

10TH INTERNATIONAL DAY OF YOGA

(21ST JUNE 2025)

THEME: "YOGA FOR ONE EARTH, ONE HEALTH"

IN ACCORDANCE WITH THE GUIDELINES AND DIRECTIONS ISSUED BY THE MINISTRY OF HEALTH AND FAMILY WELFARE REGARDING THE **INTERNATIONAL DAY OF YOGA ON 21ST JUNE 2025**, OUR INSTITUTION IS ORGANIZING YOGA PAKHWADA FROM 5TH JUNE TO 19TH JUNE 2025 UNDER THE THEME: "**YOGA FOR ONE EARTH, ONE HEALTH.**"

THIS INITIATIVE AIMS TO PROMOTE THE PHYSICAL, MENTAL, AND ENVIRONMENTAL BENEFITS OF YOGA AMONG THE COMMUNITY.

The following activities are scheduled during **Yoga Pakhwada**:

(Dates: 05th June to 19th June 2025)

S.n.	Session	Venue	Time	Participation
1.	Morning yoga session	AIIMS Patna Admin Block Foyer	06: 00 -07:00 am	Faculty, Staffs & Students
2.	Evening yoga session	AIIMS Patna Residential Premises	05:00 -06:00 pm	Faculty, Staff & Family

B. Yoga events

S.n.	Date	Program	Time	Venue
1.	10.06.2025 (Tuesday)	Nukkad Naatak (Performed by students of the Institute)	From 11:00 AM Onwards	AIIMS Patna, OPD Block Area
2.	17.06.2025 (Tuesday)	Kids' Drawing and Painting Competition (For Children of AIIMS Employee)		AIIMS Patna, Residential Premises
3.	18.06.2025 (Wednesday)	Yoga competition (Open to all – Different Categories)	From 10:00 AM Onwards	Yoga Centre (Basement of Ayush Building)
4.	19.06.2025 (Thursday)	Rangoli competition (Open to students and staff of the institute)	03:00 PM	AIIMS Patna, Admin Block

Main Event: **International Day of Yoga - 21st June, 2025 (Saturday)**

S. no.	Date	Program	Venue
1.	21.06.2025 (Saturday) Time: 06:00 AM - 08:00 AM	Common Yoga Session (06:00 am to 07:00 am)	AIIMS Patna, Foyer, Administrative Block
		Prize Distribution Ceremony	