

भाकृअप-भारतीय जल प्रबंधन संस्थान
ICAR-Indian Institute of Water Management

Report on the Celebration of 8th International Day of Yoga 2022

The 8th International Day of Yoga (IDY) was celebrated at ICAR-Indian Institute of Water Management, Bhubaneswar on 21st June 2022.

On 17th and 18th June 2022, yoga practice was conducted by Shri Yogyoti Choudhury, Yoga teacher, Patanjali Yog Peeth, Khurda, Bhubaneswar, Odisha from 5.00 to 6.00 pm.

The Common Yoga Protocol (CYP) was performed in the office premises on 21st June, 2022 from 5:30 am to 6:30 am by Shri Yogyoti Choudhury. A total of 50 members (office and home) participated in the event.

In the afternoon, a workshop on 'Yoga' was conducted from 4.00 pm to 5.00 pm at the Institute. A lecture on 'Yoga for Humanity' was delivered by Chief Guest of the programme eminent Shri Sudhansu Adhikary, Odisha State Coordinator, Patanjali Yoga Peeth, Khurda, Bhubaneswar, Odisha. Shri Adhikary emphasized on combatting Corona Virus by improving immunity through Yoga. He stressed on our wellbeing to reduce stress and live healthy. Dr. Madhumita Das, Director (Acting) highlighted the role of Yoga in our life and urge to practice every day for healthy life and peaceful mind. She encouraged the slogan competition winners and distributed the prizes along with the Chief Guest. A total of 41 participants attended the meeting.

The programme was organised by Dr. M. Raychaudhuri Principal Scientist and Nodal Officer of the International Day of Yoga.

Visuals of the celebration of 8th International Day of Yoga



Yoga Practice session 17-06-2022



Yoga Practice session 18-06-2022



Sri Jugojoyoti Chowdhury demonstrating CYP at office premises on 21-06-2022

Workshop on “Yoga for Humanity” on 21-06-2022



Shri S. Adhikary delivering lecture



Dr M. Das delivering lecture



Prize distribution for slogan competition



Interaction on ‘Yoga’