

**6th IDY 2020 in a virtual way under the theme 'Ghar Ghar se Yoga – Yoga from Home'. On 21st June 2020, Sunday at 8.00am**

We are celebrating 6th IDY in a virtual way under the theme 'Ghar Ghar se Yoga – Yoga from Home'. On 21st June 2020, Sunday at 8.00am we will upload the Common Yoga Protocol of the Yoga Day on our social platforms.

Facebook of High Commission of India : <https://www.facebook.com/IndiaInTanzania/>

Facebook page of SVCC : <https://www.facebook.com/Swami-Vivekananda-Cultural-Centre-Dar-es-Salaam-582559985117910/>

All yoga enthusiasts are requested to follow streaming video and do yoga remaining at in home. They can do Yoga with Family members at one's convenience from 21-28 June 2020.

It is advised everyone to like our Facebook page and also send a text or WhatsApp message to +255682319013 on details like name, place and no. of persons participated. They can also mention these details in comment section of the Facebook.

[#InternationalYogaDay2020](#)

[#InternationalYogaDay](#)

[#YogaDay](#)

[#□□□□□□□□](#)

[#□□□□□□□□□□□□□□□□□□□□□□□□](#)

[#YogaDay2020](#)

[#IdoYogaAtHome](#)



**High Commission of India**

Dar es Salaam, Tanzania



**SWAMI VIVEKANANDA CULTURAL CENTRE**



**Celebrates**

**6th International Day of Yoga**

**21 June 2020**

**Sunday, 8.00 am**

**"Yoga at Home, Yoga with Family"**

Join us online VIA Facebook

<https://www.facebook.com/IndiaInTanzania/>

or

<https://www.facebook.com/Swami-Vivekananda-Cultural-Centre-Dar-es-Salaam-582559985117910/>

Do Yoga with Family members at your convenience  
from 21 to 28 June 2020.

Like the Facebook page. Comment  
your name, place and number of  
persons participated  
or send text/WhatsApp message  
to +255 682319013

