



Ref : DC/AC/P.Office/26/152

Date : 19-06-2026

NOTICE


This is to inform all students, teaching and non-teaching staff of Darrang College (Autonomous) that **International Yoga Day 2026** will be observed on **21 June 2026** in the College Auditorium.

The programme is being organized by the **Yoga and Wellness Committee** in collaboration with **IQAC, Students Services Centre, and NSS Unit, Darrang College (Autonomous)** under the theme **“Yoga for Healthy Ageing.”** The yoga session will be conducted by **Ms. Hiramoni Kalita**, Yoga Instructor.

Programme Details:

- **Date:** 21 June 2026
- **Time:** 6:30 A.M.
- **Venue:** College Auditorium
- **Theme:** *Yoga for Healthy Ageing*
- **Instructor:** Ms. Hiramoni Kalita

All members of the college fraternity are requested to participate in the programme and contribute to the successful observance of International Yoga Day. Participants are advised to wear comfortable attire suitable for yoga practice and report to the venue by 6:15 A.M.


Dr. Palash Moni Saikia
Principal,
Darrang College (Autonomous)
Principal
Darrang College (Autonomous)
Tezpur, Sonitpur, Assam