

Celebration of International Yoga Day at Tropical Forest Research Institute, Jabalpur

The fourth International Yoga Day was celebrated at Tropical Forest Research Institute, Jabalpur on 21 June 2018. Emphasizing the importance of Yoga in everyone's life, Dr. G. Rajeshwar Rao, Director led the event where all the scientists, officers and staff members of the institute together performed various breathing exercises, asanans and meditation under the guidance of the yoga guru Shri H. D. Pathak., Shri C. Behera, Head of Office and seniors scientists - Dr. P. B. Meshram, Dr. Sumit Chakrabarti., Dr. Avinash Jain, Dr. Nanita Berry were also present at the occasion.

उष्णकटिबंधीय वन अनुसंधान संस्थान, जबलपुर में मनाया गया अंतराष्ट्रीय योग दिवस

उष्णकटिबंधीय वन अनुसंधान संस्थान, जबलपुर में चौथे अंतराष्ट्रीय योग दिवस का आयोजन किया गया। इस अवसर पर हमारी जीवनशैली में योग के महत्व के बारे में बताते हुए संस्थान के निदेशक डॉ. जी. राजेश्वर राव के नेतृत्व में संस्थान के सभी वैज्ञानिक, अधिकारी एवं कर्मचारियों ने योग किया। योग गुरु, श्री एच. डी. पाठक द्वारा अनेक श्वसन क्रियाएं और आसन कराये गये एवं डॉ. अविनाश जैन ने सभी को ध्यान करवाया। इस अवसर पर उष्णकटिबंधीय वन अनुसंधान संस्थान, जबलपुर के सभी वरिष्ठ अधिकारी एवं वैज्ञानिक जैसे श्री सी. बेहरा, डॉ. पी.बी. मेश्राम, डॉ. सुमित चक्रवर्ती, डॉ. ननिता बेरी आदि भी उपस्थित थे।

Glimpses of the Programme





Intl Yoga Day celebrated by TFRI, power companies, ITBP



Officer seen performing Yoga at TFRI.

■ Staff Reporter

THE 4th International Yoga Day was celebrated at Tropical Forest Research Institute (TFRI), on Thursday. Commemorating the importance of Yoga in everyone's life, Dr. G. Rajeshwar Rao, Director led the event where all the scientists, officers and staff members of the institute together performed various breathing exercises, asanas and meditation under the guidance of H. D. Pathak, the yoga guru of the institute. C. Behera and other seniors scientists like Dr. P. B. Meshram, Dr. Sumit Chakrabarti, Dr. Avinash Jain, Dr. Nanita Berry were also present on the occasion.

Power companies: Senior officers of power companies performed Yoga on the occasion of 4th International Yoga Day at Tarang Auditorium premises, on Thursday. The programme was organised under the auspices of Madhya Pradesh Power Management Company Limited, Central Sports and Arts Council. On the occasion, MPPMCL, Chief General Manager (HR&Admin) and CSAC, General Secretary, MPChincholkar, CGM (Revenue Management), E. K. Meshram, MP Power Transmission Company, Chief Engineer (Corporate Affairs), A. K. Gayekwad, MPPMCL, Additional GM, V. K. Sahu, Chief Medical Officer, Dr. S. K. Verma,

CSAC, Secretary (Sports), A. K. Alang and a large number of other officers and employees performed Yoga.

During the programme, Yogacharya, Harihar Kachwaha was honoured with Shawl, Shreephal and letter of appreciation. CSAC, in-charge, Jayant Vaman Kharpate convened the programme while Secretary (Sports), A. K. Alang proposed vote of thanks.

29th Battalion, Indian Tibet Border Police (ITBP): The 4th International Yoga Day was celebrated by soldiers of 29th Battalion, Indian Tibet Border Police (ITBP). Along with the soldiers, a large number of villagers enthusiastically participated in

the programme.

Along with performing Yoga exercises, colourful cultural programmes were organised at the battalion.

Dr. R. K. Verma, Retired Commandant, ITBP presided over the programme while Commandant, Dr. Ramudu Rongli was special guest.

Guests informed about the significance of Yoga and Pranayam to soldiers and their family members.

On the occasion, Dr. Dilip Kumar Kori, Assistant Commandant, Subedar Major Surendra Singh, Corporator, Rinku Vij, Jamtara Panchayat, Member, Hardik Patel and a large number of villagers were present.



Officers and employees of power companies performing Yoga at Tarang Auditorium premises.



ITBP, 29th Battalion's officers planting a sapling on the occasion of International Yoga Day.

टीएफआरआई- वैज्ञानिकों, अधिकारियों, कर्मचारियों एवं शोध छात्रों ने योगाभ्यास किया। संस्थान के निदेशक डॉ. जी राजेश्वर राव ने कहा कि हमारी जीवनशैली में योग का विशेष महत्व है। वैज्ञानिक दौर में पर्यावरण प्रदूषित हो गया है। योग के माध्यम से हम ऐसे प्रदूषण के दुष्प्रभाव को कम कर सकते हैं। योग प्रशिक्षक एच. डी. पाठक ने आसन, श्वसन क्रियाएं एवं वैज्ञानिक डॉ. अविनाश जैन ने ध्यान कराया। सी. बेहरा, डॉ. पीबी मेश्राम, डॉ. सुमित चक्रवर्ती, डॉ. ननिता बेरी उपस्थित थे।

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