

International Yoga Day Celebrated at ICAR-DMAPR

21.06.22 ICAR-DMAPR, Anand, Gujarat

The 8th International Yoga Day was celebrated at the ICAR-Directorate of Medicinal and Aromatic Plants Research (ICAR-DMAPR), Anand, Gujarat here today. Smt. Pooja Patel, Yoga Trainer, Anand, Gujarat was the Chief Guest and Dr. Satyanshu Kumar, Director (Acting), ICAR-DMAPR, Anand was presided over the function. Dr. R. Nagaraja Reddy, Sr. Scientist, ICAR-DMAPR and Dr. Manish Kumar Suthar, Scientist, ICAR-DMAPR were present on this occasion. This year's theme was "Yoga for Humanity". Yoga is an ancient practice to keep mental and social wellbeing.



Smt. Patel in his address highlighted the various health benefits of Yoga and suggested to practice Yoga for better health and wellness.

Dr. Kumar, in his address narrated the brief history of Yoga. He said that, Yoga can unleash incurable human diseases and can increase work efficiency. He suggested to adopt Yoga for healthy life.

Earlier, Dr. R. Nagaraja Reddy, Sr. Scientist, presented on overview of Yoga Day and its importance to the participants.

Yoga practical session was also held for the staff, students and farmers in the Directorate. Scientists and staff of ICAR-DMAPR and 35 farmers participated in the event.

At the end, Dr. Suthar, presented the Vote of Thanks.



(Source:
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