

हिन्दू महाविद्यालय

(दिल्ली विश्वविद्यालय)

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NOTICE

International Day of Yoga – 2025

Theme: Yoga for One Earth, One Health

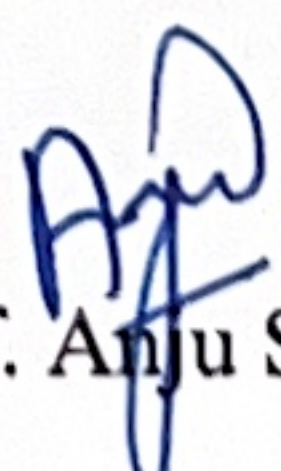
All teaching staff, non-teaching staff, and students are cordially invited to participate in the International Day of Yoga – Common Yoga Protocol (IDY-CYP) event to be held on the sprawling lawns of Hindu College on Saturday, 21st June 2025. Residents of the college campus are also encouraged to bring their family members.

Important Details:

- Registration for student participants is mandatory via Google Forms.
- Registration Link: <https://forms.gle/HNrbdxkQgkfiW3pK9>
- Registration Deadline: Friday, 20th June 2025, by 10:00 am
- Yoga T-shirts, if available, will be distributed on a first-come, first-served basis at the college main lawn.
- Reporting Time: 6:00 am, 21st June, 2025 (Saturday) sharp at the college's main lawn.
- In case of inclement weather, the venue will be shifted.
- Participants will be seated on designated yoga mats.

Note:

- Entry to the main lawn is through Gate No. 1 and Gate No. 4.
- Student participants must carry their College ID card.
- Latecomers will not be allowed to enter the venue.
- Mobile phones should be kept on silent mode during the CYP session.
- Participants must bring their own water bottle, handkerchief, sanitizer, and a small towel.
- Individuals under medication or suffering from chronic health conditions are advised not to participate in the CYP session.
- Student will receive their participation certificates after the successful completion of the event.
- Participants are encouraged to watch the Common Yoga Protocol video, available in 22 languages, on the official Ministry of AYUSH website: <https://yoga.ayush.gov.in/CYP/indian-languages>


Prof. Anju Srivastava
Principal