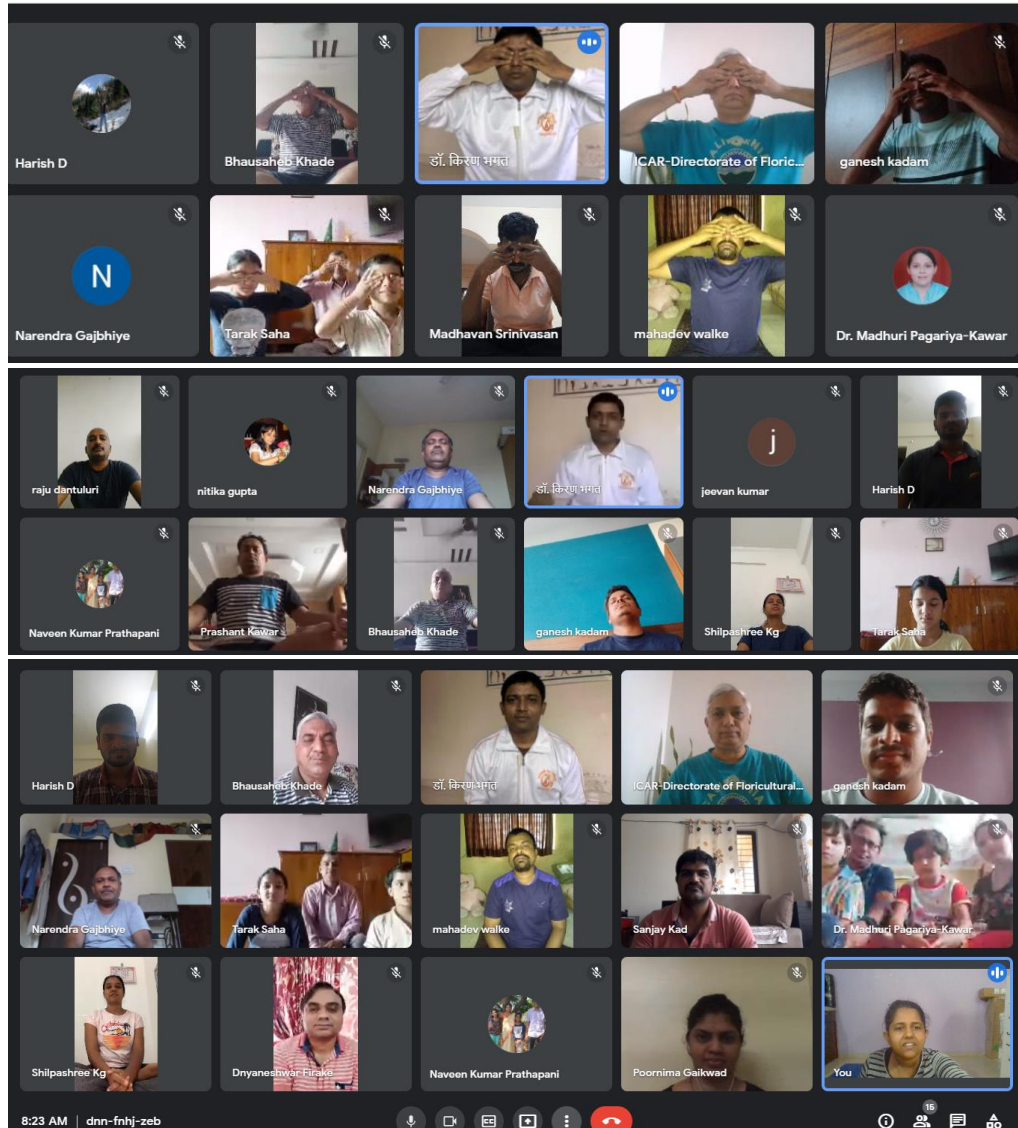


Report on Celebration of International Yoga Day at ICAR-DFR, Pune

ICAR-DFR celebrated 7th International Yoga Day (IYD) on 21st June 2021. Like 2020, this year also DFR conducted a COVID compliant Yoga through virtual mode. As part of the Celebration of 7th International Day of Yoga, a weeklong workshop on **“Breathing Exercise for Resilient Lungs in the Time of Pandemics”** from 14th June 2021 where “Pranayams” were practiced under guidance of Dr. Kiran Bhagat. All the staff and family members actively participated in the same. Dr. K.V. Prasad, Director, ICAR-DFR welcomed all to the celebration of 7th IYD. In his welcome remarks he stressed on the importance of Yoga in wellbeing of both our body and mind under this unprecedented condition of COVID19 pandemic. All members of ICAR-DFR performed Yogasana as per AYUSH Protocol under the guidance of Mr. Milind Walsade, Jilla Prabhari-Patanjali Yoga Samiti, Pimpri Chnichwad, Pune. The Yoga guru delivered a talk on **“Making Yoga an Integral Part of Our Lifestyle”** and give tips on the dos and don'ts of performing various Yoga poses. All the staff of ICAR-DFR actively participated in the activities.

Glimpses from ‘Pranayam’ workshop



7th International Day of Yoga celebration at ICAR-DFR on 21st June 2021

