

International Day of Yoga celebrated at ICAR-IIRR, Hyderabad On 21st June, 2019

The 5th International Day of Yoga was celebrated on 21st June, 2019 at ICAR-Indian Institute of Rice Research, Hyderabad with full enthusiasm and interest by the staff in a festive mood.

The day began with a mass yoga demonstration of the volunteers of Isha Foundation, based on common yoga protocol through audio-visual presentation. Children from schools in and around Rajendranagar and IIRR staff participated in the yoga demonstration. Dr. S.M. Balachandran, Director-in-Charge briefly highlighted the historical aspects and importance of yoga in shaping the well being of children and the whole humanity. Then, IIRR staff Dr. Jyothi Badri, Dr. R. Mahender Kumar and Shri. B. Vidyanath performed a few Yogas and Asanas. Competitions for students and staff were conducted on the following themes of yoga: 1) Article writing, 2) Poster competition, 3) Slogan writing and Speech/Talk. About 60 students from various schools participated in the celebrations.

A cultural programme with music, dances and events based on yoga themes was also organized by students from different schools along with their teachers. All the winners of different competitions and participants were distributed with prizes and certificates. The Programme started at 8.30 a.m. and concluded at 12.15 p.m.

