



Cordial Invitation

Subject: Invitation to Yoga and Meditation Session under “Seva Sankalp Abhiyaan – Seva Mera Yogdan” on 25-09-2026.

Respected Sir/Madam,

The **Dean Students’ Welfare Office, MDU Rohtak**, in collaboration with the **Centre for Yogic Studies**, is organizing a **Yoga and Meditation Session** under the “*Seva Sankalp Abhiyan – Seva Mera Yogdan*” initiative.

You are cordially invited to attend the session as per the following schedule:

Date: 25 September 2026

Time: 6:30 AM to 7:30 AM

Venue: State Level Freedom Fighter Memorial (Open Theatre), Near Gate [No. 1, MDU Rohtak](#).

Your gracious presence will encourage and inspire the university community towards adopting **Yoga, Meditation and a healthy lifestyle**.

You are also kindly requested to **motivate the students, faculty members and non-teaching staff of your department** to actively participate in the session and make the programme a meaningful and collective endeavour.

We look forward to your gracious presence and active participation.

With warm regards,

Dean Students’ Welfare
Maharshi Dayanand University, Rohtak