

ICAR-National Bureau of Agricultural Insect Resources, Bengaluru

International Yoga Day celebrations

YOGA FOR HUMANITY

21-06-2022

International Yoga day (IYD) 2022 with the theme ‘Yoga for Humanity’ was celebrated on 21-06-2022 at ICAR-National Bureau of Agricultural Insect Resources (NBAIR), Bengaluru. Smt. Rajalakshmi Sampathkumar, Yoga Instructor, Art of Living, Bengaluru, Karnataka was the Chief Guest. She was assisted by a Yoga volunteer, Mrs. Mamatha from Art of Living, Bengaluru. The programme started with welcome address by Dr. M. Nagesh, Acting Director, ICAR-NBAIR, Bengaluru followed by lighting of the lamp by dignitaries. The inaugural session was facilitated by Dr. K. Sreedevi, Mr. Mathew, Mrs. Naziya Anjum, Mr. Maruthi Mahanth, members of the IYD 2022 Committee. The Yoga Instructor and the Chief Guest, Mrs. Rajalakshmi later briefed the benefits of Yoga in the context of this years’ theme ‘Yoga for Humanity’. Thereafter the Yoga asanas were performed by the Staff of NBAIR as instructed and guided by Smt. Rajalakshmi and the volunteer, Mrs. Mamatha. Several asanas along with pranayama exercises were practised during one hour session. The Yoga session was ended by prayer followed by vote of thanks by Dr. Richa Varshney, Scientist, ICAR-NBAIR. Light refreshments were arranged to all the staff and Guests, which was facilitated by Dr. A. Raghavendra and Dr. B. K. Chaubey, Members of IYD Committee.



Lighting of the lamp by the Chief Guest, Mrs. Rajalakshmi and Acting Director, Dr. M. Nagesh



ICAR-NBAIR staff attending the Yoga session







Various asanas performed by the staff of ICAR-NBAIR during the Yoga session



Pranayama being practised by the ICAR-NBAIR staff



Group photo after the Yoga practice session