



**ISLAMIC UNIVERSITY OF SCIENCE TECHNOLOGY,
KASHMIR**
OFFICE OF
DIRECTORATE OF PHYSICAL EDUCATION & SPORTS
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NOTICE

Subject: 100 Days Yoga Sessions – International Day of Yoga (IDY) 2026

In continuation of the communication received regarding the celebration of international yoga Day (IYD) 2026, it is hereby informed that ministry of Ayush, in collaboration with Morarji Desai National institute of yoga (MDNIY), is organising 100days free live yoga sessions under the yoga 365 initiative.

In this regard, the Directorate of Physical Education and Sports invites all interested employees and students of the university to register and actively participate in yoga sessions to be organised by DPE&S aimed to promote holistic Well-being and a healthy life style

The programme includes structured yoga practice sessions conducted by expert and is open to participants of all fitness levels. The interested employees and students may register in the office of Directorate of Physical Education and Sports by or before 29/04/2026

Sd/-
Officer Incharge (DPE&S)

No. IUST/DPE&S/26/

Dated: 28-04-2026

Copy to:

- All Deans
- All Heads / I/C Heads of the Departments
- Finance Officer
- Special Secretary to Vice Chancellor for kind information of Hon'ble Vice Chancellor
- Sr. Proctor
- PA to Registrar for kind information of Registrar
- PR Cell with the request to upload the same on University Website
- File

(Dr. Hilal Ahmad Rather)
Assistant Director

Directorate of Physical Education & Sports

