

International Yoga Day celebrated at ICAR-NBFGR, Lucknow

The International Yoga Day was celebrated at ICAR-National Bureau of Fish Genetic Resources, Lucknow on 21.06.2018. The Yoga session started at 6.00 AM and ended at 7.15 AM. The yoga session was open for all NBFGR staff and their family members. Dr. Kuldeep Kumar Lal, Director, ICAR-NBFGR, Lucknow welcomed the participants and Yoga Teacher Dr. (Ms.) Sweta Upadhyaya along with her team from Art Of Living, Lucknow. Yoga teacher explained the benefits of practicing Yoga in daily life in order to maintain overall body fitness. The Yoga session was conducted under her guidance with live demonstration of various Asanas and Pranamayyas. The same was also observed by staff members of PMFGR Division of ICAR- NBFGR, Kochi.



(Source: ICAR-National Bureau of Fish Genetic Resources)