

Celebrations of International Yoga Day at ICAR-NIHSAD, Bhopal

The International Yoga Day was observed in ICAR-NIHSAD, Bhopal on 21st June, 2018 in high spirits as per the directives of ICAR and Ministry of Ayush, GOI. To mark this occasion, 03 days of "Yoga Camp" was organized in the campus from June 19th to 21st, 2018 at 6.00 AM for all the staff members and their families. A total of around 60 staffs and their family members participated in the Yoga camp. Dr. S. B. Sudhakar, Scientist from the Institute conducted the preparatory yoga sessions for initial 2 days. On 21st June, the yoga session was conducted by "Art of Living" organization. The session was started with prayer meet and conducted by Shri Anshul Jain whereas Shri Paras Dhawan demonstrated the Yoga Asana as per Common Yoga Protocol (CYP). The session was followed by meditation and ended up with a spiritual songs. Director of the Institute, Dr. V. P. Singh acknowledged the faculties and all the staff members for their participation and exhorted to continue the organization of Yoga Camps on regular basis in institute campus.

In the afternoon, a lecture-cum-practical session on "Role of Physiotherapy in Body Pain Management" was delivered by Prof. P. R. Suresh, Principal, People's college of Paramedical Sciences, Bhopal and practical session was performed by group of students from his college. He explained the basics of identification of pain and its evaluation and management.

Both the programs would definitely benefit in bringing harmony between the body, mind, and spirit, making one physically, mentally and spiritually strong.

