

CELEBRATION OF 10TH INTERNATIONAL YOGA DAY, 21ST JUNE 2024

With reference to the communications received from Ministry of Health & Family welfare (No: V-16020/36/2024-INI-I dated 02.05.2024) and Ministry of AYUSH, Government of India (No: M-16030/4/2024-YN dated 12.04.2024), it is to bring to the kind notice of all concerned that, as a part of Celebration of 10th International Yoga Day (IYD) on 21st June 2024, the following program will be conducted at Advanced Centre for Yoga Therapy Education & Research (ACYTER), Department of Physiology, JIPMER

❖ Free Yoga Training Camp

- Date & Time - 01.06.2024 to 20.06.2024, 09:30 to 10:30 AM
- Venue: Yoga Hall, ACYTER, Dept. of Physiology, 1st floor JAC, JIPMER

❖ Common Yoga Protocol (CYP) Practice

- Date & Time - 21.06.2024 (Friday), 07:00 to 08:00 AM
- Venue: Community Hall, JIPMER
- Syllabus: CYP assigned by Ministry of AYUSH
- Participants: JIPMER Faculty, Students, Staff and their family members.

Links: 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/i337jSRXEhsjjwd87>

- **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)