

Government of Jammu & Kashmir
Directorate of Youth Services & Sports, J&K (UT)
Jammu/Srinagar

Subject: Advisory for students in Summer-break

Advisory

In keeping with its vision of focussing on holistic personality development of youth especially school children, the Directorate of Youth Services and Sports issues the following advisory aimed at promoting physical and mental well-being among students during this period of academic recess. While it is hoped that students will enjoy the holiday period to relax and unwind, they are also encouraged to engage themselves in following creative activities:

1. Students may include sports, aerobics, stretching, dancing or any fitness activity in their daily routine.
2. Students are also encouraged to keep themselves hydrated by taking adequate water throughout the day.
3. Students are advised to take balanced diet.
4. They are also advised to eat seasonal fruits and preserve seeds for sowing during monsoons.
5. Students may keep record of their activities in a diary or spare pages of any notebook.

The Physical Education Lecturers/Masters/Teachers are advised to coordinate and support students in inculcation of a healthy life style. Both Joint Directors and all District Youth Services and Sports officers shall supervise.

-Sd/-

(Anuradha Gupta)JKAS

Director General

Youth Services and Sports

No.:- DG-YSS/Acty/ **4123-47**

Date: **24** -06-2025

Copy to:-

1. Commissioner Secretary to Govt. Youth Services & Sports Deptt. Civil Secretariat, Srinagar / Jammu for kind information.
2. Joint Director, Youth Services & Sports Jammu / Srinagar for information and necessary action
3. District Youth Services and Sports officers _____ for information and necessary action
4. Principal HSS/Head Master HS _____
5. Incharge Website for uploading the advisory on the official website.
6. Office record file.

(Jitendra Mishra) JKAS

Deputy Director (Central)