



NATIONAL MUSEUM INSTITUTE
OF HISTORY OF ART, CONSERVATION AND MUSEOLOGY
(Deemed to be University)
First Floor, National Museum Campus, Janpath, New Delhi-110011

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OFFICER ORDER

As you may be aware that International Yoga Day is being observed on **June 21, 2020** across the world. All the faculty, officers and staff of the National Museum Institute are advised to follow the guidelines of the Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) as detailed below:-

1. Yoga is an invaluable ancient practice in India with multiple physical and mental health benefits.
2. While mass performance of Common Yoga Protocol will remain at the heart of the observation of IDY this year.
3. You and your family can join thousands of others by doing the 45 minute long CYP drill at 7.00 AM on 21st **June 2020** at home.
4. To make the observation of IDY at home feasible, the Ministry of AYUSH and other stake-holders have been running multiple training programmes on Yoga and CYP.
5. These programmes are being intensified, and daily online sessions on Common Yoga Protocol will be streamed on the Ministry's Social Media Platforms as well as partnering TV Channels.
6. You may watch the Ministry's Social Media handles for details.
7. Announcement on specific activities for 21st **June 2020** will also be made on these channels.
8. Various reputed Yoga institutions will also be imparting online training lessons in CYP in the coming days.
9. Please use these resources and prepare yourself and your family in advance for IDY-2020.
10. If you are already trained in CYP. Prepare yourself, and be there to do Yoga with the world.

Sd/-
(Dr. Praduman K. Sharma)
Registrar

Distribution:-

All faculty/officers/staff of the National Museum Institute.