

Fourth “International Yoga Day” celebration at ICAR- Central Potato Research Institute, Shimla

The 4th International Yoga Day was celebrated on 21st June 2018 at ICAR- Central Potato Research Institute, Shimla. The *Aasans*, *Pranayam* and *Dhyan* of Yoga were demonstrated by experienced Art of Living teachers Ms. Dhara Saraswati Ji and Shri Abhay Sharma Ji, and practiced by all staff member and research scholars of the institute. The yoga teachers also explained the beneficial effects of all the demonstrated *Aasans*, *Pranayam* and *Dhyan techniques*. Dr. V.K. Dua, the director in-charge of the institute, also followed these practices and while addressing the gathering of around 200 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. While sharing their experiences, all the participants told that after the yoga session they felt very happy and found their minds calm and at peace. The director thanked the teachers and the participants.

S.N.	Participants	No of participants
1	Scientific staff	: All
2	Administrative Staff	: All
3	Technical staff	: All
4	Supporting staff	: All
5	Research scholars (including trainees)	: All
6	Contractuals	: All



