



MAHARSHI DAYANAND UNIVERSITY ROHTAK

(A State University established under Haryana Act XXV of 1975)

A+ Grade University accredited by NAAC

Dean Students' Welfare Office

DSW/2025/716

Dated: 03-12-2025

Subject: Online Yoga Workshop for Exam Days – Stress & Anxiety Management Sessions.

All regular students of **Maharshi Dayanand University, Rohtak** are hereby informed that the **DSW Office** is organizing a **Two-day Yoga Workshop** to help students effectively manage *exam-related stress, anxiety, and mental fatigue* in collaboration with **Centre for Yogic Studies**. These sessions are specially designed to enhance concentration, calmness, and overall well-being during the examination period.

The workshop will be conducted **online modes** as per the schedule given below:

- **Dates:** 5th & 6th December 2025
- **Timing:** 6:00 p.m. onwards
- **Online Google Meet Link:** <https://meet.google.com/gxi-mxin-kvj>

Benefits of the Workshop

- **20-minute special exam-days yoga capsule/schedule**
- **Yoga Nidra practice (10–15 minutes)** to reduce stress & anxiety and to compensate for lack of sleep
- **Certificate of Participation** (virtual mode) will be provided to all participants (*only for regular students of MDU*)
- **5-minute yoga routine** before sleeping at night and after waking up in the morning
Guidance for parents regarding their supportive role during the examination days of their wards

Registration

Interested participants are requested to register through the Google Form link given below:

<https://forms.gle/ZHcAZDvg5HsvYmwf9>

Important Request

All **Heads, Directors, Deans, and Principals** are kindly requested to circulate this information among the students of their respective Departments/Institutes/Centres/Colleges and motivate them to participate in this workshop for the welfare and well-being of the students.

Regards,

Dean Students' Welfare
DSW Office, MDU Rohtak



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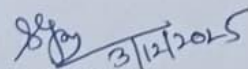
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3/12/2025
Dean Students' Welfare
DSW Office, MDU Rohtak