

International Yoga Day 2018 Celebrated in IGFRI Jhansi on 21st June

As per instructions of council's letter F. No. 13-1/2018-CDN dated 5th June, 2018, the fourth International Yoga Day was celebrated with much enthusiasm in ICAR- Indian Grassland and Fodder Research Institute, Jhansi. The preparations were done well in advance for doing Yoga on 21st June, 2018, by a committee constituted for this purpose in the Institute. Office circulars were issued well in advance due to which large number of officials participated in the Yoga program. Total 139 participants took part in the yoga program as following.

Sl. No.	Name of Institute/ KVK	No. of Scientist	No. of farmers / Family members of campus residents	No. of student	No. of any other officials
1.	ICAR- Indian Grassland and Fodder Research Institute, Jhansi	54	36	-	49

The Yoga was performed in the lawn of Guest House of the Institute on green carpets and white sheets. The ambience was in open air that was soothing and filled lot of energy and enthusiasm among participants. The common Yoga Protocol published by Ministry of Ayush was followed for conducting Yoga session. The session started with Prayer 'Sangachhatvam...' followed by loosening exercise, Asans in standing posture, Asanas in sitting postures, Asans in laying postures, Pranayam including Kapalbhathi, Shitali and Bhramari followed by Dhyan of 10 minutes. A team of Yoga volunteers steered the gathering to perform Common Yoga Protocol. In the end I/C Director Dr. AK Misra led the oath that was taken by yoga participants. He also emphasized the officials and their family members to adopt Yoga practices in everyday routine life to keep fit and healthy. The whole event was concluded by Shanti Path. After Yoga, everybody attending it felt energized and liked to adopt it their routine life. Some photographs of this event are attached as following.



