**Fifth International Day of Yoga report**

The fifth international yoga day was celebrated with great enthusiasm as per the protocol given by AYUSH. The event was well planned and organized. More than 200 staff members actively participated in Yoga.

The celebration started with welcome address stressed by Dr Samiran Panda (Director, ICMR-NARI) that yoga should be part of daily routine of the staff and their family members.

Guest invited for the event:

1. Mr. Sunil Agre: Engineer and Art of living teacher by profession and also as certified master trainer of yoga and soft skills. Till date more than 8000 peoples benefited with his yoga and soft skill trainings.
2. Ms Deepali Pawar: engineer and Yoga trainer

A brief warm up session, simple asanas in standing and sitting position were done by all the staff under expert guidance of Mr Sunil Agre and Ms Deepali Pawar as per the protocol. They stressed on the role and importance of yoga in maintaining physical, mental and spiritual health followed by demonstration and practice on Yoga asanas mentioned in protocol. In which students, faculty, officers and staff took part enthusiastically and practiced various ‘*asanas*’ of Yoga and *pranayama*. Volunteers from NARI demonstrated various Yoga postures and explained correct way of doing *asanas*.

1. Dr. Seema Bhavan : Medical officer of National Institute of Naturopathy(NIN), Pune

Dr. Seema Bhavan delivered interesting and well informative talk on **Do’s and Don’ts in Yoga and Naturopathy.** She pointed out importance of yoga and current research going on on Yoga therapy worldwide. Accoring to her, the practice of Yoga leads to the union of individual consciousness with universal consciousness.

Healthy breakfast and juice was served to all staff members after the session.

The overall organisation of this event was done by Ms Swati Gaikwad(Administrative officer, ICMR-NARI) and her team which included:

1. Dr. Vijay Nema
2. Mrs Radhika Brahme
3. Mrs Savita Sonawane
4. Mr Amol Raut
5. Ms Elmira Abadi
6. Mr Kumar Vaidya