



SITYOG INSTITUTE OF TECHNOLOGY

(NAAC Accredited Grade 'B') Growth Center, Jasoiya More, Aurangabad (Bihar) – 824102
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Ref. No. SIT/R/ 400/26

Date: 20-06-2026

NOTICE

Celebration of International Day of Yoga 2026

All students, faculty members, and staff are hereby informed that the Institute will celebrate the **International Day of Yoga (IDY) 2026** on **21st June 2026** with great enthusiasm.

The official theme for **International Day of Yoga 2026** is ***Yoga for Healthy Ageing***, emphasizing the vital role of yoga in promoting lifelong mobility, cognitive well-being, preventive healthcare, resilience, and overall quality of life as individuals age.

On this occasion, a Yoga Session will be organized to encourage participants to adopt yoga as a way of life and to spread awareness about its numerous physical, mental, and emotional health benefits.

Programme Details:

- **Date:** 21 June 2026
- **Theme:** *Yoga for Healthy Ageing*
- **Venue:** SITYOG Ground
- **Time:** 8 AM

All students, faculty members, and staff are requested to participate actively in the programme and contribute to making the event a grand success. Participants are advised to wear comfortable attire and report at the venue at least 15 minutes before the commencement of the session.

Let us come together to embrace the spirit of yoga and promote a healthier and happier future.



[Signature]
Principal

SITYOG Institute of Technology
Aurangabad, Bihar

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2. The Hon'ble Secretary
3. The Dean, Academic
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