

11th International Day of Yoga: "Yoga for One Earth, One Health" at ICAR-NBFGR

Lucknow, June 21, 2025

ICAR-National Bureau of Fish Genetic Resources celebrated the 11th International Day of Yoga on June 21, 2025, with active and spirited participation from scientists, technical staff, administrative personnel, and support staff. This year's theme, "Yoga for One Earth, One Health," highlights the deep interconnection between individual well-being and planetary health. A professionally guided yoga session was organized on the institute campus, with Axis Bank's support, which facilitated a Yoga Instructor's presence. The session included a sequence of yogic postures (asanas), breathing techniques (pranayama), and meditation practices to promote inner peace, physical vitality, and emotional stability. In the opening address, Dr. B. Kushwaha, Nodal Officer Yoga, emphasized how regular yoga practice supports individual physical and mental well-being and cultivates a mindful approach to sustainable and conscious living. The Director, ICAR-NBFGR, Dr. Kajal Chakraborty, extended his best wishes in his message, mentioning that the theme aligns with the global call for sustainable living and holistic health practices, emphasizing that the harmony of body, mind, and environment is essential for a balanced life.

