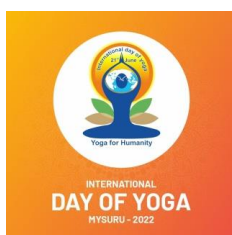


ICAR- Central Institute of Fisheries Education 8th International Yoga Day (IDY-2022) on 21st June 2022

Theme: 'Yoga for Humanity'



Celebration of 8th International Yoga Day 2022 at ICAR-CIFE Headquarters

ICAR-Central Institute of Fisheries Education, Mumbai celebrated the 8th International Day of Yoga-2022 (IDY-2022) on 21st June 2022. Total 134 participants including Head of Departments, Scientists, Technical officers, Administrative staff and students of ICAR-CIFE participated in the Celebration of 8th IDY-2022 on the theme of 'Yoga for Humanity'. Scientist and staff from CMFRI Regional Centre at Mumbai also joined the celebration. Dr. N. S. Nagpure, Nodal Officer, IDY-2022, welcomed the guests and the participants of the program. Dr. N.P. Sahu, Joint Director, ICAR-CIFE, briefed about the importance of the Yoga for physical and mental health. The Program was inaugurated with address by Dr. Ravishankar C.N., Director and Vice Chancellor, ICAR-CIFE, who emphasized on practicing yoga for the benefit of individual and eventually for the entire society and humanity. This was followed by Yoga session by Mrs. Sayali Jadhav, Yoga Guru from Kalyan. The program 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. The Yoga started with 'OMKAR' chanting followed by Surya Namaskar and Sukshma Vyayam like asana for neck, back and hands. Asanas like Taada asana, Madukasan asana and Gomukhsana were demonstrated by the Instructor and three student volunteers Mr. Abhilash, Mr. Naveen and Miss Rozirani Behera. The session ended with 'OMKAR' chanting'. All the asanas were emphatically practiced and performed by scientists, staff members, students and research scholars under guidance of the instructor. Brahma Kumari Kreena, Raj Yoga Teacher, from Brahma Kumaris, Vile Parle Branch Mumbai took a session on Raj Yoga. The team of Brahma Kumaris also took session Chakra activation.

Prizes to winners of E poster competition organized on 28th May 2022 for students on theme 'Yoga for wellbeing' and essay competition organized on 18th June on theme 'Yoga for Youth: An Empowerment tool' were also distributed. The program ended with formal vote of thanks by Dr. A. Pavan Kumar, Senior Scientist. The program was coordinated by Dr. N.S. Nagpure, Dr. Megha K. Bedekar, Dr. A. Pavan Kumar and Dr. Nalini Poojary.

ICAR-CIFE, Kolkata Centre

The 8th International Yoga Day was observed with great enthusiasm on 21st June, 2022 at ICAR-CIFE, Kolkata Centre. All the officials, staff members and students participated in the programme. The inauguration session of the programme started at 11.00 am at Committee Room of the Centre. Dr. G. H. Pailan, Principal Scientist & OIC welcomed all participants and Yoga Guru Mr. Dilip Kumar Das, Medicare Yoga & Physiotherapy Centre, Kestopur. Mr. Das enlightened the audience with a lecture on importance of Yoga in our daily life. The positive effects of yoga on physical, mental and spiritual health were highlighted. After the lecture all participants practice different Asanas for their benefit.

ICAR-CIFE, Powarkheda Centre

The 8th International Yoga Day, 2022, was celebrated at ICAR-Central Institute of Fisheries Education, Powarkheda centre, Madhya Pradesh, on 21/06/22. The program was attended by 47 participants, including scientists, technical officers, students, farmers and contractual staff. The theme of the program this year is "Yoga for Humanity.". The program was started by remembering Yog Guru Patanjali. Discussions on various Asanas were done during the program. Various asanas were practised during the session. The program ended with a vote of thanks by OIC, Powarkheda centre.

ICAR-CIFE, Kakinada Centre

The 8th International Yoga Day, 2022 was observed on 21st June, 2022 at ICAR-CIFE, Kakinada Centre. All the officials, staff members and students participated in the programme. The inauguration session of the programme started at 11.00 AM in the Lecture Hall of the Centre. Dr. Muralidhar P. Ande, Senior Scientist & OIC welcomed all the participants and Yoga Guru Sri Krishna Phanendra. The theme of the program for this year is "Yoga for Humanity". Yoga Guru Shri. Phanendra practiced various asanas and explained their health benefits to the participants during the session. He also emphasised the positive effects of yoga on physical, mental and spiritual health. The program ended with a formal vote of thanks.

Details of participants

Sl. No.	Name of Institutes/KVKs	No. of Scientist	No. of Farmers	No. of Students	No. of any other official/ family members	Total participants
1.	ICAR-Central Institute of Fisheries Education, Mumbai Headquarters	26	-	97	11	134
2.	ICAR-Central Institute of Fisheries Education, Kolkata Centre	10	-	12	28	50
3.	ICAR-Central Institute of Fisheries Education, Kakinada Centre	02	-	4	19	25
4.	ICAR-Central Institute of Fisheries Education, Powarkheda Center, Madhya Pradesh	02	10	5	-	30
5.	ICAR-Central Institute of Fisheries Education, Rohtak Center, Rohtak. Haryana	3	2	11	8	24

ICAR-CIFE Headquarters, Mumbai





ICAR-CIFE Kolkata Centre



ICAR-CIFE Kakinada Centre



ICAR-CIFE Powarkheda Centre



ICAR-CIFE Rohtak Centre

