

## Report on World International Day 2017

*Yoga is as important as salt in life: Narendra Modi*

The International Yoga day was celebrated on 21<sup>st</sup> June (Wednesday) 2017 by Ashtavakra Institute of Rehabilitation Sciences & Research: The State Nodal Agency Centre in association with The National Trust at Tecnia Institute of Advanced Studies, Madhuban Chowk, Rohini, Delhi.





The chief guest for the day was Mr T.D . Dhariyal; commissioner of persons with disabilities , Govt of NCT, Delhi. The other guests who graced the occasion were Mr Mukesh Jain; Joint secretary, Department of Empowerment of persons with disabilities, Divyangjan, Ministry of social justice and empowerment, Mr U.K Shukla: Assistant Legal Advisor, The National trust. A Number of Registered NGO's under National Trust actively participated in the event.

Mr Vijay Yadav ; yoga instructor took the session . Different yoga postures like vrikshasana, Bhadrasana, Muktaasana etc. It was followed by Meditation taken by Ms Seema from Delhi Samarpan organization. The program came to an end with the light refreshment for all.