

# NORTHERN INDIA TEXTILE RESEARCH ASSOCIATION

(Linked to Ministry of Textiles, Government of India)

Date: 17.06.2025

## International Day of Yoga (IDY) Yoga Sangam

THEME: YOGA FOR ONE EARTH, ONE HEALTH

### COMMON YOGA PROTOCOL (CYP)

NITRA, Ghaziabad will celebrate International Day of Yoga (IDY) on 21<sup>st</sup> June, 2025 from 6.30 A.M. to 7.45 A.M.

Celebration will follow Common Yoga Protocol (CYP) :

- Introduction to yoga
- Prayer
- Shadilaja
- Yogasanas
- Kapalabhati
- Pranayama
- Dhyana
- Sankalpa
- Shantih Path

For further details regarding CYP, please visit

<https://yoga.ayush.gov.in/api/uploads/assets/cyp/Common%20Yoga%20Protocol%20Book-Hindi.pdf>

This is an opportunity to contribute to a historic national movement fostering unity and health and promoting India's cultural legacy.

(Reference to the Office Memorandum No. D-38/4/2022-Genl., Government of India, Ministry of Textiles dated June 10, 2025 on the subject cited above)

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