



INDIAN INSTITUTE OF INFORMATION TECHNOLOGY SONEPAT

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International Yoga Day (IDY-2021) Celebration

As part of worldwide observation of **International Day of Yoga**, IIIT SONEPAT will celebrate **International Day of Yoga** on **21st June 2021**. The goal behind the organisation of the event is to spread the message of peace, harmony, happiness, and success to every soul in the world. It will be a great opportunity to imbibe the value of discipline. The following program is as per schedule: -

Sr.No.	Specific Item with description of plan	Specific details with description of plan
1.	Poster making competition 18th June 2021	Will be organised online for all faculty, non-Faculty, and students of IIIT Sonapat on the theme “Yoga for Harmony and peace “
2.	Slogan Writing Competition 19th June 2021	Will be organised online for all faculty, non-Faculty, and students of IIIT Sonapat on the theme IDY 2021
3.	Main Event: 21st June 2021	Online celebration of IDY 2021 by following the common yoga protocol by faculty, non-faculty, and students of IIIT SONEPAT along with their family members. # Common Yoga protocol PDF and video link will be shared with all

Let's follow and appreciate the theme 2021 of International Yoga Day and practice yoga at home until this curse of COVID-19 leaves us.

International Yoga Day theme is “Be with Yoga, Be at Home”.

In view of the above, you all are requested to practice Yoga @Home on 21st June 2021, from 07:00 AM to 07:45 AM. Further, please share the picture of above events and Self-Video of practicing Yoga to idyogaiiits@gmail.com with subject line-**Department-Name/Student-RollNo/Photo/Video** before 4pm on prescribed dates.

Looking forward to your active participation to make this event a grand success.