



Indian Veterinary Research Institute Hebbal campus, Bengaluru, Karnataka

Azadi Ka Amrit Mahotsav Lecture Series and workshop on the theme “Health and wellness”

The ICAR-Indian Veterinary Research Institute in Bengaluru celebrated 9th International Yoga Day under the aegis of Azadi Ka Amrit Mahotsav on 21-06-2023. Lecture was organised on the topic “General nutrition for health and well being” and workshop was organised on the topic “Yoga and routine fitness for health and well being”. Akshitha Basavaraju, Formal International Tennis Player and Fit India Ambassador, Govt of India was the expert for lecture and workshop. Around 75 participants including scientists, students, research fellows, housekeeping staff, family members, campus residents attended both the events. All the participants performed yoga under the guidance of Akshitha Basavaraju. The program was chaired by Dr Pallab Chaudhuri, Joint Director, ICAR - IVRI Hebbal Bengaluru. Dr Priyanka hosted the program and Dr Dechamma H J proposed vote of thanks.



Dr Pallab Chaudhuri, Joint Director, ICAR - IVRI Hebbal Bengaluru welcomed Chief guest, Akshitha Basavaraju, Formal International Tennis Player and Fit India Ambassador, Govt of India.



Scientists attending the lecture



Scientists, administrative staff and students attending the lecture



Participants performing yoga under the guidance of Expert



Participants performing yoga under the guidance of Expert



Participants performing yoga under the guidance of Expert



Participants performing yoga under the guidance of Expert

