

ICAR-NBFGR celebrated the 9th International Yoga Day with the theme 'Yoga for Vasudhaiva Kutumbakam'

According to Ministry of AYUSH, Govt of India, the global theme for the observance of International Yoga Day 2023 is "Yoga for Vasudhaiva Kutumbakam" with the domestic theme, "Har Ghar Aangan Yoga" aiming to popularise Yoga in every courtyard, every house. International Yoga Day was celebrated at ICAR-NBFGR, Lucknow, on June 21, 2023, with full zeal under the guidance of Dr. U. K. Sarkar, Director, ICAR-NBFGR. The Yoga session, which was open to the entire staff and family of the Institute, started at 6.30 AM. Dr. B. Kushwaha, Nodal Officer Yoga, welcomed the participants and introduced the Yoga Teacher, Mrs. Priya Hooda (M.P.Ed & Yoga), to the gathering. Dr. Kushwaha also explained the purpose of celebrating International Yoga Day celebration and its impact on human health. The yoga teacher explained the benefits of practising Yoga and the importance of including it in daily life in order to maintain overall body fitness. The Yoga session was conducted under the guidance of the instructor, with live demonstrations of various Asanas and Pranayama. The Yoga session started with the Gayatri mantra prayer followed by various Asanas and ended with the Shanti prayer and a vote of thanks by 7.30 AM. All staff, including students and contractual staff, enthusiastically participated and practised various Asanas. The same was also observed by staff members of the PAGR Division of ICAR- NBFGR, Kochi.

