

OFFICE OF THE REGISTRAR: SIBSAGAR UNIVERSITY

Ref. No : SU/DSW/Student/26/ 530

Date: 19-06-2026

NOTICE

This is for information of all students, teaching staff, and non-teaching staff of Sibsagar University that a meeting-cum-participation programme will be held in connection with the observance of the International Day of Yoga (Yoga Divas), 2026 on 21 June 2026 (Sunday) at Arts'-2 Hall. All concerned are requested to attend the programme and actively participate in the Yoga Divas celebration as per the scheduled agenda. It is hereby notified that attendance of all B.Ed. 2nd Semester students is compulsory. They are directed to report at the venue by 6:30 AM for registration and participation in the yoga demonstration session.

Participants are requested to wear comfortable white attire and bring their own yoga mats.

Programme Schedule

Time	Programme
06:30 AM – 07:00 AM	Registration of Participants
07:00 AM – 07:15 AM	Lighting of Lamp by the Hon'ble Vice-Chancellor
07:15 AM – 07:30 AM	Address by the Hon'ble Vice-Chancellor
07:30 AM – 07:40 AM	Significance of International Day of Yoga by the Registrar
07:40 AM – 08:40 AM	Yoga Demonstration by the Students
08:40 AM – 09:00 AM	Pranayama and Meditation Session by Dr. Utpal Sarma
09:00 AM – 09:05 AM	Wellness Pledge by Dr. Parag Rajkhowa
09:05 AM – 09:10 AM	Vote of Thanks by Mr. Diganta Borah
09:10 AM -	Onwards Refreshments and Group Photograph



Dr. Profulla Chandra Kalita
Sibsagar University
19/06
2026

Copy to:

1. The OSD to Hon'ble Vice-Chancellor for kind information
2. The Dean, Students' Welfare for necessary action
3. The Finance and Accounts Officer for information
4. Notice Board
5. University website
6. Office file

Dr. Profulla Chandra Kalita
Sibsagar University