

Sub: Six-Day Certificate – State Level Suryanamaskar Abhiyaan-2026

It is submitted that under the able leadership of **Hon’ble Chief Minister, Haryana, Sh. Nayab Singh Saini ji** and **Hon’ble Health & AYUSH Minister, Haryana, Madam Arti Singh Rao ji**, the **Surya Namaskar Abhiyaan-2026** is being organized from **12 January 2026 to 12 February 2026** across the State. This Abhiyaan is a remarkable initiative aimed at fostering a strong culture of **fitness, well-being, and holistic development** among the people of Haryana through the regular practice of *Surya Namaskar*.

The **Haryana Yog Ayog** will issue a **State-Level Certificate** to participants who successfully perform *Surya Namaskar* for a minimum of six days.

In this regard, a **Six-Day Surya Namaskar Certificate Programme** is being organized by the **Dean Students’ Welfare Office** as per the following schedule:

Programme Details:

Duration: 07 February to 12 February 2026

Time: 06:20 AM to 07:20 AM

Venue: Tagore Auditorium, MDU Rohtak

All participants who complete the programme will be awarded a **Certificate of Participation (State Level)** issued by **Haryana Yog Ayog**.

All **HoDs/Directors** are kindly requested to circulate this information among **students, teaching, and non-teaching staff** and motivate them to actively participate in the programme.

Registration Details:

Google Form: <https://forms.gle/4harGYvZZFacrAL5A>

Last Date for Registration: **06 February 2026**

Contact No.: **9812402030**

Your kind cooperation in making this State-level wellness initiative a success will be highly appreciated.

Regards,

Organizer:

Dean Students’ Welfare Office

MDU Rohtak