



Indian Institute of Information
Technology, Tiruchirappalli



International Yoga Day

June 21, 2021

Be with Yoga, Be at Home!

Faculty Incharge : Dr. N. RenugaDevi - 8903118377

Vikash Kumar Verma
8058073976

Ayush Singh
7839011391

Vemuri Bhavana
8688227178

Duddukunta Sasidhar
9390302684



Yoga Club
Presents



A Webinar

On

**Yoga For
Immunity**

By

A Trained Teacher

From Isha Foundation

JUNE 21 • 7:00 AM TO 8:00 AM

Registration Link : http://bit.ly/IIT_WebinarRegistrationForm

Webinar Link : <https://meet.google.com/mih-ejdw-dwr>

Common Yoga Protocol

Common Yoga Protocol (CYP) is a specified sequence of Yogasanas of 45 minutes. It was developed by some of the most accomplished Yoga gurus of India in 2015. It was designed meticulously so that people from various age groups and all walks of life can participate and reap the health benefits of Yoga. It comprises the ideal assemblage of asanas for inducting beginners to Yoga practice.

On International Yoga day, Common Yoga Protocol is normally performed by groups as an attempt to ensure that the entire country is in harmony in doing Yoga to mark the IDY. So, we recommend all the students of IIT Tiruchirappalli to practice the CYP at your homes from 6:00 AM to 6:45 AM.

Link to download CYP Booklet : <https://yoga.ayush.gov.in/public/assets/front/pdf/CYPEnglishBooklet.pdf>

Video link of CYP in IDY 2019 : <https://youtu.be/K-GJh9GeOxE>

Initiatives by Ministry of Ayush

The Ministry of Ayush has taken up some initiatives to promote IDY 2021. We recommend our students to participate in them and take this initiative forward.

Be Yoga, Be Home : <https://www.mygov.in/task/be-yoga-be-home/>

IDY 2021 jingle contest : <https://www.mygov.in/task/international-day-yoga-2021-jingle-contest/>

IDY 2021 Quiz : <https://quiz.mygov.in/quiz/international-day-of-yoga-2021-quiz/>