

**ICAR-CENTRAL TOBACCO RESEARCH INSTITUTE**  
**(Indian Council of Agricultural Research)**  
**RAJAHMUNDRY – 533 105 (A.P)**

F.No.13-1/2020-CDN dated 09.06.2020

Date: 18.06.2020

**CIRCULAR**

**Sub: Celebration of ‘International Day of Yoga (IDY)’ on 21.06.2020 (Yoga@Home)**

The undersigned is directed to say that as per the directions received from the Deputy Secretary (GAC) to the Govt. of India, Ministry of Agriculture, DARE, Krishi Bhawan (D.O.No. M.16011/42/2019-YN Dated 04.06.2020), it has been decided to observe the ‘**International Day of Yoga (IDY)**’ at the residences of the respective staff members of ICAR using digital media to undertake CYP (45 minutes at 7 AM) on **21.06.2020**. This has been decided due to the current COVID-19 pandemic situation raised globally.

Hence, all the Officers and Staff Members of ICAR-CTRI are requested to observe International Yoga Day by following Common Yoga Protocol (CYP) in their homes on 21.06.2020 and make it successful one.



(K. SUMAN KALYANI)  
Nodal Officer, International Day of Yoga

***(Yoga is the journey of self, through the self to the self)***

**Important Websites:**

CYP (English) YouTube Video Link: <https://www.youtube.com/watch?v=K-GJh9GeOxE> :  
Ministry of Ayush Website Link: <https://main.ayush.gov.in/>

**Copy to:**

1. All the Heads of Divisions / Sections, CTRI, Rajahmundry;
2. Scientist in-charge, CTRI form, Katheru;
3. The Programme Coordinator, KVK, Kalavacharla.
4. PS to Director / PS to SAO (APARs)
5. AI, AII, AIII & A IV Sections
6. Notice Board at New Lab complex.