

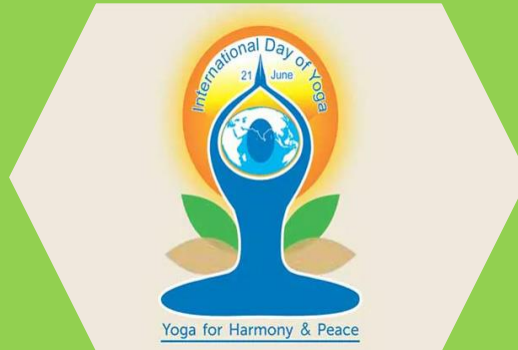


INTERNATIONAL YOGA DAY (21 June)



'Yoga at Home and Yoga with Family'

The International Yoga Day will be celebrated on digital media platforms and there would be no mass gatherings this year in view of coronavirus outbreak. join the celebrations virtually at 7 am on June 21.



**Beat the
boredom with
yoga**

**Practice yoga
for stress
relief**

**Practice yoga for
relaxation and
mindfulness**

Daily five Yogasanas for better wellbeing

SURYANAMASKAR



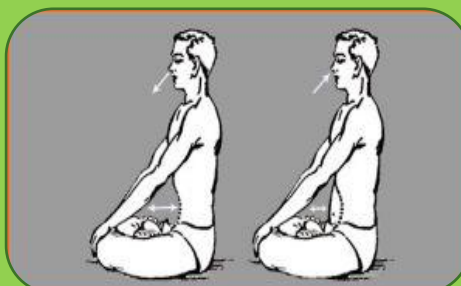
BALASANA



PASCHIMOTTANA



KAPALBHATI



NADISHODHANA





By : G.O.I



Ministry Of AYUSH

**Last Date for entries -
21 June 2020**

VIDEO CREATION GUIDELINES

**Participants expected - Less than 18 yrs (M/F)
Greater than 18 yrs (M/F)
Yoga Professionals (M/F)**

**1. Make a video in
landscape mode in any
Yoga pose not
exceeding 3 minutes.**



**2. Put out a message or
description on how it helped
you.**

**3. Upload video on Facebook,
Instagram, Twitter make sure
to make it public.
Tag Ministry of Ayush
account with 2 #**

**4. # Country e. g- My Life My Yoga (Country Name)
Category e. g- Male/Female (Youth)
Male/Female (Adult)
Male/Female (Yoga Professionals)**

OR

UPLOAD ON www.mylifemyyoga2020.com



21 जून | रविवार

आइये योग को बनायें अपनी दिनचर्या का अभिन्न अंग
करें एक नयी शुरुआत 21 जून से
अंतर-राष्ट्रीय योग दिवस के अवसर पर

आप सादर आमंत्रित हैं
अंतर-राष्ट्रीय योग दिवस ऑनलाइन कार्यक्रम में

21 जून | रविवार | प्रातः 6:30 से

जुड़ें www.tiny.cc/yogalive पर

निवेदक
दिलीप जावलकर
सचिव, आयुष एवं आयुष शिक्षा

कॉमन योग प्रोटोकॉल बुकलेट डाउनलोड
करने हेतु QR Code स्कैन करें
अथवा tiny.cc/yogabook पर
विजिट करें

