

# NEIGRIHMS

North Eastern Indira Gandhi Regional Institute of Health & Medical Sciences, Shillong

(An Autonomous Institute, Ministry of Health and Family Welfare, Government of India)  
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**No. GAD-MISC0INC (CIRC)/1/2024-GAD**

**Dated Shillong the June, 2025**

## CIRCULAR

In continuation to the office order No. GAD-MISC/14/2024-GAD dated 18<sup>th</sup> June, 2025, this is for general information to all the Faculty, Nursing Faculty, Officers and Staff of the Institute that on account of the International Yoga Day celebration, all are cordially invited to participate in the said programme being organized by the Institute. The event will be held at the Indoor Stadium on 21<sup>st</sup> June 2025, whereby Ms. Meeta Srivastav, Joint Secretary, Ministry of Health will be joining us for the function as Chief Guest.

All the Faculty, Nursing Faculty, Officers and Staff of the Institute are requested to register at the earliest.

### Important Notes for Participants:

1. To register please join the group via the link mentioned below:  
<https://chat.whatsapp.com/IG0Ktun4dMmDUE1kOmnKsl>
2. Participants should be present at the venue by 6:20 AM - Programme will end at 8:00 AM
3. Kindly be attired in a T-shirt (preferably monocolored) and track pants suitable for the yoga session and to carry their own towels.
4. Refreshments will be served following the function.
5. A downloadable certificate of participation will be awarded to all registered participants.
6. The exact time and programme schedule will be shared in the official group after confirmation of Ms. Srivastav's arrival time.

We look forward to your enthusiastic participation in making this event a success.

This is issued with the approval of the 'Competent Authority' and the tentative programme is enclosed at Annexure-I (Copy enclosed).

(Lt. Cdr.Pawan Deep)  
Deputy Director (Admn.)  
NEIGRIHMS, Shillong

**Contd/-**

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**Copy for information and necessary action to:**

1. All Section/Unit Heads/ All HODs/ HODs Incharge- , Superintending Engineer, Executive Engineering (Civil), Chief Security Officer, Chief Nursing Officer, Senior Store Officer, Administration – Accounts Section, Nursing Section, Librarian Section, Examination Cell, Legal Cell, GAD/ Establishment – I/II/III etc, Director's Section, etc.
2. Sanitation Officer, NEIGRIHMS, Shillong for kind information.
3. Programmer, IT Cell, for uploading in the Institute's website.
4. PA to the Director, NEIGRIHMS, Shillong for kind information of the Director.
5. PS to the DD (Admn.), NEIGRIHMS, Shillong for kind information of the DD (A).
6. PS to FA, NEIGRIHMS, Shillong for kind information of the FA.
7. Office copy.

(Lt. Cdr.Pawan Deep)  
Deputy Director (Admn.)  
NEIGRIHMS, Shillong

**TENTATIVE PROGRAMME SCHEDULE FOR THE INTERNATIONAL YOGA DAY 2025**

Distribution of Yoga Kits	6:15 AM – 6:25 AM
Welcome Speech on Vision of International Day of Yoga and Structure of the event by the Director	6:30 AM – 6:35 AM
Chief Guest Lecture	6:35 AM – 6:40 AM
Live Streaming of PM Address	6:40 AM – 6:55 AM
Live Streaming of the Event	6:55 AM – 7:50 AM
Closing gratitude and Vote of Thanks	7:50 AM – 8:00 AM