

Report
on
Celebration of
International Day for Yoga



Institute of Forest Genetics and Tree Breeding,
Coimbatore

The United Nations General Assembly has declared 21st of June as *International Day for Yoga*, during its meeting on 11th December, 2014. The date of June 21st was selected as International Yoga Day, as it is the longest day of the year in the Northern Hemisphere and shares special significance in many parts of the world.

The International Day for Yoga was celebrated, in Institute of Forest Genetics and Tree Breeding (IFGTB), Coimbatore, by performing yoga by officers and staffs in a befitting manner, as per the directions from the Ministry of Environment, Forest and Climate Change (MoEF&CC) vide O.M.F.No. 23011/38/2016-GC, dt. 02.05.2016. The programme was initiated by an introduction about yoga by Dr. B. Gurudev Singh, Group Coordinator (Research), IFGTB, Coimbatore. He has highlighted the eight main principles of yoga and its importance in our day to day life. He stressed that, by following the principles of yoga and practicing it, one can attain the peace and harmony in life, leading to physical and mental health of individuals and the society. After the introductory speech, officers and staff of IFGTB performed different yoga positions. Yoga practice was initiated by doing warming up exercises followed by Sun salutation (*Soorya Namaskaram*) and Breathing exercises (Pranayama) and concluded with meditation. The programme was conducted under the guidance of Dr. C. Kunhikannan, Scientist F of IFGTB.













