

International Yoga Day 2026 Celebrated with Zeal and Enthusiasm at ICAR-IIRR, Hyderabad

The International Day of Yoga 2026 was celebrated with great zeal and enthusiasm at ICAR– Indian Institute of Rice Research (ICAR-IIRR), Hyderabad, in collaboration with the NAAS Hyderabad Chapter.

The programme was effectively organised under the leadership of Dr. M Srinivas Prasad, Acting Director, ICAR-IIRR.

The yoga session was conducted by Ms. Deepti Mantri, Founder and Yoga Instructure, Yogashala, who expertly instructed and guided the participants through various yoga practices.

The programme witnessed active participation from Principal Scientists Dr. Sai Prasad, Dr. Hari Prasad, Dr. MBB Prasad Babu, Dr. Ch. Padmavathi, Dr. B. Sailaja, Chief Administrative Officer Sri Shitanshu Kumar, other scientists, technical staff, staff members and students participated actively in this event.

In line with this year's theme, "Yoga for Healthy Ageing," participants performed a series of yoga postures, breathing exercises, and relaxation techniques aimed at promoting physical fitness, mental well-being, flexibility, and healthy ageing. The session was enjoyed by all, and participants appreciated the benefits of incorporating yoga into their daily lives.

The event successfully highlighted the importance of yoga as a holistic approach to maintaining health, vitality, and wellness across all age groups. The programme concluded with a message encouraging everyone to adopt yoga as a regular practice for a healthier and more balanced life.

This even was effectively coordinated by Dr. K. Suneeta and Dr. Kalyani M. Barbadikar





INTERNATIONAL
YOGA DAY

