

## ICAR-Indian Institute of Water Management, Bhubaneswar

### ICAR-IIWM celebrated International Yoga Day

ICAR-Indian Institute of Water Management, Bhubaneswar celebrated 9<sup>th</sup> International Day of Yoga (IDY) on 21<sup>st</sup> June, 2023. Theme of International Yoga Day 2023 was ‘*Vasudhaiv Kutumbakam*’. The Common Yoga Protocol (CYP) was performed in the Institute premises by Shri H. Tirkey, Yoga teacher, Patanjali Yog Peeth, Khurda, Bhubaneswar, Odisha. A total of 35 members participated in the event. A workshop on ‘Yoga’ was also conducted and a lecture on ‘Yoga in dealing stress and ailments due to lifestyle changes’ was delivered by the Chief Guest of the programme and eminent expert Shri Sudhansu Sekhar Adhikary, Odisha State Coordinator, Patanjali Yoga Peeth, Khurda, Bhubaneswar, Odisha. Dr. R.K. Panda, Director (I/C) welcomed the Guests and expressed that Yoga should be part of our daily life. Dr. M. Raychaudhuri, Nodal officer, International Day of Yoga briefed about the activities on ‘Yoga’ in the Institute.



ICAR-IIWM celebrated International Yoga Day on 21 June, 2023