

8th “International Day of Yoga” celebrated at ICAR- Central Potato Research Institute, Shimla H.P.

8th International Day of Yoga was celebrated on 21st June 2022, at ICAR- Central Potato Research Institute, Shimla and at its all the six Research Stations (Modipuram, Jalandhar, Gwalior, Patna, Ooty, Shillong, & Kufri-Fagu Unit). Shri Abhay Sharma and, Ms. Dhara Saraswati ; Senior Art of Living Teachers were Chief- Guest and Guest of honour of the Function. Similarly, at Research Stations too yoga sessions were conducted by Yoga experts. The *Aasans*, *Pranayam* and *Dhyan* of Yoga were demonstrated by Abhay Sharma and Ms. Dhara Saraswati and performed by all staff members, research scholars of the institute. The Director CPRI, Dr. NK Panday, Joint Director, CPRS Modipuram and In-charge of all other stations practiced all the demonstrated *Aasans*, *Pranayam* and *Dhyan* techniques. The director told that theme of the 8th International Day of Yoga is “Yoga for Humanity” and explained the vital importance of Yoga in day-to-day life. While addressing the participants he encouraged all the participants to practice yoga routinely and make it a vital part of our everyday life to improve our work efficiency, live a healthy, happy and peaceful life. While sharing their experiences, the participants expressed that after the yoga session they felt very happy and found their minds calm and at peace. At the end the Director thanked all the participants.





