

# Report on International Yoga Day 2020-“YOGA AT HOME AND YOGA WITH FAMILY”

International Day of Yoga is a global event celebrated on every 21st of June. This year the whole world will celebrate the Sixth International Day of Yoga. This day was declared by UNITED NATIONS GENERAL ASSEMBLY (UNGA) in December 2014. Yoga works at three levels, Firstly, it can improve immunity, second you can avoid depression by practicing yoga and third yoga helps to set new goals for the global community so that we can be stronger.

*Theme of International Day of Yoga 2020 is -“Yoga at home and Yoga with family”.*

The theme is declared by the Ministry of Ayush India. This year’s theme shares a message that during COVID-19 people must stay home with family and should do yoga regularly as it is shown that yoga can be one of the best therapeutic during a pandemic. We have organised some online events as follows-

*Capture The Posture Contest!*

*Art Competition!*

*Caption Contest!*

These contests have been organized to raise public awareness about the vital role played by yoga in our daily lives. These contests has given a chance to all participants to use their creativity amidst the COVID-19 crisis. There were some prize money also. More than 40 participants have participated and submitted their responses.

**Prizes (individually for each events)**

**First place: 700/-**

**Second place: 500/-**

