



C. U. SHAH UNIVERSITY

(Established under Gujarat Private Universities (Amendment) Act 18 of 2013)

Sponsored By : WARDHMAN BHARTI TRUST A Centre of Excellence for Multi Disciplinary Research, Innovation and Culture.

NO:CU/CIR/177/2015

Date: 05/06/2015

Circular
on
“International Yoga Day”

In continuation of letter number CU/CIR/116/2015 dated 24/04/2015, regarding observing and celebrating 21st June each year as **International Yoga Day** as suggested by Government of India, UGC, MHRD and Government of Gujarat we are pleased to write you this letter on the same.

Yoga gives us relief from countless ailments at the physical level. The practice of the postures (asans) strengthens the body and creates a feeling of well being. It improves physical fitness, stress, controls general well being, mental clarity and greater self-understanding. And hence, yoga is not limited to any nation, area, religion and community, but is expanding to the whole world these days.

It has been decided and declared to celebrate International Yoga Day at National, State, District, Taluka, Village as well as individual organization and NGOs too by the Government. So let's join hands with it and make it a success.

So, hereby you are requested to inform all the teaching and non-teaching staff members and dear students of **your** respective constituent college to remain present on **21 June 2015 to celebrate “International Yoga Day”** in university Campus between 9:00 to 10:00 am without fail.

For any query please contact Mr. A. C. Gohil Mo: 9898427264.

With Regards,

Dr. Ved Vyas Dwivedi
Registrar

