

Report on International Yoga Day Celebrations - 2018 At Institute of Forest Biodiversity, Hyderabad

Fourth International Yoga Day was celebrated at Institute of Forest Biodiversity, Hyderabad from 08:30 am to 10:00 am. Honorable Chief Guest Shri Sundar Ram Raju Garu, Yoga Practitioner from Visakhapatnam has led practice the yoga. During the Yoga session, many Yogasanas like Kapalbhati, Anulom Vilom, Tadasana, Vajrasana, Pranayam etc. were practiced. The programme was attended by Director, Scientists and other Staff members. The yoga session started with the welcome address by Shri D. Jayaprasad, IFS, Director, the director emphasized the importance of yoga in day to day life and introduced the Chief Guest to the gathering. Honorable Chief Guest emphasized the importance of yoga in day to day life, and suggested to practice yoga regularly to remain fit and energized. He also addressed the gathering about the major role of yoga in controlling the Diabetes, Thyroid, Blood Pressure etc. to the gathering. He 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. He also extended thanks to officers and staff of Institute of Forest Biodiversity for their active involvement for making the programme successful. Then Shri Pravin H. Chawhaan, Scientist – G has addressed the gathering about the importance of Sudarshana Kriya. Then followed by Ms. Meera, JRF has addressed the gathering and demonstrated Surya Namaskaram.

Glimpses of International Yoga Day Celebrations – 2018







