

ICAR-NBFGR celebrated the 10th International Yoga Day with the theme 'Yoga for self and society'

Lucknow, 21 June 2024

10th International Yoga Day with the theme 'Yoga for self and society' was celebrated at ICAR-National Bureau of Fish Genetic Resources, Lucknow, on June 21, 2024, with full enthusiasm under the guidance of Dr. U. K. Sarkar, Director, ICAR-NBFGR. The Yoga session was open to all Institute staff and family members, from 6.15 AM to 7.15 AM, with live demonstrations of various Asanas and Pranayama by the yoga teacher, Naib Subedar Shri. Gyan Prakash Mishra, AMC Centre and College, Lucknow. Dr. B. Kushwaha, Nodal Officer Yoga, emphasized the health benefits of yoga. The yoga day was also observed by staff members of the institute's ART Unit Chinhat.

