

MAHARSHI DAYANAND UNIVERSITY ROHTAK

(A State University established under Haryana Act XXV of 1975)

A+ Grade University accredited by NAAC

Dean Students' Welfare Office

No./DSW/20/

Dated: 19-06-2020

NOTIFICATION

International Yoga Day is celebrated on 21st June every year. Due to COVID-19 pandemic, this year University is going to celebrate International Yoga Day through MDU Webex and MDU Live YouTube channel on 21st June 2020 at 6:15AM onwards.

All the Deans/Directors/HoDs/Statutory Officers/Branch Officers/Faculty Members/Students and Employees of MDU are cordial invited to join us on MDU Webex from Home to celebrate 6th International Yoga Day. The programme also be telecasted on MDU Live youtube channel. Further, all the HoDs/Directors are also requested to circulate it among their all faculty members, staff and students so that they can learn the Yoga practice and understand health benefits of Pranayam and Yogasanas.

Prof. Rajbir Singh, Vice-Chancellor has given his kind consent to preside over the programme.

Webex Meeting number: 1664607924

Password: 123456

URL: <https://mdu.webex.com/mdu/j.php?MTID=m13ad38504da158d35e26ba9e0cca2709>

MDU Live Youtube Channel: https://www.youtube.com/channel/UC_LJ29unRvGdR9MTyMa-55Q



Dean Students' Welfare

6th International Yoga Day

Schedule of 21st June

Time	Details of Event
6:15 AM	Login Webex Meeting
6:20 AM	Welcome Address by Prof. Rajkumar, DSW
6:25 AM	Lecture on Scientific Research on Yoga by Dr. Ramesh Gupta, Gastroenterologist, New Jersey America
6:50 AM	Inaugural Address by Prof. Rajbir Singh, Vice-Chancellor
7:00 AM	International Yoga Day Protocol Demonstration by Dr. Jagwanti Deswal, Yoga Teacher