

# Celebration of International Day of Yoga, 2020

The National Institute for Locomotor Disabilities (Divyangjan), Kolkata and Composite Regional Center (CRC): Patna / Tripura, Regional Centers (RC): Dehradun / Aizawl / Naharlagun, and Center for Disability Study (CDS): Aizawl are celebrated International Day of Yoga on 21<sup>st</sup> June, 2020, Theme of the year is “Yoga for Health - Yoga at Home”.



**IDY-2020 CELEBRATION AT NILD, KOLKATA**



**IDY-2020 CELEBRATION AT CRC, PATNA**



**IDY-2020 PERFORMANCE AT RC, DEHRADUN**



**IDY-2020 PERFORMANCE AT CRC, TRIPURA**



**IDY-2020 PERFORMANCE AT RC, AIZAWL**



**IDY-2020 CELEBRATION AT CDS, AIZAWL**



**IDY-2020 CELEBRATION AT RC, NAHARLAGUN**

The team of N.I.L.D., Kolkata celebrated IDY on 21<sup>st</sup> June, 2020 from 07:00 A.M. to 07:45 A.M. inauguration speech was delivered by Dr. S.P. Das (Director). The different postures of yoga were demonstrated by professionals via online and performed by staffs / students at their home.