



**JANASANYOG, ASSAM**  
**CHIEF MINISTER'S PUBLIC RELATIONS CELL, DISPUR**

**PRESS RELEASE**

---

**Press Release No. 443/2020**

**Assam celebrates International Day of Yoga**  
**Sonowal does yoga following social distancing protocol**  
**Appeals to strengthen unity through yoga**

**Dispur, June 21:** Assam joined the rest of the globe in celebrating the 6th International Day of Yoga today. Chief Minister Sarbananda Sonowal while greeting the people of Assam on this occasion, celebrated the day following social distancing protocol at his residence in Dibrugarh today.

Chief Minister Sonowal participated yoga with other two MLAs Prasanta Phukan and Rituporno Baruah.

Calling upon the people to practise yoga, Chief Minister Sonowal said that in view of the COVID 19 pandemic every body should celebrate the day by doing yoga at home and with their family to promote the theme of the day 'yoga for health and yoga from home'.

Referring to Prime Minister Narendra Modi's call of yoga for immunity, community and unity, Sonowal said, "Yoga leads to strong immunity and sound immunity is the only answer to our body's responses to fight against diseases including Covid 19". He also said, "Yoga is not associated with any religion. It is a science of well-being, youthfulness and effortless integration of mind, body and soul. It reflects harmony and peace for humanity, which is the message of yoga to the world".

Chief Minister Sonowal also said it was because of Prime Minister Modi's sole efforts that yoga was recognised as a way towards healthy body, mind and soul by none other than UNO and 21st of June was earmarked as International Day of Yoga. He, therefore, emphasised that considering the inherent virtues of yoga, it must be widely practiced at the community level to augur an ambience of unity. If this is done yoga will be a great gift to humanity across the world from India, Sonowal added. The yoga session which was organized by the directorate of AYUSH in association with district administration Dibrugarh was a simple affair in view of the ongoing COVID 19 pandemic.

**SD/ June 21, 2020.**