



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

Date: 16/06/2026

CIRCULAR

International Yoga Day 2026

This is to inform that **IIHMR University, Jaipur**, is organizing **International Yoga Day 2026** under the theme "**Yoga for Healthy Ageing.**"

The programme aims to promote **physical fitness, mental well-being, and healthy ageing** through the practice of yoga and holistic wellness activities.

Event Details:

- **Date:** 21 June 2026
- **Venue:** IIHMR University, Jaipur
- **Theme:** Yoga for Healthy Ageing

The session will be conducted by **Dr. Punit Chaturvedi**, Assistant Professor, **National Institute of Ayurveda, Ministry of AYUSH, Government of India, Jaipur**, and will include **yogasanas, pranayama, breathing exercises, and relaxation techniques** to encourage a healthy and balanced lifestyle.

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

A handwritten signature in blue ink, appearing to be 'J. B.', is written over a horizontal line.

Registrar Office

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

Copy to:

- **All Faculty Members, Staff**
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