



**Dr. Subhash**  
University

Circular

19<sup>th</sup> June, 2025

To,  
All Staff & Students  
Ref. No.: DSU/Circular/Admin/2025/47

**Yoga Day Celebration.**

Season's Greetings,

Yoga plays very significant role in our physical/mental health and peace. It helps to improve our immunity, inner strength and our lifestyle. It also improves our concentration in work we do on daily basis. Today, most westerners who do yoga do it for exercise or to reduce stress.

As per the directives of the Government of India we are going to celebrate Yoga Day on 21<sup>st</sup> June, 2025. This time yoga day celebration will be based on the themes like "One Earth One Health" and "સ્વસ્થ ગુજરાત મેદસ્વીતામુક્ત ગુજરાત"  
Please note the following in this context:

1. It is mandatory for all faculty members and students.
2. On that day uniform is not a compulsion. One can wear a comfortable outfit for performing yoga and you have to bring own Yoga Mat.
3. Yoga will be conducted by Yoga coach and online session too.

Time and venue of Yoga Day Celebration is as under:

Date: Saturday, 21<sup>st</sup> June, 25

Time: 8:00 AM to 9:00 AM

Venue: Multi Purpose Hall

Thank you,

With best wishes.

  
Registrar  
Dr. Subhash University  
Junagadh

