

MAHARASHTRA AMATEUR GYMNASTICS ASSOCIATION

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Wishing you all a very happy new year 2020

TOKYO 2020: OLYMPIC AND PARALYMPIC GAMES POSTPONED

The 2020 Summer Olympics officially the Games of the XXXII Olympiad and commonly known as Tokyo 2020 are an upcoming international multi-sport event to be held in Tokyo, Japan with a Motto “United by Emotions”. These Games were originally scheduled to take place from 24 July to 9 August 2020, but due to the COVID-19 pandemic, the International Olympic Committee and the Tokyo Organizing Committee announced on 24 March 2020 that the Games would



be delayed to 2021, and held no later than summer 2021. The event will still be called as Tokyo 2020

despite taking place in 2021 in which about 11091 athletes from 206 countries in 339 events of 33 sports are supposed to take part. Tokyo was selected as the host city during the 125th IOC Session in Buenos Aires, Argentina on 7 September 2013. This will be the second time that Japan, and specifically Tokyo has hosted the Summer Olympic

Games, the first being in 1964, making it the first city in Asia to host the summer Games twice. Overall, these will be the fourth Olympic Games to be held in Japan, which also hosted the Winter Olympics in 1972 (Sapporo) and 1998 (Nagano). The 2020 Games will be the second of three consecutive Olympics to be held in East Asia, the first being the 2018 Winter Olympics in Pyeongchang County, South Korea, and the next being the 2022 Winter Olympics in Beijing, China.

These Games are planned to see the introduction of new and additional competitions at the Summer Olympics, including 3x3 basketball, freestyle BMX, and Madison cycling, as well as further mixed events. Under new IOC policies that allow the host organizing committee to add sports to the Olympic programme to augment the permanent

core Olympic events, these Games will see karate, sport climbing, surfing and skateboarding make their Olympic debuts, as well as the return of baseball and softball for the first time since 2008.



"Sport is not the most important thing right now, but the preserving human life is. It is essential, therefore, that all steps are taken to try to limit the spread of Coronavirus disease. The Olympics have never been delayed in their 124-year modern history, though they were cancelled altogether in 1916, 1940 and 1944 during World War-I and World



War-II. Major Cold War boycotts disrupted the Moscow and Los Angeles Summer Olympic Games in 1980 and 1984. **The New Countdown to Tokyo 2020** has begun, with the International Olympic Committee (IOC) and local Organising Committee officially confirming that the Olympics will now take place from **Friday 23rd July to Sunday 8th August 2021**. The Olympic and Paralympic Games will take place almost exactly one year later than originally planned, the IOC and Tokyo organisers announce, as Bach confirms qualified athletes retain their spots. New dates for the **Paralympic Games** were also confirmed by President of the Tokyo 2020 Organizing Committee **Mori Yoshiro** which will now take place from Tuesday 24th August until Sunday 5th September 2021. Hats off for the New Creation of Olympic Logo!!!

CORONA: MAGA CONTRIBUTED IN CM' s RELIEF FUND TO FIGHT COVID-19

Maharashtra Amateur Gymnastics Association (MAGA) contributed Rs. 50,000/- in the Chief Minister' s Relief Fund to fight against Coronavirus Spread in the state. MAGA along with its District Gymnastics Associations i. e. Aurangabad District Gymnastics Association, Nanded District Gymnastics Association, Parbhani District Gymnastics Association, Latur District Gymnastics Association, Grace Academy Aurangabad, Jalna District Gymnastics Association, Jalgaon District Gymnastics Association, Beed District Gymnastics Association, Akola District Gymnastics Association, Pimpri Chinchwad Gymnastics Association, Raigarh District Gymnastics Association and Individuals i. e. Ms. Akshata Shete, Mr. Purushottam Darwankar, Mr. Sanjog Dhole, Ms. Sanjivini Purnapatre, Mr. Sudhir More Deputy Director Sports & Youth Services Pune, Mr. Ramakrishna Lokhande, Mr. Dada Shinde Secretary Mumbai City Gymnastics Association, Mr. Pravin Dhage, Mr. Rahul Pahurkar, Mr. Pawan Bambhure, and Mr. R. N. Mangla from Maharashtra initiated in raising funds for the noble cause to help the people who are without work, without food, without shelter and without medicines in their hard time during a 40 days Lockdown from 25th April to 3rd May 2020. MAGA also contributed Rs. 75,000/- in Prime Minister' s Care Fund through Gymnastics Federation of India (GFI), who joined hands with IOA to donate Rs. 2.5 lakh in the Prime Minister' s Care Fund for Covid-19.

OBITUARY: SHRI SHARAD RAGHUNATH RAO MAHAJAN IS NO MORE



Mr. Sharad Raghunath Rao Mahajan passed away on 13th May 2020 at the age of 78 years in Indore who was suffering from Alzheimer which is progressive brain disorder that slowly destroys memory and thinking skills. He passed his Regular Diploma Course from the then National Institute of Sports Patiala in 1967-68 with Legendary Gymnastics Coach Mr. S. G. Tikekar. Mr. S. R. Mahajan joined as State Gymnastics coach at Hyderabad (AP) after passing out from Patiala and continued till 1975. Later, He joined NIS on 15.10.1975 and worked at Vishakhapatnam, Jhansi, Shivpuri, Jabalpur, Bangalore, Shajapur (MP), and Indore. He was posted for last four years at Ujjain Madhya Pradesh before his retirement in 2002 and was imparting training at Madhav College Ujjain. He represented Madhya Pradesh in Senior National Gymnastics Championships at Jhansi, Mumbai, Ropar and Tripura from 1963-1969. He produced the national repute gymnasts like Ajay Verma, Devendra Pratap, Arvind and Pratik in his tenure. We on behalf of MAGA pay our tributes to the departed soul of Late S. R. Mahajan for his dedicated work in the field of Gymnastics and our condolences to the bereaved family members.



OBITUARY: SHRI MORESHWAR DHARANIDHARAN GURJAR IS NO MORE

SHRI M. D. GURJAR left for his heavenly abode on 29th April 2020 at the age of 85 years after a prolonged illness. He joined National Institute of Sports (NIS) as a Gymnastics Coach in 1962 and served the organization for 31 years. He was a living encyclopaedia of Indian gymnastics and was respected for his thorough knowledge



of Gymnastics all over country. Late M. D. Gurjar conducted many National Coaching Camps during 1975-1984 in preparation of Indian teams for various international tournaments. He was the coach of Indian teams, which participated in National Games at Islamabad in Pakistan in 1980, IX Asian



Games New Delhi 1982 and China 1982. Late M. D. Gurjar dedicated his precious years of retired life to establish Krida Prabodhini at Pune and later in the whole Maharashtra which is a residential scheme of Government of Maharashtra is now located in all

the district of Maharashtra. He published many articles on Gymnastics in leading News Papers and also written his latest book “Gymnastics” on the request of Central Advisory Board of Physical Education in 2019. He produced many national champions and international gymnasts who participated in IX Asian Games New Delhi, Pre-CWG Brisbane, China in 1982, Moscow News in 1983 and World Championship in Birmingham (UK) 1993. All his Champion Gymnasts are decorated with Maharashtra State’ s Highest Sports **Shiv Chhatrapati Awards**. **Father of Gymnastics Late M. D. Gurjar** in Maharashtra, was honoured by Government of Maharashtra with the most prestigious **Dadaji Konddeo Award** in 1991-92 for his valuable contributions for the Gymnastics Fraternity in the country. Late M. D. Gurjar, a name that stood by its own, who was a coach, a guide, a mentor and an inspiration to many gymnasts, an era of dedication and hard work in Gymnastics came to an end on 29th April 2020 which is irreplaceable and left nothing behind except the Love for Gymnastics that was a real life and everything for him. We on behalf of MAGA Salute with Honour to Late M. D. Gurjar Sir for his dedicated work in the field of Gymnastics and will be remembered forever!!!

DYG: 6th DERVAN YOUTH GAMES, DISTRICT RATNAGIRI IN KONKAN 2020

6th Dervan Youth Games in Artistic, Rhythmic and Aerobic Gymnastics was successfully organized by Shree Vithalrao Joshi Charities Trust (SVJST’ s) Sports Academy at a village Dervan Taluka Chiplun District Ratnagiri in Konkan, Maharashtra



with the technical support of Maharashtra Amateur Gymnastics Association (MAGA) during 9-10th March, 2020 in a beautifully available sports infrastructure, in which around 90 players and 25 officials/coaches participated from all over Maharashtra.



The Dervan Youth Games was inaugurated by Ms. Madhura Tambe (Shiv Chhatrapati Awardee), Dr. Atul Biniwale (International Badminton Player) and Shrikant Paradkar (Sports Coordinator) with the authorities of trust on 5th March 2020. The championship was includes under 10 and 12 age groups for artistic gymnastics, under 8, 10 and 12 age group for rhythmic gymnastics and under 11 and 14 age group for aerobic gymnastics. The above



competition coordinated by Mr. R. N. Mangla (Competition Director), Mrs. Sanjivini Purnapatre and Mr. Sachin Mandavkar (Technical officials for artistic gymnastics), Ms. Madhura Tambe and Ms. Riya Wadkar (Technical officials for rhythmic gymnastics) and Prof. Nilesh Joshi, Mr. Dipak Upasani and Mr. Shudhodhan Dipake (Technical officials for aerobic gymnastics). Honourable Shree Ashok R. Joshi the main trustee of the SVJCT' s organization visited the competition on 9th March 2020 who appreciated the performances of all the participants and encouraged them. The members of the



organizing committee of 6th Dervan Youth Games 2020 awarded the certificates, gold medal with cash prize of Rs. 1,000/-, silver medal with cash prize of Rs. 750/- and bronze medal with cash prize of Rs. 500/- to the winners on each apparatus in Artistic Gymnastics, Aerobic Gymnastics and Rhythmic Gymnastics.



Boys under 10 Years Artistic Gymnastics

Event	Gold Medal	Silver Medal	Bronze Medal
Ind	Shlok Bhutkar-SAI-29.250	Pradnyan Meshram-EFC-28.200	Samar Kharat-PSB-7.800
FX	Shlok Bhutkar-SAI-14.750	Pradnyan Meshram-EFC-13.750	Samar Kharat-PSB-7.300
VAULT	Shlok Bhutkar-SAI-14.500	Pradnyan Meshram-EFC-14.450	Samar Kharat-PSB-0.500

Girls under 10 Years Artistic Gymnastics

Event	Gold Medal	Silver Medal	Bronze Medal
Ind	Stuti Hundre-EFC-30.000	Sayee Nikam-SAI-13.000	Ojal Damushte-PSB-4.500
BB	Stuti Hundre-EFC-15.000	Sayee Nikam-SAI-9.000	Ojal Damushte-PSB-4.400
FX	Stuti Hundre-EFC-15.000	Sayee Nikam-SAI-4.000	Ojal Damushte-PSB-0.100

Boys under 12 Years Artistic Gymnastics

Event	Gold Medal	Silver Medal	Bronze Medal
Ind	Siddharth Butala-SAI-69.300	Arush Parmane-SAI-24.100	X
FX	Siddharth Butala-SAI-14.200	Arush Parmane-SAI-8.100	X
PH	Siddharth Butala-SAI-11.650	Arush Parmane-SAI-5.500	X
RR	Siddharth Butala-SAI-11.550	Arush Parmane-SAI-0.750	X
Vault	Siddharth Butala-SAI-11.600	Arush Parmane-SAI-9.150	X
PB	Siddharth Butala-SAI-11.150	Arush Parmane-SAI-0.500	X
HB	Siddharth Butala-SAI-9.100	Arush Parmane-SAI-0.100	X

Girls under 12 Years Artistic Gymnastics

Event	Gold Medal	Silver Medal	Bronze Medal
Ind	Shatakshi Takke-SAI-40.350	Pradnya Dhamal-SAI-33.050	Sanskriti Jadhqv-SAI-30.600
Vault	Shatakshi Takke-SAI-11.050	Pradnya Dhamal-SAI-9.700	Bhoomi Jagdale-SAI-9.250
UB	Shatakshi Takke-SAI-5.800	Ayushi Warang-EFC-3.900	Pradnya Dhamal-SAI-2.150
BB	Sanskriti Jadhqv-SAI-10.700	Shatakshi Takke-SAI-10.600	Pradnya Dhamal-SAI-10.500
FX	Shatakshi Takke-SAI-12.900	Pradnya Dhamal-SAI-10.700	Ayushi Warang-EFC-10.300

Corrigendum

Aditee Dandekar has the honour to represent India in 8th, 10th & 11th Senior Asian Rhythmic Gymnastics Championships at Tashkent (Uzbekistan) in 2016, at Kualalumpur (Malaysia) in May 2019 and at Pattaya (Thailand) in June 2019 respectively, which is wrongly written as shown underlined in the MAGA Bulletin Jan-March 2020 but the same corrected and shown in bold letters which may be read as She has the honour to represent India in 8th, 10th & 11th Senior Asian Rhythmic Gymnastics Championships at Tashkent (Uzbekistan) in 2016, at **Kualalumpur (Malaysia) in May 2018** and at Pattaya (Thailand) in June 2019 respectively now. Inconvenience caused is regretted.

GFI: NEW TECHNICAL COMMITTEES AND SUB-COMMITTEES

SN	Name	State	SN	Name	State
Men' s Artistic Gymnastics			Women' s Artistic Gymnastics		
1	Kulwinder Singh, Chairman	Punjab	1	B. S. Nandi, Chairman	Tripura
2	Ashok Mishra	Odisha	2	Savita Marathe	MAH
3	G. Ravinder	Telangana	3	Dhan Laxmi	Tel
4	Rohit Jaiswal	UP	4	L. Tiken Singh	Manipur
5	Samir Deb	Arunachal	5	Ram Milan Singh	UP
6	Bony Singh	Manipur	6	Rakhi Debnath	Railways
7	Gaurav Kumar	Delhi	7		
8	Bhagirath Punia	Rajasthan	8		

SN	Name	State	SN	Name	State
Rhythmic Gymnastics			Aerobic Gymnastics		
1	Krupali Patel, Chairperson	J & K	1	Sunil Chhetri, Chairman	SSCB
2	Jasbir Kaur	Delhi	2	S. P. Singh	J & K
3	Neetu Bala	Punjab	3	Shashank Bidiwala	Gujrat
4	Prabhjot Kaur	CHD	4	Y. Ranjan Singh	Manipur
5	Akshata Shete AGU TC-Member		5	T. P. Kiran	KAR
6			6	Dr. Makrand Joshi AGU TC-Member	

SN	Name	State	SN	Name	State
Trampoline/ Tumbling Gymnastics			Acrobatic Gymnastics		
1	Deepak Karki, Chairman	SSCB	1	Manohar Kamath, (Ch)	KAR
2	Pawan Bhoir	MAH	2	Surjit Paul	SSCB
3	Tejas Patel	Gujrat	3	R. P. R. Vithal	AP
4	S. Selvamurthi	Tamilnadu	4	Balbant Kapadia	Gujrat
5	Prasenjit Debnath	SSCB	5	Abhijit Debnath	WB
6	Ramesh Kumar Patel	MP	6	Rana Khan	Assam
7			7	Sumith MR AGU TC-Member	

SN	Name	State	SN	Name	State
General Gymnastics			Disciplinary Committee		
1	Dr. Satpal Kalsi Chairperson	CHD	1	Nishikant Pathak Chairman	Jhar
2	Praveen Sharma	IR	2	Col. Joginder Singh	Punjab
3	Jitendra Gaud	MP	3	Gautam Mukherjee	WB
4	Laxman Singh Bist	Jhar	4	K. Surendran	Kerala
5	Kulwinder Singh	HAR	5	Pramod Chaudhary	UTT
6	Surender K. Biswakarma	Bihar	6		
7	N. Shashi AGU-TC Member		7		

SN	Name	State	SN	Name	State
Selection Committee (MAG)			Finance Committee		
1	Ashok Sahoo Chairman	Odisha	1	Kan S. Rathore Chairman	RAJ
2	Dilip Kumar Das	WB	2	Dilip Sarvaiya	Gujrat
3	Inderjit Singh	CHD	3	D. Rajeshwaran	Pondy
4	Vikas Sabharwal	Punjab	4		
	Selection Committee (WAG)		5		
5	Soma Nandi	Tripura	6		
6	Kalpana Debnath	Punjab	7		
	Selection Committee (RG)				
7	Varsha Upadhye	MH			

SN	Name	State	SN	Name	State
General Gymnastics			Disciplinary Committee		
1	Dr. Satpal Kalsi Chairperson	CHD	1	Nishikant Pathak Chairman	Jhar
2	Praveen Sharma	IR	2	Col. Joginder Singh	Punjab
3	Jitendra Gaud	MP	3	Gautam Mukherjee	WB
4	Laxman Singh Bist	Jhar	4	K. Surendran	Kerala
5	Kulwinder Singh	HAR	5	Pramod Chaudhary	UTT
6	Surender K. Biswakarma	Bihar	6		
7	N. Shashi AGU-TC Member		7		

SN	Name	State	SN	Name	State
Scoring Sub-Committee			IT/Media/COP Deve. Sub-Committee		
1	S. D. Ratan Chairman	Himachal	1	Anil Mishra	UP
2	R. N Mangla	MH	2	Rohit Jaiswal	UP
3	Nirbhaya Singh	Punjab	3		
4	Anupam Chatterjee	Gujrat	4		
5	Avinash Salunke	Gujrat	5		
6	Naresh Salvi	Gujrat	6		
7	Balwant Kapadia	Gujrat	ACTC & LTDP Sub-Committee		
8	Dr. Angsuman Banerjee	WB	1	Dr. U K Mishra Chairman	UP
9	Dr. Sajal Tanti	WB	2	Ashok Mishra	Odisha
10	Indra Nath Mitra	WB	3	Dr. P. Ravindra	Telangana
11	Santanu Jana	WB	4	Himanshu Dave	Gujrat
12	Sutej Sattwak	WB	5	Ajit Jarande	MH

SN	Name	State	SN	Name	State
Publication Sub-Committee			Para Sports Sub-Committee		
1	Dr. G. S. Bawa	Punjab	1	Sudesh Thakur Chairman	Goa
2	R. N Mangla	MH	2		
3	Nirbhaya Singh	Punjab	3		
4	Dr. Kalpana Debnath	Punjab	4		
5	Parmeshwar Prajapat	RAJ	5		

Note: Secretary General and Treasurer are to be Ex-officio members

GYM: GYMNASTICS AWARENESS THROUGH LEGENDARY CELEBRITIES

Some of the abstract from the interviews of Legendary Gymnastics celebrities or Administrators for Gymnastics Awareness hosted by PRGA' s Chief Ms. Varsha Upadhye.



Premier Rhythmic Gymnastics Academy' s (PRGA) Chief Coach and International Judge Ms. Varsha Upadhye interviewed Dronacharya Awardee Mr. Bishweshwar Nandi, renowned Gymnastics Coach on 30th May 2020, who has coached International Artistic Gymnast and Medalist Dipa Karmakar. Mr. Nandi is a National Champion himself and was also a part of the Indian Gymnastics Contingent at the 1978 and 1982 Asian Games. Mr. Nandi gave a good insight into his journey of hard work and dedication which was filled with anecdotes, advice, and tips. You will definitely be motivated to train your gymnasts for an international repute. He also shared his experience of training a young Dipa Karmakar, her "Zidd" of being the best, and how she went from being a National Champion to an International medalist and Olympian, who is now an icon for many young gymnasts and other sports persons! Mr. B. S. Nandi said that Gymnastics is pure science whether be it Rhythmic or Artistic that needs PRACTICE, PRACTICE AND ONLY PRACTICE which will take you ahead".



National Gymnastics Chief Coach and International Judge Dr. Gurdial Singh Bawa was interviewed by PRGA' s Chief Varsha Upadhye on 6th June 2020. Dr. Bawa joined as Gymnastics Coach in NIS in 1967 at the young age of 20 years with a qualification of higher secondary and started coaching with Punjab Sports Department at Patiala. He produced four national champions in 4 different age categories from Punjab in the National Gymnastics Championship held at Chandigarh in 1972, two gymnasts from Punjab for World Championship held at Yugoslavia in 1970 and three gymnasts for 1st Asian Youth Championship held at Tokyo in 1971 and Punjab team also won team championship in 1972 defeating the reigning champions SSCB since 1952. He worked so hard to achieve these results in 5 years with minimum facilities of gymnastics and this happened because of his passion to the gymnastics. The National Coach Dr. Bawa since 1985 completed his PhD in Psychology alongside the coaching which is very essential to understand the insight of a child to succeed and he believes that it should be known by all the coaches too. These days Sports has also become one of the good careers with respect to money and professionalism both. If you win a medal in Asian Games,

Commonwealth Games or Olympic Games and become a Crorepati that day. You get more incentives the more you excel and excelling is important in all careers not just sports. Many of the good gymnasts also have taken it as career and promoting gymnastics by opening their own academies. In last, he suggested that coaches should work with passion, devote more time of 6-7 hours with gymnast's training in gymnasium and maintain the punctuality to be a successful Coach.



Dr. U.K. Mishra shared his motto "Think globally, act locally" and a gymnast's motivation should be to win the Olympic medal from the start of his training with PRGA Chief Coach Varsha Upadhye in an interview held on 13th June 2020. Dr. Mishra started his competitive career with the balance among education, profession and passion for gymnastics through utmost discipline, dedication and commitment which are the

3 important factors that define the quality of a Coach as well as the Gymnasts. He also shared his various initiatives for promoting Gymnastics, establishing National Sports Academy in Prayagraj and creating Khel Gaon Public School which incorporates schooling, Gymnastics training and boarding all under one roof to provide All-Round growth to a gymnast. Dr. Mishra also mentioned about the training Indian Gymnastics icons, International medalists like Rohit Jaiswal and Ashish Kumar among many others. There are no shortcuts in Gymnastics to become champions and every gymnast must respect to their coaches and try to grab as much as knowledge / techniques they can. Dr. UK Mishra was awarded with the "Rashtriya Khel Protsahan Puruskar" in 2013 for his efforts in promoting this sport, putting India on a global map and creating national Gymnastics icons by the former President of India Shri Pranab Mukherjee.



Ms. Varsha Upadhye PRGA's Chief Coach and International Judge on 20th June 2020 hosted the interview of Dr. S. S. Roy Executive Director (Operations and Coach Development), Sports Authority of India (SAI) Delhi, having over 30 years' experience in the field of sports development and administration who gave a good insight into the various initiatives and schemes and their successful implementation has made sure that our country now has the largest

number of World Champions at this point of time in various sports from the unknown sports to the most famous ones. He also mentioned that Sports is not just about getting medals in World Championships or Asian Games or Olympic Games. It also involves distinct parts i. e. broad basing, competition and training for excellence, sports infrastructure management, talent scouting, promotion of sports through various targeted initiatives, development of elite athletes through

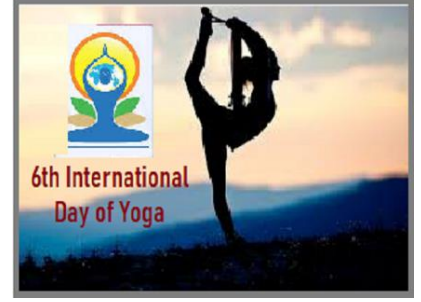
training. We as a nation are going up in gradual progression and the focus now is to develop from the grassroots level and moving towards increased opportunities in sports as a career.

IOC: INTERNATIONAL OLYMPIC DAY 2020

The International Olympic Committee (IOC) was formally established on 23 June 1894 through the efforts of Pierre de Coubertin promoting competitive sport as a revival of the ancient Olympic Games. International Olympic Day was introduced in 1948 to commemorate the birth of the modern Olympic Games on 23 June 1894 at the Sorbonne in Paris. The goal was to promote participation in sport across the globe regardless of age, gender or athletic ability. Olympic Day is a global celebration of the founding of the International Olympic Committee and the Modern Olympic Movement by Pierre de Coubertin in 1894. International Olympic Day is a celebration of sports and health. The day is celebrated every year on June 23 and is an invitation for everyone around the world to be active. Excellence, Respect and Friendship are the three core values of Olympism and are a central focus at the Olympic Games and Youth Olympic Games. Excellence means doing the best we can, on the field of play or in our professional life. The Olympic flag has a white background, with five interlaced rings in the centre: blue, yellow, black, green and red. This design is symbolic; it represents the five continents of the world, united by Olympism, while the six colours are those that appear on all the national flags of the world at the present time. Europe is represented by blue, Asia by yellow, Africa by black, Australia by green, and finally America is represented by red. The Olympic motto is the hendiatis Citius, Altius, Fortius, which is Latin for "**faster, higher, and stronger**". It was proposed by Pierre de Coubertin upon the creation of the International Olympic Committee in 1894.



The International Day of Yoga has been celebrated annually on 21st June since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which was originated in India. The Indian Prime Minister, Narendra Modi, in his UN address suggested the date of 21st June, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the World. Prime Minister of India explained that Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being. Every year, June 21 is recognized as International Yoga Day but due to social distancing measures adopted by most countries, the theme set by United Nations for this year is “Yoga for Health – Yoga at Home” . The World Health Organization mentions yoga as a means to improve health in its Global Action Plan on Physical Activity. Let us work towards adopting an International Yoga Day. 6th International Yoga Day was also celebrated across India keeping in view the Covid-19 pandemic.



**NEVER STOP LEARNING
BECAUSE
LIFE NEVER STOP TEACHING**

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