

## PROFORMA FOR ACTION TAKEN REPORT ON INTERNATIONAL DAY OF YOGA, 2017 (21.06.2017)

S.No.	Specific item with Description of the Plan	Specific Details with Description of the Plan	Physical Outcome	Financial Outcome	Overall Outcome	Overall impact on the International Day of Yoga 21.06.2017
1.	Practical Yogavyas as per common Yoga Protocol	All staff gathered at office premises at 7.00 am and performed Yoga under guidance of Yoga trained scientists Dr. Ramesh Singh of this Institute. Yoga session ended at 8.30 am.	All staff staying in campus and nearby performed Yoga in group. Event was photographed	Banner costing Rs. 399/- was prepared and displayed	Staff members attended Yoga programme and benefitted physically and mentally	All the participants felt energised
2	Lecture delivered on Yoga by Yog Shri Acharya Avinash Ji	Acharya Ji from Prabhu Ram Lal Sidh Yog Peeth, Jhansi delivered lecture on importance of Yoga from 4.00-5.00 pm in Conference of the Institute	All staff was benefitted in terms of knowledge		The programme was highly successful in motivating staff towards physical and mental health by doing regular yoga	
3	Sharing experiences by Shri Ayodhya Prasad Kushawaha, Natural farming practitioner, Jhansi	Shri Kushwaha shared his experiences of natural farming in reducing cost of cultivation and increasing bio-diversity of crops, trees and micro-organism from 5.00-5.30 pm	Exchanged views with scientific communities on the subject		Healthy discussion on natural farming laid to better understanding of concept	

## A brief report on observance of International Yoga Day at ICAR-CAFRI, Jhansi

ICAR-CAFRI, Jhansi organised International Yoga Day on 21.06.2017, the programme started with practical exercise of Yoga as per Common Yoga Protocol at 7.00 AM in Institute Campus. All the staff residing in campus and nearby participated. The programme was organised under the guidance of Dr. Ramesh Singh who is a regular Yoga practitioner and trained in Yoga. This included Asanas and Pranayama. The morning session ended at 8.30 AM. In the afternoon between 4.00-5.00PM, Yog Rishi Acharya Shri Avinash Ji from Prabhu Ram Lal Sidh Yog Peeth, Jhansi delivered an informative lecture on importance of Yoga for physical and mental health. Further Shri Ayodhya Prasad Kushawaha, Natural Farming Practitioner shared his experiences with the staff members and emphasised that bio-diversity can be conserved through this system without much financial burden. Staff interacted with Shri Kushwaha and enriched knowledge. The products of Natural Farming are free from toxins as such healthy for human and animals consumptions.

The programme ended with vote of thanks to the guest speaker and with assurance of regular practice of Yoga in daily life.



