



A report on Yoga programme

The institute of Forest Genetics and Tree Breeding, Coimbatore has organized a Yoga session as a countdown day programme for 8th International Day of Yoga (IDY) 2022 on the Lawn of IFGTB Main Building on 6th May, 2022 from 8.00 AM to 8.40 AM. Dr. C. Kunhikannan, Director, IFGTB spoke on the importance of regular Yoga in improving the health of individuals. He explained that regular practice of Yoga will help the staff and research scholars to achieve better mental and physical health. After which a few warm up and simple Asanas were performed by the staff and research scholars enthusiastically and the importance of these Asanas was explained simultaneously by Dr.C.. Kunhikannan. He concluded the Yoga demonstrations with the Yoga prayer. The session was successful one which displayed a great spirit of learning by staff members and researchers alike.

