

7th International Day of Yoga, Jiwaji University Gwalior

Hosted by Prof. S. K. Gupta

<https://jiwajiuniversity.webex.com/jiwajiuniversity/j.php?RGID=r841a729289ed7a1c77b6c7b024ab247a>

Monday, Jun 21, 2021 7:00 am | 1 hour | (UTC+05:30) Chennai, Kolkata, Mumbai, New Delhi

Event number: 158 527 6174

Event password: GUfBsXBV888 (48327928 from phones)

Agenda: CYP Yogic Practices on 7th International Day of Yoga on 21st June 2021 from 7.00 to 8.00 AM organised by Centre for Yogic Sciences, Jiwaji University, Gwalior.

Note: Please register before joining the event.

Join by phone

+91-11-64800250 India Toll (Delhi)

+91-44-64800113 India Toll (Chennai)

Access code: 158 527 6174

JIWAJI UNIVERSITY, GWALIOR, INDIA

(NAAC Accredited A Grade)

COMMON YOGA PROTOCOL (CYP)

on

7th International Day of YOGA organised by Centre for Yogic Science

21st June 2021 (Monday) from 7.00 AM to 8 AM



Prof. Sangeeta Shukla
Vice Chancellor



Prof. S.K. Gupta
Coordinator, Yoga

“BE WITH YOGA, BE AT HOME (योग के साथ रहें, घर पर रहें)”

Dear Colleagues,

As per the notification no. 713/205/Directorate/Academic, dated 17th June 2021 by the Higher Education Department, Govt. of M.P. for the organisation of 7th International Day of Yoga on 21st June 2021, our hon'ble Vice Chancellor invites all the teachers, students, officers, staff etc. to observe “IDY 2021” by following the Common Yoga Protocol (CYP) at home with their families under the theme “Be with Yoga, Be at Home”. The CYP yogic practices will be webcast through Jiwaji University Cisco WebEx virtual platform from 7.00 to 8.00 AM on 21st June. The registration is free for teachers, students, officers and staff.

Event Link:

<https://jiwajiuniversity.webex.com/jiwajiuniversity/j.php?MTID=m8449cc5d4d6170f1555b12c5ab62566>

“Be With Yoga, Be At Home”



Health experts all over the world are advising the public to stay at home in the background of the pandemic, to the extent possible.

While heeding to their advice, why not also add Yoga to it, and reap in the well known rewards of Yoga?

Hence the message “Be With Yoga, Be At Home”