

International Yoga Day celebrated at ICAR-NBFGR, Lucknow

The International Yoga Day was celebrated at ICAR-National Bureau of Fish Genetic Resources, Lucknow on 21.06.2017. In spite of heavy downpours at Lucknow in the morning, staff members of ICAR-NBFGR came to the campus and participated in the Yoga. The Yoga session was organized in the administrative block lounge due to rain outside. The programme was started at 6.30 AM with the brief address of Dr. K. K. Lal, Director, ICAR-NBFGR, Lucknow. The Yoga was demonstrated by Dr. Basdeo Kushwaha, Principal Scientist. The common yoga protocol released by AYUSH, Ministry, Govt. of India was followed. The yoga was started with prayer and ended at 7.45 AM with sankalp. The programme was ended with vote of thanks by Dr. Basdeo Kushwaha, Principal Scientist and Nodal Officer, Yoga. The same was also observed at PMFGR Division of ICAR- NBFGR, Kochi.



(Source: ICAR-NBFGR, Lucknow)