

**Extension Division  
Forest Research Institute, Dehradun**

**Yoga programme in Forest Research Institute, Dehradun  
[6<sup>th</sup> May, 2022]**

As part of the programme “50 Days to International Day of Yoga-2022”, the Forest Research Institute, Dehradun organized a programme of yoga in its Officers Club in the morning of 6<sup>th</sup> May, 2022 at 8:00am where renowned yoga expert Shri C. P. Oberai, IFS (Rtd.), Former Director General Forests & Special Secretary, Ministry of Environment, Forests and Climate Change, Government of India, New Delhi took the yoga class along with yoga teacher Mrs. Rachna Goel.

At the outset, Smt. Richa Misra, IFS, Head, Extension Division welcomed Sh. Oberai, and Smt. Goel, Smt. Renu Singh, IFS, Director, FRI, and other senior officers, scientists and office staff from ICFRE and FRI to the Yoga session and requested to Shri Oberai, to begin the yoga class.

Sh. Oberai and Smt. Goel spoke about different Pranayams and Asanas beneficial for health and also gave a physical demonstration regarding these. These were simultaneously carried out by the participants. They also gave health tips during yoga class so as to keep the body and mind fit.

Later, all participants joined the online address of Hon’ble Minister, Shri Bhupender Yadav, Ministry of Environment, Forests and Climate Change, Government of India, New Delhi. The Hon’ble Minister in his speech said that Yoga is not connected to any religion and is a way of life to keep the body and mind fit and makes a man’s life more disciplined and balanced. He said that healthy individuals make a healthy society. He mentioned that the aim of the government is “*Sarve Bhavantu Sukhina, Sarve Santu Niramaya*” which can be achieved only through regular practice of Yoga in daily life.

The programme was attended by over 50 participants including Dy. Director Generals, Assistant Director Generals, Secretary from ICFRE, officers, scientists and office staff from FRI, Dehradun .

The team of Extension Division, Public Liaison Office, IT Cell, FRI and Engineering Cell, FRI including Mrs. Richa Misra, IFS, Head Extension Division, Dr. Charan Singh, Scientist-F Dr. Devendra Kumar, Scientist-E, Dr. K. P. Singh, Scientist-E, Sh. R.S. Topwal Sc E, Sh. N. Yadav, Sc E, Sh. Rajkishore and Shri Virender Rawat contributed in making the programme a success.

*Glimpses of the programme*



*Participants of Yoga Class and Hon'ble Minister at online Address*