

स्वास्थ्य सेवा निदेशालय  
**DIRECTORATE OF HEALTH SERVICES**  
अंडमान तथा निकोबार प्रशासन  
**ANDAMAN & NICOBAR ADMINISTRATION**  
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No. 110988/22/2022-ANSAS.Sec-HEALTH\_AN/2024/216  
Sri Vijaya Puram, dated 04<sup>th</sup> June, 2026

### **PRESS RELEASE**

Madam/Sir,

Kindly arrange to publish/broadcast/telecast the following new item.

### **Chandra Namaskar Session Organised as Part of International Day of Yoga 2026 Celebrations**

The Ayush wing of the Directorate of Health Services and the A&N State Ayush Society (NAM) organised a special Chandra Namaskar session at Auditorium, JNRM, Sri Vijaya Puram on 30<sup>th</sup> May 2026 in the evening. The programme witnessed enthusiastic participation from yoga practitioners, students, staff and members of the general public.

The programme was graced by Professor Dr. Ram Gopal Singh Baghel, Principal, JNRM College, as the Chief Guest. In his address, he highlighted the importance of yoga in daily life and spoke about the benefits of Chandra Namaskar in promoting mental calmness, emotional balance and overall wellbeing. He encouraged everyone to make yoga a part of their regular routine.

Dr. Ajit Kumar, Guest of Honour for the function, spoke on the significance of yoga for maintaining physical and mental wellbeing and acknowledged the efforts taken to promote yoga among the community.

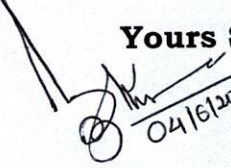
During the session, participants were guided through the practice of Chandra Namaskar with emphasis on breath coordination, relaxation and mindfulness. The programme concluded successfully with active participation and positive response from all attendees.

To,

1. The Chief Editor, The Daily Telegrams, Govt. Press, Sri Vijaya Puram.
2. The News Editor, All India Radio, Sri Vijaya Puram.
3. The Station Director, Doordarshan, Sri Vijaya Puram.
4. All Private newspapers, Sri Vijaya Puram.

Thanking you,

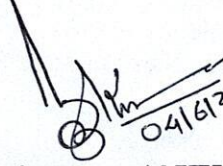
**Yours Sincerely,**

  
04/6/2026

**Deputy Director (AYUSH) I/c**

**Copy to:**

1. PS to Secretary (Health)/MD (NAM & NHM), A & N Admn. for kind info. of Secy. (H).
2. PS to DHS, A & N Admn. for kind information of DHS.

  
04/6/2026

**Deputy Director (AYUSH) I/c**

उप निदेशक (आयुष)  
अंडमान और निकोबार राज्य आयुष सोसायटी पोर्ट ब्लेयर  
Deputy Director (AYUSH)  
Andaman & Nicobar State Ayush Society, Port Blair.