

International Yoga Day Celebration

ICAR-DCFR, Bhimtal

ICAR-Directorate of Coldwater Fisheries Research, Bhimtal observed the International Yoga Day on 21st June, 2017. The yoga session was conducted under the guidance of yoga instructor Dr. Hem Ch. Kapil. All the staffs of the Directorate participated in the yoga session from 7 AM to 8.30 AM. Yoga session started with chanting of 'Pranay Mantra OM' and Sookshma Vyayam followed by eight Aasans and two Pranayamas. The instructor explained the importance and benefits of different Aasans and Pranayamas. The different Aasans included Vajrasana, Sasankasana, Setu Bandhasana, Alanasana, Uttanpadasana, Bhujangasana, Salabhasana, Pavanamuktasana, Shavasana and two Pranayamas Udgeeth and Bhramari. After yoga session the staffs expressed their experiences and stated that they were feeling relaxed, refreshed and they felt of adding yoga in their daily life. The yoga session was ended with serving of refreshment.



ICAR-DCFR Field Centre, Champawat

With great fervor and joy, staff members of ICAR-DCFR Experimental Field Centre, Champawat celebrated the International Yoga Day and Swachh Bharat Abhiyan on 21 June, 2017. The programme started at 7.00 am with cleaning of fish farm premises and office. Afterward Yoga was practiced under the guidance of yoga expert Shri Chandra Prakash Punetha. Various asanas and mudras of yoga were demonstrated by master trainer and all staff members performed various asanas & pranayam. He has emphasized that the regular practice of yoga would be helpful in relieving of body pains and remedy for several stress & diseases. Lectures on various asanas and their benefits to human health were delivered by Mr Punetha and Mr Gaurav Pandey. Finally the programme concluded with the vote of thanks by Scientist in Charge Dr S.Chandra, Sr. Scientist.

