

## Index MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTRE, INDORE

(Unit of Mayank's Welfare Society) (Constituent Unit of Malwanchal University)







ACCREDITED BY NABH & NABL

Ref No.: IMCHRC/DN/2024/E[]

Date: 19.06.2024

## CIRCULAR INTERNATIONAL YOGA DAY

This is to notify that YOGA DAY will be celebrated at the Stadium of index medical college at 9:00 AM onwords on 21/06/2024

VENUE- Stadium of index medical college TIME- 09 to 11 am

**DEAN** IMCHRC, INDORE.

Cc:-

Chairman

Vice Chairman

Registrar, Malwanchal University

Vice Dean

All Administrators

**ALL HODs** 

Notice Board - College Notice Board, Boys & Girls Hostel, PG

Hostel

File



## REPORT INDEX MEDICAL COLLEGE INTERNATIONAL YOGA DAY

We are celebrate YOGA day in stadium of index medical college.

All student was participating in yoga pose including faculty was involving for all type of YOGA AASAN.

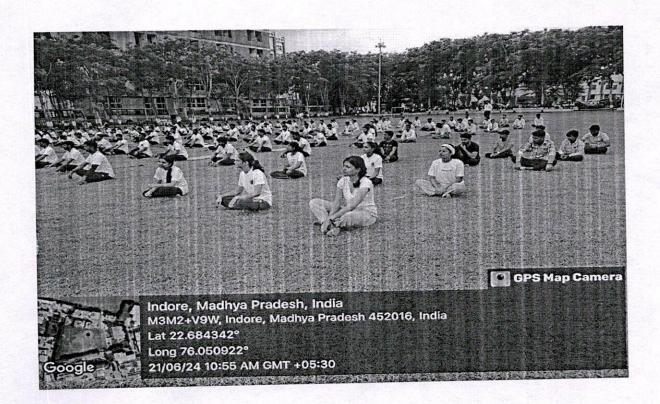
Basically its Origin In September 2014, India's Prime Minister Narendra Modi, in his UN address, suggested an annual Day of Yoga on 21 June, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.

The full form of YOGA is "Y our Objectives Guidelines and Assessment". Yoga is a branch of religious and spiritual traditions, which are derived from the ancient Indian practice of Hinduism.

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