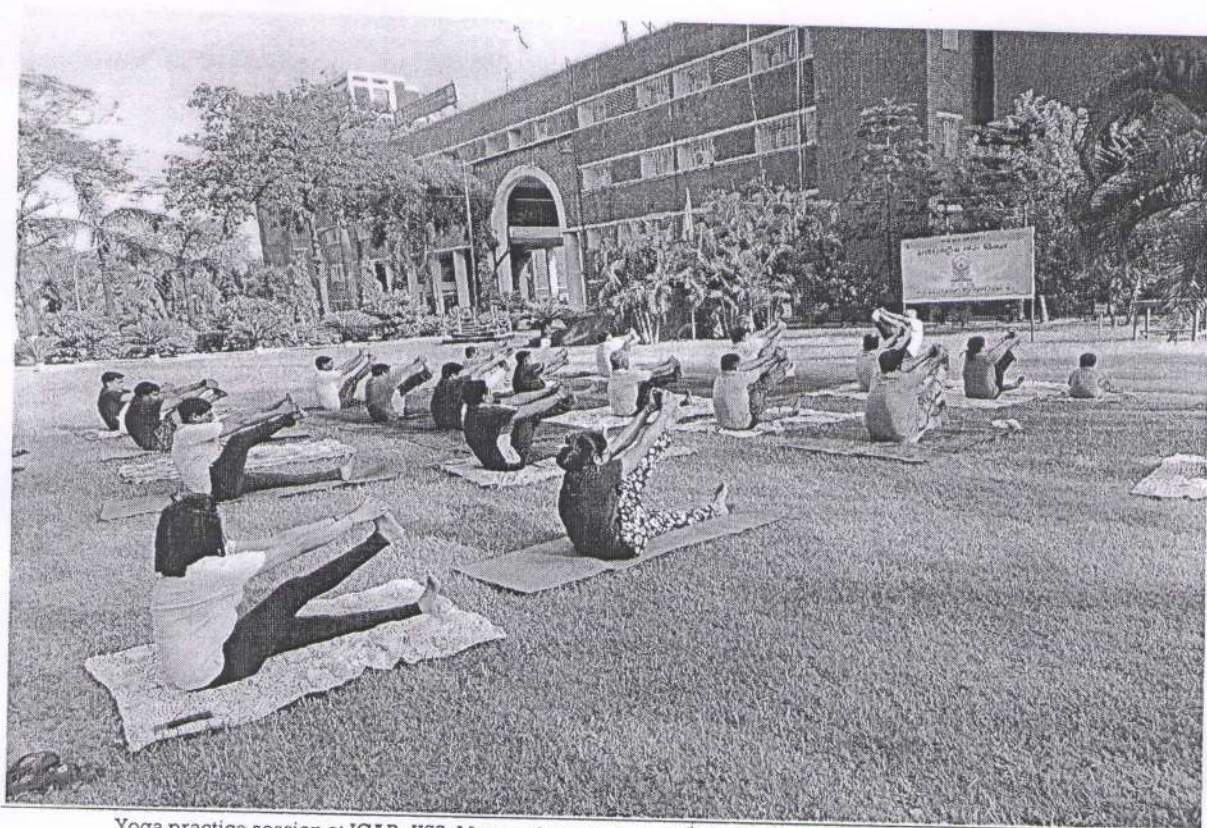


8th INTERNATIONAL YOGA DAY
21st June 2022



Yoga practice session at ICAR- IISS, Mau on the occasion of 8th International Yoga day on 21st June 2022

8th International Yoga day was celebrated at ICAR- Indian Institute of Seed Science, Mau with great enthusiasm. Director Dr. Sanjay Kumar also participated in the celebration.

The function began with a brief introduction of Yoga, by the Director ICAR- IISS. He emphasised its different forms, necessity in life & how it got international repute in recent past, he told that the International Yoga Day is a gift to the world by our PM Modi, who put forward proposal on 11th December 2014 in the United Nations General Assembly (UNGA), which was accepted by 193 Nations. 21st June is since been celebrated as International Yoga day & explained that regular practice of Yoga is an ultimate tool to achieve better mental and physical health. Further the staff of IISS has participated in the a Yoga practice session as organized in the institute campus in which staff enthusiastically has performed a few warm up and simple Asanas and the importance of these Asanas was simultaneously explained by the Director. The Yoga day celebration is came to an end with this.