

No. HFW-H (NHM) HWC- General /2019-20  
National Health Mission  
'Shanti Bhawan' Phase III, Sector -6, New Shimla  
Himachal Pradesh.

To

All the Chief Medical Officers  
Himachal Pradesh



Dated Shimla-171009 the

May, 2019

Subject: Regarding guidelines for funding Yoga Sessions in Health & Wellness Centers(HWCs).

Sir,

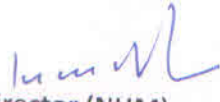
Ensuring wellness and health promotion through yoga is one of the key activities to be implemented at the Health & Wellness Centers (HWCs).

In these lines it has been decided to start yoga sessions in H&WCs as per the following guidelines:

1. A qualified yoga instructor certified by Yoga Certification board of Ministry of AYUSH may be engaged for yoga sessions in notified H&WCs.
2. The Yoga Instructors will get a remuneration of Rs. 2500 per month per H&WCs.
3. The amount of Rs. 2500 will be payable only if atleast ten sessions are conducted by yoga instructors.
4. The one session should last atleast one hour and preferably be held in the morning hours for e.g. 6 AM to 7 AM or 7 AM to 8 AM. however the timing and the extension in the duration of yoga sessions beyond one hour may be kept flexible as per the local requirement.
5. The concerned ANM & ASHA would be responsible for mobilization of the community for yoga sessions.
6. Once a yoga instructor is tagged with a particular H&WC, vide spread IEC may be conducted.
7. Special activities may be planned on days such as Yoga World Day etc.
8. The verification of the yoga sessions for the purpose of disbursement of incentives to the yoga instructors will be done by Medical Officer at PHC/UPHC at H&WCs & Community Health Officers at HWC-Health Sub Center.

You are requested to book the expenditure incurred on this account under FMR Code: 9.5.27.4 and get the activity implemented in as many H&WCs as possible. Any inputs regarding the guidelines would be welcome and appropriate changes, if deemed fit would be made accordingly.

Endst. No. as above  
Copy to:

  
Mission Director (NHM)  
Himachal Pradesh.  
Dated Shimla-171009 the

