

### 3<sup>rd</sup> International Day of Yoga Celebrated at ICAR-IISS 21<sup>st</sup> June 2017, Mau

In compliance to Government's decision to celebrate *International Day of Yoga* on 21<sup>st</sup> June, 2017 all over the country, ICAR-IISS rejoiced the said event with spirited participation of the entire staff. The days programme started at 06:00 A.M. by mass performance of yoga 'asanas' following the 'Common Yoga Protocol' provided by the Ministry of AYUSH, Govt. of India. The mass Yoga demonstration was done under the guidance of Shri. Ganesh Kumar Tharad, Yoga Instructor, Art of Living, Mau & was led by I/C Director of the institute and the entire staff and their family members took part in it. To commemorate the event a guest lecture, "Yoga for Health" was organized. Dr. Ashutosh Kumar, Senior Anesthetist, District Hospital, Mau & Yoga instructor was the chief guest and the keynote speaker for the programme. He emphasized the vital role of yoga for good health, in improving productivity at work and stress management in day to day life. The programme was chaired by Dr. T. N. Tiwari, I/C Director, ICAR-IISS and in his presidential address he stressed upon organizing yoga classes on regular basis in the campus for the benefit of the staff. The programme ended with vote of thanks proposed by Dr. Madan Kumar, Scientist, to the Chairperson, Chief Guest and members present in the function. The programme was coordinated by Dr. Ramesh K. V., Scientist & Nodal Officer for the said event.

