

Celebration of 6th International Day of Yoga

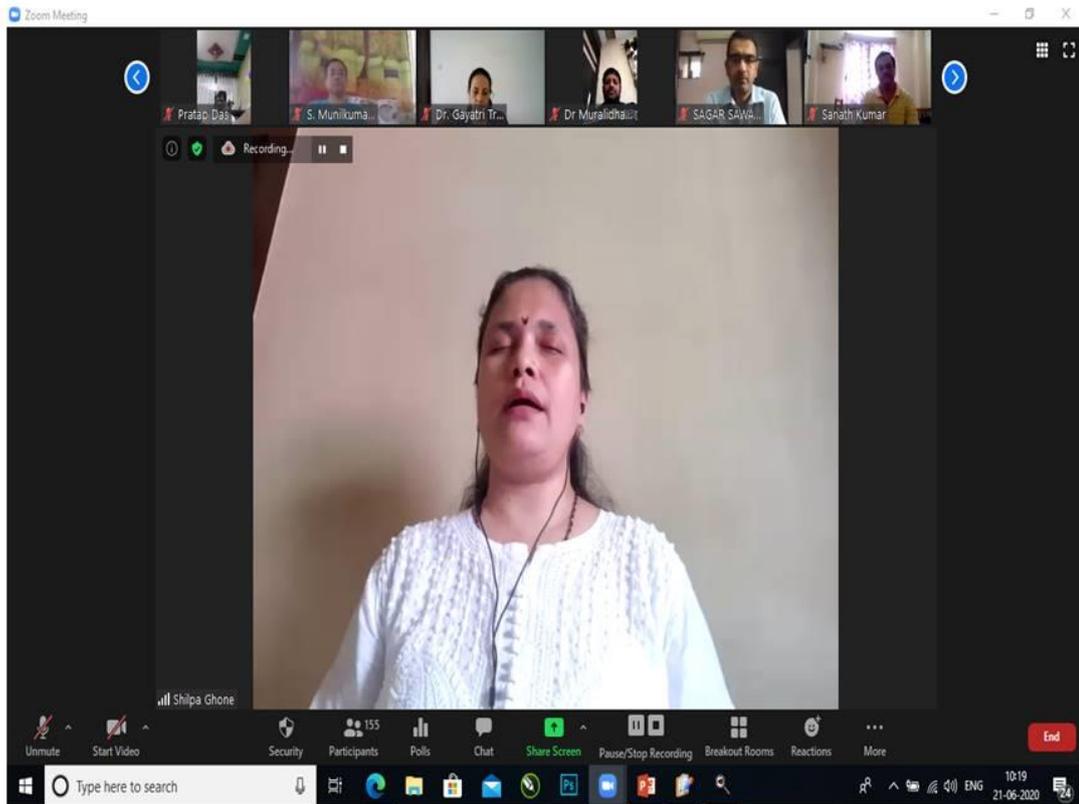
21st June 2020

ICAR-Central Institute of Fisheries Education, Mumbai, observed the International Day of Yoga – 2020, with full enthusiasm. This year, to maintain the social distancing, yoga day was celebrated through video conferencing. Total 179 participants including Head of Departments, Officer incharge of centers, Scientists, Technical officers, Administrative staff and students of ICAR-CIFE participated in the program. Theme of the programme was “**Yoga for Health - Yoga at Home**”. The Program was inaugurated by Honorable Director and Vice-chancellor Dr. Gopal Krishna. He emphasized on “**creating a positive environment and healthy atmosphere through practicing yoga**”. The program was coordinated by Dr. N. S. Nagpure, Nodal officer International Yoga day and Dr. Megha Bedekar. Yoga experts Mrs Shilpa Ghone, former senior yoga instructor from Kevlyadham, Mumbai, explained the importance of yoga to rectify the stress for maintaining good mental and emotional health. A session of practicing **pranayama** and **meditation** was taken by her. Other guest expert Mrs Sayali Jadhav, yoga instructor from Kalyan, emphasized on practicing yoga for improving immunity. A session on sukshama vyayam like **tratak asana, asana for neck and shoulder, trikon asana, and vruksha asana** was practiced by all the participants. The workshop ended with ‘GURUMANTRA’ and ‘OMKAR’ chanting.

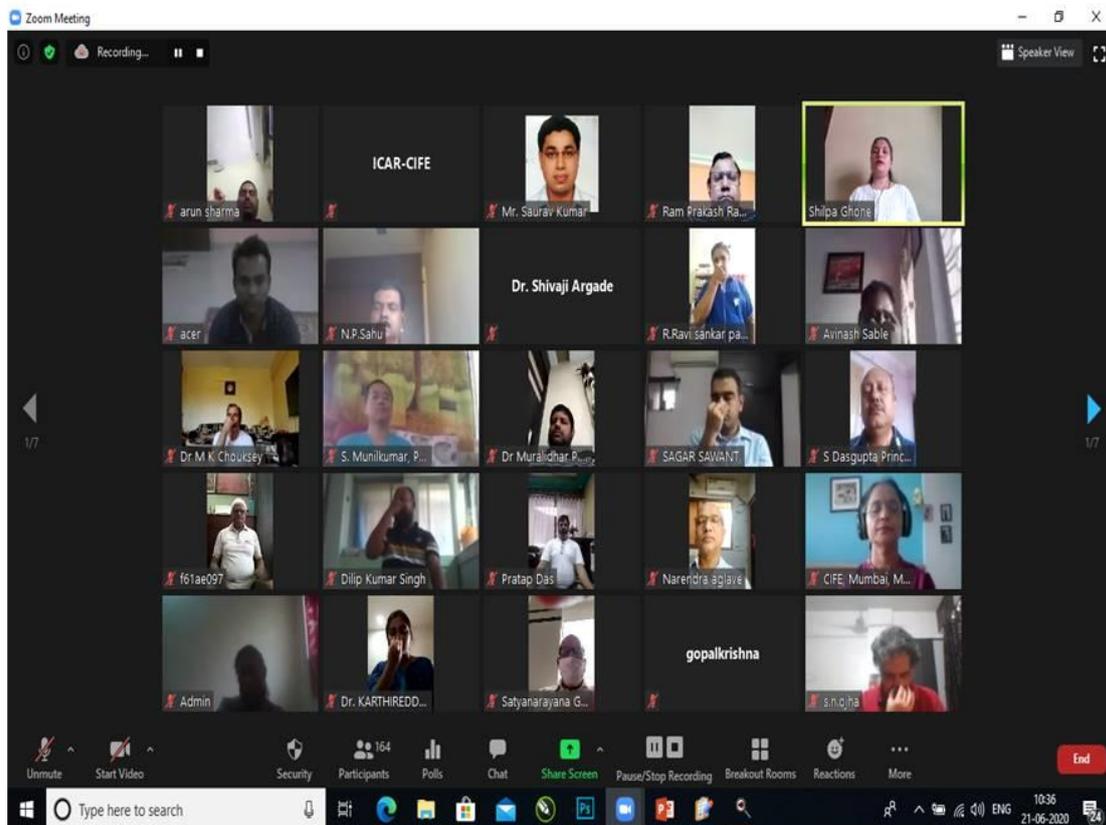
Director and Vice-chancellor, ICAR CIFE, addressing the participants

The screenshot displays a Zoom meeting interface. The main video feed shows a man with glasses, identified as Dr. Gopal Krishna, speaking. The top of the screen shows a gallery view of other participants, including arun@sharma, CIFE, Mumbai..., S Dasgupta, and Dr. Gayatri Tr... The right sidebar shows a list of 134 participants, including ICAR-CIFE (Host, mie), SAHANA M D (Guest), S Dasgupta Principal Scientist (Guest), CIFE, Mumbai, Megha... (Co-host, guest), Nalini Poojary (Co-host, guest), sayali jadhav (Co-host, guest), Shilpa Ghone (Co-host, guest), gopalkrishna (Guest), and A.Sunanda AAH-MA-909 (Guest). The bottom of the screen shows the Zoom meeting controls, including Unmute, Start Video, Security, Participants (135), Polls, Chat, Share Screen, Reactions, and More. The Windows taskbar is visible at the bottom, showing the search bar and system tray with the date 21-06-2020 and time 10:08.

Yoga Instructor Mrs Shilpa Ghone taking meditation session



ICAR CIFE participants



Yoga Instructor Mrs Sayali Jadhav taking session on Sukshama Vyayam

