

OFFICE OF THE PRINCIPAL DISTRICT JUDGE :: KURNOOL.

CIRCULAR

3475
Dis.No. /Estt/2024.

Dated: 20-06-2024.

Sub:- High Court of Andhra Pradesh - Celebration of International Yoga Day on 21st June 2024 in the District and Subordinate Courts- Participation instructions - Issued - Reg.
Ref:-Letter received from the Honourable High Court of Andhra Pradesh in ROC No.251/SO/2022, dated- 19.06.2024.

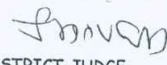
Adverting to the subject matter, with reference to the reference cited, the Honourable High Court of Andhra Pradesh at Amravati vide ROC.No.251/SO/2022, dated 19.06.2024 has communicated the Instructions for the celebration of International Yoga Day on 21st June 2024 at the District Head Quarters and also in Subordinate Courts in Kurnool Unit, for commemorating the same at convenient place and time by involving the Officers, Advocates and staff by engaging the certified Yoga Instructor. It is further instructed in the said letter that the dress Code prescribed is to wear comfortable clothing to facilitate easy movement of the body during Yoga - asanas .

This Office is going to organize the said Programme in the District Legal Services Authority, Kurnool on 21-06-2024 exactly by 7-00A.M and shall continue for a period of 45 minutes.

Smt. S.Mumtaz Begum, Junior Assistant, Principal District Court, Kurnool who is qualified with M.Sc.,Phd. in Yoga and winner of (1) National Acharya Yoga and (2) National Yoga Rathna Awards is authorized to organize the Programme to be conducted in the above said venue.

During the said Programme the Yoga Instructor is going to perform the following procedural aspects in Chronological Order viz., (1) Prayer (2) Neck Exercises (3) Hands Exercises (4) Yogasanas (5) Pranayam (6) Bhramari (7)Seethali (8) Kapala Bhati and (9) Swasthi

Therefore all the staff members working at Kurnool Head Quarters are required to participate in the said Programme without fail with a further direction to accompany with the requisite Yoga Mats with them and to make this programme a grand success.


PRINCIPAL DISTRICT JUDGE,
KURNOOL

20/6/

To

1.Smt. S.Mumtaz Begum , Junior Assistant, Principal District Court, Kurnool

Copy to :

1. All the Judicial Officers working in Kurnool Head quarters with a request to circulate the same among the staff members.
- 2.All the Special Judicial II Class Magistrates, Kurnool with a request to circulate the same among the staff members.
- 3.The President, Kurnool District Bar Association, Kurnool with a request to circulate among the Advocates .
- 4.The Senior Superintendent (Accounts), Principal District court, Kurnool with a request to circulate among the staff i.e, A.O.Section, Accounts section, Civil & Criminal sections, Stenographers, Court Manager and e-courts staff.
5. The Central Nazer , Central Nazarath, Principal District Court, Kurnool with a request to circulate among the staff of Central Nazarath, Principal District Court, Kurnool
- 6.The Central Record Keeper < Principal District Court, Kurnool with a request to circulate among the staff of his section
7. The System Officer - to place the same in the Official Website.