

Celebration of the 9th International Yoga Day at ICAR-NBAIR, Bengaluru, was a Resounding Success

The celebration of the 9th International Yoga Day at ICAR-NBAIR, Bengaluru, was a resounding success, thanks to the unwavering commitment and active involvement of the institute's Director, who is a staunch follower of yoga and fitness. The Director's passion for promoting holistic wellness was evident throughout the event, contributing significantly to its accomplishment.

The program commenced with a welcome address by Dr. S. N. Sushil, the Director of ICAR-NBAIR. He eloquently emphasized the tremendous value of yoga and its benefits for our physical, mental, and spiritual health. Dr. Sushil highlighted that yoga, an ancient practice deeply rooted in India, has gained worldwide recognition for its transformative power. By integrating the mind, body, and spirit, yoga helps individuals find inner peace and serenity while contributing to physical strength, mental clarity, stress reduction, and a profound sense of tranquility.

The significance of International Yoga Day, observed every year on June 21st, was reiterated by Director. He emphasized that this global celebration serves as a reminder of the power of yoga to bring about positive social change. At ICAR-NBAIR, he acknowledged that the well-being of all staff members is valued beyond their scientific development. He expressed his hope that all staff members would actively engage in the practice of yoga and embrace its potential for personal growth. He encouraged fostering strong bonds among colleagues, promoting a sense of community, mutual support, and kindness.

Following the Director's inspiring address, the celebration continued with an invigorating yoga session led by certified instructors. The participants wholeheartedly followed the expertly guided sequences, which incorporated various asanas (poses), pranayama (breathing exercises), and meditation techniques. The session aimed to enhance physical fitness, mental clarity, and overall vitality. Light and healthy refreshments were provided to replenish energy after the yoga session.

The success of the 9th International Yoga Day celebration at ICAR-NBAIR stands as a testament to the institute's commitment to holistic well-being and the transformative power of yoga. It was a memorable event that brought together staff members, fostering a sense of unity, support, and personal growth. The Director's vision, support, and proactive involvement motivated the entire team, including Mr. J. Mathew, Dr. B. S. Gotyal, Mr.

Ramakrishnaih, Mr. Narayanapp, and Dr. Deepa Bhagat, to put forth their best efforts in making this event a resounding success.



Janu Naman to improve the flexibility of the ligaments



Naukasana preparatory post



Uttanpadasana pose may stretch and strengthen the legs, especially the hamstrings, help lower back pain due to the strengthening of the back and abdominal muscles.



Baddhakona Asana (butterfly asana) may provide stretch and strength to your inner thighs, pelvic area, and knees.



Bhujangasana may help to tone the abdomen and strengthen the spine and most importantly, it also helps to improve blood circulation.



Sequence of Surya Namaskar Ashwa Sanchalanasana (Equestrian Pose)



Utkatasana improves Posture, Tones Leg Muscles, Strengthens the Core, Improves Body Balance and Mobility, Relieves Back Pain, Strengthens the Ankles, Strengthens Thighs and Hips, Stimulates Heart Functions.



The Benefits of Bhramari Pranayama (Bee Breath): Cure for Stress, Lower Blood Pressure, Release Cerebral Tension, and Improve Sleep.



The front row practicing Parvatasana (Mountain Pose in a seated position) benefits from removing spinal defects and helps to achieve proper spine posture by strengthening the spinal column. The central position of second row known as Tadasana (Mountain Pose) serves as a foundation for addressing muscle imbalances, improving posture, and enhancing the effectiveness. Additionally, both the left and right of second rows, practicing Vrikshasana (Tree Pose), a graceful meditative posture integrates our body, mind, breath, and awareness.