

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

ICAR-NIHSAD celebrated third “International Yoga Day” on 21st June, 2017 with preparatory Yoga Sessions on 20th June as per the directives of ICAR and Ministry of AYUSH, Government of India. Director and the staff members of NIHSAD actively participated and performed various yoga asanas. More than 60 participants performed various yoga asana at the institute on this occasion. On 21st June, 2017, morning yoga session was conducted by Mr. Sanjay Khurana an expert yoga teacher and faculty of Art of Living, Bhopal. He explained the various *asanas* and highlighted the importance of yoga in human life for holistic development. Director, NIHSAD in his address emphasized the need for yoga for improving the quality of life both personal and professional and the importance of meditation in the management of stress. Further, he also announced that arrangements will be made for yoga session on a regular basis in the NIHSAD campus.

In the afternoon of 21st June, 2017, a lecture-cum-practical session on “Stress Management” by Ms. Anju Singh, Art of Living, Bhopal was arranged at the institute’s auditorium and was attended by the staff of NIHSAD and their family members. Ms. Anju Singh emphasized the importance of various asanas especially *Pranayam* and its benefits in bringing harmony between the body, mind, and spirit, making one physically, mentally and spiritually strong. The Director in his address noted the contributions of various staff of NIHSAD in making the program a success and the meeting ended with vote of thanks by Dr. Atul Pateriya, Scientist.



Participants performing Vrikshasana



Participants in *Vajrasana* before the start of *Pranayam*



Lecture-cum-practical session on “Stress Management” by Ms. Anju Singh, Art of Living, Bhopal