

International Yoga Day Celebration at CIFE

ICAR-Central Institute of Fisheries Education celebrated 4th International Yoga day. Staff and students of CIFE participated in the programme. CIFE organized Yoga workshop on the theme of “Yoga for peace and harmony” in auditorium hall.

Programme was started with inaugural address by Dean (Academics) Dr. N P Sahu, who emphasized on importance of yoga for gaining our inner strength and mental peace. Programme was coordinated by Dr. Megha Bedekar and Ms Husne Banu. Yoga instructor was Mrs Sayali Jadhav.

The workshop started with prayer as per Common Yoga Protocol given by Ministry of AYUSH. Instructor explained the importance of yoga to rectify the stress from day to day life especially for students. After this some sukshama vyayam like asana for neck, back and hands, taada asana, Vakra aasana, shashank aasan and pranayama were demonstrated by trainer and two volunteers from students Mr. Siva Guru Nathan and Miss Nuzaiba. Asana were practiced and performed by all staff and students under guidance of instructor. Benefits and contraindications of all the asana were also explained. Workshop ended with OMKAR chanting followed by vote of thanks