



ALL INDIA INSTITUTE OF MEDICAL SCIENCES BHOPAL
OFFICE OF MEDICAL SUPERINTENDENT
Saket Nagar Bhopal M.P. - 462020

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CIRCULAR

International Day Yoga is being celebrated at AYUSH, AIIMS FROM 1ST JUNE TO 21 JUNE 2018, as a part of National movement as suggested by AYUSH Ministry.

The **THEME** for 2018: **“YOGA FOR HEALTH & WELLNESS.”**

The programme includes a variety of motivational & lecture sessions highlighting:

“WOMENS HEALTH THROUGH YOGA & DIFFERENT SYSTEMS OF MEDICINE” & “YOGA PRACTICES FOR HEALTH & LONGEVITY.”

This programme is accepted & celebrated throughout the globe with a goal of prevention of disease, promotion of health & longevity through the awareness of different types of Yoga systems. The celebration constitutes different events as follows:

- Practice of Common Yoga Protocol everyday 7:00-8:00 am at Yoga Hall, AYUSH, AIIMS.
- There will be talks by eminent dignitaries from field of health, wellness and fitness giving their expert views on the subject.
- Practice session from different lineages; to know the concept & day to day use and benefit of different Yoga systems.
- Poster Competition, slogan writing competition, essay writing competition.


A schedule for the programme shall be circulated shortly.

The faculty members, staff, students associated with AIIMS Bhopal are cordially invited to make the celebration successful & spread awareness. It is a humble request to all HODs to kindly nominate their staff members for participating in the said event. Nominations may kindly be sent at the earliest to

1. Medical Superintendent, AIIMS , Bhopal (ms@aiimsbhopal .edu.in)
2. Dr. Shweta Mishra, Yoga Instructor, AYUSH, AIIMS (shweta.yoga@aiimsbhopal.edu.in)

Certificate of participation will be given to the registered participants.

This is for kind information of all concerned.


Medical Superintendent
AIIMS Bhopal

Copy to:

1. Director
2. DDA/FA/SE/SAO/AO/SPSO
3. All Deans
4. Principal Nursing College
5. Registrar
6. All HODs
7. All Faculty Members
8. All Officers
9. Central library
10. All Resident Doctors
11. All Staff Members
12. All students (Medical & Nursing)
13. Guard File