

## International Day of Yoga (21<sup>st</sup> June 2021) at ICAR-NIHSAD, Bhopal

The 7<sup>th</sup> anniversary of International Day of Yoga on 21<sup>st</sup> June 2021 was marked at ICAR-NIHSAD with the theme of "Yoga for Wellness" as per the directives of ICAR and Ministry of Ayush, Govt. of India. Due to ongoing COVID 19 pandemic, all the staff members were advised to perform Yoga at home as per the "Common Yoga Protocol" recommended by "Ministry of Ayush, Govt. of India.



In his message, Director, NIHSAD extended greetings to the Staff of NIHSAD and their families and mentioned that "Yoga" is heritage of India and invaluable gift to the world. He urged all to make "Yoga" an integral part of daily life and conveyed the message that regular practice of Yoga would definitely benefit in bringing harmony between the body, mind, and spirit, making one physically, mentally and spiritually strong.

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