

ICAR-CIFA, Bhubaneswar Celebrated the 4th International Day of Yoga on 21.06.2018

The 4th International Day of Yoga was celebrated at ICAR-CIFA, Bhubaneswar during 7.00-8.00 AM on 21.06.2018. There were 178 institute staff including more than 30 women participated in the programme. The Common Yoga Protocol (CYP) was followed to celebrate the event. To promote the adoption of CYP, the yoga prayers and CYP video shared by Ministry of AYUSH in their social media was down loaded and put in the Institute website 3 days before the celebration of the 4th International Day of Yoga. To conduct the event in a most effective and befitting manner, a local yoga expert, Mr. S.C. Tripathy and his team was invited. Before starting the yoga programme, the yoga experts briefly explained about the benefits of different yoga, pranayam and asanas. Then the yoga practice was started with a prayer. For the women participants, two lady yoga experts were engaged to conduct the yoga programme. The 4th International Day of Yoga was celebrated in the RRC-Kalyani of ICAR-CIFA where there were 15 participants including 4 women participants.