with an in-house team celebration focused on promoting wellness and mindfulness at the workplace.

The SSDF team engaged in a guided session featuring yoga poses, stretches, and breathing exercises — reinforcing the connection between **mental clarity, physical health, and workplace safety**.

Celebrated under the global theme “*Yoga for Self and Society*”, the initiative highlighted SSDF’s belief that nurturing our own well-being is essential to nurturing a safe, productive, and positive work environment.

This internal celebration reflected SSDF’s commitment to integrating holistic wellness into its organisational culture and daily practices.



