

International Yoga Day celebrated at ICAR-CICR, Nagpur on 21st June, 2018

ICAR-Central Institute for Cotton Research, Nagpur celebrated the “International Yoga Day” on 21st June 2018 from 10 to 11 am at the Institute’s Training Hall. Dr. V.N. Waghmare, Director (Acting) welcomed the Yogacharya (Trainer) Shri. Prashantji Kale and his team and all the staff members in this Programme. Further, he explained the importance of Yoga and also stressed upon the need for organizing Yoga classes regularly in the Institute. During this hour long activity, Yogacharya Shri. Prashantji Kale explained the meaning of “Yoga” and its importance for the harmony of body, mind and soul of a person. Many “asanas” were demonstrated and performed by the trainers and practiced by the participants following the ‘Common Yoga Protocol’ provided by the Ministry of AYUSH, Govt. of India. This activity was useful and enjoyed by one and all. The programme was coordinated by Mr. P.P. Gokulpure, ACTO. He also proposed the vote of thanks to the trainers and participants with a vow to exercise Yoga in day-to-day life.



