

**ICAR-CAFRI, JHANSI CELEBRATED 6THINTERNATIONAL DAY OF YOGA
(IDY-2020) AT HOME ON 21ST JUNE**

Yoga is a symbol of universal aspiration for health and well-being. It is a health assurance with zero budget. Practicing yoga helps us look younger, reduce stress, boosts our immunity and gives healthier lifestyle as well. It gives us the confidence to struggle during the difficult times and emerge victorious. Yoga gives us physical strength and peace of mind.

The ICAR- Central Agroforestry Research Institute, Jhansi celebrated the 6th International Day of Yoga (IDY) on 21st June 2020“Yoga at Home and Yoga with Family” as per the theme of IDY-2020.Due to COVID-19 pandemic, the Yoga Day celebration was done in accordance with the social-distancing protocol. All the staff and family members have followed the Common Yoga Protocol (as per the guidelines suggested by Ministry of AYUSH, GOI) at 7 am for around 45 minutes. The staff members have shared their videos and photographs on Yoga practice they performed with their family at home. Some of the photographs pertaining to 6th IDY celebrated on 21st June 2020 are shown below



