

ICAR-Agricultural Technology Application Research Institute

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Celebration of 5th International Day of Yoga

5th International Day of Yoga was organized at ICAR-ATARI, Kanpur on 21.06.2019. In this programme all the officials of ATARI were assembled in the conference hall of ATARI at sharp 9:00 am. Under the guidance of Dr. Atar Singh, Director and Dr. Shankar Singh, Consultant all the officials learned and did yoga tricks. Suryanamaskar, Pranayams, Bhujagnasan, trikonasan, padhastasan, parvatasan, naukasanetc are some of the Yogas techniques did by all the staff. After the yoga, the staff enjoyed fruit juice.



At KVKs of Uttar Pradesh

KVKs of Uttar Pradesh celebrated International Day of Yoga on 21.06.2019. On this occasion every staff of KVK gathered at their respective centres in the morning and followed and learnt the steps of yoga. Yogas such as Bhujangasan, Tadasan, Padhastasan, Halasan, Naukasan, Pranayam (Kapalbhati, Bhramri, etc) did by every staff.

