



F. No. D-14019/03/2023/NMC/GA /014389
National Medical Commission/ राष्ट्रीय आयुर्विज्ञान आयोग
(General Administration Section)/ (सामान्य प्रशासन अनुभाग)

Pocket- 14, Sector- 8,
Dwarka, Phase-1, New Delhi-77
Dated: the 19th June, 2026

CIRCULAR

Reference is invited to the observance of 12th International Day of Yoga with the theme “Yoga For Healthy Aging” on 21st June, 2026. It has been decided to organise a Yoga event in the National Medical Commission on Sunday, 21st June, 2026, 06:00 AM onwards.

2. The programme details are as under:

Venue: National Medical Commission, Pocket-14, Sector -8, Dwarka, New Delhi-110077

Date: 21st June, 2026 (Sunday)

Time	Programme
06:00 AM to 06:25 AM	Distribution of Yoga Kit at the Reception area
06:30 AM to 07:45 AM	Yoga Session
08:00AM onwards	Distribution of refreshment near Fountain area

3. All Officers and Staff of NMC are requested to participate mandatorily in the event as per the above schedule.

4. This has the approval of the competent authority.


(Devinder Kumar)

Deputy Secretary (Gen.Admin.)

To

All Officers/Boards/Divisions/Sections & Contractual staff in National Medical Commission

Copy for information to:

- PPS to the Chairman, NMC
- PPS to the Secretary, NMC
- The Manager (IT) with request to upload the same on the e-office Notice Board/website of the NMC.
- Hindi Section for issuing the Hindi translation of this Circular.
- The Junior Consultant (M&M) with request to making necessary arrangement for the aforesaid Programme.
- Guard File