



महर्षि दयानंद विश्वविद्यालय रोहतक

प्रातः कालीन

दैनिक योगाभ्यास सत्र

प्रातः 06:00 से 07:10 बजे

स्थान : टैगोर सभागार

Amazing Benefits of Yoga

- ❧ Improve Physical and Mental Health.
- ❧ Reduce Stress, Better Sleep Quality
- ❧ Improve Academic Performance.

- ❧ Enhance Memory and Better Concentration.
- ❧ Increase Motivation and Productivity.
- ❧ More energy and brighter moods.



योग: कर्मसु कोयलम

Note: For Practice bring your own Yoga Mat.



Scan QR

करो योग रहो निरोग

Registered yourself

आयोजक: छात्र कल्याण विभाग

सम्पर्क सूत्र – नरेश अहलवात 9812402030

YOGA CLASSES

The Dean Students' Welfare Office facilitates the Students to channelize their energy in a positive direction. Throughout the year, students are being trained through this program for their physical and mental well being at Tagore Auditorium.

On the occasion of **World Health Day**, all the HODs/Directors/Principals are requested to kindly get it circulated among the students of your departments/institute/college and motivate them to fill-up online registration form and to attend the Yoga Classes at Tagore Auditorium, MDU Rohtak.

Venue: Tagore Auditorium, MDU

Timings: 06:00AM to 07:00AM

Registration form link: <https://forms.gle/gLLSs2rFrEsgx1xE7>

For any query, contact Mr. Naresh Ahlawat, DSW Office 9812402030.

Your cooperation shall be highly appreciated.

Dean Students' Welfare
MDU Rohtak