

HARIT YOGA at ICFRE-AFRI, Jodhpur 2025

Report of IYD-2025 Organized at

ICFRE-AFRI, Jodhpur

ICFRE-AFRI, Jodhpur, celebrated the **11th International Yoga Day (IYD-2025)** with great enthusiasm and dedication by organizing a series of six different activities aimed at promoting physical and mental well-being through Yoga. The events were conducted from **19th to 21st June 2025** under the **Harit Yoga Signature Campaign**.

Pre-Practice Yoga Session

A Pre-Practice Yoga Session was conducted, in which all AFRI personnel participated enthusiastically. The session focused on guided meditation and relaxation techniques to prepare participants for the upcoming Yoga Day activities.

Leaflet Distribution Campaign (Harit Yoga Signature Event)

As part of public outreach under the Harit Yoga campaign, a leaflet distribution drive was organized across Jodhpur city (Locations: Residential Campus of AFRI, Roadways Bus Stop, Bhagatki Kothi Railway Station, and Jodhpur Railway Station). The campaign aimed to raise awareness about the benefits of practicing Yoga in natural surroundings.

Pre-Practice Pranayama Session

This session focused on breathing exercises (Pranayama) and was attended actively by AFRI staff. The program was presided over by **Dr. Tarun Kant**, Director, AFRI, Jodhpur.

Main Event – Yoga Sangam (International Yoga Day Celebration)

The main event, Yoga Sangam, was conducted jointly by AFRI and the State Forest Department (SFD), Rajasthan. Yoga sessions were led by Kum. Anuradha Goswami and Kum. Seema Rathoure, instructors from the Art of Living Foundation. The event was followed by a Tree plantation drive at the AFRI campus, reinforcing the link between Yoga and environmental sustainability. (Venue of Yoga: Community Hall, AFRI, relocated from Yoga Sthal due to heavy rain)

Motivational Talk on Yoga

Speaker: Kum. Rachna Purohit, Regional Coordinator, Art of Living Foundation, Jodhpur. A special talk titled "**Managing Body, Breath, and Mind through Yoga**" was delivered, emphasizing holistic well-being and inner harmony through Yogic practices.

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All events were presided over by **Dr. Tarun Kant**, Director, AFRI, Jodhpur. The activities enthusiastic participation from Officers, Scientists, Technical and Ministerial Staff, Contractual Staff, and Research Scholars, with a **total of 100 participants**.

The IYD-2025 celebrations at ICFRE-AFRI, Jodhpur, were successfully conducted, fostering awareness about the importance of Yoga in day-to-day life and highlighting the synergy between Yoga and environmental consciousness through the Harit Yoga campaign.



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