

Press Release

Films Division
Ministry of Information & Broadcasting
Government of India
MUMBAI – 400 026

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On the occasion of International Day of Yoga (IDY) on 21st June 2020, Films Division will be screening public awareness films, ‘Celebrities Speak...’, highlighting importance of Yoga for physical and mental well being. The multi lingual collage of 10 short films featuring celebrities from all over India will be streamed for 24 hours on 21st June on Films Divisions website (Documentary of the Week) and FD You Tube Channel.

In ‘Celebrities Speak’, renowned singer, Asha Bhosale and well known artists, Kabir Bedi, Mohanlal, Mammooty, Suresh Gopi, Ramesh Aravind, Venkatesh, Rana Daggubati, Shiva Raj Kumar, Shivaji Satam, Sonali Kulkarni, Purnima Saikia, Ritabhari Chakraborty, cricketer Anil Kumble and many more share their experience of how Yoga and Pranayam help to bring balance between body, soul and mind.

This year the IDY comes amid the pandemic, COVID-19. The health enhancing and stress busting benefits of Yoga are especially more relevant than before in the prevailing situation. Due to the restrictions on the movement of people and a slowdown in daily activity, the IDY 2020 will focus on its health- rewards and on doing Yoga at home on 21 June 2020. The theme of IDY 2020 is “Yoga at Home, Yoga with Family”. The Hon’ble Prime Minister in his Mann Ki Baat address to the nation on 31st May had called upon one and all to participate in the ‘My Life, My Yoga’ video blogging contest for IDY 2020. Films Division is adding flavor to IDY 2020 by requesting people to practice Yoga at home and watch short films on 21st June where celebrities exhort people to practice Yoga regularly.

Please visit www.filmsdivision.org and click @ “Documentary of the Week” or follow FD YouTube Channel to enjoy the short films on Yoga. Spread the word among friends and loved ones.

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