



ARMED FORCES TRIBUNAL (REGIONAL BENCH) GUWAHATI
Assam Police Housing Corporation Ltd (2nd Floor), Dr BK Kakoti Road,
Behind Assam Police Headquarters, Rehabari, Guwahati – 781 008
Tele No: 0361-3569297 e.mail: aftrbghy@nic.in

AFT/RB/GHY/2042/01/Admin

Dated 18th June, 2026

CIRCULAR

1. The Armed Forces Tribunal (Regional Bench), Guwahati cordially requests the kind presence and participation of all Officers and staff of Armed Forces Tribunal (RB), Guwahati along with their family members on the occasion of observance of International Yoga Day on **21st June, 2026 (Sunday)** from **8.30 AM to 9.30 AM** in the Admin Hall of the AFT(RB), Guwahati.

2. Officers and staff members are requested to pledge themselves in M/o AYUSH portal and make the above event a success by their active participation accordingly.

3. Participants are requested to be present at the venue latest by **8.00 AM on 21st June, 2026** and are encouraged to get themselves equipped suitably for performing the Yoga.

4. The schedule of event is as under –

08:00 to 08:10 am	Welcome address by HoO
08:15 to 09:00 am	Performance of Yoga as per Common Yoga Protocol video as available in website of Ministry of AYUSH
09:00 to 09:30 am	Healthy breakfast

By order,
Sd/- SMF Rahman
Registrar – In charge

Copy to:

1. PS to Hon'ble HoD, AFT(RB), Guwahati.
2. All officers/staff.
3. Notice Board
4. AFT Official Website
5. Shri Gautam Mishra, PS for all necessary coordination and supervision in this regard.

KKawiz' P3
TW
(SMF Rahman)
Registrar – In charge
AFT(RB), Guwahati