International Yoga day to be celebrated through digital platform this time

In view of the COVID-19 pandemic, this year's **International Yoga Day on 21st of June**, will be celebrated on digital media platforms and there would be no mass gatherings. **This year's theme is 'Yoga at Home and Yoga with Family'.**

Ministry of Ayush has also appealed to the people to join the world for the Yoga performance on the occasion of 6th International Day of Yoga on 21st June at 7:00 AM from their homes. It said, people should prepare for the Yoga performance according to Common Yoga Protocol (CYP).

Ministry of AYUSH in association with Prasar Bharati is also organizing a daily telecast of the Common Yoga Protocol on DD Bharati.

The Protocol sessions are being telecast daily in the morning from 8 AM to 8:30 AM. The half an hour session will cover all the major aspects of the Common Yoga Protocol.