

## Observation of 6<sup>th</sup> International Yoga Day 2020

### International Day of Yoga 2020

————— **Message from** —————  
**Shri Narendra Modi, Prime Minister**



6<sup>th</sup> International Yoga Day 2020 was observed by PDIL on 21st of June, 2020 as per the guidelines issued by the Ministry of AYUSH. Employees were encouraged to do Yoga from Home by doing the 45- minute long Common Yoga Protocol drill especially at 7 am on the 21<sup>st</sup> June, 2020. IDY 2020 was promoted among PDIL Employees as per Ministry of AYUSH guidelines. Messages and appeal of hon'ble PM were publicized on PDIL social media channels. Videos carrying messages and appeal of hon'ble PM were uploaded on Twitter handle and Facebook account. Employees were requested to follow Ministry of AYUSH social media accounts for latest updates and information which were shared on official social media channels. Yoga@Home guidelines and list of digital resources were uploaded on PDIL website. Sample email and messages along with link to the digital resources were circulated to all departments and employees of PDIL, to raise awareness about IDY 2020