



NOTICE

This is to inform all Deans, Faculties and Staff that our university will be celebrating "**International Yoga Day**" aimed to spread awareness about the practice of Yoga for holistic well-being and sustainable living.

Event Details are as follows:

Theme: 'YOGA FOR HEALTHY AGEING '

Date: 21st June, 2026

The event will be conducted in two parts as per the following schedule:

Yoga Session

Time: 05:45 AM – 6:30 AM

Venue: Multipurpose Hall, 1st Floor,
Nursing College Building

Yoga Instructor- Dr. Arjun Ashokan
(8073601937), Ayurved Nursing College

Online Session/Address by Honourable PM

Time: 06:45 AM – 07:45

Venue: Lecture Theatre-1 (LT-1), Medical
College

All participants are requested to assemble at the venue by the scheduled time for Guided Common Yoga Protocol session. Participants will also join the Live telecast of Hon'ble Prime Minister's address on the occasion of International Yoga Day.

The event will be led and coordinated by Dr. Charu Gauba, Dean, Ayurved Nursing College. In this connection, Deans are requested to kindly disseminate this information among all faculty members, staffs and students. Your support and cooperation in encouraging mass participation and ensuring the smooth functioning of this event.

- Kindly wear loose & comfortable clothes (for Men- T-shirt/Kurta & Lower, for Women- T-shirt & Lower/Salwar) and bring your own yoga mat, if available.
- Refreshments will be provided to all participants after the conclusion of the second session in LT-1.

Your presence will make this celebration meaningful. Let us come together to promote the message of Yoga for Healthy Ageing.

(Dr. Rajeev Mishra)
Registrar

Copy for information to:

1. PS to Hon'ble Chancellor/Pro Chancellor
2. PS to Hon'ble Vice Chancellor
3. PS to Pro Vice Chancellor
4. Dean Students Welfare
5. Controller of Examinations
6. Chief Finance Officer
7. All Deans under TSMU
8. Admission Cell
9. HR Department
10. IT Department
11. Transport In-charge
12. Chief Security Officer
13. Hostel Wardens (Boys & Girls)
14. Hospital Staff, TSM Hospital
15. Notice Boards
16. Guard File