

CIRCULAR 15/2025

From: Acting Permanent Secretary for Civil Service

Phone: 892 4321

To: All Permanent Secretaries

Date: 17/10/2025

Subject: **Wellness Approach on Physical Activity –
Karate and Yoga Sessions**

File Ref MCS 14/3

1. The Ministry of Health and Medical Services, through the National Wellness Centre, will be conducting a *Wellness Approach on Physical Activity* program in October 2025 under the theme, “Wellness Warrior! Mindful Strength for a Healthier Civil Service”.
2. The planned activities are tabulated, as below:

Activities	Date	Remarks
Karate Sessions	22/10/2025 & 29/10/2025	As a traditional Japanese discipline, Karate offers significant benefits in enhancing flexibility, endurance and physical health
Yoga Sessions	5/11/2025 & 12/11/2025	Yoga promotes holistic wellness, positively impacting both physical and mental health through mindfulness, stress reduction and improved posture.

3. The program aims to strengthen resilience and promote a healthier workforce across the Civil Service. The Ministry of Health is inviting all civil servants to take ownership of the health and participate in the activities as part of our shared goal towards building a healthier, stronger and more mindful Civil Service.
4. For further information regarding the program, please contact the National Wellness Centre through Dr Devina Nand on email at devina.nand@health.gov.fj and/or mobile on 9925032.

Thank you.



Pita Tagicakirewa

Acting Permanent Secretary for Civil Service