



सत्यमेव जयते

High Commission of India Lilongwe



Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बन्ध परिषद्

6th INTERNATIONAL DAY OF YOGA 2020



High Commission of India will be celebrating the **6th International Day of Yoga (IDY)** by telecasting the following events on MBC TV:

- (i) Wednesday, 17 June, 2020 at 08:10 AM - A documentary titled '**Yoga for the World**'.
- (ii) Saturday, 20 June 2020 at 09:30 AM - **Ghar Ghar Se Yoga – Yoga from Home**'.

All Yoga lovers and enthusiasts may kindly participate in the IDY 2020 by watching the telecast on the above dates.

Please also visit High Commission's social media platforms for more yoga related activities conducted by High Commission and usefulness of yoga to get benefit of staying fit in day-to-day life.



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