

ICAR-INDIAN INSTITUTE OF SPICES RESEARCH

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17 जून June 2019

परिपत्र CIRCULAR

The 'International Day of Yoga' (IDY) will be celebrated on 21st June worldwide. Common Yoga Protocol (CYP) is the centre-piece of all activities related to IDY. To promote the adoption of CYP, the 'Ministry of AYUSH' has shared videos on Common Yoga Protocol (CYP) at URL <https://www.youtube.com/watch?v=K-GJh9GeOxE>. All are requested to watch the video.

In connection with IDY, 2019 following programs have been planned for the celebration at institute premises.

- 1) **Slogan writing competition:** Participants can drop the slogan in the box kept at Reception up to 10AM on 21th June.
- 2) **Essay competition :** Theme '**Value of Yoga**' will be held on 21st June from 10 AM at ATIC Hall
- 3) **Painting competition:** Theme "**Yoga and wellness**" will be held on 21st June at 11AM at ATIC hall.
- 4) **Yoga session:** Yoga instructors will conduct yoga practice session at SJ Hall /Old Library hall at 2.30 PM on 21st June 2019.

All Scientists/ Technical staffs/ Administrative staff/ Research scholars/ Apprentice are requested to attend and feel the benefits of Yoga. All may dress appropriately to do yoga postures and bring yoga mat / sheet to spread on the floor.

This circular is issued with the approval of the Director.

Sivaranjani. R & Ramesh Kumar M. P
Nodal Officer, IDY