

GOVT. MEDICAL COLLEGE & HOSPITAL, CHANDIGARH

Academic Branch

**C I R C U L A R**

1. The **International Yoga Day** is being celebrated in the Academic Block (Block E) on Saturday, **21<sup>st</sup> June, 2025 between 6.00 am to 7.30 am**. All Faculty, Staff (Ministerial, Para-Medical, Nursing, contractual, outsourced), Students (MBBS, PG, DNB, DM, M.Phil, B.Sc.) are requested to attend the Yoga day on the scheduled date, time and venue.
2. **It is mandatory to attend the Yoga Sessions for 1<sup>st</sup> Prof MBBS Students & B. Sc. Nursing (2<sup>nd</sup> Semester) every day from 14.06.2025 onwards in morning from 6:30 a.m. to 7.30 a.m. at Block-E, 7<sup>th</sup> Floor. The attendance will be taken by the Coordinator. The Yoga mats will be brought by the Students by themselves.**
3. The schedule of the Instructor for yoga sessions and for IYD is as under: -

Sr. No.	Name	Date
1.	Ms. Anju Bala	14.06.2024 to 17.06.2025
2.	Ms. Balwinder Kaur	18.06.2025 to 20.06.2025
3.	All Instructors	21.06.2025
4. Prof. Anita S. Malhotra will be the Co-ordinator for the Yoga event for 1<sup>st</sup> year. Dr. Anumeha Bhagat and Dr. Meenakshi Raju are requested to take the Attendance of the Students during yoga sessions.
5. Mr. Kulbhushan, Store Officer will assist them in all the necessary arrangements for the event.
6. Ms. Madhu Arora, Chief Dietician will provide the refreshment to the Students during the yoga sessions and for all other Staff/Students on International Yoga Day.
7. Yoga Instructor named above will assist for the performance of different yoga Aasnas. They will follow the Common Yoga Protocol as per the directions of National Medical Commission, New Delhi.
8. Mr. Gupteswar Dash, Photographer is directed to take photographs on all days i.e. from 14.06.2025 to 21.06.2025.

Dated, Chandigarh the  
29<sup>th</sup> May, 2025

PROF. A.K. ATTRI  
Director Principal.