

ICAR-NBFGR celebrated International Yoga Day

The International Yoga Day was celebrated at ICAR-National Bureau of Fish Genetic Resources, Lucknow, on 21.06.2019. The Yoga session started at 6.15 AM and ended at 7.30 AM, which was open for all NBFGR staffs and their family members. Dr. Basdeo Kushwha, Principal Scientist and Nodal Officer, Yoga welcomed the Yoga Teachers, Mr. Pavan Kumar Singh and Mr. Ajitabh Vishwakarma and the participants from ICAR-NBFGR. The Yoga teachers explained the benefits of practicing Yoga in daily life in order to maintain overall body fitness as well as peace of mind. The Yoga session was conducted under their guidance with live demonstration of various Aasanas and Pranamayias as per the International Yoga Day protocol of AYUSH Ministry, Government of India, New Delhi. The same was also observed by staff members of PMFGR Division of ICAR- NBFGR, Kochi.

