

**Tata Institute of Social Sciences
Deonar, Mumbai 400088**

June 22, 2017

Report on Observance of International Day of Yoga on 21st June, 2017

The TISS observed the International Day of Yoga by organizing a programme on the theme “Yoga and Holistic Health”. It was celebrated with much enthusiasm by the students and other members of the TISS family.

The following activities were conducted during the celebration of International Day of Yoga:

1. At the outset, a video clip related to yoga was screened to inspire students to encourage students to follow yoga as a daily routine.
2. Poster exhibition of yogic postures was organized in the lobby of the Convention Centre.
3. Yoga practitioner demonstrated yoga postures and the students/faculty practiced asanas shown by the practitioners. The yoga practitioner also shared the benefits of various asanas for holistic health and well being.
4. Banners/posters were displayed to create awareness in the campus. In addition, an email was also sent to all students communicating them about the celebration of International Day of Yoga.

Students were encouraged and motivated to continue the practise in yoga classes on campus which are offered on all week days from 6 pm to 7 pm under the guidance of yoga instructor.

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