

FOREST RESEARCH INSTITUTE, DEHRADUN
International Day of Yoga-2022
{21st June, 2022}

Yoga is an ancient Indian practice that helps to boost one's mental and social well-being. In fact, yoga is instrumental in developing strength and resilience apart from in building up psycho-physiological health and managing daily stress. The theme for International Day of Yoga 2022 is 'Yoga for humanity,' keeping in mind the significant mental, physical and emotional strife caused by the pandemic. Therefore, with a view to create awareness among the society about the importance of Yoga and its role in keeping the body and mind in perfect healthy, Forest Research Institute, Dehradun celebrated International Day of Yoga-2022 having the theme "*Yoga for humanity*" on 21st June, 2022 with lot of excitement. The programme was organized by Extension Division of FRI in the main front of building of FRI, Dehradun with Kendriya Vidhyalaya students and their teachers and officers, scientists, other employees of FRI & scholars of FRI Deemed University participated in the event. Smt. Richa Misra, IFS and Head Extension Division, FRI welcomed Dr. Renu Singh, IFS, Director, FRI and others who present on the occasion. A special welcome was also accorded to special Yoga teacher Mr. Kamlesh Bijalwan from Kendriya Vidhyalaya, FRI. She then invited Dr. Renu Singh, IFS, Director FRI for the inaugural address. Dr. Renu Singh addressed the gathering and spoke that the Yoga originated thousands of years ago, even before belief systems were born. The word Yoga was also mentioned in our ancient literature. She also spoke about International Day of Yoga aims to inculcate a habit of meditation for peace of mind and self-awareness which is necessary to survive in a stress-free environment and also how Yoga has helped people cope up with the stressful years of COVID pandemic.

In the end Dr. Charan Singh-F, Scientist, Extension Division, FRI delivered the vote of thanks. Dr. Devendra Kumar, Scientist-E compared the programme. Sh. Rambir Singh, Scientist-E & Sh. Vijay Kumar, ACF and other members of Extension Division, FRI contributed significantly in successful completion of the programme.

Glimpses of the Event



