



ICFRE-INSTITUTE OF FOREST BIODIVERSITY, HYDERABAD

Report on Celebration of International Yoga Day

The ICFRE-Institute of Forest Biodiversity, Hyderabad celebrated 09th International Day of Yoga (IDY) 2023 by organizing yoga demonstration to the institute staff on 21st June 2023. This year's theme of the celebration was '*Yoga for Vasudhaiva Kutumbakam*'.

The programme started with welcome address by Shri E. Venkat Reddy, IFS, Director, who briefed about the programme. Later the session was taken over by Shri. B. Rajasekhar Reddy, Yoga Instructor, Sarala Divya Yoga Institution, Hyderabad. A total of 30 Scientists, Technical and Project staff participated in this program.

During the Yoga session, many Yogasanas like Kapalbhati, 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 disorders like Diabetes, Thyroid, Blood Pressure etc., to the gathering.

The overall program was coordinated by Shri E. Manikanta Reddy, Technician & Shri A. Sasidhar, Technician, Extension Division.

Glimpses of the Program

