



Subject: Conduct of Yoga Wellness Sessions under Sewa Parv.

NOTICE

In the run up to Nationwide celebration of Sewa Parv (17th Sept-2nd Oct, 2025), this Directorate is scheduled to conduct Yoga Wellness Sessions for students and staff of University of Kashmir, from 26th - 29th Sept, 2025 at Synthetic Athletic Track, at 7:30 am onwards.

As such, all employees and students of the Main Campus, are hereby informed to register their names with the office of undersigned by 25th Sept 2025.


Coordinator
Physical Education & Sports

No.F(Yoga-Wellness-Sewa-Parv-DPE&S)KU/25
Dated:- 16-09-2025

Copy to the:-

- Dean Students Welfare, for information.
- Heads/Directors/Coordinators/In charges of various Departments for information.
- Chief Proctor for information.
- S.S to Vice Chancellor for kind information of Hon'ble Vice Chancellor.
- Assistant Directors for information.
- P.A to Registrar for information of Registrar.
- File.