



IIHMR University, Prabhu Dayal Marg, Near Sanganer Airport, Jaipur – 302029

Date: 16/06/2026

CIRCULAR

Pre-Yoga Workshop on International Day of Yoga 2026

This is to inform that **IIHMR University, Jaipur**, is organizing a **Pre-Yoga Workshop** in observance of **International Day of Yoga 2026** under the theme "**Yoga for Healthy Ageing.**"

The workshop aims to promote **physical fitness, mental well-being, and healthy lifestyle practices** through the adoption of yoga and mindfulness techniques.

Event Details:

- **Date:** 20 June 2026 (Saturday)
- **Time:** 10:00 AM – 12:00 PM
- **Venue:** IIHMR University, Jaipur
- **Theme:** Yoga for Healthy Ageing

The session will be conducted by **Dr. Punit Chaturvedi, Senior Assistant Professor and Yoga Expert, National Institute of Ayurveda, Jaipur**, and will include demonstrations of yogic practices, breathing exercises, and relaxation techniques for holistic well-being.

All students, faculty members, and staff are encouraged to participate.

A handwritten signature in blue ink, appearing to be 'Sb', is placed above the Registrar's Office text.

Registrar Office

Registrar
IIHMR University
1, Prabhu Dayal Marg, Near
Sanganer Airport, Jaipur-302029

Copy to:

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