

Report of International Yoga Day celebration by ICAR-Indian Institute of Soybean Research on

21 June 2020

International Yoga Day was Celebrated at home on 21 June 2020 from 8:00AM to 09:00AM using digital platform. All the staff of the institute including the Director have actively participated in the Yoga session alongwith their family members at their homes. The Yoga session was conducted by Expert Yoga Trainer Mrs Manjeet Kaur, MHSc Food and Nutrition, MA (Yoga), Diploma in Naturopathy, Accupressure and Auricular Therapist. The yoga session started with Pranayam followed by yoga-aasanas that boost the immunity looking to the Covid pandemic. The yoga session concluded with Meditation and Universal Peace Prayer. The glimpses of the International Yoga Day celebration using digital platform from home with family members is as under:

