



Report on International Yoga Day Countdown

Yoga works on our body, mind, emotion and boost energy levels. Mainly yoga is divided into four parts viz., Karmayoga, Bhaktiyoga, Jnanayoga and Kriyayoga. Sh. Narendra Modi, Honorable Prime Minister of India, took the initiative to celebrate Yoga Day on 27 September 2014, after that on 11th December, 2014, 177 countries in the United Nations approved the proposal to celebrate 21 June as International Yoga Day. This year, eighth International Yoga Day is being celebrated under the *Azadi Ka Amrit Mahotsav* programme. In this context, the Ministry of AYUSH, in addition to 21th June 2022, has announced International Yoga Day countdown on 06th May, 2022 for the purpose of spreading yoga beyond the borders of the country and creating more public awareness. Accordingly, Himalayan Forest Research Institute, Shimla organized 'International Yoga Day Countdown' on 6th May, 2022 in the Conference Hall of the Institute. All the Scientists, Officers, employees and project staff of the Institute participated in the program physically and the staff posted in different research centers of the Institute and families of the employees attended program virtually (115 No.).

At the outset, **Dr. Ashwani Tapwal, Scientist-F** welcomed, **Dr. S.S. Samant, Director** of the Institute, invited Keynote Speaker **Mr. Abhay Sharma**, Director, Himachal State Council Government Program, Personal Development Center, India, Art of Living and all other present physically and virtually. He briefed about the programme and highlighted history of yoga. **Dr. Samant** thanked the Keynote Speaker for coming to the program. He told that in view of the present lifestyle, it has become necessary to do yoga so that mental and physical happiness can be attained. **Mr. Abhay Sharma**, the keynote speaker of the program briefed about the importance of yoga. He said that physical and mental health is the natural result of yoga, besides it provides a healing touch to our body. He also demonstrated SUKSHAM YOGA and Pranayama such as *Bhramari*, *Kapal Bhati* and other yogas to reduce stress level. He further explained the *yoga kriya* to strengthen the lung and increase oxygen level. He cited the example of yoga benefits and told that their organization conducted online yoga trainings to covid patient during covid-19 period and results of which were encouraging. Shri Sharma answered the queries raised by the participants related to yoga and health. He further informed that *Sudarshan Kriya* is very beneficial for migraine, vision disorder and mental peace. At the end, **Dr. Joginder Chauhan, Chief Technical Officer** thanked the Director of the Institute, the Keynote speaker, Officers, employees, research scholars and the employees working in the field for joining the program. Sh. Kulwant Rai Gulshan, Sr. Tech. and Sh. Swaraj Singh, Tech. played important role in organizing the programme.




