



Office of the Principal Govt. Degree College

Bijbehara-Kashmir-192124

NAAC Accredited Grade "B"



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No. DCB/ *08/11-12*

Dated: *04-06-2024*

Subject : Yoga Mahotsava as a prelude to 10th International Day of Yoga.

Ref. : ESA/DAO/Ayush /Ang/631-33 Dated: 03-06-2024.

ORDER

Yoga Activity inculcates discipline besides ensuring physical /mental health and well being of an individual. Every student should endeavour to participate in a Yoga activity to develop mental health. Yoga can be taken up as a profession and should also act as an enabler for your healthy out look.

In compliance to the subject captioned above and communication received from District Ayush Officer Anantnag vide communication No. Estt/DAO/Ayush/Ang/631-33 dated: 03-06-2024. The Department of Physical Education & Sports and College Women Empowerment Cell in collaboration with District Ayush Officer Anantnag is going to organize Yoga activity demonstration program with lecture "Yoga for Women Empowerment / Women Education" scheduled to be conducted on 08-06-2024 at given timeline 10:30 A.M by a team of doctors and female yoga instructor available from the Department of Ayush Anantnag.

The said programme will be conducted within a time frame of one and half an hour so that educational activities may not suffer.

The Physical Education Department and College Women Empowerment Cell work together as team work and shall ensure to make all necessary arrangements & utilize the college auditorium by providing space to make the event successful .


PRINCIPAL
GDC BIJBEHARA

04/06/24
CC:

1. District Development Commissioner Anantnag for information.
2. District Ayush Officer Anantnag for information.
3. Convener Women Empowerment Cell /PTI for information and necessary action with the directions to provide all facilities and keep in touch with concerned department on the said day and date till culmination of the event.
4. College Electrician/ I/c Auditorium for information with the directions to keep the auditorium ready on 08-06-2024 at 10:30 A.M by providing lighting /Audio-Video facilities and shall work under the supervision and guidance of College Women Empowerment Cell.
5. Mr.Mohd Shafi/ Mr. Irshad Ahmad Raina/ Mr. Zia ul Haq Malik (local fund employees) are strictly adhere to remain present on said date at 09:30 A.M sharp to facilitate the team by providing their services.
6. Office record.

