



**Embassy of India
Abu Dhabi**



Observation of the International Day of Yoga 2020 using virtual platforms

The International Day of Yoga (IDY) is celebrated every year across the world on 21 June. Due to the COVID19 pandemic this year, it is not possible to celebrate the IDY 2020 in traditional manner. In view of the restrictions on public assembly and in keeping the tenets of social distancing in place, the IDY 2020 would be observed online using social media and virtual platforms. The theme for the 6th IDY to be observed on 21st June 2020 has been decided as “Ghar Ghar Se Yoga – Yoga from home”. All yoga enthusiasts in the UAE are requested to contribute actively to make 6th IDY a big success despite the revised format. Emphasis on the benefits of the yoga for mental and physical fitness in these difficult times would be useful.

As per the theme of 6th IDY, yoga enthusiasts may contribute by uploading a short video on their twitter handles of their performing a yogasana at home. The duration of the video should not exceed 2 minutes and the video should have a brief introduction about the yogasana and its benefits. The video should preferably be shot in landscape mode in HD quality using a tripod. The following simple steps should be followed to upload the videos on twitter :

- i) follow the twitter handle of the Embassy @IndembAbuDhabi and CGI Dubai @cgidubai
- ii) Upload the videos using the following hashtags & tags :
#IDY2020 #YogaForHarmonyAndPeace #GharGharSeYoga #YogaFromHome
#UAEIndia
@IndembAbuDhabi @cgidubai @moayush @ICCR_Delhi

Yoga experts and Yoga teachers in the UAE are also requested to upload videos of duration upto 10 minutes on youtube. These videos could be based on focused yoga sessions on themes such as yoga for respiratory system, yoga for children, yoga for health-care workers, yoga for police personnel, corporate yoga, yogic diet etc. Links to these videos can be shared on twitter by following the same steps as given above for yoga enthusiasts and using same hashtags & tags.

Selected videos will be re tweeted from our official twitter handles and could be used suitably on social media and virtual platforms of the Government of India for observation of IDY 2020.
