



CENTRE FOR FOREST-BASED LIVELIHOODS AND EXTENSION

AGARTALA

Observance of 3rd International Day of Yoga

The 3rd International Day of Yoga was organized at GPRA Complex Community Hall, Gandhigram on 21st June 2017 by Centre for Forest-based Livelihoods and Extension, Agartala. The event was attended by 65 participants from A.G. office, CPWD office along with CFLE officials and their family members. Yoga Guru Sri Nanda Lal Bhowmik of Dharma Jagaran Sansthan along with the three yoga teachers delivered the motivational speech and practical know-how.

Yoga session was started at 6.30 AM with chanting of 'Pranay Mantra OM' followed by Sookshma Vyayam, Vajrasana, Tadasana, Vrikshashana, Surya Namaskar, Nadi Shodhan Pranayama and Bhramaree Pranayama, Uttaanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana and finally ended with Pranayama and Meditation. Prayer and shantipath were recited before and after the programme. Members present in the session expressed their experiences and stated that they were feeling relaxed, refreshed and calm after the session.





A plantation program facilitated by CFLE was also organised in the premises in presence of the Chief Engineer, CPWD, NEZ-II, Gandhigram. Sri Debashish Chakraborty (Retd. CCF), Vice President, DISA and other senior officials from A.G., CPWD along with officials from CFLE were also present during the plantation ceremony.



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