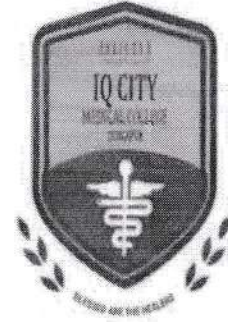


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Ref. No.: IQMC / SA / 26 - 27 / 081

Date: 16-06-2026

## NOTICE INTERNATIONAL YOGA DAY 2026

A. International Yoga Day 2026 (YOGA SANGAM-#Yoga for Healthy Ageing) will be observed on the 21<sup>st</sup> June 2026 (Sunday) by IQ City Medical College Hospital as per the NMC guidelines. **Participation for all UG students admitted under A.Y. 2025-2026 is mandatory.**

B. To prepare for the event, the following will be implemented:

1. Yoga session on the International Yoga Day 2026 on 21<sup>st</sup> June 2026,

- Time: 06:00 a.m. to 08:00 a.m.
- Venue: Open space in front of Anatomy Dept. (Lab), 4th floor, Hospital Building.

2. Students must be in possession of:

- Proper attire for yoga – White T-shirt and yoga track pants.
- Yoga mat

C. For any queries kindly contact Prof. (Dr.) Asish Banerjee – Dean Student Affairs (7044118821) and Mr. Abhishek Saha – Sports instructor (8250606014).



Copy to:

1. MS
2. Vice Principal
3. H.O.Ds / In-charges of all the academic departments
4. Dean / Dy. Dean – Academics & Student Affairs'

*Arindom Banerjee* 16/6/26  
\_\_\_\_\_  
Prof. (Dr.) Arindom Banerjee

Principal  
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