

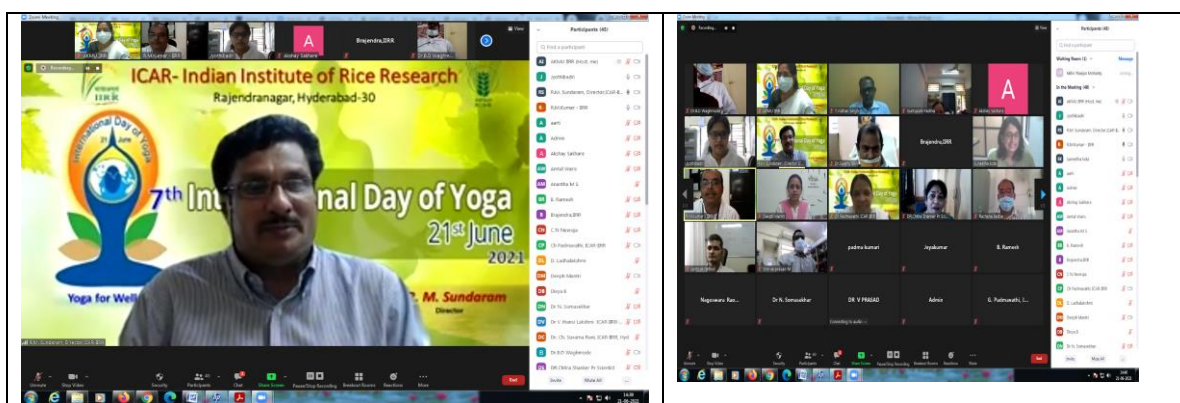
7th International Day of Yoga, IIRR

ICAR-IIRR organized a special Virtual gathering to celebrate the 7th International Day of Yoga on 21 June from 2:30 PM on an online platform. More than 65 participants including the permanent staffs, AICRIP scientists and research scholars of the institute attended the function.

The meeting was started with the welcome greetings by Dr R M Kumar followed by remarks by Dr. R M Sundaram, Director, IIRR. In his introductory remarks, Dr Sundaram briefly enlightened the different types of Yoga and their benefits in our life and their need in the present context.

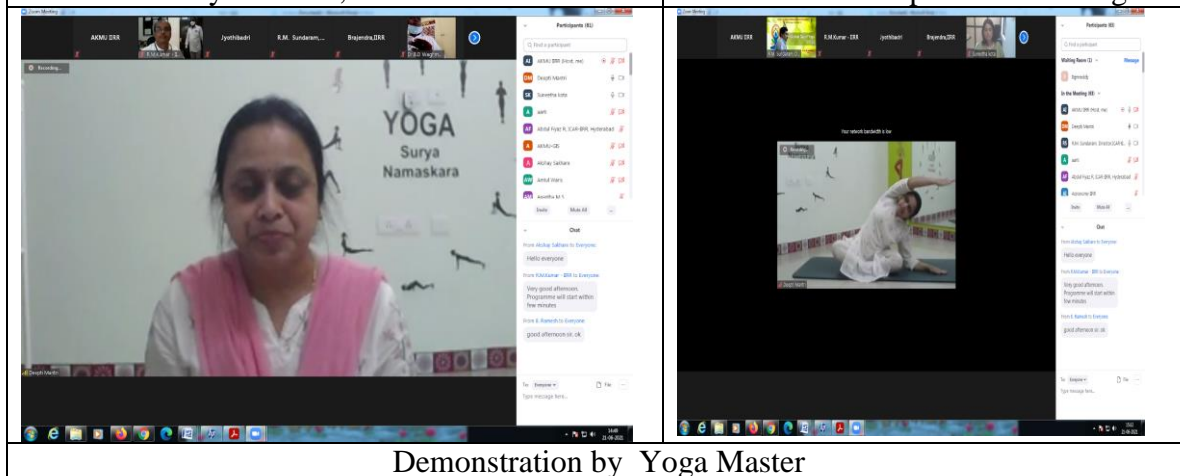
Dr Jyothi Badri presented the formal introduction of the Chief Guest Ms Deepti Mantri, Founder of Yogashala.

She elaborated on the overall benefit of practicing Yoga in daily life. This is followed by a demonstration of several simple Yoga techniques (Sukshma Vyayam) helpful for relieving physical and mental strain and stress by Ms Deepti Mantri.



Introduction By Director, IIRR

Participants of the Program



Demonstration by Yoga Master

The staff members of IIRR informed that they are indeed inspired and promised to continue the practices for the personal benefit and also benefit of the society.

The virtual meeting and demonstration ended with a vote of thanks by Dr Suneeta Kota.