OFFICE OF THE PRINCIPAL DISTRICT & SESSIONS JUDGE,
(SOUTH-WEST) DWARKA COURTS, NEW DELHI.

CIRCULAR

Sub: International Day of Yoga 2025 – Yoga Session at Dwarka District Court Complex.

With great pleasure, it is informed that in compliance with the directions of Hon'ble High Court of Delhi, received through office of Ld. Principal District & Sessions Judge (HQs), Tis Hazari Courts, Delhi vide e-mail/endorsement number 31086-31096/Misc./YGD/Gaz./2025 dated 19.06.2025, a Yoga Session will be organized in Lunch Room, 7th Floor, Dwarka District Court Complex, South-West District, New Delhi on 21st of June, 2025 from 8.45 A.M to 9.45 A.M to celebrate International Day of Yoga, 2025 with the theme *"Yoga for One Earth One Health"*.

The yoga session will be conducted by a professional and experienced yoga instructor who will guide us through various yogic postures, breathing exercises, and meditation techniques. This session aims to promote a healthy lifestyle, reduce stress, and enhance overall well-being.

Participation in the yoga session is voluntary, but it is strongly urged to take advantage of this opportunity to engage in a mindful practice that can contribute to our physical and mental health. We believe that participating in this session will not only benefit our personal well-being but also create a positive and harmonious work environment.

To ensure a smooth and organized event, it is requested to arrive at the venue on time, wearing comfortable clothing suitable for yoga practice. No need to bring Yoga mats as suitable arrangements have been made for the same. Light refreshments will be provided to all the participants after the session.

All the Ld. Judicial Officers, staff members posted in Dwarka District Courts and Members of Dwarka Court Bar Association are requested to participate in the Yoga Session with great enthusiasm and make it a grand success.

(Raj Kumar)
District Judge (Comm. Court)-01/Vacation Judge/
Off. Principal District & Sessions Judge (S-W)/
Off. Chairperson, DLSA (SW),
Dwarka Courts, New Delhi.

No. 22937-23070 **/Sectt./DLSA/DWK/2025** **Dated :** 19/6/2025

Copy forwarded for information and necessary action (through digital mode) to:

1. The Worthy Registrar General, Hon'ble High Court of Delhi, New Delhi.
2. The Ld. Principal Judge, Family Court (HQs), Dwarka Courts, New Delhi with the request to bring this circular into the knowledge of the staff members posted in Family Court establishment.
3. All the Ld. Judicial Officers posted at South-West District, Dwarka Courts, New Delhi with the request to give their willingness in Care Taking Branch or Sh. Narayan Singh, Caretaker (Mob. No. 7982948210) for participation and also to bring this circular into the notice of the staff under their respective control for participation.
4. The Secretary, DLSA, Dwarka Courts, SW Distt., New Delhi for necessary action.
5. The Administrative Officer (Judl.),/ All Branch In-Charges(s) (S-W),Dwarka Courts, New Delhi *(with the request to bring this circular in the notice of staff posted with them).*
6. The Hony. Secretary, Dwarka Court Bar Association, Dwarka Courts, New Delhi.
7. The Branch Incharge, Computer Branch/Server Room, Dwarka Courts.*(For uploading on the website of Dwarka Courts)*
8. The Incharge R&I Branch for uploading on LAYERS.
9. The Caretaker, South West District, Dwarka Courts, New Delhi for necessary arrangements.

Off. Principal District & Sessions Judge (S-W)/
Off. Chairperson, DLSA (SW),
Dwarka Courts, New Delhi.