

Bharatiya Vidya Bhavan's
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Yog Satra- A Program for International Day of Yoga 2020
by Vivekananda Kendra

Yoga is the invaluable gift of *Indian Traditional Knowledge* to mankind which has been accepted universally and practiced worldwide. **Vivekananda Kendra, Kanyakumari** has come out with a free of cost beneficial program *Yog Satra* to celebrate **International Day of Yoga 2020** from **1st to 21st June 2020** from home. The program included detailed demonstrations of various yogasanas, pranayam, suryanamaskar etc. The videos of these demonstrations, each of around 30 min. duration, were made available every day from 1st to 21st June 2020 at 6:30 am on the link <https://www.vrmvk.yoga/mh2020> for the participants, to watch and practice yoga from home as per their convenience.

TESA-SPCE coordinated with **Vivekananda Kendra, Mumbai** for providing the exposure of yoga to students and faculty of SPCE through this program for their benefit, especially in the wake of Covid-19. The program was well responded by the participation of **50 participants from SPCE** which included **07 Faculty Members, 02 Staff Members and 41 students**. E-Certificates were provided to all the registered participants of SPCE.

This nationwide program was concluded on 21st June 2020 with the address by **Padmashree Dr. Nivedita Bhide, All India Vice-President, Vivekananda Kendra, Kanyakumari**.

