



IIHMR University, Prabhu Dayal Marg, Near Sanganer Airport, Jaipur – 302029

Date: 05/06/2025

CIRCULAR

International Yoga Day 2025 – Yoga Sangam Celebration

IIHMR University, Jaipur, will be organising International Yoga Day 2025 on Saturday, 21 June 2025, at the Lobby, New Auditorium, IIHMR University campus.

The event, titled “Yoga Sangam Celebration – 2025,” aims to promote wellness, mindfulness, and holistic health through the practice of yoga. The programme will focus on the theme “Office Yoga,” highlighting simple and effective yoga practices that can be integrated into daily work routines to enhance physical fitness, mental well-being, and stress management.

The session will be graced by Dr. Kaku Mayur Vinaykumar, a renowned Neurosurgeon, who will address the gathering on the neurological and mental health benefits of regular yoga practice. Guided yoga practices, breathing techniques, and mindful postures suitable for working professionals will be conducted during the event.

The celebration seeks to encourage the adoption of yoga as a regular lifestyle practice, in alignment with the global vision of “Yoga for Harmony and Peace.”

A handwritten signature in blue ink, appearing to read 'Rajeev', is written over a horizontal line.

President

Copy to:

- All Faculty Members, Staff
- All Students
- Notice Board
- Website