

Date: 19.06.2024

NOTICE

International Day of Yoga – 2024

Teaching, non-teaching staff members, and students are requested to join the International Day of Yoga Common Yoga Protocol (IDY- CYP) event at the sprawling lawns of Hindu College on Friday, 21st of June 2024. 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://shorturl.at/KIHEC>
- The deadline for student registration is Thursday, 20th of June 2024, at 3:00 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 6:00 am.

Note:

1. Entry to the main lawn is through gates 1 and 4.
2. Latecomer participants will not be allowed to enter.
3. Mobiles should be kept on silent mode during the IYD-CYP session.
4. Participants must carry their own water bottle, handkerchief, sanitiser and small towel.
5. Student participants are required to carry their College ID.
6. Anyone who is under medication or suffering from a chronic health disease is advised to avoid IYD-CYP.
7. It is advised to watch the video of the International Day of Yoga Common Yoga Protocol (CYP), which is available in 22 languages on the official website of the Ministry of AYUSH: <https://yoga.ayush.gov.in/CYP/>.

Principal

