

INTERNATIONAL YOGA DAY – 2020

“Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action, health and well-being.

Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature.”

Coinciding with the summer solstice, June 21 was observed as International Yoga Day, recognising the many benefits of the ancient Indian practice of yoga. The year 2020 marks the 6th International Yoga Day. The day is being celebrated since 21 June, 2015.

The theme for International Yoga Day 2020 was Yoga for Health - Yoga at Home. The theme highlights that yoga is a powerful tool to deal with stress of uncertainty and isolation and helps maintaining physical well-being. In the wake of COVID-19 pandemic, this year it was observed virtually. Students took part in the event within the confinements of their families for company, performing the exercises based on the guidelines initiated by the United Nations.



