



COMMON YOGA PROTOCOL

Know Accurate &
Start Practicing

CYP 2021

19 & 21 June 2021

6:00 to 7:00 am

Yoga & Meditation For Wellness

#BeWithYogaBeAtHome
#IDY2021 #YogaForAll #YogaForHealth

Who Should Attend

Doctors, Students, Staff of
Directorate of AYUSH, GNCTD,
COVID Warriors & Yoga Lovers

REGISTER NOW

FREE REGISTRATION



Understanding of
Common Yoga Protocol by

Dr. P. K. Chauhan
NIOS, New Delhi

Yoga Demonstration by

Ms. Anjali Jha
Mr. Pritish Maurya
Mr. Pawan Kumar



Dr. B.R. Boroojehi
Medical College, New Delhi



Ayurvedic and Unani Tibbia
College and Hospital, New Delhi



Purna Homoeopathic Medical
College and Hospital

Certificate of participation shall be issued upon attending CYP 2021

For further information: ayushdelhistate@gmail.com



Yoga – a way of life is the ancient wisdom of the culture and tradition of India and a valuable gift to the people of world. The disease-ridden humanity today is confused and on the crossroads to find a way of life that truly encompasses every aspect of human well-being. What can be a better way than adopting “Yoga” to achieve mental, physical, social and spiritual well-being. Our age-old Indian wisdom has led the world in different aspects of life since time immemorial and Yoga is probably the best of the gifts a nation can offer to the human life.

Holistic approach to health and life is the most adorable one and has time and again proved to emerge as best natural way of life. It’s not talking exercise but the process of discovering one’s self’ unifying with one’s self and a beautiful harmony between mind and body, thoughts and action, spirit and fulfillment.

One’s elevation to the awakening, the Lord Buddha’s metamorphosis into the godliness is probably the best example of the yogic awakening.

Dr B R Sur Homoeopathic Medical College, Hospital & Research Centre is observing the International Day of Yoga in association with and under the auspices of the Dept. of Ayush, Govt. of NCT of Delhi through different activities like practice session of Common Yoga Protocol under the able guidance of Yoga gurus, exploring the latest research developments in the field of Yoga by conducting webinars, participating in video contest and poster making competition on Yoga and finally the doing the Yoga on 21.6.21 to observe the 7th International Day of Yoga.

