



No. Coord/20011/126/2022/NMC/Coord.

GOVERNMENT OF INDIA

राष्ट्रीय आयुर्विज्ञान आयोग

**National Medical Commission  
(Coordination & Vigilance Section)**



संयुक्त कुटुंबम्

ONE EARTH • ONE FAMILY • ONE FUTURE

Pocket- 14, Sector- 8,  
Dwarka, Phase-1, New Delhi-77

Date: 26<sup>th</sup> May, 2023  
29<sup>th</sup>

To

The Directors/ Principal/ Deans

All the Govt. / Private Medical Colleges/ Medical Colleges of deemed Universities

All States & UTs

**Sub: Regarding International Yoga Day 2023**

Dear Madam/ Sir,

As you are aware that on 11<sup>th</sup> December, 2014 the United Nations General Assembly declared June 21<sup>st</sup> as the "International Day of Yoga". Since then International Yoga Day is observed on 21<sup>st</sup> June every year across the world.

2. In view of the above, all the Medical Institutions across the country are directed to organize International Yoga Day on **21.06.2023**. The day can be observed by following the Common Yoga Protocol (CYP) available at the link: <https://yoga.ayush.gov.in/common-yoga-protocol> through online or offline mode. This Common Yoga Protocol comprises of day-to-day Yoga practices that not only benefit physical health but also mental well being of the individual.

3. All the Medical colleges/ Institutions must encourage the students/ professionals/ employees and their families to participate in the event for creating awareness among masses about benefits of Yoga.

Encl: as above

Yours Sincerely

(Ashok Kumar)  
Director, NMC

Copy to: DMMP with the request to upload the same on the website.