



भारत सरकार GOVERNMENT OF INDIA  
वित्त मंत्रालय MINISTRY OF FINANCE  
राजस्व विभाग DEPARTMENT OF REVENUE

आयुक्त का कार्यालय  
OFFICE OF THE COMMISSIONER  
केन्द्रीय उत्पाद शुल्क, सीमा शुल्क और सेवा कर  
CENTRAL EXCISE, CUSTOMS & SERVICE TAX  
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C. No: I/22/1/2016-PRO

Dated: 19-06-2017

### CIRCULAR

June 21 is celebrated the world over as International Yoga Day under UN guidance. Union Government urges all concerned to spread awareness of Yoga for health.

In connection with the Third International Day of Yoga on 21.06.2017, this office proposes to celebrate the same in a befitting manner. The Institute of Yoga & Meditation, Kesavadasapuram, Trivandrum has been kind enough to conduct a free class & training on Yoga from 7.30 A.M. on 21.06.2017 at the Auditorium on the 4<sup>th</sup> floor of ICE Bhavan.

All officers and staff are directed to assemble at the Auditorium by 7.15 A.M. on the said date, in proper attire, and actively participate in the training session.

#### **The programme is as follows:**

- A brief on International Yoga Day and introduction by Mr. Reji Kumar, the Yoga Trainer of The Institute of Yoga & Meditation, Kesavadasapuram, Trivandrum
- Class & training on Yoga for health of corporate employees.

Breakfast will be arranged after the event at the office Canteen.

Mr. Reji Kumar under the banner of the Institute of Yoga & Meditation, Kesavadasapuram, Trivandrum will also take up yoga classes at our office (spacing of thrice-a-week) if sufficient number of participants sign up. All are requested to avail the facility and enjoy the benefits.

Place: Thiruvananthapuram

Date: 19.06.2017

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NIKITA S. CHANDRAN  
Deputy Commissioner