



## **INSTITUTE OF FOREST BIODIVERSITY (IFB), HYDERABAD** **June 21, 2022**

### **A report on International Yoga Day Celebration**

The Institute of Forest Biodiversity, Hyderabad organized 08<sup>th</sup> International Day of Yoga (IDY) 2022 in the main front of the building of IFB, Hyderabad on 21<sup>st</sup> June, 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 and health benefits. Later the session was taken over by Smt. Dharavath Padhma, Mind and Body Therapist & Ms. Dharavath Sneha, International Yoga Instructor. A total of 25 Officers/ Scientists and Technical staff participated in this program.

During the Yoga session, many Yogasanas like Kapalbhathi, Anulom Vilom, Tadasana, Vajrasana, Pranayam etc. were practiced. They also emphasized the importance of yoga in day to day life, and suggested to practice yoga regularly to remain fit and energized and also addressed the gathering about the major role of yoga in controlling the Diabetes, Thyroid, Blood Pressure etc. to the gathering. They thanked all the participants for their great zeal and enthusiasm to celebrate the Yoga day and he appreciated the Staff members for having the wonderful campus with greenery in a city like Hyderabad. Then Dr. Ratnaker Jauhari, IFS, Director emphasized the importance of yoga in day to day life. The overall program is coordinated by Shri E. Manikanta Reddy, Technician & Shri Varun Singh, Technician, Extension Division.

# Glimpses of the Program

