



# AIIMS Bathinda

In association with



## Ministry of Ayush, Government of India

### On International Yoga Day

21<sup>st</sup> June 2025 (Saturday), At 6.30 AM

Admin Block Reception area



#### Schedule for 21st June 2025

6.30 am-7 am	Inauguration
7.00 -7.45 am	Yoga for all
7.45-8.00 am	Yoga performance
8.00 - 8.15 am	Valedictory
8.15 onwards	Refreshments

# **AIIMS Bathinda**

**Invites you for celebrating  
International Yoga week**

A wellness program Organised by  
**Yoga & Meditation Committee**

**From 16<sup>th</sup> - 21<sup>st</sup> June 2025**

**Theme: Yoga for One Earth One Health**



**Kindly check the detailed program (next page)**

**For queries: Contact Mr. Anand**

# Organizers

<b>Patron</b>	<b>Patron</b>	<b>Organising Chairman</b>	<b>Organising Secretary</b>	<b>Organising Secretary</b>
				
Prof. (Dr.) Meenu Singh Executive Director	Dr. Rajiv Kumar Medical Superintendent	Prof. (Dr.) Akhilesh Pathak Dean Academics	Dr. Archana Nimesh Coordinator, Yoga & Meditation committee	Mr. Anand Mohan Coordinator, Yoga & Meditation committee
<b>Organising Secretary</b>	<b>Organising Member</b>	<b>Organising Member</b>	<b>Organising Member</b>	
				
Dr. Monica Kakkar Coordinator, Yoga & Meditation committee	Dr. Anju Choudhary Yoga & Meditation committee	Dr. Narinder Walia Yoga & Meditation committee	Ms. Mamta Yoga & Meditation committee	

## Program Schedule

Date/Day	Time	Topic	Session	Facilitator/Speaker	For Students/Faculty	Venue
<b>16-06-2025 (Monday)</b>	10-11am	Orientation Program	· Lamp Lighting · Yoga Song	Dean Academics & Yoga Committee Members	Faculty and AIIMS staff members	Mini Audi
<b>17-06-2025 (Tuesday)</b>	3:00-4.00 pm	Breathing exercises & chair yoga	Activity	Mr. Anand, Ms. Mamta	MBBS/Nursing students/staff/faculties	Mini Audi
	4.00-5:00 pm	Role of Yoga on autonomic nervous system	Lecture	Mr. Anand		
<b>18-06-2025 (Wed.)</b>	3:00-5.00 pm	'Happy Vibes'	Workshop	Dr. Archana, Dr. Monica	MBBS/Nursing students/staff/faculties	Mini Audi
<b>19-06-2025 (Thurs.)</b>	3:00-4.00 pm	Om Chanting, Laughing Yoga	Activity	Mr. Anand, Ms. Mamta	MBBS/Nursing students/staff/faculties	Mini Audi
	4.00-5:00 pm	Role of Yoga in chronic pain management	Lecture	Dr. Navjot (Demo: Ms. Mamta)		
<b>20-06-2025 (Friday)</b>	3.00-5.00 pm	Yoga Asanas Competition	Activity	Mr. Anand, Ms. Mamta	MBBS/Nursing students	Mini Audi
<b>21-06-2025 (Saturday)</b>	6.45am-7 am	Inauguration				Medical College, reception area
	7-7.45 am	Yoga for all	Yoga Asanas (exercises)	Yoga Committee	All faculties/students /staff members	
	7.45-8am	Yoga performance	Yoga Dance	Yoga Committee	All faculties/students/s taff members	
	8-8.15am	Valedictory	Yoga Committee			
	8.15 onwards	Refreshments	All faculties/students/staff members			