

**Action Plan for the International Yoga Day 2017**

“International Yoga Day” will be celebrated in the Campus on **Wednesday, 21 June 2017**.

**Venue:** Campus

**Programme Schedule:**

09:00 hrs: Introduction of Yoga Master by the President, Student Affairs Council

09:02- 09:15 hrs: Address by the identified Yoga Expert

09:16 – 09:45 hrs: Practice of Yoga Asanas by faculty, staff and students under the guidance and supervision of the Yoga Expert

09:45 hrs: Vote of Thanks by the President, Student Affairs Council

09:45 hrs – 10:05 hrs: Refreshments

**Online activities:**

- 1) Making the faculty, staff and students aware of the various competitions available for participation on the Ministry of AYUSH website at <http://ayush.gov.in/idy-contest>
- 2) Helping the faculty, staff and students gain an appreciation of Yoga by sharing the Common Yoga Protocol 2017 Video available on the Ministry of AYUSH website through: <https://www.youtube.com/watch?timecontinue=1&v=zEKgKSidlz4>
- 3) Encouraging the faculty, staff and students to read and take benefit of the Common Yoga Protocol 2017 - Booklet available on the Ministry of AYUSH website at: <http://ayush.gov.in/sites/default/files/Final%20IDY%20English%20FOR%20MAIL%20%282%29.pdf>
- 4) Encouraging the faculty, staff and students to take the online pledge available on the Ministry of AYUSH website at <http://yoga.ayush.gov.in/>