

Notification

Learning Enrichment Program - International Day of Yoga – Yoga for Healthy Ageing

Dear Students,

The Centre for Distance and Online Education (CDOE) is pleased to invite all Undergraduate (UG) and Postgraduate (PG) students to participate in a Learning Enrichment Program organized on the occasion of the International Day of Yoga. The Program aims to create awareness about the significance of yoga in maintaining a healthy body, a peaceful mind, and an active lifestyle throughout all stages of life.

Theme: International Day of Yoga – Yoga for Healthy Ageing

Date: 07 July 2026 (Tuesday)

Time: 11:30 AM onwards

Mode: Online (Zoom)

Yoga is a holistic practice that enhances physical fitness, mental well-being, emotional balance, flexibility, and overall quality of life. The session will focus on the importance of adopting yoga as a lifelong habit to support healthy ageing, stress management, improved concentration, and disease prevention. Participants will have the opportunity to interact with the resource person and gain practical insights.

Zoom Meeting Details

Join Zoom Meeting:

[https://us02web.zoom.us/j/87237752037?pwd=MtH3Roun8kbFzLIUb0BhQ3bjMSGzko.](https://us02web.zoom.us/j/87237752037?pwd=MtH3Roun8kbFzLIUb0BhQ3bjMSGzko.1)

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Meeting ID: 872 3775 2037

Passcode: 610693

All students are encouraged to attend the session punctually and actively participate in the discussions. E-certificates will be issued to participants who attend the program and complete the required feedback form after the session.

Your enthusiastic participation will make this Program meaningful and successful. We look forward to your active presence.

With regards,

Centre for Distance and Online Education (CDOE)



JAIN
DEEMED-TO-BE UNIVERSITY

CENTRE FOR
DISTANCE AND
ONLINE EDUCATION

 *International Day of* 

YOGA

"Yoga for Healthy Ageing"

GUEST SPEAKER



Dr. MAITRY H. SHETTIGAR

Founder & Chief Consultant

MAITRI AYURVEDA

Ayurveda Physician

Yoga Therapy Consultant

Psychology Professional



DATE

07th July 2026



TIME

11:30 AM Onwards



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SCAN TO JOIN

Coordinator: Ms. Devika R M