

# Government of Jammu and Kashmir

Directorate of Colleges  
Higher Education Department  
48-B Samander Bagh, near Exchange Road,  
Lal Chowk, Srinagar.

Subject: Celebration of International Day of Yoga on 21<sup>st</sup> June 2020.  
Reference: Circular issued vide No.HE/Gen/2016/Yoga-Day/508 dated 12.06.2020.

Order No. 52/HE-DC of 2020.  
Dated. 17 -06- 2020.

As a part of the celebration/activities in connection with International Yoga Day, the Higher Education Department is organizing a Web Competition "PERFECT ASANA" for participations in two groups –University Level Students and College Level Students. Each winning participant will be awarded a price in the shape of Educational Electronic Gadget "Kindle Book". Each participant shall be required to register online on the website gcwgandhinagar.com (For Jammu Division) and gcwmaroad.edu.in (For Kashmir Division) and upload 30 sec two practice videos and a 30-45 sec duration video for competition under the relevant Category male or female in the respective groups on 21<sup>st</sup> of June 2020.

Accordingly, the following two committees for Jammu/Kashmir Divisions are constituted to judge the videos uploaded by the competitors.

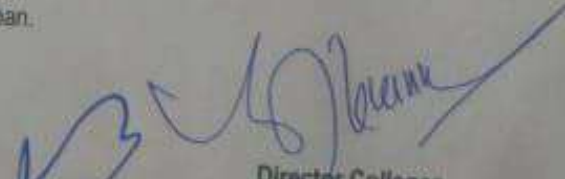
### Kashmir Division

1. Mr. Mohammad Tahir, Yoga Instructor, YS&S, Srinagar.
2. Mr. J.S. Metha, PTI, Govt. College for Women, M.A. Road, Srinagar.
3. Mr. Shabir Ahmad Dar, Yoga Coach, Sports Council, Srinagar.
4. Ms. Farida Akhter, Yoga Expert, YS&S, Srinagar.

### Jammu Division

1. Dr. B.L. Choudhary, Yoga Expert, Central University of Jammu.
2. Mr. Sanjiv Sharma, Yoga Expert, University of Jammu.
3. Dr. Vinod Kumar Bakshi, PTI, GGM Science College, Jammu.
4. Ms. Rupali Salathia, PTI, W.C. Gandhinagar, Jammu.
5. Mr. Ramandeep, PTI, Govt. Degree College, Ramban.

By Order.

  
Director Colleges  
Higher Education Department  
Dated: 17 -06- 2020.  
17/06

No. GC-HE/Yoga Day /2020.

Copy to the:

1. Financial Commissioner, Health & Medical Education Department.
2. Principal Secretary to Government, School Education Department.
3. Divisional Commissioner, Kashmir/Jammu.
4. Director Indian Systems of Medicine, J&K.
5. Registrar, University of \_\_\_\_\_
6. OSD to Advisor (S) for information of Hon'ble advisor (S).
7. Nodal Principal, Kashmir/Jammu, with a request to inform the Jury members from their respective divisions.
8. PS to Commissioner/Secretary to Government, Higher Education Department.
9. Concerned file.
10. Order file. (w.2.s.c.)