

‘International Yoga Day’ Celebrations at ICAR-NIHSAD, Bhopal

ICAR-NIHSAD celebrated “International Yoga Day” on 21st June, 2016 with preparatory Yoga Sessions on 19th and 20th June as per the directives of ICAR and Ministry of AYUSH, Government of India. All the NIHSAD staff members actively participated and performed various yoga asanas. On 21st June, 2016, morning yoga session was conducted in the presence of an expert yoga teacher, Mr. Manoj Patil, Art of Living, Bhopal. He also explained the various asanas and highlighted the importance of yoga in human life for holistic development. More than 50 participants performed various yoga asana at the playground of the institute on this occasion.

Later in the forenoon, a lecture on “**Yoga and Dietary Interventions in Metabolic Diseases**” by Dr. Charu Bansal, Professor and Head, Dept. of Swasthavritta, Pandit Khusilal Sharma Govt. College of Ayurvedic Medicine, Bhopal was arranged in the institute auditorium on this occasion that was attended by the staff and family members. The orator emphasized the urgent need to adopt good food habits and yoga in our day to day life for healthy mind and body.



Invited yoga expert from Art of Living, Bhopal explaining the various yoga asana



Participants performing various asanaa



Dr. Charu Bansal delivering a lecture on importance of Yoga and Diet for a healthy body and mind at ICAR-NIHSAD, Bhopal