



INSTITUTE OF FOREST BIODIVERSITY (IFB), HYDERABAD May 06, 2022

A report on International Yoga Day Countdown

The Institute of Forest Biodiversity, Hyderabad organized a Yoga lecture programme on occasion of countdown day programme for 08th International Day of Yoga (IDY) 2022 in the seminar hall on 06th May, 2022. The programme started with welcome address by Shri. E. Venkat Reddy, IFS, Head Extension, briefed about the programme and highlighted the history of yoga. Later the session was taken over by Shri. Ch. Konda Reddy, Yoga Teacher, SEYC, Guntur. A total of 15 Officers/ Scientists and Technical staff participated in this program.

Shri. Ch. Konda Reddy, Yoga Teacher, SEYC, Guntur spoke about the history of yoga and yoga is divided into four parts viz., Karmayoga, Bhaktiyoga, Jnanayoga & Kriyayoga. In 2014, the present Prime Minister of India proposed to observe 21st June every year as International Yoga Day. The United Nations General Assembly (UNGA) liked the resolution and since 21st June, 2015, International Yoga Day is organized every year on 21st June. The main theme of this year's Yoga Day is *"Yoga for Well-Being"*. He further explained Different Types of Yoga Asanas & Their Benefits. The overall program is coordinated by Shri E. Manikanta Reddy, Technician & Shri Varun Singh, Technician, Extension Division.

INTERNATIONAL YOGA DAY LOGO MEANING



Glimpses of the program

