

ICAR-NBFGR celebrated International Yoga Day

According Ministry of AYUSH, Gov. of India the theme for the observance of International Yoga day 2021 was "BE WITH YOGA, BE AT HOME" due to current pandemic situation of COVID-19 in the country. Therefore, the International Yoga Day, 2021 was observed by all staff members of ICAR-National Bureau of Fish Genetic Resources, Lucknow, on 21.06.2020 at their home. Yoga protocol containing yoga practice benefits was circulated along with AUSH ministry Yoga website link to motivate staff for yoga practice. All staff members uploaded their photographs of yoga practicing at their home.



Glance of Yoga practice by ICAR-NBFGR staff at their homes