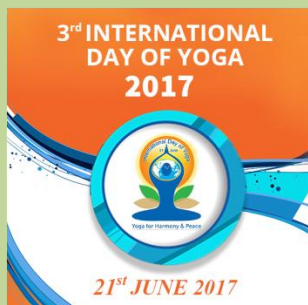


INTERNATIONAL YOGA DAY CELEBRATED AT TFRI, JABALPUR



3rd International Yoga Day was celebrated jointly by TFRI and 29th ITBP on 21/06/2017 from 6:30 – 8 am in the Institute. Shri H.D. Pathak, Research Officer, TFRI led practice of Yoga. The performance started with Om and recitation of a sanskrit shloka. During the Yoga session, many Yogasanas like Kapalbhathi, Anulom Vilom, Tadasana, Vajrasana, Pranayam etc were practiced. The programme was

attended by officers and employees of TFRI, Wild Life Crime Control Bureau and 29th Indo-Tibetan Border Police along with their families. The children of Rani Laxmi Bai School, Gauraiyaghat also participated in the event and practiced Yoga. Dr. U. Prakasham, Director TFRI suggested



participants to practice Yoga regularly to remain fit and energized. He thanked all the participants for their great zeal and enthusiasm to celebrate the Yoga day. He also extended thanks to officers and staff of TFRI and 29th ITBP for their active involvement for making the programme successful.



Glimpses of International Yoga Day



Source: PRO Cell

June 21, 2017



Media Coverage



टीएफआरआई में लगाए आसन



उष्णकटिबंधीय वन अनुसंधान संस्थान(टीएफआरआई) में अंतरराष्ट्रीय योग दिवस उत्साहपूर्वक मनाया गया। यहां कर्मचारियों को योगाभ्यास एचडी पाठक

ने किया। इस मौके पर टीएफआरआई निदेशक डॉ. यू. प्रकाशम मौजूद रहे। शिविर का संचालन एचडी पाठक, राघवेंद्र सिंह, सुनील झारिया ने किया।



TROPICAL FOREST RESEARCH INSTITUTE: The 3rd International Yoga Day was celebrated on Wednesday at Tropical Forest Research Institute. H D Pathak of TFRI demonstrated yoga exercises. During the yoga session, many Yogasanas like Kapalbharti, Anulom Vilom, Tadasana, Bajrasana, Pranayam were practiced. The programme was well-attended by all officers and employees of TFRI, Wildlife Crime Control Bureau and Indo-Tibetan Border Police along with their families. The children of Rani Laxmibai School, Gauraiyaghat also participated in the event and practiced Yoga.

Dr U Prakasham, Director TFRI urged people to practice yoga every morning for staying fit and energised. He extended thanks to Commandant of ITBP for his active involvement for making the programme successful. The programme was well conducted by H D Pathak of TFRI with the main co-operation of Raghvendra Singh and Sunil Jharia.

