

## International Yoga Day 2020

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Yoga, a gift of ancient India to the world, has become a way of life for millions across the world. As a mark of the immense popularity of Yoga, the world commemorates 21st June every year as the International Day of Yoga.

In the present times, where people all around the world are adapting their lives to the new reality of a pandemic, yoga has become even more relevant. It has helped many maintain a healthy regimen during the long periods of lockdown and boosted their immunity and sense of balance in these extraordinary times.

Technology plays a key role in enabling the learning of Yoga, particularly during this time where social distancing is a necessity to mitigate the spread of COVID-19. In this regard, playlists of animated 3D videos of the Prime Minister of India, Shri Narendra Modi, a keen practitioner of Yoga, practicing various Asanas are available. These videos have been made available on YouTube and are available in the following languages:

English: <https://www.youtube.com/playlist...>

Hindi: <https://www.youtube.com/playlist...>