



**Embassy of India
Kuwait**

International Day of Yoga (IDY) is celebrated every year on 21st June all over the world. Due to the unprecedented situation related to COVID19 pandemic this year, IDY 2020 will not be celebrated in traditional manner. In order to maintain social distancing and to follow restrictions on public gathering, the IDY 2020 would be celebrated online using social media and virtual platforms.

2. The theme for the 6th IDY to be observed on 21st June 2020 has been decided as “Ghar Ghar Se Yoga – Yoga from home”. This year the International Day of Yoga will be celebrated on 21st June 2020 at 7:00 AM (IST). To facilitate this, the Ministry of AYUSH, Government of India is organising a trainer-led session which will be broadcast on television and other media channels at the same time for people to follow and practice in solidarity. All yoga enthusiasts in Kuwait are requested to participate in the International Day of Yoga, 2020 and make it success in its current format. .

Kuwait

June 17, 2020