

MIDHANI CELEBRATES

**INTERNATIONAL YOGA DAY
(JUNE 21, 2020)**

AT

MISHRA DHATU NIGAM LIMITED



MISHRA DHATU NIGAM LTD
(A Govt. of India Enterprise, Ministry of Defence)

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The year of 2020 has been unprecedented for more than one reason the start of the decade, with the [Covid-19](#) outbreak, the [pandemic](#) has shown us the importance of immunity and healthy living. Yoga is something that brings these qualities together.

Due to social distancing measures adopted by most countries, the theme set by United Nations for the year 2020 is "Yoga for Health - Yoga at Home". The World Health Organization mentions yoga as a means to improve health in its Global Action Plan on Physical Activity 2018–2030: More active people for a healthier world.

The Sixth International Day of Yoga was celebrated at MIDHANI on Friday, 21 June 2020, with release of yoga video by MIDHANI employee so that all Midhanis' & their families can learn and practice yoga from home through the video

CLICK on video





The idea of [International Day of Yoga](#) was first proposed by PM Modi during his speech at the United Nations General Assembly (UNGA) on September 27, 2014 and endorsed by a record 175 members in which he said “: “Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action ... a holistic approach [that] is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with you, the world and the nature.”

[Happy World Yoga Day.](#)

Further MIDHANI undertook a campaign to encourage employees to participate in 'My Life My Yoga' video blog competition announced by the Ministry of Ayush along with the Indian Council of Cultural Relations

[World Yoga Day](#) marked on June 21. Yoga, a spiritual discipline, is based on an extremely subtle science which focuses on bringing harmony between mind and body.

