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ROYAL GOVERNMENT OF BHUTAN
DZONGKHAG ADMINISTRATION
WANGDUEPHODRANG



Ref.No. DAW/ HS-32/2019-2020/728

14th October 2019

Invitation for the opening of Zumba & Aerobic dance

With approval from Dasho Dzongdag, DAW, the health Sector is initiating Zumba Aerobic dance program in the Dzongkhag to start as an exemple. Wangdue Dzongkhag is also one of the top five dzongkhags with high Non-Communicable Diseases (NCD) cases. Health sector has been ultimately monitoring NCD in the Dzongkhag and as per the record of the Dzongkhag Health Sector many Dzongkhag officials are overweight with some already under treatment.

To promote healthy life and to prevent from NCD in general, the Dzongkhag Health Sector is organizing Zumba or Aerobic dance program. The 1st day opening of the program is on 16th October 2019 at 2.30 pm at the Dzonkhag parking, it will be between 30 minutes to one hour after office hours and will be opened to all (Monday to Friday)

Therefore, the health sector would like to invite all (Dzongkhag staff, Regional Offices & General Public/Business community) to participate in the program to prevent NCDS and lead a healthy lifestyle for the benefit of the individual, family, organization and nation as a whole. This is the most simple yet the effective way to combat the above challenges. The program is attached herewith.

Looking forward to your participation please.

(Zangmo)

Dy. Chief DHO

Copy to:

1. The Dasho Dzongdag, DAW to kindly grace for the opening of the program.
2. Dasho Dzongrab DAW for kind information.
3. Thizin, Wangdue Dzongkhag with the request to inform the Business community to participate.
4. Chief Administrative Officer, PHPA I & II, Bjimithangka to kindly participate and with request to inform the staff.
5. The program Officer, NCD program, Ministry of Health, Thimphu for kind information
6. Regional & Sector heads Wangdue Dzongkhag with the request to inform the staff.
7. CMO, Wangdue hospital for necessary information.
8. Nutritionist, NCD Focal person, Physio tech & MCH Incharge to for necessary information
9. Office copy

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Program for Zumba & Aerobic dance (16th Oct 2019)
Venue : Dzongkhag Parking

Time	Activity	Remarks
2.00pm	Gathering of participants	Pre check up for the participants health
2.30 pm	Arrival of chief Guest	Dasho Dzongdag
	Brief introduction /Welcome	DC DHO
	Key note address	Chief Guest
	Suja Shamday	
	Start the program	Yangchen, Counsellor, Samtengang CS & Health team
	Refreshment	
	Vote of Thanks	ADHO

To continue the program the following health staffs are assigned to take up the responsibilities/lead role.

1. Mr. Rinchen Dorji, ADHO, DAW, Over all coordinator
2. Priyasha, Nutritionist, Wangdue hospital coordinator.
3. Thinley Thanchen, NCD focal, team.
4. Namgay Lham, MCH Incharge
5. Chu Tshering, Physio tech.
6. Tenzin Norbu, Physio tech
7. Chador Zangmo, Offt Asst. DAW
8. Zangchu Dema. MRT, DAW

(Zangmo)
DC DHO