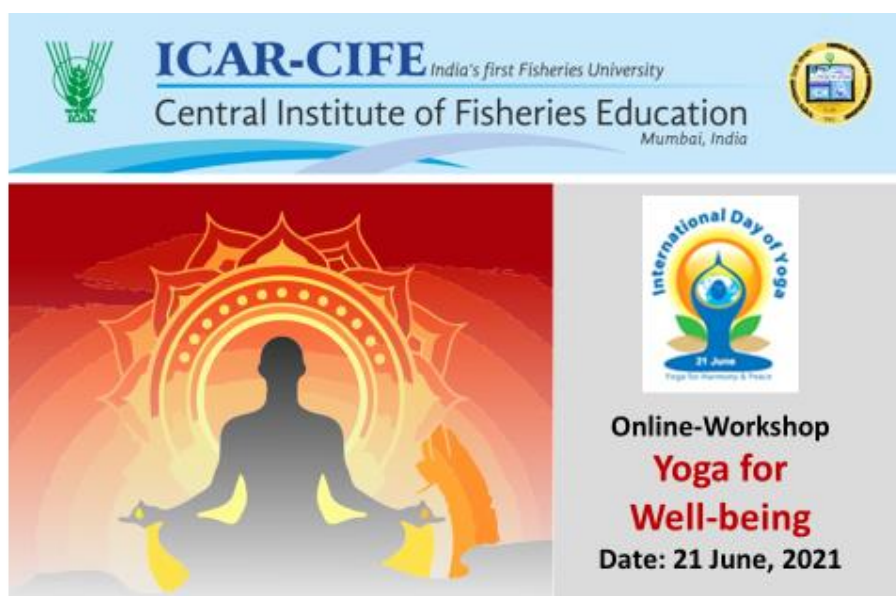


# Celebration of 7th International Day of Yoga

21<sup>st</sup> June 2021

ICAR-Central Institute of Fisheries Education, Mumbai, organized online workshop on “Yoga for Wellbeing”, for celebrating the 7<sup>th</sup> International Day of Yoga, on 21 June 2021. Staff and students of ICAR-CIFE participated in this workshop with full enthusiasm. Total 170 participants including Head of Departments, Officer incharge of centers, Scientists, Technical officers, Administrative staff and students of ICAR-CIFE participated in the program. The programme started with welcome note by Dr. N. S. Nagpure, Nodal Officer International Yoga Day celebration. Joint Director, ICAR-CIFE, Dr. N. P. Sahu, addressed the participants and spoke about genesis and theme of celebration of International day of Yoga. The workshop was inaugurated by Honourable Director and Vice-chancellor, ICAR-CIFE, Dr. Gopal Krishna, who emphasized on "understanding the concept of yoga for benefit of body, mind and soul". Invited Yoga instructor Mrs Sayali Jadhav, from Yoga Kendra Nashik, took a practice session on Sukshman Vyayam and Pranayam. Other invited faculty Brahmakumari Dr. Alpa A. Shah, from Brahmakumari, Versova, Mumbai, delivered a soulful lecture on Raj yoga. Workshop was ended with Mediation practice by all participants, which was guided by guest speaker and phycologist Mrs. Archana Kamat. The workshop ended with 'OMKAR' chanting. Dr Megha Kadam Bedekar and Dr Pavan Kumar Coordinated the program.



**7th International Day of Yoga Celebration - 2021**









