This year the celebrations of the Sixth International Day of Yoga (IDY) 2020 took place online, on the social channels of the Embassy of India (@IndiainItaly) starting from Monday 15 June with a series of daily appointments.

The celebrations culminated on the day of the summer solstice, Sunday 21 June, International Yoga Day with three important separate events, accompanying and uniting all the yoga enthusiasts in the Yoga practice throughout the day, starting in the morning with the traditional Common Yoga Session at 8.00 am, followed by an e-talk with two yoga experts, Antonietta Rozzi and Shruti Jain, respectively from Italy and India, and the Yoga session organized in collaboration with the Embassy of Italy in India at 11.00 am and a Yoga Session from the Republic of San Marino at 15.00.

This year, Embassy opened its virtual doors - facebook, twitter and instagram - hoping to encourage all Yoga practitioners, fans, beginners, adults and children, to follow us from home and enjoy the benefits deriving from a daily Yoga practice. Having received particularly positive feedback, with the support of numerous local Yoga associations, Embassy decided to extend the celebrations beyond June 21, thus opening the social media channels of the Embassy for new lessons and daily online sessions from 22 to 26 June.

International Yoga Day (IDY) today and yesterday:

Every year, worldwide, June 21 is celebrated as the International Yoga Day (IDY). On December 11, 2014, the 193 members of the United Nations General Assembly approved the proposal, with a record consensus of 177 countries that became co-promoters of the resolution, including Italy, thus declaring June 21, the day of the Summer Solstice, International Yoga Day. Since then, IDY has been celebrated annually by all United Nations member states.

Since that December 2014, Italy joined the celebrations and thereafter every June 21 hundreds of Yoga enthusiasts and practitioners joined the celebrations, crowding the squares of major Italian cities and towns under the banner of Yoga for peace & harmony. This event has now become a traditional and much appreciated feature of the rich summer event programming in the Italian cultural panorama.

This year’s IDY theme launched by the Ministry of Ayush is "Ghar ghar se- Yoga from Home- Yoga with family". This year’s IDY celebrations are, therefore, and will be from Home. Yoga sessions, meetings, cooking classes and seminars have been organized daily with a particular eye to the situation that we have all experienced and that united the world in the fight against pandemic. Yoga, especially right now, has a lot to offer and teach us about physical and emotional well-being.

With the support of doctors and experts from ten associations, in these days we experienced and talked about the usefulness of Yoga to develop our immune defenses, the contribution of yogic practice to support us emotionally as individuals and as a community and, above all, we had the chance to be together also this year, distant but united in the same spirit of celebration.