



No.1-09/Admn/Yoga Day/2024(Vol-IV)-6433

Dated 15th June 2026

To

The NEHU Fraternity,
NEHU,
Shillong, Meghalaya

Sub: Invitation for Participation in the International Day of Yoga in NEHU - regarding

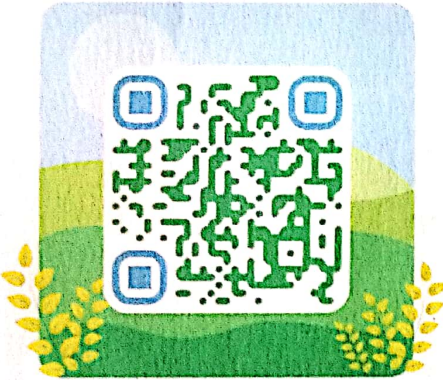
Sir/Madam,

On behalf of the University Level Yoga Committee, we are pleased to inform you that NEHU is celebrating the 12th International Day of Yoga on 21st June 2026 under the theme "Yoga for Healthy Ageing". The Programme will be grace with the kind presence of Prof. S. Umdor, Pro-Vice Chancellor, NEHU, Shillong as Chairman.

On this regard, it is a privilege and an honour, on behalf of the University Level Yoga Committee, to extend a cordial invitation to you and all the staff in your Office/Department along with your respective family members for participation in the programme.

The programme will commence with registration from 07:30 AM and tentatively conclude at 09:00 AM in the, Multi-Use Convention Hall, NEHU, Shillong.

All are requested to register in advance, vide the QRCode /Link below, to enable us to make necessary arrangements for smooth conduct of the event.



<https://docs.google.com/forms/d/e/1FAIpQLSd4LpyLZngrGEkhckM1yN-KwFRmkvgRYPM7wZ0YgkxYMcy4Xw/viewform?pli=1>

We humbly look forward for your support to make this event a success.

Thanking you,

 15.06.2026

Prof. D.K. Choubey
Chairman
University Level Yoga Committee
NEHU