

## ■ 8th International Yoga Day theme - 'Yoga for Humanity'

The 8th edition of International Day of Yoga will be celebrated with theme "Yoga for Humanity". Ministry of Ayush said it has chosen this theme after much deliberation and consultation and that the theme appropriately portrays, how during the peak of COVID-19 pandemic, Yoga served the humanity in alleviating the sufferings and in the emerging post-COVID geo-political scenario too, it will bring people together through compassion, kindness, foster a sense of unity and build resilience among people world over.