



CELEBRATION OF 2nd INTERNATIONAL YOGA DAY AT INSTITUTE OF FOREST PRODUCTIVITY, RANCHI

The second international yoga day was organized at IFP, Ranchi on 21st June. During the event, basic yoga poses that can be performed easily by the common person were practiced, that included circling of wrists, folding arms, stretching arms, taadaasan, circling the waist, forward bending, backward bending, side stretch, vajraasan, vrikshasan, bhujangasan and shvasan. This was followed by the practice of Pranaayam. Under Pranayaam, various breathing practices like Ujjayai, Kapalbhati, Anulom Vilom, Bhastrika, Bhramari were practiced. During the session, the importance of breathe control and proper posture was explained. Speaking on the occasion, Dr Shamim Akhtar Ansari, Director, IFP, emphasized how to live better life by following disciplined lifestyle changes including food habits. At the end of the practice session, fruits were distributed to the participants.



