

## CELEBRATION OF 9<sup>TH</sup> INTERNATIONAL YOGA DAY, 21<sup>ST</sup> JUNE 2023

With reference to the communications received from Ministry of Health & Family welfare, Government of India (No. V-16020/73/2023-INI-I dated 26.05.2023), it is to bring to the kind notice of all concerned that, as a part of Celebration of 9<sup>th</sup> International Yoga Day (IYD) on 21<sup>st</sup> June 2023, the following program will be conducted at Advanced Centre for Yoga Therapy Education & Research (ACYTER), Department of Physiology, JIPMER

### ❖ **Common Yoga Protocol (CYP) - Free Yoga Training Camp**

- Date & Time - 01.06.2023 to 20.06.2023, 09:30 to 10:15 AM
- Venue: Yoga Hall, ACYTER, Dept. of Physiology, 1<sup>st</sup> floor JAC, JIPMER

### ❖ **CYP Practice**

- Date & Time - 21.06.2023, 07:00 to 08:00 AM
- Venue: Community Hall, JIPMER
- Syllabus: CYP assigned by Ministry of AYUSH
- Participants: JIPMER Faculty, Students, Staff and Family members.

**Links:** [https://www.youtube.com/watch?v=x\\_d3Ay7iy3c](https://www.youtube.com/watch?v=x_d3Ay7iy3c) (Tamil video)

<https://www.youtube.com/watch?v=9GRKhGyibtI> (English video)

<https://youtu.be/YVgXUZbUj6c> (Hindi video)

**Registration is free, but Mandatory**

**Registration link:** <https://forms.gle/jiKgQJRPjtBmDTtY9>

- **E-Certificate will be provided to all participants**

For further details, please contact:

Dr. Velkumary. S, Professor & Head, Dept. of Physiology, JIPMER, Puducherry, Phone: 0413-2298515

**Mr. Swaroop, Yoga Instructor, ACYTER, Phone number: 9159147890**

**ACYTER office: 0413 2298594/ 0413 2298595 (from 9 am to 4:30 pm)**



(Scan the QR code for registration)