

CELEBRATION OF INTERNATIONAL YOGA DAY AT ICAR-IISS, BHOPAL

International Yoga Day was celebrated with fervor at ICAR-Indian Institute of Soil Science, Bhopal on 21 June, 2022. This year theme was "Yoga for Humanity". On the occasion Dr. Arpita Rawat, Physician (Naturopathy) first gave lecture on face yoga and pranayama followed by exercises. Special emphasis was given on face yoga and *pranayama*. Dr Ashok K Patra, Director stressed upon the importance of Yoga in our daily lives and how Yoga is essential for the humanity. Yoga teaches us to remain calm and concentrated. It brings an overall positive change in the personality of people. The Scientists, Technical, Administrative staff of the institute along-with SRF, RA, Young Professionals, farmers and others attended the yoga session. The programme was orchestrated by Staff Recreation Club along-with nodal officer and other staff of the institute.

