



# 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

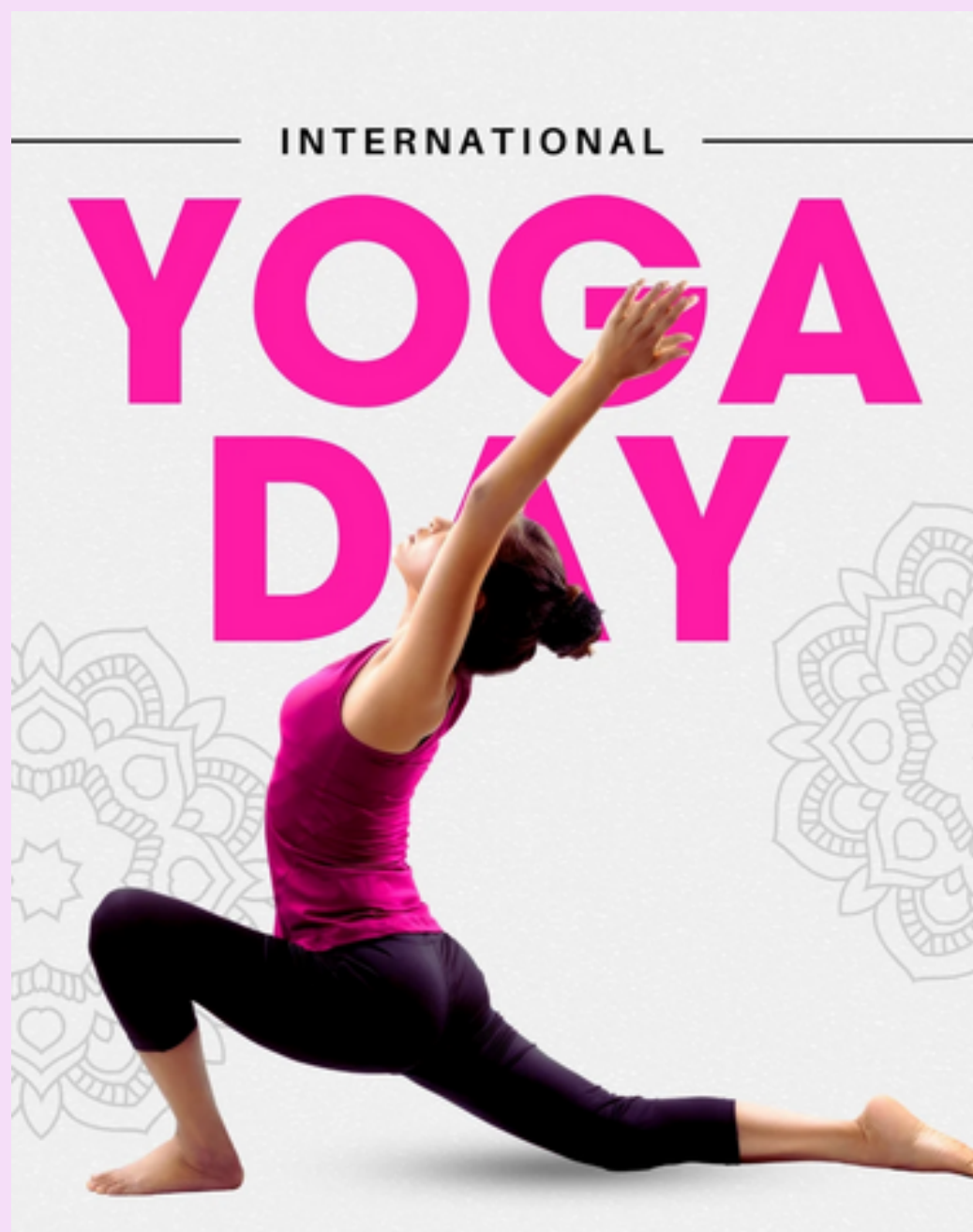
**AIIMS Bathinda**

**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

### Patron



Prof. (Dr.) Meenu Singh  
Executive Director

### Patron



Dr. Rajiv Kumar  
Medical Superintendent

### Organising Chairman



Prof. (Dr.) Akhilesh Pathak  
Dean Academics

### Organising Secretary



Dr. Archana Nimesh  
Coordinator,  
Yoga & Meditation  
committee

### Organising Secretary



Mr. Anand Mohan  
Coordinator,  
Yoga & Meditation  
committee

### Organising Secretary



Dr. Monica Kakkar  
Coordinator,  
Yoga & Meditation  
committee

### Organising Member



Dr. Anju Choudhary  
Yoga & Meditation  
committee

### Organising Member



Dr. Narinder Walia  
Yoga & Meditation  
committee

### Organising Member



Ms. Mamta  
Yoga & Meditation  
committee

## Program Schedule

Date/Day	Time	Topic	Session	Facilitator/Speaker	For Students/Faculty	Venue
16-06-2025 (Monday)	10-11am	Orientation Program	· Lamp Lighting · Yoga Song	Dean Academics & Yoga Committee Members	Faculty and AIIMS staff members	Mini Audi
17-06-2025 (Tuesday)	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		
18-06-2025 (Wed.)	3:00-5.00 pm	‘Happy Vibes’	Workshop	Dr. Archana, Dr. Monica	MBBS/Nursing students/staff/faculties	Mini Audi
19-06-2025 (Thurs.)	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)		
20-06-2025 (Friday)	3.00-5.00 pm	Yoga Asanas Competition	Activity	Mr. Anand, Ms. Mamta	MBBS/Nursing students	Mini Audi
21-06-2025 (Saturday)	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/staff members	
	8-8.15am	Valedictory	Yoga Committee			
	8.15 onwards	Refreshments	All faculties/students/staff members			