

ICAR-Indian Institute of Soil Science, Bhopal

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International Yoga day celebrated at ICAR-IISS, Bhopal on June 21, 2019

The fifth International Yoga Day was celebrated with enthusiasm and fervour at ICAR-Indian Institute of Soil Science, Bhopal on 21st June, 2019. The theme of this year was “Yoga with Gurus”. The Yoga Gurus from Indian Yoga Institute were invited to teach and train the employees of the institute about Yoga. The Gurus Smt. Vandana Tomar and Shri Alok Jain briefed about the various tenets of Yoga and Pranayam. They also emphasized the importance of raising awareness of the many benefits of practicing Yoga. The employees actively participated in the Yoga and Pranayam sessions as per the instruction of Gurus. The literature containing the benefits of Yoga and the methods/techniques to perform different Yogasans was also distributed to participants. The session started at 7 a.m. and continued upto 8.15 a.m. Dr. Ashok K. Patra, Director of the institute thanked the Gurus and told that we should make this a regular practice in our lives.



