

ICAR- National Institute of High Security Animal Diseases, Bhopal

Observation of International Day of Yoga on 21st June, 2022

The 8th anniversary of “International Day of Yoga” on 21st June, 2022 was observed at ICAR-NIHSAD with high spirit as per the directives of ICAR and Ministry of Ayush, GOI. On this occasion, a “Yoga Session” was organized as per the Common Yoga Protocol (CYP) under the supervision of Mrs. Sushma Sharma (*Yoga Teacher, Art of Living*) for all the staff and their family members. During the session she explained the benefit of each asana and also conducted a meditation session. She also emphasized on combining Yoga with meditation for rejuvenation of body and inner soul. The program was attended by 40 participants.

Dr. V. P. Singh, Director of the Institute acknowledged the faculty and all the staff members for their active participation. He also emphasized the need for continued participation in Yoga programs on regular basis as practicing Yoga would definitely benefit everyone in bringing harmony between the body, mind, and spirit.


