

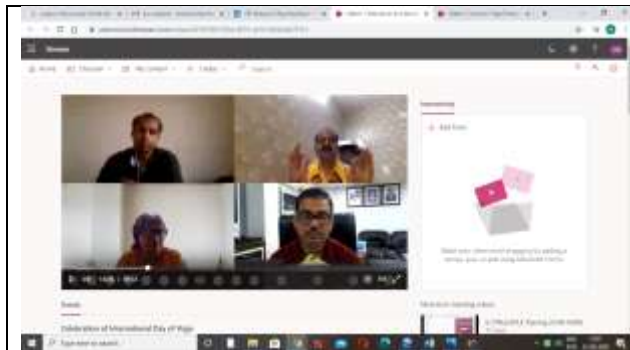
## Celebration of International Day of Yoga

The International Day of Yoga (IDY) was celebrated at ICAR-Indian Institute of Water Management, Bhubaneswar on 21<sup>st</sup> June 2020. To begin with, a Slogan Competition on 'Yoga' (English/Hindi/Odiya) was organised on 18<sup>th</sup> June 2020 morning. On the same day an online lecture on 'Yoga' by eminent Yoga expert Shri Sudhansu Adhikary, Odisha State Coordinator, Patanjali Yog Peeth, Khurda, Bhubaneswar, Odisha was also organised from 15.00 to 16.00 hrs in Microsoft Team (virtual mode). Shri Adhikary emphasized on improving our immunity system by practising *Pranayam*, *Asanas* and also some Ayurvedic homemade treatments. He stressed on diet and daily routine to reduce stress and live healthy. Dr. Atmaram Mishra, Director, in his welcome address sensitized the audience by saying that *Yoga* is the way to build the bridge between *Atma* and *Paramatma*. The result of the slogan competition was announced. A total of 41 participants attended the meeting.

On 20<sup>th</sup> June 2020 *yoga* practice was conducted by Shri Yugojoyti Choudhury, Yoga teacher, Patanjali Yog Peeth, Khurda, Bhubaneswar, Odisha from 7 to 8 AM through Microsoft Team. Shri Choudhury gave detail demonstration of the Common Yoga Protocol (CYP) as issued by the Ministry of Ayush, Government of India.

This year's IDY was observed around the themes *Yoga @Home* and *Yoga with family*. The Common Yoga Protocol (CYP) was performed individually or with family within the confines of our homes on 21<sup>st</sup> June, 2020 from 7:00 AM to 7:45 AM followed by any suitable and customized 15-minute programme on *Yoga*. A total of 60 families and about 125 members participated.

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



**Shri S. Adhikary delivering lecture on 18-06-2020 in Microsoft Team**



**Sri Yugojoyti Chowdhury demonstrating CYP in Microsoft Team on 20-06-2020**





**Yoga@Home and Yoga with family on 21<sup>st</sup> June 2020**