



## INTERNATIONAL DAY OF YOGA 2018

Institute of Forest Genetics & Tree Breeding, Coimbatore

International Day of Yoga, 2018 was observed on 21<sup>st</sup> June, 2018 at Institute of Forest Genetics & Tree Breeding in its true spirit. Yoga demonstration following the Common Yoga Protocol (CYP) was arranged in the lawns of IFGTB. Dr. Kunhikannan, Scientist-E and yoga enthusiast led the demonstration following the CYP. The Asanas and practices forming part of the CYP were selected for demonstration in such a way as to yield the maximum health & wellbeing to participants. Director, GCR, Officers, Scientists, research scholars, technical assistants, and staff attended the yoga session. The session lasted for 45 min.

Speaking on the occasion, Dr. Mohit Gera, Director, IFGTB emphasised the importance of principles of yoga in inculcating self discipline in a person. He also requested all IFGTBians to pledge to make Yoga an integral part of daily life. A video on Common Yoga Protocol and other displays was projected in the central LED panel in the office for the benefit of the IFGTBians and wider audience. It is very pertinent to mention here that, Dr. Kunhikannan along with team of 15 volunteers including family members takes up regular yoga sessions in the community hall of IFGTB.



Address by Director, IFGTB during the occasion



Aerial view of the gathering



Demonstration by Dr.Kunhikannan, Scientist E



IFGTBians performing Yoga