

ICAR-IISS, Bhopal celebrated 7th International Day of Yoga Day on 21st June 2021

The ICAR-IISS, Bhopal celebrated the 7th International Yoga Day with demonstration of yoga and an awareness lecture by Mrs Sanisha Harne, Yoga Expert. Dr. Ashok K Patra, Director, ICAR- IISS, Bhopal inaugurated the programme and briefed about the importance of yoga in modern life. Yoga, an ancient physical, mental and spiritual practice, originated in India thousands of years ago. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolising the union of body and mind. Regular practice of yoga gives us strength and immunity to fight many life style diseases and the present Covid pandemic. He further highlighted the significance of yoga and emphasized its relevance in today's lifestyle, stressing the need of healthy body for a healthy mind. In this program, various exercises, yoga asanas, pranayama, etc were demonstrated and conducted by Yoga expert Mrs Sanisha Harne. She explained the benefits of regular practice of these asanas and pranayama for relieving several health issues such as diabetes, heart and lung diseases. Scientists, technical and administrative officers of the institute participated in the program.

