

International Yoga Day- 21st June, 2020

KVK Chinyalisaur (Uttarkashi)

Theme: Yoga at Home and Yoga with Family

Like previous years, 6th edition of the International Day of Yoga observed on 21st June, 2020 at KVK Chinyalisaur (Uttarkashi). The theme decided for the year 2020 was “Yoga at Home and Yoga with Family”. In the wake of COVID-19, thus observing social distancing and avoiding mass gathering, the event was celebrated by the KVK officials at their respective homes, along with their family members, as per Common Yoga Protocol released by GOI (Ministry of AYUSH).

Yoga is all inclusive and a holistic approach to everyday health. There is no age bar or any kind of exclusion. After a light warm-up exercise, different yoga postures/ aasanas like Bhadrasana,, Bhujangasana, Pawana Muktaasana, Surya Namaskar etcetera were practiced and session was ended with a short mindful meditation. Yoga is a great opportunity to imbibe the value of discipline that must be followed lifelong for sound mind & healthy body.

Some photographs of the event are us under:



