

**ICAR-INDIAN INSTITUTE OF SPICES RESEARCH**

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**CIRCULAR**

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This year International Day of Yoga 2020 will be observed with the theme '**Yoga at Home and Yoga with Family**'. IDY will be celebrated on digital platforms due to COVID-19 and people will be able to join virtually from their home at 7 am on June 21. Therefore, all are requested to participate from respective homes by doing the Common Yoga Protocol (CYP) drill at 7.00 AM on 21st June 2020.

To make the observation of IDY at home possible, the Ministry of AYUSH and other stakeholders have been running multiple training programmes on Yoga and CYP. You may also visit [https://www.youtube.com/watch?v=Av5ib\\_XRKT4](https://www.youtube.com/watch?v=Av5ib_XRKT4) or <https://youtu.be/ijJQAw-XO8> for practice. In addition online practice session on CYP will be conducted for three days from 18<sup>th</sup> June 2020 from 5.15PM to 6PM.

It is mandatory to conduct this program and all are requested to register using the link shown below to participate online at 7 AM on 21.06.2020 for the celebration of International Day of Yoga.

**<https://forms.gle/oYZLmSkKa1dLZhFT7>**

NODAL OFFICER