

Date: 20.06.2023

NOTICE

International Day of Yoga – 2023

The teaching, non-teaching staff members, and students are requested to join the International Day of Yoga Common Yoga Protocol (IDY- CYP) event under the aegis of IQAC at the sprawling lawns of Hindu College on Wednesday, 21st of June 2023. Those residents of the College campus are encouraged to bring their family members as well.

- Registration for students via Google Forms is mandatory.
- Link: <https://forms.gle/4m54aG72dAazRCHX6>
- The deadline to register is Tuesday 20th of June 2023 at 7:00 pm.
- Yoga T-shirts will be provided to participants on a "First come, first served" basis on the college's lawn.
- Reporting time at the college's main lawn is 6:15 am. In case of rainy weather, the venue will be changed to the basement of the Relaxo Research Centre.
- Recorded Address by Hon'ble Prime Minister of India Shri Narendra Modi from 06:31 to 06:43 am
- Address by Hon'ble Vice President of India Shri Jagdeep Dhankhar from 06:43 to 6:55 am (Live streaming from Jabalpur, Madhya Pradesh)
- The Common Yoga Protocol will start from 6:55 to 8:00 am.

Note:

1. Entry to reach the main lawn is through gates no.1 and 4.
2. Latecomer participants will not be allowed to enter.
3. Mobiles should be kept on silent mode during the Yoga session.
4. Participants must carry their own water bottles and sanitizers.
5. Student participants are required to carry their College ID.
6. It is advised to watch the video of the International Day of Yoga Common Yoga Protocol (CYP) which are available in 22 languages on the official website of the Ministry of AYUSH <https://yoga.ayush.gov.in/CYP/>
Also, the Hindi and English CYP booklets can be downloaded from the weblink <http://www.yogamdniiy.nic.in//Contents.aspx?lsid=3680&lev=2&lid=1314&langid=1>
7. Anyone who is under medication or suffering from a chronic health disease is advised to avoid IYD-CYP.


Principal

Hindu College, University of Delhi, Delhi-110007

हिन्दू महाविद्यालय, दिल्ली विश्वविद्यालय, दिल्ली-११०००७

Ph: 011-27667184 | दूरभाष: ०११-२७६६७१८४

E-mail : principal@hinducollege.org

www.hinducollege.ac.in

