



**GOVERNMENT OF MANIPUR
OFFICE OF THE PRINCIPAL
JIRI COLLEGE, JIRIBAM**

OFFICE NOTICE

Jiribam, 19th June 2026

No.: 53/JC/O. N/2026: This is to inform all teaching staff, non-teaching staff, and students of Jiri College that the 12th International Day of Yoga will be observed on 21st June 2026 (Sunday) with the global theme:

"Yoga for Healthy Ageing"

The celebration aims to promote physical fitness, mental well-being, healthy ageing, and harmony through the regular practice of yoga. All members of the college community are encouraged to participate in this meaningful event actively.

Programme Details:

- **Date:** 21st June 2026 (Sunday)
- **Assembly Time:** 7:40 A.M.
- **Yoga Session:** 8:00 A.M. onwards
- **Venue:** Multipurpose Hall, Jiri College

Participants are requested to:

- Wear comfortable white sportswear or a white T-shirt.
- Report to the venue at least 10 minutes before the scheduled assembly time.
- Maintain discipline and follow the instructions of the programme coordinators.

Let us come together to celebrate the timeless wisdom of yoga and embrace a healthier, more balanced lifestyle.

"Yoga is the journey of the self, through the self, to the self."

(Rajkumari Sanachaobi Devi)

Principal

Jiri College, Jiribam

Copy to:

1. IQAC, Jiri College.
2. NSS Unit, Jiri College.
3. Guard file.
4. Notice Board.

Principal
Jiri College, Jiribam
Manipur