

U.T. Administration of
Dadra & Nagar Haveli and Daman & Diu
Directorate of Medical and Health Services,
(AYUSH Section)

No. DMHS/IDY/2019/267/2507

Dated: 15.06.2023

To,
The President,
Federation of Industries Association,
Dadra & Nagar Haveli,
Silvassa

To,
The President
Danudyog,
Dadra & Nagar Haveli,
Silvassa

To
The President,
Silvassa Industrial Association,
Dadra & Nagar Haveli,
Silvassa

To,
The President
Silvassa Industries & Manufacturers Association,
Dadra & Nagar Haveli,
Silvassa

To,
The President
Dadra & Nagar Haveli Industries Association,
Dadra & Nagar Haveli,
Silvassa

Subject: Celebration of International Day of Yoga on 21st June 2023 reg...

Sir,

The Department of Health & Family Welfare, Dadra & Nagar Haveli and Daman & Diu shall be celebrating International Day of Yoga (IDY) on 21st June 2023 at various places of Dadra & Nagar Haveli UT. The department is conducting yoga training as part of "YOG SAPTAH" from 14th to 20th June 2023 at Daman-Ganga Riverfront from morning 6:30 am to 8:00 am and evening 5:30 pm to 7:00 pm.

The Main event shall be at **Cricket Stadium, Sayli**, on 21st June 2023 from 6.00 am onwards. It is requested to attend the yoga sessions and disseminate the above information to respective employees for availing the benefit of the yoga training and to ensure maximum participation on 21st June to make the event successful.

Yours sincerely,

D.K. Makwana

(Dr. D.K. Makwana)
Chief Medical Officer (DNH)
Medical & Health Services
Dadra & Nagar Haveli
Silvassa