



2nd अंतर्राष्ट्रीय योग दिवस 21 जून 2016



2nd International Yoga Day Celebrated at AFRI, Jodhpur with great enthusiasm

The 2nd International Yoga Day was organized at Arid Forest Research Institute, Jodhpur on 21 June 2016 in the open front area of the main building surrounded by greenery all around. The event which consisted of practicing of yogasana and meditation started at 7:00 AM and lasted for 1 hour. The event was attended by AFRI employees and their family members including children. The technical support was provided by the trainers from 'The Art of Living Foundation' Jodhpur branch. AFRI Sports and Cultural Club played the key role in organization of the event.



In the words of Honorable Prime Minister Shri Narendra Modi “Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change”. Working towards his vision, AFRI celebrated the day with great enthusiasm.

The event started with prayer and chanting of Om followed by warmup and stretching postures including loosening practices through neck bending, shoulder rotation (Skandha Cakra), trunk twisting (Katishakti Vikasak), waist movement, jumping. These Cālana Kriyas/loosening practices/Yogic Suksma Vyāyāmas help to increase microcirculation. Various asanas namely TĀDĀSANA (Palm Tree Posture), TRIKONĀSANA (The Triangle Posture), BHADRĀSANA (The Firm/Auspicious Posture), VAJRĀSANA (Thunderbolt Posture), ŚAŚANKĀSANA (The Hare Posture), BHUJANGĀSANA (The Cobra Posture), ŚALABHĀSANA (The Locust Posture), PAVANAMUKTĀSANA (The Wind Releasing Posture) were performed. This was followed by KAPĀLABHĀTĪ, ANULOMA VILOMA PRĀNĀYĀMA, BHRĀMARĪ PRĀNĀYĀMA. Finally the participants did Dhyāna or meditation. At the end of the event, sprouted whole beans and juice was distributed to the participants. **(Photos of the event on next page)**

