

INTERNATIONAL DAY OF YOGA AT ICAR-CTRI (21st June, 2019)

The 5th International day of yoga (Festival of Yoga and Well being) was celebrated at ICAR-CTRI on 21.06.2019. Common Yoga Protocol was observed at ICAR-CTRI from 7am to 8 am. All the staff members were gathered in the lawn and the yogic asanas were initiated with the meditative posture of Namaskara mudra and prayer. The loosening practices/ Chalana kriyas of neck, shoulders and knees movements were observed for few minutes. The Yogaasanas of standing postures of Tadasana, Vrikshasana, Pada-hastasana, Ardha chakrasana and Trikonasana were done by the staff. The sitting postures of Bhadrasana, Shashankasana, ardhaushtasana and Vakrasana were done. The lying postures of Bhujangaasana, Shalabhasana and Makraasana were observed. The supine lying postures of Setubandha Sarvangaasana, Pawana Muktasana and Shavaasana were done by the staff members. Kapaalabhaati and Pranayama were observed for few minutes followed by Dhyana/ Meditation. Finally Yoga practice session was concluded with Sankalpa (oath). Dr. D. Damodar Reddy Director, ICAR-CTRI delivered the oath and was repeated by the staff members. He requested all the staff members to practice Yoga in day to day life for maintaining health and integrity. Thus, a total of 75 members have participated in Common Yoga Protocol.

In the evening, elocution on 'Importance and Benefits of Yoga' was conducted for the staff members and they have actively participated in the programme. In this connection, Director has stated that Yoga is an invaluable gift of India's ancient tradition and everyone must utilize this gift for energetic personal and professional life. He further highlighted that practicing Yoga on regular basis would not only result in overall personality development but also leads to individual work efficiency and productivity. Thus the staff members were made aware of significance of yoga and yoga asanas for maintaining good health, peace, stability and well-being.

