



भारतीय कृषि अनुसंधान परिषद

Indian Council of Agricultural Research

(Ministry of Agriculture and Farmers Welfare)

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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.

ICAR-Directorate of Medicinal & Aromatic Plants Research, Anand, Gujarat

The Chief Guest, Smt. Pooja Patel, Yoga Trainer, Anand, Gujarat highlighted the various health benefits of Yoga and suggested to practice Yoga for better health and wellness.



Dr. Satyanshu Kumar, Director, ICAR-DMAPR, Anand stated that Yoga can unleash incurable human diseases and enhance work efficiency.

The Scientists and Staff Members of ICAR-DMAPR, Anand along with 35 farmers participated in the event.

Krishi Vigyan Kendra, Washim, Maharashtra

The Krishi Vigyan Kendra, Washim, Maharashtra; NABARD; Fisheries Department and New Delhi based Fish Federation jointly organized the "Kisan Goshthi" and "Krishi Janajagruti Programme" at VIDATA Training Centre, Washim, Maharashtra.



Dr. R.L. Kale, Senior Scientist & Head, Krishi Vigyan Kendra, Washim stressed on the need for public awareness and demonstration to realize the objectives of the Matsya Mahabhiyan and Pradhan Mantri Matsya Sampada Yojana in a true sense.

Shri Shankar Kokadwar, Assistant General Manager, NABARD, Mumbai, Maharashtra outlined the important Schemes of the NABARD as per the needs of the Aspirational District and also encouraged the Agri-Entrepreneurs to achieve financial prosperity by combining Kisan Credit Card Scheme and Study Tour, benefits of the micro-planning and Government Schemes.

Shri Sudhir Khuje, District Manager, UMED Project underlined the promotion of fish farming by the UMED Project.

Shri Daulatram Chaudhary, Manager, National Fisheries Cooperative Union Limited, New Delhi also deliberated during the occasion.

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



Delivering the inaugural address, Dr. C.R. Mehta, Director, ICAR-CIAE, Bhopal urged for disseminating the awareness of Yoga in the society.

ICAR-Central Coastal Agricultural Research Institute, Goa

Around 28 Employees of the Institute donated blood in the *Blood Donation Camp* organized by the Institute in collaboration with the Goa Medical College, Goa to mark the day.



The Institute also held an *Essay and Slogan Writing Competition* on "The Benefits of Yoga on Mental and Physical Health".

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

The Institute organized the Yoga Sessions under the guidance of Shri Swami Prem Tirth, Devbhoomi Yog Peeth, Haridwar to mark the celebrations of the day.



Delivering the Talk on "Art of Devine Balance for happy Family Life", Er. Shri Rajesh Dave, Co-founder, Team FARM Bridge Foundation for CSR in Farmers & Rural Women Empowerment stressed on the need of balance between the family, social, financial and spiritual pillars of happy and peaceful life.

Dr. M. Madhu, Director, ICAR-IISWC, Dehradun suggested to convert needs into responsibilities for overcoming the stress. Three Members from local Brahma Kumari Sansthan also visited and guided the staffs for happy living. About 163 participants attended the various events organized during the occasion.

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

The Employees of the Institute including the Scientists, Technical and Administrative Staff Members participated in the event.



Dr. T.K. Behera, Director, ICAR-IVRI, Varanasi emphasized that the regular practice of the various Asanas and Pranayamas would help in relieving the body pains and are the remedy for the several diseases like diabetes, heart and lung diseases.

ICAR-Research Complex for North-Eastern Hill Region, Umiam, Meghalaya

The Institute along with various Centres at Manipur, Mizoram, Nagaland, Tripura and Sikkim celebrated the day with full zeal.



Dr. V.K. Mishra, Director, ICAR-Research Complex for NEH Region, Umiam apprised the participants about the health benefits of practicing Yoga.

ICAR-Central Institute Post Harvest Engineering & Technology, Ludhiana, Punjab

The event registered participation by more than 100 participants.

Smt. Priyanka Sharma, Yoga Guru from *Bharatiya Yog Sansthan*, Ludhiana demonstrated the different *Aсанas* and outlined their health benefits and the necessary precautions to be taken while practicing them.



The farmers were made aware about the "*Skillful and Balanced Use of Fertilizers*" and "*Use of Nano Fertilizers*" under the *Farmers' Awareness Programme* organized at the Abohar Campus of the Institute.

Dr. S.K. Tyagi, Director, ICAR-CIPHET, Ludhiana encouraged the participants to inculcate the practice of Yoga in their daily life routines.

ICAR-Vivekananda Parvatiya Krishi Anusandhan Sansthan, Almora & Experimental Farm Hawalbagh and KVKs, Uttarakhand

The Institute along with the ICAR-VPKAS at its Experimental Farm, Hawalbagh; KVK, Chinyalisaur; KVK, Kaflogair organized a wide array of activities to celebrate the day.



A total of 153 Staff Members of the ICAR-VPKAS, Almora; Experimental Farm, Hawalbagh & its both KVKs along with their family members participated in the event.

(Source: Respective ICAR Institutes)