

International Day of Yoga Celebrated at ICAR-IVRI, Mukteswar campus on 21.06.2024

Under a joint venture, the ICAR-Indian Veterinary Research Institute Mukteswar and Kendriya Vidyalaya celebrated the 10th International Day of Yoga on June 21, 2024 at Kendriya Vidyalaya ground in Mukteswar.

The theme of International Day of Yoga for this year is "Yoga for Self and Society", as per the guidelines issued by the Ministry of Ayush, Government of India.

Faculties, Staff, Students from IVRI Mukteswar campus and Kendriya Vidyalaya School attended the program. A total of around 165 participants participated and practiced the yoga.

Mrs. Chandra Bisht, Yoga instructor of Kendriya Vidyalaya School guided all participants in practicing the yoga. Students from Kendriya Vidyalaya School showcased various yoga asana through a yoga dance. Mrs. Ranjana Barfal, the Principal of Kendriya Vidyalaya School Mukteswar, commended the students for their enthusiastic participation and recited a poem highlighting the significance of yoga in life.

Hon'ble JD, IVRI, Mukteswar and Chief guest of the program, Dr. Y. P. S. Malik addressed the gathering and provided a brief overview of the origin of yoga. He explained the importance of yoga in keeping the mind and body fit and active. He further emphasized the health benefits of practicing yoga, especially in managing the demands of today's often tedious and stressful lifestyles. At the end, vote of thanks was given by Mr. Pawan Kumar Lohani, PGT, Kendriya Vidyalaya School Mukteswar.

