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राष्ट्रीय आयुर्विज्ञान आयोग
National Medical Commission
(Undergraduate Medical Education Board)

No. U.11026/1/2022-UGMEB

Dated the 2nd May, 2022

Circular

Subject : Introduction of YOGA Training in MBBS Course Curriculum.

New Competency Based Medical Education for Undergraduate Course Curriculum has been implemented by National Medical Commission from the academic session 2021-22 vide circular dated 31.03.2022(copy attached), wherein YOGA Training has been introduced during foundation course for maximum of 1 hours every day for a period of 10 days beginning from 12th June every year to be culminated on International YOGA Day i.e. 21st June, in all medical colleges across the Country.

2. In order to maintain symmetry in YOGA training programme at all medical colleges in India, Morarji Desai National Institute of Yoga under Ministry of AYUSH has developed common YOGA protocol. The booklets and leaflets regarding common yoga protocol are attached herewith. The common yoga protocol video resources can be accessed through following links:

1. Common yoga protocol- Hindi <https://www.youtube.com/watch?v=h1OxpsDKpHM>
2. Common yoga protocol- English <https://www.youtube.com/watch?v=K-GJh9GeOxE>

3. The detailed information and booklets are also available on the yoga portal of ministry of AYUSH at <https://yoga.ayush.gov.in/>

4. With the above information, all State Governments/UTs, Universities and medical colleges/institutes are requested to initiate immediate action with regard to introduction of YOGA Training Programme for Undergraduate Course Curriculum from the current batch of MBBS students i.e. 2021-22, admitted in the month Feb-March 2022.


(Shambhu Sharan Kumar)
Deputy Secretary

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