



F. No. D-14019/03/2023/NMC/GA / 01/64/3

National Medical Commission/ राष्ट्रीय आयुर्विज्ञान आयोग  
(General Administration Section)/ (सामान्य प्रशासन अनुभाग)

Pocket- 14, Sector- 8,  
Dwarka, Phase-1, New Delhi-77  
Dated: the 19<sup>th</sup> June, 2025

### CIRCULAR

Reference is invited to the observance of 11<sup>th</sup> International Day of Yoga with the theme “Yoga For One Earth, One Health” on 21<sup>st</sup> June, 2025. It has been decided to organise a Yoga event in National Medical Commission on Saturday, 21<sup>st</sup> June, 2025, 06:00 AM onwards.

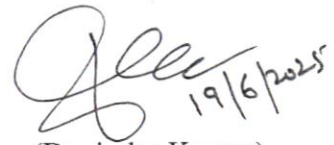
2. The programme details are as under:

**Venue:** National Medical Commission, Pocket-14, Sector -8, Dwarka, New Delhi-110077  
**Date:** 21<sup>st</sup> June, 2025

Time	Programme
06:00 AM to 06:25 AM	Distribution of Yoga Kit at the Reception area
06:30 AM to 07:45 AM	Yoga Session - behind Canteen area
08:00AM onwards	Distribution of refreshment near Fountain area

3. All Officers and Staff of NMC are requested to participate mandatorily in the event as per the above schedule.

4. This has the approval of the competent authority.

  
(Devinder Kumar)

Deputy Secretary (Gen.Admin.)

To

All Officers/Boards/Divisions/Sections & Contractual staff in National Medical Commission

Copy for information to:

- PPS to the Chairman, NMC
- PPS to the Secretary, NMC
- The Under Secretary (Policy & Coordination) – Nodal Officer
- The Manager (IT) with request to upload the same on the e-office Notice Board/website of the NMC.
- Hindi Section for issuing the Hindi translation of this Circular.
- The Junior Consultant (M&M) with request to making necessary arrangement for the aforesaid Programme.
- Guard File