



**Department of Physical Education and Sports
University of Hyderabad
INTERNATIONAL YOGA DAY: 21ST JUNE 2020**

As per the directions of the MHRD, the UOH is observing the International Yoga Day on 21st June, 2020. But due to the existing pandemic restrictions, the Yoga day event is conducted online. An online session of the common yoga protocol of AYUSH will be demonstrated by our Yoga instructors and the interested university members may join the yoga session and can participate for enhancing their wellness status. The live online session will be conducted by the Yoga instructors at 7 am tomorrow and will be conducted for one hour. Interested may use the link below to join the live session, ten minutes before the session starts. The office of the Director, CNF is the resource centre for the online Yoga session.

meet.google.com/qgp-buee-wzy

Kindly use the opportunity to enhance the wellness status at this pandemic crisis. With sincere regards.

**Dr. Rajasekhar Kali Venkata, Ph.D
Director of Physical Education and Sports.**