



## ICAR-Central Agroforestry Research Institute Jhansi :: Uttar Pradesh

### Celebration of International Day of Yoga 21<sup>st</sup> June 2021

ICAR-Central Agroforestry Research Institute has celebrated International Yoga Day, 2021 with the theme “Yoga for Wellness”, in the light of which a yoga practice session was organised on 21<sup>st</sup> June, 2021 at 7:30am following all COVID-19 Protocols as prescribed by the Govt. of India. All the staff members and their families actively participated in the session and encouraged one another to practice yoga in the morning.



Later, a virtual conference was conducted to create awareness and pass on the Yoga Day message amongst fellow colleagues and citizens. The conference started with a welcome note by Mrs. M. Ashajyothi, Scientist of ICAR-CAFRI, where she also highlighted the history of genesis of International Yoga Day and the involvement of Ministry of Ayush, Government of India in organising various programs pan India as well as abroad. Later the Yoga Day message from Sri Sri Ravishankar, the founder of

Art of Living Foundation was screened for the benefit of the participants. The message says more the time we invest in yoga, better the benefits we reap.



Dr. A. Arunachalam, Director ICAR-CAFRI unveiled the poster on importance of yoga practice to install the same at institute sports complex permanently, and addressed the gathering appraising the benefits of yoga for a stress-free work environment. He further urged the participants to undertake any one of the *asanas* under the umbrella of yoga, being convenient to the performer, and make it part of his/her lifestyle to enjoy peace and harmony eventually. The program ended with a formal vote of thanks by Mr. Venkatesh YN, Scientist ICAR-CAFRI.

### Yoga Session IDY 2021

**Poster on**

**International Yoga Day**  
**21<sup>st</sup> June 2021**

**Unveiled by**

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International Day of Yoga

21<sup>st</sup> June, 2021

Why WE should practice yoga?

- In a world of excess, Yoga promises restraint and balance
- In a world suffering from mental stress, Yoga promises calm
- In a distracted world, Yoga helps us to focus and boosts concentration
- In a world of fear, Yoga promises hope, strength and courage

(CYP, Ministry of Ayush, 2021)

Basic Yoga Asana

Chakrasana	Dhanurasana	Bandhasana	Virabhadrasana III
Vrikshasana	Virabhadrasana IV	Balasana	Sirsasana
Ustrasana	Halasana	Bhujangasana	Dhandasana

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**Submitted by**  
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