

Report on observance of "International Yoga Day 2017" in Tariff Commission

The observance of International Yoga Day in Tariff Commission involved the following activities:-

1. Preparing and displaying of banners and posters appropriately to build up the ambience.
2. The day was dedicated totally to workshops on yoga as per schedule attached.
3. The daily thought notice board had the quote on yoga.

The morning session was with Sri Apporva Lochan who gave an exposition and practice session on meditation technique of *anapana* while the evening session on Yogic breathing was conducted by Swami Sheelanandaji who is a senior monk of the Yogda Satsang Society of India. Swamiji also gave an exposition on Kriya Yoga as taught by Paramhansa Yogananda.

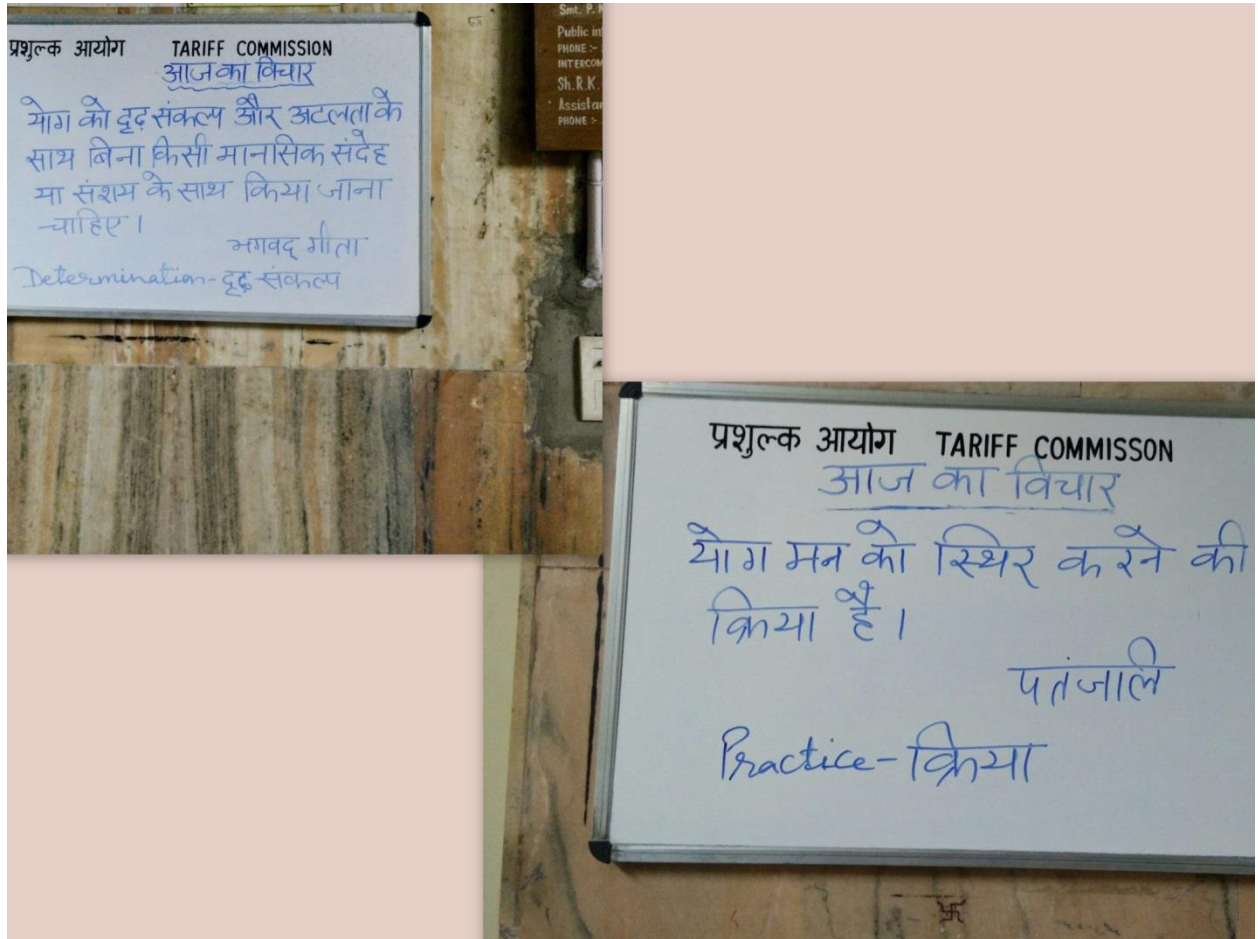
Pictures of Yoga Workshop on International Yoga Day 2017 dated 21st June 2017



Pictures of Yoga Banners and posters on International Yoga Day 2017



Pictures of Daily Thought Notice on Yoga





अंतर्राष्ट्रीय योग दिवस 21 जून

