



# एपेक्स इंस्टीट्यूट ऑफ आयुर्वेदिक मेडिसीन एवं हॉस्पिटल

एपेक्स वेलफेयर ट्रस्ट द्वारा संचालित मल्टी स्पेशियलिटी हेल्थ केयर, आयुर्वेदिक रिसर्च संस्थान

एन. एच. 7, वाराणसी- मीरजापुर रोड, समसपुर, हवेली, चुनार, जि. मीरजापुर

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Ref. No. – AIMS/2022/364

Date: 04-06-2022

To,

The Chairman  
NCISM New Delhi

Sub: Information regarding Celebration of International Yoga Days-2022 Under Azadi Ka Amrit Mahotsav for Continuation of "100 DAYS YOGA PROGRAM"


Respected Sir,

We apex institute of Ayurvedic Medicine & Hospital, Samaspur, Chunar, Mirzapur, College Code – AYU0448, Starts 100 Days Yoga Program on Our College Campus with our Faculty, Students & Staff from 26<sup>th</sup> March, 2022.

In Continuation of 100 Days Yoga Program for Celebration of International Yoga Days-2022 under "AZADI KA AMRIT MAHOTSAV" we are organizing daily Surya Namaskar Yoga with Other Yoga Asana.

Copy to:

1. Secretary NCISM, New Delhi
2. Secretary Ayush Ministry, new Delhi
3. Dr. Vijay Rai , Nodal officer Azadai ka Amrit Mahotsav, U.P.

  
(Prof. Ashok Kumar Sonker)

PRINCIPAL  
APEX INSTITUTE OF AYURVEDIC  
MEDICINE AND HOSPITAL  
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SAMASPUR, CHUNAR, MIRZAPUR - UP















