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**GOVERNMENT OF INDIA
MINISTRY OF FINANCE
DEPARTMENT OF REVENUE
OFFICE OF THE PRINCIPAL CHIEF COMMISSIONER OF GST & CENTRAL EXCISE
TAMILNADU & PUDUCHERRY ZONE
No.26/1, MAHATHMA GANDHI ROAD, CHENNAI - 600 034**

C. No: II/39/220/2018-CZO (Admn)

Dated: 20.06.2018

CIRCULAR

Sub: Observance of International Day of Yoga - Celebrations - reg.

On the occasion of International Day of Yoga 2018 (ie) on 21.06.2018 (Thursday), it is proposed to hold the following events for the Officers & Staff of Pr.CCO, Chennai North, Chennai Appeals-I formations, ADG (Systems), ADG (GST) & ADG (TPS) at the **5th floor, Auditorium, Nungambakkam** Office premises :

Session-1: 8.00 - 9.00 am - Common Yoga Protocol as advised by the Ministry of AYUSH conducted by Shri V.R.Viswanathan, IRS (Retd.), Dip. In Yoga from KYM.

Session-2: 10.30 am - 1.00 pm - IYD-2018 function presided over by **Principal Chief Commissioner, GST & C.Ex., Chennai**, and "**Talk on the importance of YOGA for physical and mental wellness in today's stress-filled life**" by **Shri V.R.Viswanathan, IRS (Retd.)**, Dip. In Yoga from KYM, followed by practical session on Common Yoga Protocol by Smt.G.Radha, Supdt., CCO.

2. All Officers and Staff are hereby requested to participate in the event and make use of the talk and practical sessions.

K. Manasa
20/6/18

(MANASA GANGOTRI KATA)
JOINT COMMISSIONER (CCO)

To

1. The Pr. Chief Commissioner of GST & C.Ex., TN & Puducherry Zone
2. The Principal Commissioner / Commissioner of GST & Central Excise, Chennai North / Chennai Appeals-I
3. The Additional Director General (Systems), Chennai
4. The Additional Director General (GST), Chennai
5. The Additional Director General (TPS), Chennai

Copy to:

1. Smt. G. Radha, Supdt, Pr.CCO
2. The AO (Hqrs.), Pr.CCO - for circulation among Officers in Pr.CCO
3. The PRO, Pr.CCO / Chennai North
4. All Notice Board
- ✓ 5. The Supdt (Computers), Chennai North - for uploading in Deptml. Zonal Website

SCHEDULE OF EVENTS FOR IYD 2018 TO BE HELD ON 21ST JUNE 2018

SESSION: 1

8.00 AM TO 9.00 AM	COMMON YOGA PROTOCOL as advised by Ministry of Ayush conducted by Shri. V.R.Viswanathan, IRS (Retd.), Dip. In Yoga from Krishnamachari Yoga Mandiram.
9.00 AM	BREAKFAST

SESSION: 2

11.00 AM	Prayer by Smt. Bhuaneswari, Supdt., CCA
11.05 AM	Welcome address by Smt. Manasa Gangotri Kata, JC, CCO
11.10 AM	Presidential address by Principal Chief Commissioner on the significance of International Yoga Day 2018.
11.30 AM	Talk on Importance of Yoga for physical and mental wellness in today's stress-filled life by Shri V.R.Viswanathan, IRS (Retd.), Dip. In Yoga from Krishnamachari Yoga Mandiram.
12.00 Noon	Vote of thanks by Smt. G. Radha Supdt., CCO
12.10 PM to 1.00 PM	Practical session on Common Yoga Protocol – performing warm up exercises, simple asanas, meditation and relaxation conducted by Smt. G. Radha Supdt., CCO

Whole event compered by Smt. Revathi, AO, CCA

Nodal officer: Smt. G. Radha Supdt., CCO – 9444376065 Ext.5068