

## Celebration of International Yoga Day at Tropical Forest Research Institute, Jabalpur

Fifth International Yoga Day was celebrated at Tropical Forest Research Institute, Jabalpur. Dr. G. Rajeshwar Rao, Director led the event along with all the scientists, officers and staff members of the institute. Various breathing exercises and important yogasanas for respiratory, posture and gastric issues, memory and concentration enhancement etc. were performed by the participants during the occasion. Senior officer Shri. C. Behera and Dr. P.B. Meshram also participated in the event.

### उष्णकटिबंधीय वन अनुसंधान संस्थान, जबलपुर में अंतर्राष्ट्रीय योग दिवस का आयोजन

उष्णकटिबंधीय वन अनुसंधान संस्थान, जबलपुर में पांचवां अंतर्राष्ट्रीय योग दिवस का आयोजन किया गया। डॉ. जी. राजेश्वरराव, निदेशक ने इस आयोजन का नेतृत्व किया जहां संस्थान के सभी वैज्ञानिकों, अधिकारियों और कर्मचारियों ने भाग लिया। आयोजन में प्रतिभागियों द्वारा विभिन्न श्वसन-, मुद्रा- और जठर-संबंधी, स्मृति और एकाग्रता बढ़ाने आदि के लिए महत्वपूर्ण व्यायाम और योगासन किए गए। वरिष्ठ अधिकारी श्री.सी.बेहरा और डॉ.पी.बी. मेश्राम ने भी इस कार्यक्रम में भाग लिया।

### Photo Gallery / चित्रप्रदर्शनी







21 June  
Yoga for Harmony & Peace





21 June  
Yoga for Harmony & Peace



## Media Coverage / मीडियाकवरेज

The **Hitavada**

JABALPUR ■ Saturday ■ June 22 ■ 2019

**CityLine** 5

### Tropical Forest Research Institute



Officers and employees performing Yoga at TFRI.

FIFTH International Day of Yoga was celebrated at Tropical Forest Research Institute (TFRI), Jabalpur. Dr. G. Rajeshwar Rao, Director led the event where all the scientists, officers and staff members of the institute together performed yoga. C. Behera and Dr. P. B. Meshram were also present at the occasion.

21 June

Yoga for Harmony & Peace

