

OFFICE OF THE DEPUTY REGISTRAR
APEX PROFESSIONAL UNIVERSITY
PASIGHAT, ARUNACHAL PRADESH

Ref. No.: APU/DR/GA-20/2020/058

Date: June 11, 2020

NOTICE-01/2020

Subject: International Day of Yoga (IDY) 2020 on 21st June 2020.

This year the International Day of Yoga (IDY) will confine to homes and may involve family in the practice of Common Yoga Protocol (CYP) between 7 am to 7:45 am on 21st June 2020.

This year IYD will be observed around the themes **Yoga @ Home and Yoga with family.**

All members of faculty may encourage their students to participate in quiz, online video contest (My Life – My Yoga) and other competitions being organized by Central Council for Research in Yoga & Naturopathy (CCRYN), Ministry of AYUSH and Indian Council for Cultural Relations (ICCR). One can find the guidelines and competition details in the Yoga portal of the Ministry website.

Apex Professional University, Pasighat will also **arrange a live screening of Doordarshan's National telecast** related to International Day of Yoga on **21st June 2020** to foster the sense of participating in the nation-wide yoga movement.

While observing IYD **social distancing norms, face covering** such as **masks** etc. and **sanitization of hands** are to be adhered properly.

This has approval of the Hon'ble Vice – Chancellor.



DEPUTY REGISTRAR
Apex Professional University
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11/06/2020
Deputy Registrar
Apex Professional University
Pasighat

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