

Celebration of 5th International Yoga Day 2019 at ICAR-CIFE

ICAR-Central Institute of Fisheries Education, Mumbai celebrated the 5th International Yoga Day 2019 on 21st June 2019. A large number of staff and students of ICAR-CIFE participated in the program. ICAR-CIFE organized a Yoga Workshop on the theme of '**Yoga for Climate Action**'. The Program was inaugurated by Dr. B. B. Nayak, Principal Scientist and Head, Fish Resource Management and Post-Harvest Technology Department. He emphasized on *creating awareness on "Climate Action" through practicing yoga* for individual and for society. The program was coordinated by Dr. N. S. Nagpure and his team. The Yoga instructor was Mrs. Manjusha Tupekar, Yoga Guru from Andheri, Mumbai. The workshop started with a prayer as per Common Yoga Protocol given by Ministry of AYUSH, Government of India. The instructor explained the importance of yoga to rectify the stress from day to day life especially focusing on the daily routines of working people and students. After this some sukshma vyayam like asana for neck, back and hands, trikon asana, taada asana, vakra asana, and pavan mukta asana were demonstrated by the trainer and two student volunteers Mr. Navin and Miss Devadarshini S. All the asanas were emphatically practiced and performed by all scientists, staff members, students and research scholars under guidance of the instructor. The instructor also explained the role of Yoga for bringing positive changes in the workplace. The workshop ended with 'OMKAR' chanting and recitation of 'Gayatri mantra'. The program ended with formal vote of thanks by Dr. Geetanjali Deshmukhe, Principal Scientist.



