



ICAR-INDIAN INSTITUTE OF SPICES RESEARCH

(भारतीय कृषि अनुसंधान परिषद Indian Council of Agricultural Research)

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CIRCULAR

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'Yoga at Home and Yoga with Family'

International Day of Yoga (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 21.06.2020. Therefore, all are requested to participate online from respective homes by doing the Common Yoga Protocol (CYP) 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 for practice following sites.

https://www.youtube.com/watch?v=Av5ib_XRKT4

<https://www.youtube.com/watch?v=ijJQAw-XO8&feature=youtu.be>

<https://yoga.ayush.gov.in/yoga/public/assets/front/pdf/CYPEnglishLeaflet.pdf>

In addition to this **online practice session on CYP** will be conducted for three days from 18th to 20th June 2020 from 5.15PM to 6PM.

It is mandatory to conduct IDY program and all are requested to register using the link <https://forms.gle/oYZLmSkKa1dLZhFT7> to participate online practice session and the celebration of International Day of Yoga.


NODAL OFFICER

International Day of Yoga (IDY) 2020, ICAR-IISR

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