

**Embassy of India
Khartoum**

PRESS RELEASE

Celebration of International Day of Yoga 2020 on 21 June - Yoga from Home

International Day of Yoga (IDY) 2020 comes at a time when humankind is waging a spirited battle to defeat the COVID-19 pandemic. In the current scenario, when people all around the world are adapting their lives to the new reality of this pandemic, Yoga has become even more relevant. It has helped many maintain a healthy regimen during the long periods of lockdown and isolation and boosted their immunity, respiratory system and given a sense of balance in these extraordinary and trying times. In addition to the Yoga Asanas, Yoga includes numerous breathing exercises, which could be beneficial to strengthen the respiratory system. Yoga also offers relief from lifestyle-related diseases that are affecting a great number of people.

This unprecedented healthcare challenge will certainly limit the possibilities for collective celebrations. Therefore, it is planned to celebrate IDY 2020 from homes. The thrust of the celebration will be “Ghar Ghar Se Yoga – Yoga from Home” to encourage social distancing while practicing yoga at home keeping in view the lock-down and social distancing measures adopted by Sudan and other countries to fight the COVID-19 pandemic..

The Embassy of India, Khartoum invites you to join us live on **Sunday 21 June 2020**, from 09:00 to 10:00 EST from your home and follow and practice the demonstration of Yoga Protocol live at <https://web.facebook.com/Indiainsudan>

The Embassy will welcome videos of IDY celebrations by individuals/families to be posted on the Embassy’s social media platforms and also to be sent to India for wider publicity through Government of India’s social media and other appropriate means.

Yoga is an ancient practice that entails physical, mental and spiritual exercises necessary for overall well being and health of an individual. It originated in the ancient traditions of India. The word ‘yoga’ derives from Sanskrit language and means to join or to unite, symbolizing the union of body and consciousness. Yoga is a vibrant and timeless tradition that is a means to good health and well-being. Yoga personifies unity, community and immunity. Yoga stresses the holistic unity between mind and body, between the individual and society, and between humankind and nature. It indicates a sense of community among people.
