



NOTICE

Subject: Yoga Practice Session for the Celebration International Day of Yoga 2026

In connection with the celebration of the International Day of Yoga 2026, the Directorate of Physical Education & Sports is Yoga Practice Session to facilitate active participation and familiarize participants with the Common Yoga Protocol.

All students, faculty members, officers and non-teaching employees of the University are hereby, encouraged to participate in the session and contribute towards the successful celebration of International Day of Yoga.

The Directorate of Physical Education & Sports has been actively conducting 100 Days of Yoga Sessions as part of the nationwide initiative promoting health, wellness and holistic well-being. The proposed practice session shall also form an integral part of the ongoing programme. The session will further support the objectives of the **Nasha Mukh Bharat Abhiyaan**, emphasizing a healthy, disciplined and drug-free lifestyle through the practice of Yoga.

Date: 19th June 2026

Reporting Time: 9:15 am

Yoga Session Time: 9:30 am Sharp

Venue: Opposite Old Administrative Building Lawn

Note: All participants are requested to report at the venue well in time and attend the session in comfortable sports/yoga attire.

This notice shall be available on the University website only. No hard copy will be circulated.

Sd/-

(Dr. S. Iqbal Quraishi)
Officer Incharge
DPE&S

NO: IUST/DPE&S/26/261
Dated: 18-06-2026.

Copy:

- All officers of the University.
- All Directors/Heads of respective Centres/Departments for kind information & necessary action.
- Dean of Students for kind information & necessary action.
- Provost Boys & Girls Hostel, for kind information & necessary action.
- Senior Proctor for kind information & necessary action.
- Special Secretary to Vice Chancellor for kind information of the Hon'ble Vice Chancellor.
- P.A. to registrar for kind information of the Registrar.
- Coordinator NSS/NCC girls for kind information & necessary action.
- PR Cell with the request to upload the notice on the university website.
- File.

(Dr. Hilal Ahmad Rather)
Assistant Director
DPE&S

