



ASSAM UNIVERSITY SPORTS BOARD



CELEBRATION OF 12th INTERNATIONAL DAY OF YOGA

21st June 2026, Sunday

Assam University Sports Board under the aegis of Assam University Silchar will organize **Yoga sessions** as part of the celebration of the **Yoga Sangam**, the flagship event **12th International Day of Yoga** on **21st June 2026, Sunday** at the **Indoor Stadium, Assam University** of the University. The students, research scholars, teaching and non-teaching staff, and their family members are invited to attend and actively participate in the programme.

All the participants are requested to reach the venue before 6.30 am.

Timing: 7.00 AM TO 9.00 AM Venue: Indoor Stadium, Assam University

Making use of the Digital Assets developed by Ministry of AYUSH:

(A) Namaste Yoga App - This App is a one stop health solution that enables people to access yoga related information, yoga events and Yoga classes at their fingertips. The app also provides information on one's physical activity in terms step count and calories burnt.

The link for the app is: -

https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker&hl=en_IN&pli=1

B) Y Break App - Y break is a 5-minute recharge for office goers to promote Yoga practice amongst working population to de-stress, refresh and re-focus at their workplace to increase their productivity, and it consists of Asanas, Pranayama and Dhyana.

The link for the app is:-

https://play.google.com/store/apps/details?id=ybreak.ayush.gov.in&hl=en_IN

Prof. M. Tineshowri Devi
Director (Sports Board)
Assam University, Silchar

No. AU/SPE/157/15(Pt)

Date 15 - 06 -2026

Copy for kind information and wide circulation to:

1. PS to VC for kind information of the Hon'ble Vice Chancellor
2. All Deans
3. Registrar / Finance Officer/COE /Librarian
4. HODs of all Academic Deptts
5. Director, CDC / Director, IQAC
6. Director, Computer Centre. He is also requested to upload the same in the University Website.
7. PRO
8. All other officers
9. DSW / Proctor
10. Wardens of Girls Hostels - 1, 2, 3, 4,5 & 6 and Boys Hostels - 1, 2, 3,4, & 5.
11. Security & Vigilance Officer
12. President & Secretary, AUTA / AUNTEA
13. President, General Secretary & Secretary, Sports - AU Students Union

Prof. M. Tineshowri Devi
Director (Sports Board)
Assam University, Silchar



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NOTIFICATION

This is for information of all concerned that the Assam University, Silchar is going to celebrate the 12th International Day of Yoga on 21st June 2026, with the following programme.

Programme

12th International Day of Yoga
Venue: Indoor Stadium, Assam University

6:45AM: Welcome Speech

6:50 AM: Inaugural Speech by Honorable Vice- Chancellor

7:00AM: Demonstration and Practice of Common Yoga Protocol

7: 55 AM: Vote of thanks

8: 00 AM: Refreshment

All the participants of Assam University fraternity including Teaching Staff, Non-Teaching Staff, Research Scholars, Students and the University Community are requested to take part in the event. All the participants are requested to reach the venue before 6.30 AM.

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