



INSTITUTE OF FOREST BIODIVERSITY (IFB), HYDERABAD Report on International Yoga Day Celebration

The ICFRE-Institute of Forest Biodiversity (ICFRE-IFB), Hyderabad organized 10th International Day of Yoga (IDY) 2024 in the conference hall of ICFRE-IFB, Hyderabad on 21st June, 2024. The programme started with welcome address by **Shri. E. Venkat Reddy**, IFS, Director, briefed about the programme and highlighted the history of yoga and health benefits. Later the session was taken over by **Shri P. Srinivas**, Yoga Instructor and Team. A total of 25 Officers/ Scientists and Staff participated in this program.

During the Yoga session, many Yogasanas like Kapalbhathi, Anulom Vilom, Tadasana, Vajrasana, Pranayam etc. were practiced. They also emphasized the importance of yoga in day to day life and suggested to practice yoga regularly to remain fit and energized and also addressed the gathering about the major role of yoga in controlling the Diabetes, Thyroid, Blood Pressure etc. to the gathering. They thanked all the participants for their great zeal and enthusiasm to celebrate the Yoga day and he appreciated the Staff members. The overall program is coordinated by Shri E. Manikanta Reddy, Technician & Shri A. Sasidhar Reddy, Technician, Extension Division.

Glimpses of the Program

