

INTERNATIONAL DAY OF YOGA CELEBRATIONS AT ICAR-CTRI on 21.06.2017

The 3rd International day of yoga was celebrated at ICAR-CTRI on 21.06.2017. Sadguru, Dr. Thotakura Satyanarayana, Incharge, Prajapita, Brahmakumari Eswariya Viswavidyalaya, Rajahmundry has delivered a talk on importance of yoga in daily life. He taught the practice of Rajayoga & Dhyanam and enlightened all the staff members of CTRI.

In the afternoon session different yoga asanas were performed in presence of Sadguru, Teedaramu. Important asanas like Vajrasana, Tadasana, Uttanasana, Trikonasana, Dhanurasana, Kapalbhati, Baddha Konasana, Ardhashandra-asana, Ardha-matsyendra-asana, Dhanura-asana, Bhujanga-asana, Padmasana, Shalabha-asana, makrasana were practised by the staff members. Thus the staff were made aware of significance of yoga and yoga asanas for maintaining regular health and stability.

The chief guests were honoured in connection with the International day of yoga held on 21.06.2017.

