

# INDIRA GANDHI GOVT. DENTAL COLLEGE JAMMU

Ph. 0191-2565630, 2564962, 2565588 (Fax)

E-mail: [iggdcjprincipal@yahoo.com](mailto:iggdcjprincipal@yahoo.com)

**Subject: - Yoga & Meditation sessions.**

## Circular

In the interest of physical & mental health of all students, faculty & staff of Indira Gandhi Govt. Dental College & Hospital Jammu, there will be a weekly session of Yoga & Meditation classes on every Thursday from 4:30 pm to 5:30 pm in the Administrative Block. All the interested participants are requested to carry their mats with them.

### **For enquiries & enrollment Contact:**

- |                        |            |
|------------------------|------------|
| 1. Dr. Satvinder Singh | 9796214422 |
| 2. Dr. Rudra Kaul      | 8825039650 |
| 3. Dr. Ankita Gupta    | 9419146565 |

  
(Dr. Rakesh Krishan Gupta)

Principal,  
Indira Gandhi Govt. Dental College,  
Jammu

No: - IGGDCJ/Estt/518-23

dated: 11.03.2022

Copy for information to the :-

1. All HOD's \_\_\_\_\_ Indira Gandhi Govt. Dental College, Jammu.
2. NAAC Committee, Indira Gandhi Govt. Dental College, Jammu.
3. Administrative Officer, Indira Gandhi Govt. Dental College, Jammu.
4. Warden Boys/ Girls Hostel, Indira Gandhi Govt. Dental College, Jammu.
5. Student Section, Indira Gandhi Govt. Dental College, Jammu.
6. Notice Board.

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Sub:-Environment Awareness Drive

## Circular


In order to make the students, faculty, and staff environmental friendly and conscious the institution is planning to organize a morning walk through local FOREST AREAS around Jammu once a week.

### Schedule as under:-


Date	Time	Venue
13 <sup>th</sup> March	07.00AM	Manda Park
20 <sup>th</sup> March	07.00AM	Moh Maya Environmental Park.

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(Dr. Rakesh K. Gupta)  
Principal  
Indira Gandhi Govt. Dental College  
Jammu

IGGDCJ/Estt/527-32  
Copy for information to:-

  
12/03/2022

Dated: -12.03.2022

1. HOD (all) of \_\_\_\_\_, Indira Gandhi Govt. Dental College, Jammu.
2. NAAC Committee, , Indira Gandhi Govt. Dental College, Jammu.
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