



CENTRE FOR FOREST-BASED LIVELIHOODS & EXTENSION

Shal Bagan Forest Campus, P O – Gandhigram, Agartala - 799012, Tripura

A unit of Rain Forest Research Institute

Observance of International Day of Yoga

The 2nd International Day of Yoga was organized by Centre for Forest-based Livelihoods and Extension, Agartala at Hatipara Forest Complex on 21st June 2016. The Yoga Session was attended by CFLE staff along with 80 Trainee Foresters and other officials of the Forest Training School in the Campus. The renowned Yoga Guru Sri Nanda Lal Bhowmick of Dharma Jagaran Sansthan, Agartala along with the two yoga teachers Ms. Arpita Dey and Ms. Rama Das facilitated the session with their guidance and commands besides delivering a motivational speech.



Yoga session started at 6.00 AM with chanting of ‘Pranav Mantra OM’ followed by *Sookshma Vyayam, Vajrasana, Tadasana, Vrikshashana, Surya Namaskar, Nadi Shodhan Pranayama and Bhramaree Pranayama, Uttaanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana*, etc., and finally ended with *Pranayama* and *meditation*. Prayers were recited before and after the programme.

Shri Bhowmick, during his motivational speech, inspired the gathering by explaining that “Yoga, an ancient but perfect science, deals with the evolution of humanity in the world. This evolution includes all aspects of one’s being, from healthy life to self-realization. Yoga means Union – the union of body with consciousness and consciousness with the soul. Yoga is helpful in maintaining a balanced attitude in day to day life and it endows skill in the performance of one’s actions.”

At the end, the participants also shared their wonderful experience of the Yoga Day activities and thanked the CFLE for observing this auspicious day.







