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.