

INVITATION

It gives me immense pleasure to inform you that the **12th International Day of Yoga (IDY)-2026** is being organized by the **Maharshi Dayanand University, Rohtak**, on **21 June 2026** at the **FDC Green Lawn, MDU Rohtak**, from **6:15 a.m. to 7:30 a.m.**

In this connection, all **Heads of University Teaching Departments/Directors of Centres and Institutes/Heads of Branches** are kindly requested to motivate and encourage the students, faculty members and staff of their respective Departments/Centres/Branches to participate enthusiastically in this celebration and make the event a grand success.

Your active cooperation and participation will go a long way in promoting the spirit of yoga and holistic well-being in accordance with the theme of the International Day of Yoga-2026, **“Yoga for Healthy Ageing.”**

Looking forward to your gracious presence and support.

With warm regards,

Prof. Sandeep Bansal
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