

International Day of Yoga 2021

In 2014 United Nations General Assembly (UNGA) took a historic decision to declare 21st June as the International Day of Yoga. In this regard, 7th International Yoga Day will be celebrated this year as well on 21.06.2021. The International Day of Yoga 2021 presents an occasion to underline the health benefits of Yoga, and motivate the public to take up the pursuit of Yoga.

The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Yoga is an invaluable ancient Indian practice with numerous benefits to both physical and mental health. Given the context of the current Covid-19 pandemic including restrictions on the movement of people and a slowdown in economic activity, the benefits offered by Yoga have become especially important for physical and mental wellbeing. Of particular importance are its proven benefits on health and immunity enhancement, along with its globally accepted role as stressbuster.

Considering the pandemic situation, the International Yoga Day 2021 is to be observed by adhering to following guidelines:

"Be with Yoga, Be at Home"

- Yoga should be practiced in a clean and calm environment, with relaxed body and mind. It should be practiced on an empty or light stomach.
- A mattress, yoga mat or a folded blanket should be used for the practice and comfortable cotton clothes should be worn to ensure easy movement.
- Each asana should be performed slowly with awareness of the body as well as breath, the protocol states.
- While practicing yoga, you must concentrate only on yoga and try to keep away from unwanted thoughts.
- A person should ensure that he takes a bath or eats something only 20 to 30 minutes after completing the yoga practice.
- International Day of Yoga (IDY) 2021 is to be observed by all from their respective homes