



Har Ghar Dhyan-Campaign

Yoga & Meditation Session by 'Art of Living Foundation of Sri Sri Ravi Shankarji'

ICAR-CIFE organized a Yoga and Meditation session of the 'Har Ghar Dhyan' Campaign launched under the aegis of Azadi ka Amrit Mahotsav, from Ministry of Culture, Government of India, in association with 'Art of Living Foundation' of Sri Sri Ravi Shankarji on Friday, 04 August, 2023, in the Auditorium of the New Campus of ICAR-CIFE, Mumbai, from 9.30 -11 a.m.

Dr. N. S. Nagpure, Principal Scientist, introduced Mr. Adwait Mane, Faculty from Art of Living Foundation and briefed the gathering about the Har Ghar Dhyan campaign and its relevance in the context of yoga practice and meditation for the new generation. Dr. Ravishankar C.N., Director and Vice Chancellor, ICAR-CIFE, Mumbai, welcomed Mr. Adwait Mane and thanked him for the initiative taken by 'Art of Living' Foundation to spread the awareness of yoga and positive meditation for everyday wellbeing. He also encouraged the gathering to learn from this campaign and embrace yoga as a part of their day to day life.

A total of 125 participants including Heads of Divisions, Scientists, Technical officers, Administrative Staff and students of ICAR-CIFE participated in the yoga and meditation session. The session lasted for one and a half hour, wherein, Mr. Adwait catapulted the audience to a meditative trance through a variety of yogic postures and simple breathing techniques. The session was very lively and interactive as he emphasized how physical and mental wellbeing are connected and both go hand in hand towards blessing us with a holistic, long and healthy life. The program concluded with formal vote of thanks by Dr. Paramita Banerjee Sawant, Principal Scientist. The organizing committee comprising of Dr. N.S. Nagpure, Dr. Rupam Sharma, Dr. Paramita Banerjee Sawant, Dr. Nalini Poojary and Dr. Chandrakant M.H. pledged to continue this campaign in future for the benefit of all. Glimpses of the program are as follows :



