



Yoga & Meditation Committee

AIIMS Bathinda

In Association with Ministry of AYUSH

Invites you for celebrating

Yoga Week from 16th to 21st June 2026

on the occasion of

12th International Day of Yoga (21st June 2026)



INTERNATIONAL YOGA DAY LOGO MEANING



AIIMS Bathinda

Invites you all for celebrating Yoga week

A wellness program

Organised by
Yoga & Meditation Committee

From 16th - 21st June 2026

Theme: Yoga for Healthy Ageing

Organizers

PATRON



Prof. (Dr.) Ratan Gupta
Executive Director

CO-PATRON



Prof. (Dr.) Rajiv Kumar
Medical Superintendent

Organising Chairman



Prof. (Dr.) Akhilesh Pathak
Chairman, Yoga &
Meditation Committee

Organising Secretary



Dr. Archana Nimesh
Coordinator,
Yoga & Meditation
Committee

Organising Member



Dr. Narinder Walia
Member
Yoga & Meditation
Committee

Supporting Team : Dr. Indupriya (SR), Dr. Anchal (SR), Ms. Manisha (LT),
Mrs. Arti (SNO), Mr. Hitanshu, Mr. Elesh, Mr. Satpal



Kindly check the detailed program on next page

Contact Person: **Dr. Archana Nimesh**

(Dept. of Biochemistry, AIIMS Bathinda)

Program Schedule of Yoga Week 2026 from 16th to 21st June 2026

Date/Day	Time	Theme	Facilitator	Beneficiary	Venue
16-06-2026 (Tues)	3-5 pm	Yoga for daily life	Dr. Indupriya (SR) Mr. Hitanshu Mr. Elesh Mr. Satpal	Security Guards	Foyer area/Park outside Mini Audi
17-06-2026 (Wed.)	3-5 pm	Chair yoga & Pranayam	Ms. Arti (SNO) Mr. Hitanshu Mr. Elesh Mr. Satpal	MBBS Students/ Admin staff/ Sanitary staff	LT3/Foyer area outside Mini Audi
18-06-2026 (Thurs.)	3-5 pm	Yoga for common lifestyle disorders in young, middle, old age	Ms. Manisha (LT) Mr. Hitanshu Mr. Elesh Mr. Satpal	LT/LA staff/patients	OPD reception area
19-06-2026 (Fri)	3-5 pm	Yoga for PCOD	Dr. Narinder Walia (Faculty) Mr. Hitanshu Mr. Elesh Mr. Satpal	Nursing students	LT3/Foyer area outside Mini Audi
20-06-2026 (Sat.)	3-5 pm	Yoga for daily life	Dr. Archana Nimesh (Faculty) Mr. Hitanshu Mr. Elesh Mr. Satpal	Nursing officers/Faculty	LT3/Foyer area outside Mini Audi

*** Mr. Hitanshu, Mr. Elesh & Mr. Satnam will look after logistic arrangements for the program in coordination with Dr. Archana Nimesh & Dr. Narinder Kaur Walia regarding photography, stage and ground preparation, banners, refreshments, gathering audience, attendance, T shirts distribution, circulation of brochure, preparing report etc.**



Program Schedule on 21st June 2026
Time: 6.30 am to 8.15am
Venue: Central garden, Admin Block

Time	Session	Faculty	
6.30-6.35am	Inauguration	Welcome Address by Dr. Archana Nimesh (Coordinator of Yoga & Meditation Committee)	
6.35-6.40am		Address by Prof. Dr. Akhilesh Pathak (Chairman, Yoga & Meditation Committee)	
6.40-6.45am		Address by Prof. Dr. Rajiv Kumar, Medical Superintendent	
6.45-6.50am		Address by Executive Director, Prof. Dr. Ratan Gupta	
6.50-7.45am	Yoga for all (faculties/students/staff members/work worn)	Facilitator	Dr. Archana Nimesh (Coordinator, Yoga & Meditation Committee)
		Demonstrations	Dr. Indupriya (SR) Ms. Manisha (LT)
7.45-8 am	Yoga Dance performance	Dr. Archana Nimesh & Group	
8-8.05 am	Vote of thanks	Dr. Archana Nimesh	
8.05-8.15 am	Valedictory		
8.15 onwards	Refreshments		

*** T shirts for Yoga will be given on 21st June 2026 on first come first serve basis**

