

International Yoga Day - 2022 celebrated

21st June, 2022

To make the people aware about the health benefits of Yoga and encourage them for including it in their daily routine, the United Nations proclaimed 21st June as the "*International Day of Yoga*" to be observed across the globe every Year.

The ICAR Institute too observed the *8th Edition* of the *International Day of Yoga - 2022* on the *Theme - "Yoga for Humanity"*.

ICAR-Central Institute for Women in Agriculture, Bhubaneswar, Odisha

Dr. Anil Kumar, Director, ICAR-CIWA, Bhubaneswar stressed on the need for practicing the Yoga everyday to maintain calm, reduce stress and enhance the work efficiency. Dr. Kumar also urged for practicing Yoga on a regular basis to keep them healthy.



The Yoga Expert, Shri Prince Parija, Former Indian Air Force Warrior displayed the various forms of Yoga during the occasion.

ICAR-National Academy of Agricultural Research Management, Hyderabad

Dr. Meeraji Rao, Senior Cardiologist marked his presence as the Chief Guest of the occasion.



Dr. Ch. Srinivasa Rao, Director, ICAR-NAARM, Hyderabad emphasized on the need of practicing Yoga regularly as it provides holistic health care.

About 250 participants including the Trainees of MDP from the various ICAR Institutes, KVK Coordinators, Induction Programme participants of Odisha University of Agriculture & Technology, Bhubaneswar; Agri-Entrepreneurship Developments Trainee Students of ICAR-National Dairy

Research Institute, Karnal, Haryana along with Staff Members of ICAR-NAARM and other ICAR Institutes from Hyderabad participated in the event.

ICAR-Central Inland Fisheries Research Institute, Barrackpore, Kolkata



The event registered participation by a total of 207 Staff Members of the Institute.

ICAR- Central Research Institute for Dryland Agriculture, Hyderabad

About 50 Staff Members including Scientists, Technical, Administrative and Supporting Staff, Senior Research Fellows, Young Professionals and Contractual Staff Members participated in the event.



Dr. V.K. Singh, Director, ICAR-CRIDA, Hyderabad urged the participants to inculcate the practice of Yoga in their daily routines. Dr. Singh also apprised the participants about the benefits that will be accruing by practicing the different Yoga Asanas.

(Source: Respective ICAR Institutes)