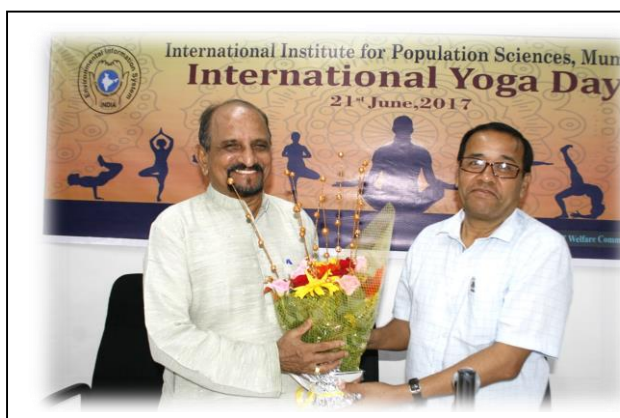


International Institute for Population Sciences
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<http://iipsindia.org>

**Action taken report on
International Yoga Day, 21 June 2017**

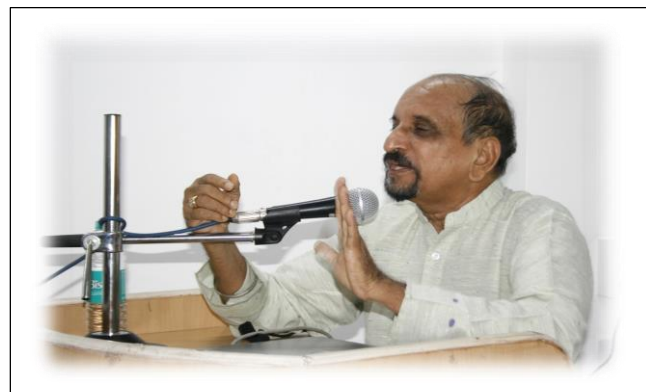
International Day of Yoga was celebrated at IIPS from 4:30 to 5:45 pm on 21st June 2017. Shri Pradip Gholkar, a Yoga expert from Yoga Vidya Niketan, Navi Mumbai was invited to conduct a session on yoga awareness and yogic exercises. Prof Ladu Singh, the Director of the institute welcomed the guest and participants. Shri Gholkar explicated the meaning and different forms of yoga. He highlighted the importance of yogic exercises in maintaining good health and also guided the participants about the precautions need to be taken while practising yoga. Some *kriyas* and *pranayama* were practised by all participants under his guidance. The programme ended with chanting of Omkar and message of peace. A total of 35 staff and faculties participated in the session. The event was jointly organised by Staff welfare committee of IIPS and Pop-Envis, IIPS.



Welcome of the guest



Prof Ladusingh, Director IIPS, Mumbai



Mr. Pradip Gholkar, Yoga Vidya Niketan, Vashi

Participants practicing Nadi Shuddhi Kriya and Aulom-Vilom Pranayam

