

International Yoga Day 21 June 2020

International Yoga Day 2020: COVID-19 pandemic, the celebration of the International Yoga Day 2020 was at home with the family members. PM Narendra Modi urges people to make yoga a part of daily life as according to him peace and harmony are related to Yoga.

This year, 6th International Yoga Day is celebrated on 21 June. 'My Life My Yoga' is a unique video blog competition which was announced by the Ministry of AYUSH (MoA) along with the Indian Council of Cultural Relations (ICCR) in 2020 for yoga. The participants have to make a 3 minutes video of performing yoga 'asanas'. The contest was started on 1 June and videos submission date from 15 June was extended by the MoA and ICCR which coincide with the International Yoga Day 21st June, 2020.

International Yoga Day is celebrated every year on 21 June to raise awareness worldwide about the benefits of Yoga in daily life. Yoga brings balance between body, soul and mind. It helps us to understand the purpose of life and how to survive in the changing environment. "PM Narendra Modi at Jharkhand capital Ranchi urged people "We should make efforts to take yoga from cities to villages and tribal areas. Yoga is above religion, caste, colour, gender and region, it is above everything," Yoga is an ancient practice which brings together physical, mental disciplines to achieve a peaceful body and mind. Yoga is a form of exercise that is performed through diet, breathing and physical posture. Since five years, International Yoga Day is celebrated annually. International Yoga Day is also known as World Yoga Day. The 6th International Yoga Day 2020 theme is 'Yoga for Health-Yoga at Home'. Director of ASM's IPS, Dean, All Teaching Staff, Non-Teaching Staff and Students Performed asanas and breathing practices online and send their videos and clicks for the same.

Yoga-Poses by IPS- Student



Yoga-Poses by IPS- Faculty Members

