

# DEAN STUDENT'S WELFARE GURUCHARAN UNIVERSITY

Silchar - 788004, Assam

*A State University established by upgrading Gurucharan College  
under Assam Act No. LVII of 2023*

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Ref No:.....**106/8/2026/I**.....

Date: .....**23/05/2026**.....

## NOTICE

### **CELEBRATION OF 12TH INTERNATIONAL DAY OF YOGA (IDY) – 2026**

#### **National Workshop on Yoga**

All students of HS 1st Year and Research Scholars are hereby informed that a National Workshop on Yoga on the theme: “ **Mind–Body Resilience through Yogic Integration** ” is being organized jointly by Gurucharan University and NIRAMAYA (School of Yoga Education), in collaboration with Institute for Yoga Education Research and Holistic Sciences as part of the celebration of the **12th International Day of Yoga (IDY) – 2026**.

The programme will include expert lectures, yoga demonstrations, and interactive sessions focusing on holistic well-being and resilience through yogic practices.

**Participation in the workshop is mandatory**, and students/research scholars are instructed to maintain discipline and punctuality throughout the event.

For registration fill up the Google form:

<https://forms.gle/6EFSrc1NeKpdCCEs8>

ReportingTime : 9.45am

Event Date: 03 June 2026

Venue: GCU Auditorium



Dr. Jaydeep Paul  
Dean Students Welfare  
Gurucharan University, Silchar