

ALL INDIA INSTITUTE OF MEDICAL SCIENCES  
New Delhi

**Dear Faculty Members/Officers/Staffs/Students**

I am pleased to invite you to the various Programmes being organized by AIIMS on **International Day of Yoga**. As a part of the celebration, **Mass yoga demonstration/Practice** is being organized on **21<sup>st</sup> June 2017 from 7 am to 8am**, in the lawn in-front of JLN auditorium. All the Faculty members, officers, staff and students of AIIMS are invited to participate in the **Mass Yoga Demonstration/Practice**.

**The programme schedule from 18<sup>th</sup> June till 21<sup>st</sup> June is attached**

**Note :-**

- 01. In case of rain the venue for mass yoga demonstration will be shifted to AIIMS gymkhana ground floor.**
- 02. Participants are advised to come in comfortable clothing.**
- 03. Accessories are limited and will be available on first come first basis.**



**Director AIIMS**

**Copy to:-**

- 1. All chiefs of Centers / Head of departments- with the request to kindly circulate among all employees and students**
- 2. PA to DD(Admin), SFA, MS, CAO, SE for information**
- 3. All unions/ Associations**
- 4. All notice boards of institute.**
- 5. Professor in-charge, computer facility, with request to upload this notice on institute website**
- 6. Prof In charge CIMR**

## International Yoga Day Program -21<sup>st</sup> June 2017

6.30 -6.50 am	Registration and T-shirt distribution	
6.50-7.00 am	Inauguration	Dr. Randeep Guleria Director, AIIMS
7.00-8.00 am	Mass Yoga	Mr. Niranjan Parajuli Miss. Shamlee Pathare Miss. Pasang Lamo Mrs. Dhanlika
8.00 am onwards	Refreshment	---

For further details please feel free to contact. Mr. Biju K.C - 09868605668

Mr. Mansingh -09968407284

ALL INDIA INSTITUTE OF MEDICAL SCIENCES  
NEW DELHI



Celebrating  
“3<sup>rd</sup> International Day of Yoga”  
21<sup>st</sup> June 2017



Director, AIIMS cordially invites you for the celebration of ***International Day of Yoga, 2017*** at AIIMS as per the following program



18<sup>th</sup> June 2017

Workshop on Self Management of Excessive Tension (For Faculty)

Venue – Centre for Integrative Medicine and Research

7<sup>th</sup> floor, Convergence Block, AIIMS

Timings – 8.00 am – 1.15 pm

8.00 - 8.30 am	Registration and Inauguration	
8.30 - 8.45 am	Concept of the Workshop and welcome speech	Dr. Randeep Guleria Director, AIIMS
8.45 – 9.10 am	Introduction to SMET and Stress and its Management	Dr. H.R. Nagendra
9.10-10.10 am	Yoga Practice	Miss. Shamlee Pathare
10.10-10.25 am	Tea break	
10.25-11.40 am	Yoga for Healthy Heart	Dr. S.C. Manchanda
11.45-12.20 pm	Cyclic Meditation	Mr. Niranjana Parajuli
12.20-12.50 pm	Yogic Games	Dr. Rabindra Acharya
12.50-1.00 pm	Advanced Yoga Performance	Miss. Shamlee Pathare And group
1.00 pm	Vote of Thanks	Dr. Gautam Sharma

19th June 2017

Workshop on Self Management of Excessive Tension  
(For Nursing Staff)

Venue – Centre for Integrative Medicine and Research  
7<sup>th</sup> floor, Convergence Block, AIIMS

Timings – 10.00 am – 11.45 am

9.45-10.00 am	Registration and Invocation	
10.00-10.20 am	Introduction to Yoga and Health	Dr. Rabindra Acharya
10.20-11.15 am	Yoga Practice	Miss. Shamlee Pathare Mr. Niranjan Parajuli
11.15 am	Refreshments	---



19th June 2017

Timings – 2.30 pm – 4.00 pm

Public Lecture

on

“Health and Happiness in Life by Raj Yoga”

Speaker – Brother B.K.Puis, Brahma Kumaris

Venue – Dr. Ramalingaswami Board Room, AIIMS

20<sup>th</sup> June 2017

Workshop on Self Management of Excessive Tension  
(For AIIMS Staff & Students)

Venue – Centre for Integrative Medicine and Research  
7<sup>th</sup> floor, Convergence Block, AIIMS

Timings – 10.00 am – 11.45 am

9.45-10.00 am	Registration and Invocation	
10.00-10.20 am	Introduction to Yoga and Health	Dr. Rabindra Acharya
10.20-11.15 am	Yoga Practice	Miss. Shamlee Pathare Mr. Niranjana Parajuli
11.15 am	Refreshments	---



20<sup>th</sup> June 2017

Timings – 4.00 pm onwards

“Public Lecture on Scientific basis of Yoga Research for  
Good Health and Patient care”

Speaker – Dr. Randeep Guleria, Dr. K.K. Deepak,  
Dr. Raj Kumar Yadav

Panellists – Dr. Gautam Sharma, Dr. Rohit Bhatia,  
Dr. Rabindra Acharya, Dr. Renu Bhatia

Venue – J.L.N Auditorium , AIIMS

21<sup>st</sup> June 2017  
“Mass Yoga Practice”  
Venue : Lawn in front of J.L.N Auditorium,  
AIIMS, New Delhi  
Timings – 06.30 am – 08.00 am



6.30 -6.50 am	Registration and T-shirt distribution	
6.50-7.00 am	Inauguration	Dr. Randeep Guleria Director, AIIMS
7.00-8.00 am	Mass Yoga Practice	Mr. Niranjan Parajuli Miss. Shamlee Pathare Miss. Pasang Lamo Mrs. Dhanlika
8.00 am onwards	Refreshment	---



सत्यमेव जयते

Ministry of AYUSH

**ALL INDIA INSTITUTE OF MEDICAL SCIENCES,  
ANSARI NAGAR, NEW DELHI**