

## **Fifth “International Yoga Day” celebrated at ICAR- Central Potato Research Institute, Shimla and its Regional Stations**

The 5<sup>th</sup> International Yoga Day was celebrated on 21<sup>st</sup> June 2019, at ICAR-Central Potato Research Institute, Shimla and 6 regional stations. Two very experienced Yoga teachers from Art of Living, Ms. Dhara Saraswati Ji and Shri Abhay Sharma Ji were invited to conduct the yoga session at Shimla. The *Aasans*, *Pranayam* and *Dhyan* of Yoga were demonstrated by the teachers and performed by all staff members, research scholars of the institute and all participants of the ongoing training at the institute. The yoga teachers also explained the beneficial effects of all the demonstrated *Aasans*, *Pranayam* and *Dhyan techniques*. The Director ICAR-CPRI, also practiced all the demonstrated *Aasans*, *Pranayam* and *Dhyan* techniques. While addressing the gathering of around 230 people he encouraged all the participants to embrace and make yoga a routine part of our everyday life to improve our work efficiency and live a healthy, happy and peaceful life.

ICAR-CPRI regional stations at Modipuram, Gwalior, Jalandhar, Ooty, Patna, Kufri also celebrated International Yoga Day. On this occasion experienced Yoga teachers from Patanjali and other Yoga sansthan were invited to conduct the yoga sessions. All Station Heads and their staff members were present in large number on this eve.

