



**A REPORT
ON CELEBRATION OF
INTERNATIONAL
YOGA DAY, 2020**



Organised By :

Seva Bharati Purbanchal

Seva Bharati, Purbanchal celebrated International Yoga Day (IYD) on 21st June (Sunday) 2020 with huge enthusiasm and large participations. Yoga was performed in 123 places covering 23 districts of Assam wherein more than Five Thousand participants took part. This year all the preparatory meeting for the IYD was organized through online / remote mechanism keeping in view the social distancing norm to be maintained because of the ongoing pandemic of COVID-19. In the preparatory meetings, a set of few Yogasana were fixed which were practiced by the participants in different locations through instruction received through online / remote mechanism.

In order to keep the mind and body healthy the pre-determined sets of Yoga & Pranayama were performed keeping in view the requirement of social distancing norm to be kept. The importance of these Yoga and Pranayama postures were explained simultaneously by the Yoga Instructors. Participants were encouraged to practice yoga regularly to achieve positivity in life with a stable physical, mental and spiritual health as well.

The celebration concluded with synchronized recitation of shlokas and speech by Chief Guests.

On the same day, an online lecture session was organized by Seva Bharati, Purbanchal on the topic “Ashtanga Yog”. In the lecture session, Shri Himadri Purkastha, Kshetra Yoga Bibhag Pramukh was the main speaker and many other resource persons, experts, yoga practitioners delivered several information regarding importance of Ashtanga Yog. More than hundred participants from different states of North East India took part in the lecture session.

**"Yoga
for
Health**

**Yoga
at
Home"**

**International
Yoga Day 2020
Theme**

Districts:

23

Places:

138

**Total
participants:**

5110

No. of families:

3293

SOME GLIMPSES OF 6th INTERNATIONAL YOGA DAY, 2020



SL. No.	District	Place	No. of family	Participate		
				Male	Female	Children
1	Tinsukia	2	24	50	7	21
2	Dibrugarh	10	289	124	88	150
3	Charaideo	7	261	113	71	145
4	Jorhat	4	133	65	44	114
5	Majuli	33	1081	636	439	506
6	Golaghat	14	138	90	42	83
7	Morigaon	3	49	58	39	24
8	Kamrup (Metro)	8	154	138	93	53
9	Kamrup (Rural)	3	22	26	6	32
10	Lakhimpur	10	206	151	99	124
11	Udalguri	1	5	8	4	3
12	Nalbari	2	36	23	12	15
13	Baksa	6	129	69	40	93
14	Barpeta	2	62	34	19	52
15	Kokrajhar	13	120	77	28	80
16	Dhubri	7	289	160	90	141
17	Dhemaji	5	84	76	26	62
18	Sonitpur	3	107	120	35	47
19	Nagaon	1	34	21	11	12
20	Hojoi	1	20	7	6	18
21	Sivsagar	1	16	25	5	6
22	Karimgang	1	20	15	8	17
23	Khowai	1	14	4	4	6

Total	138	3293	2090	1216	1804
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