



भारतीय कृषि अनुसंधान परिषद

Indian Council of Agricultural Research

(Ministry of Agriculture and Farmers Welfare)



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ICAR Institutes celebrate International Day of Yoga - 2021

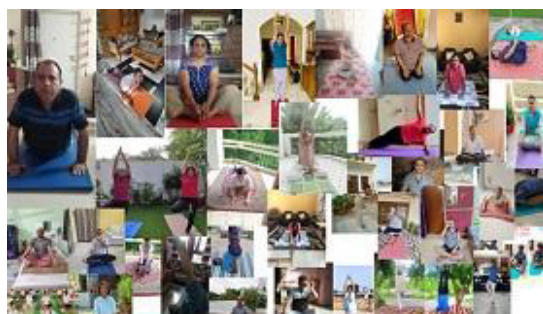
21st June, 2021

The 21st June is celebrated as the "International Day of Yoga" across the globe. The main objective to celebrate the day is to apprise the people about the health benefits of practising Yoga. The day marks the demonstrations of the various forms of Yoga. This Year, the day was celebrated on the theme - "Yoga for Well-being".

The ICAR Institutes pan India also celebrated the day with full zeal and fervor.

ICAR-National Bureau of Fish Genetic Resources, Lucknow, Uttar Pradesh

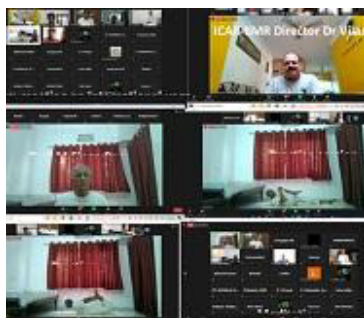
The Institute virtually observed the day with the participation of the staff members.



The members also shared their photos while practising Yoga at their homes.

ICAR-Indian Institute of Millets Research, Hyderabad

In his address, Dr. Vilas A. Tonapi, Director, ICAR-IIMR urged the participants for devoting at least one hour to practice Yoga for physical and mental wellbeing during the COVID-19 Pandemic. He also apprised the participants about the health benefits of practising Yoga.



ICAR-National Research Centre on Meat, Hyderabad

Dr. S.B. Barbuddhe, Director, ICAR-NRC on Meat highlighted the importance and significance of daily Yoga practice in life. He also stressed on the role Yoga plays in minimizing the stress and psychological issues arising due to COVID-19 Pandemic in the country.



The participants practiced the different forms of Yoga like Sukshma Vyayama, Asana like Vrakshasana, Trikonasana, Patangasana, etc., during the occasion.

ICAR-Central Agroforestry Research Institute, Jhansi, Uttar Pradesh

The staff members of the Institute celebrated the International Yoga Day - 2021 with full enthusiasm and fervor.



The members also practised the various forms of Yoga during the occasion.

ICAR-Indian Institute of Vegetable Research, Varanasi, Uttar Pradesh

In his address, Dr. T.K. Behera, Director, ICAR-IIVR, Varanasi emphasized on the importance of practising Yoga in daily life and research activities. He also urged the staff members for practising Yoga on a regular basis to keep themselves healthy.



ICAR-Indian Institute of Soil Science, Bhopal, Madhya Pradesh

The Institute organized an Awareness Lecture by Smt. Sanisha Harne, Yoga Expert to mark the day. She outlined the benefits of regular practice of the different Asanas and Pranayamas for relieving the several

health issues like Diabetes, Heart and Lung Diseases.

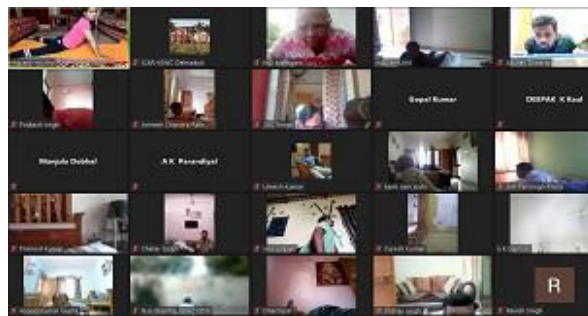


In his inaugural address, Dr. Ashok K. Patra, Director, ICAR-IISS, Bhopal briefed about the importance of Yoga in modern life. He stated that the word "Yoga" has been derived from Sanskrit that means to join or to unite, symbolising the union of body and mind. Dr. Patra stressed that the regular practice of Yoga gives strength and immunity to fight many lifestyle diseases and the present COVID-19 Pandemic.

ICAR-Indian Institute of Soil and Water Conservation, Dehradun, Uttarakhand

The Institute virtually organized a *Lecture on "Signification of Yoga and Spiritual Well-being"* to celebrate the *International Day of Yoga - 2021*.

Dr. M. Madhu, Director, ICARIISWC, Dehradun urged the staff members to inculcate the habit of practicing Yoga on a daily basis. This will help to keep themselves healthy.



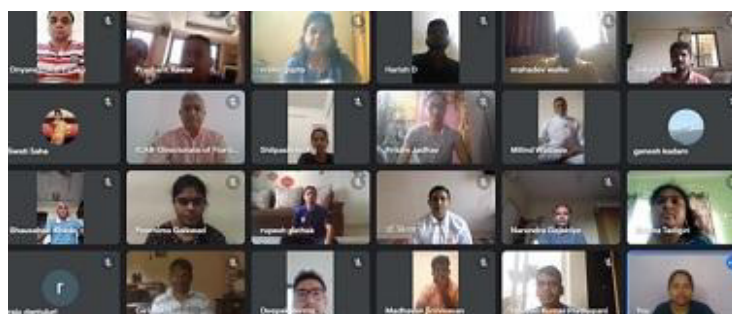
The Keynote Speaker, Swami Shri Asimatmanand Ji Maharaj, Secretary, Ramakrishna Mission Ashram, Dehradun, Uttarakhand discussed about the possibilities and path of spiritual well-being for householder while fulfilling the responsibilities of household sincerely.

About 160 employees and their family members also virtually participated in the programme.

ICAR-Directorate of Floricultural Research, Pune, Maharashtra

The Directorate organized a one-week *Workshop on "Breathing Exercise for Resilient Lungs in the Time of Pandemic"* from 14th to 21st June, 2021 to mark the celebrations of the *International Day of Yoga - 2021*.

In his welcome address, Dr. K.V. Prasad, Director, ICAR-DFR, Pune stressed on the importance of Yoga in the well-being of both the body and mind under the unprecedented condition of COVID-19 Pandemic.

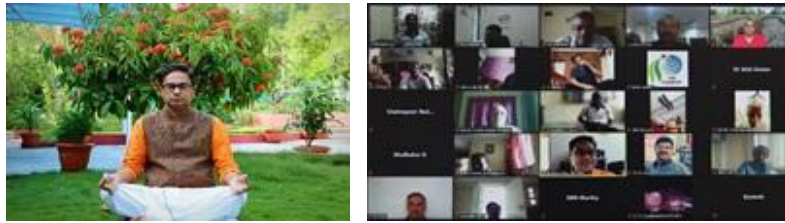


The Yoga expert, Shri Milind Walsade, Zila Prabhari, Patanjali Yoga Samiti, Pimpri Chinchwad, Pune, Maharashtra delivered a Talk on *"Making Yoga an Integral Part of Our Lifestyle"*.

All the staff members of the Directorate practised the varied forms of Yoga while following the COVID-19 guidelines issued by the Government of India.

ICAR-National Academy of Agricultural Research Management, Hyderabad

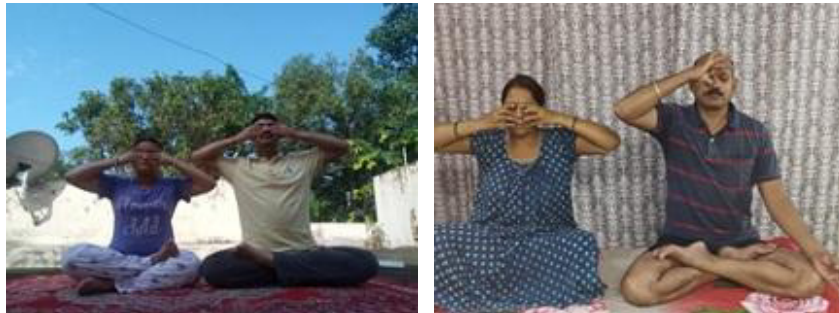
Dr. A. Debnath, Consultant Physician & Yoga Practitioner, ICAR-NAARM apprised the participants about the various forms of Yoga and Asanas that are helpful in leading a healthy life.



All the staff members of Hyderabad based ICAR Institutes virtually practiced Yoga with their family members at their homes.

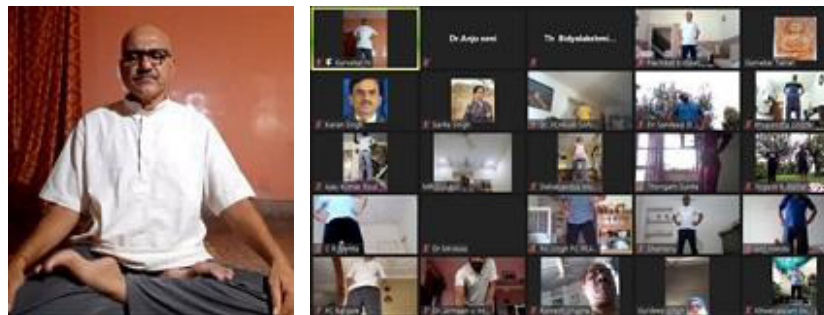
ICAR-Indian Institute of Natural Resins and Gums, Ranchi, Jharkhand

Dr. K. K. Sharma, Director, ICAR-IINRG, Ranchi urged the staff to practice Yoga at their homes to keep themselves healthy during the outbreak of COVID-19 Pandemic.



ICAR-Central Institute of Agricultural Engineering, Bhopal, Madhya Pradesh

Highlighting the importance of Yoga in the current COVID-19 Pandemic situation, Dr. C.R. Mehta, Director, ICAR-CIAE, Bhopal urged to inculcate the practice of Yoga in daily life.



ICAR-Indian Institute of Rice Research, Hyderabad

Ms. Deepti Mantri, Founder, Yogashala marked her presence as the Chief Guest of the occasion.



In his address, Dr. R.M. Sundaram, Director, ICAR-IIRR, Hyderabad apprised the participants about the health benefits of practicing different forms of Yoga.

More than 65 participants including the Permanent Staff Members, ICAR-AICRP Scientists and Research Scholars of the Institute attended the event.

(Source: Respective ICAR Institutes)