

**Embassy of India
Djibouti

Facebook- live Yoga Session for International Day of Yoga 2020

International Day of Yoga is observed around the world every year on 21st June with effect from 2015. It is also known as World Yoga Day. On the Eve of International Day of Yoga (IDY) 2020 the Mission is organizing a Facebook- Live Yoga Session.

2. Yoga is particularly more relevant in view of current COVID -19 pandemic which has taken a heavy toll on human lives. The people can enhance their physical and mental well being and increase their immunity against COVID--19.

3. With a thrust on social distancing as a safety measure against COVID-19, the Embassy of India has decided to celebrate Yoga Day this year on digital platforms by conducting an Online Quiz Contest and a Facebook-Live Yoga session. The session will comprise of basic Asanas (Postures) for beginners and will be performed by Mr. Karambir Malik, an official of the Embassy.

4. The Yoga Session will be displayed Live on Mission Facebook Page after a message from the Prime Minister of India Shri Narendra Modi on **27th June 2020 at 9:30 a.m.**

We solicit your enthusiastic participation by joining us live for Yoga session on Facebook page.