

## **International Day of Yoga, 2019**

### **Institute of Forest Genetics & Tree Breeding, Coimbatore**

The International Day for Yoga 2019 was celebrated in its true spirit on 21<sup>st</sup> June 2019 at Institute of Forest Genetics and Tree Breeding (IFGTB), Coimbatore, by performing yoga by officers and staffs in a befitting manner, as per the directive of Ministry of AYUSH. Yoga demonstration following the Common Yoga Protocol was arranged in the lawns of IFGTB. The programme was initiated by an introduction about yoga by Dr. S. Murugesan, Group Co-ordinator Research, IFGTB. Speaking on the occasion, Group Co-ordinator Research, IFGTB emphasized the importance of principles of yoga in inculcating self discipline in a person.

Dr. Kunhikannan, Scientist-G and yoga enthusiast led the demonstration. The Asanas and practices forming part of the Common Yogo Protocol were selected for demonstration in such a way as to yield the maximum health & well-being to participants. GCR, Officers, Scientists, research scholars, technical assistants, and staff attended the yoga session.



Demonstration by Dr. Kunhikannan, Scientist





Demonstration by IFGTBians