

‘International Yoga Day (21st June 2019): Celebrations at ICAR-NIHSAD, Bhopal

The 5th International Yoga Day was observed at the ICAR-NIHSAD, Bhopal on June 21, 2019. As a prelude to the yoga day, a preparatory yoga session was organized on June 20 at the institute campus under the Guidance of Dr. Sudhakar, scientist of the institute. On June 21, Shri Swayam Prakash Sarode from ‘Art of Living Foundation’, Bhopal demonstrated different Yog Asanas as per Common Yoga Protocol (CYP) and the techniques and usefulness of some Pranayam routines alongwith the meditation process for staff and their family members actively participated in all the sessions.

A lecture session on "Management of Heart Disease and Diabetes through Ayurveda" was delivered by Dr. Ranjit Narang, Madhavbaug Cardiac Clinic, Bhopal, which is a charitable Ayurvedic institution based in Khopoli, Maharashtra. He gave a presentation on the holistic way to combat the life style disease, particularly related to blood pressure, cardiac diseases and diabetes. He explained how a slight change in daily life style could stop the progression of life diabetes and reverse it back to the normal level.

A health checkup camp was also organized by Dr. Ranjit Narang’s team in which HbA1c test, blood pressure and ECG measurement were performed to monitor the health status of the institute staff and their family members. All the programs organized at the institute would definitely benefit in bringing harmony between the body, mind, and spirit, making one physically, mentally and spiritually strong. Dr. H.V. Murugkar, Principal Scientist of the institute acknowledged the faculties and thanks to all the staff members for their active participation and encouraged to continue the yoga in our daily routine life.





Participants performing various asanas on the occasion of 'International Yoga Day' on 21st June, 2019 at ICAR-NIHSAD



A lecture on "Management of Heart Disease and Diabetes through Ayurveda" at ICAR-NIHSAD, Bhopal
