

Administration of  
Directorate of Medical and Health Services,  
U.T. of Dadra & Nagar Haveli  
Silvassa


No. DMHS/Mass Awareness/ 1636

Date - 05/03/2019

CIRCULAR

The Department of Health & Family Welfare, Dadra & Nagar Haveli shall be commencing practical Yoga Sessions from 8<sup>th</sup> March 2019 for 1 hour from 7.00 am to 8.00 am at Damanganga Riverfront (Monday to Saturday). The sessions shall boost the positive effects of Yoga Aсанas and shall benefit the community as a whole. The practical sessions are going to be conducted by trained Yoga Instructor who shall also help in spreading awareness regarding Life style diseases and changes required to maintain healthy life.

The sessions are open to public as whole and the participants to carry their personal Yoga Matt.

  
Director  
Medical & Health Department  
Dadra & Nagar Haveli  
Silvassa

Copy to, dictated by

1. All HODs, DMHS for information.
2. All Head of Offices for information, DNH.
3. IEC Incharge for SMS Based spreading of messages for above activity
4. Urban (UPHC) Incharge for spreading awareness regarding the activity.