

4th International Yoga Day observed at ICAR-IINRG, Ranchi

On the occasion of 4th International Yoga Day, a training workshop on ‘Yoga for Harmony and Peace’ was jointly organized on 21st June, 2018 by ICAR-Indian Institute of Natural Resins and Gums (IINRG) and ICAR- Indian Institute of Agricultural Biotechnology (IIAB), Ranchi. Dr. S Ghosal, Head, Lac Production Division, welcomed the team of yoga experts. Dr. KK Sharma, Director, ICAR-IINRG laid stress on importance of Yoga and exhorted the participants to practice it daily for physical and mental health. Yoga trainers demonstrated various *Asanas*, *Prayanams* and exercises for the health of body and mind. They also briefed about the benefits of each *Asana*, *Prayanam* and exercises. Various breathing exercises including *Nadi Shodhana*, *Kapalbhati*, *Bhastrika*, *Bahya*, *Bhramari Prayanams* etc. were practiced by the participants under the guidance of experts. Similarly, physical postures including slow neck stretches, back stretches, *Tadasana*, *Uttanasana*, *Trikonasana* etc. were also practiced by the participants.

Thirty five staff members of IINRG and IIAB including Scientists, technicians, and RAs / SRFs participated in the programme. Vote of Thanks was proposed by Er. Pawan Jeet, Convener and Scientist, ICAR-IINRG, Ranchi.

(Source: ICAR-IINRG, Ranchi)



Participants in the Yoga session