



Ref. No. : IQMC / SA / 22-23 / 130

Date: 19-06-2023

NOTICE

INTERNATIONAL YOGA DAY: Reg.

1. **International Yoga Day** is to be observed on 21-06-2023 as per the NMC guidelines. This is applicable for UG students admitted under academic session 2022-2023 and 2021- 2022. Students of other batches / faculty are welcome to participate.
2. Students are informed to celebrate the Yoga Day by practicing yoga at home and forward their clearly taken / visible photographs as per the shared details:
 - Mail id : yoga@iqct.in
 - Maximum no. of photographs one can forward: 05.
 - Minimum no. of photographs one must forward: 03.
 - Each photograph **MUST NOT** exceed 01 mb, size-wise.
 - In the subject-line of the mail, the student is to write his / her name and IQMG No.
3. While practicing yoga, one must be in possession of :
 - Personal yoga mat.
 - Proper attire for yoga - White T-shirt and yoga track pants.
4. Students to forward the same within 22-06-2023 (Thursday), 05:30 p.m.



Distribution:

1. HODs / In-Charges of the Department
2. Notice Boards

Copy to:

1. Vice Principal
2. MS
3. CEO

Prof. (Dr.) Gautam Ghose

Principal
IQ City Medical College & Hospital
IQ City Road, Sovapur, Jemua
Durgapur-713206, India

19/06/2023