

**INDIAN INSTITUTE OF SPICES RESEARCH, KOZHIKODE, KERALA**  
**INTERNATIONAL DAY OF YOGA**

*The Institute would be celebrating the International Day of Yoga on 21 June 2016. Mr. K.M. Rajesh, Yoga Expert, would be the Chief Guest for the function. A yoga practice session is also planned for the occasion. All staff members are requested to attend the meeting. This circular is issued with the approval of the Director.*

- *Venue:* Silver Jubilee Hall
- *Date:* Tuesday, 21 June 2016
- *Time:* 3 pm
- *Who can participate:* All categories of staff including contract labourer
- *What to bring :* A bed sheet/yoga mat for the practice session.
- *Dress code :* Appropriate for the occasion

*J. Rema*  
*Nodal officer*  
*2 nd International Day of Yoga*  
*Indian Institute of Spices Research, Kozhikode*