

CELEBRATION OF INTERNATIONAL YOGA DAY AT ICAR-IISS, BHOPAL

International Yoga Day was celebrated with fervor at ICAR-Indian Institute of Soil Science, Bhopal on 21 June, 2023.

This year theme was “Yoga for Vasudhaiv Kutumbakam”. On the occasion Ms. Jyoti Bisnoi, Yoga instructor gave lecture and supervised the various yoga exercises. Special emphasis was given on *pranayama*. Dr A B Singh, Director In-charge stressed upon the importance of Yoga in our daily lives. He said that we should be



regularly practicing yoga. Yoga teaches us to remain calm and concentrated. It brings an overall positive change in the personality of people. The Scientists, Technical, Administrative staff of the institute along-with SRF, RA, Young Professionals, and others attended the yoga session. The programme was organized by Staff Recreation Club along-with nodal officer and other staff of the institute.



