

## ***International Yoga Day (21<sup>st</sup> June, 2016) was celebrated at TFRJ, Jabalpur***

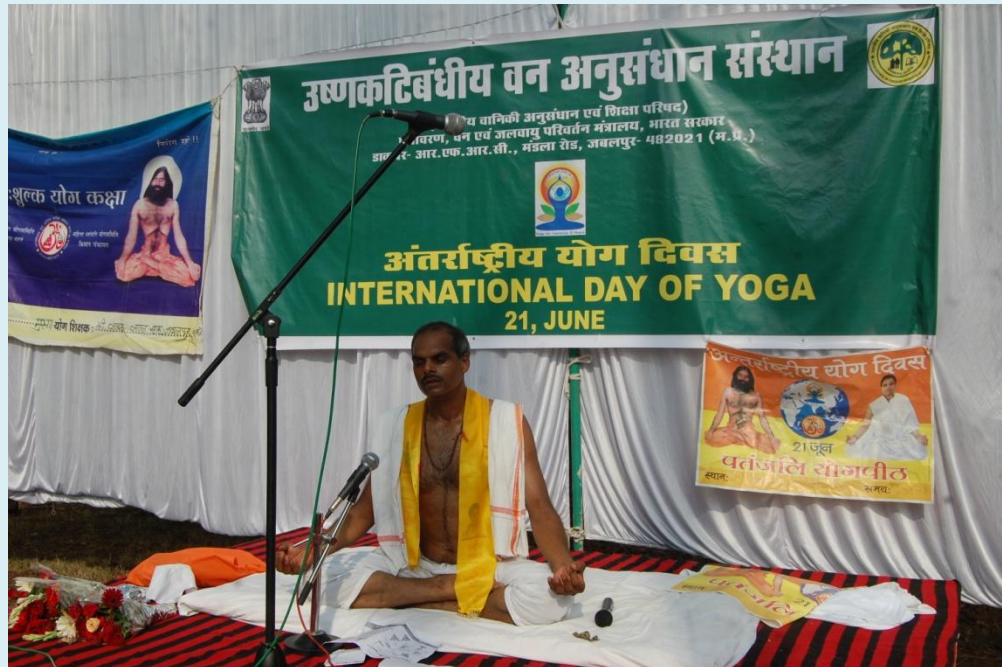


International Yoga Day was celebrated today on 21/06/16 from 7 – 9 am in beautiful campus of Tropical Forest Research Institute, Jabalpur. Dr. U. Prakasham, Director TFRI, Shri I.B. Jha, Commandant ITBP and Shri A. Roychaudhary, In-charge Wild Life Crime Control Bureau welcomed Yogacharya, Shri L.L. Shah by presenting bouquets. Shri Shah explained the history and benefits of Yoga to the audience. He requested the people to practice Yoga every morning to remain fit and energized. During the Yoga session, many Yogasanas like Kapalbhathi, Anulom Vilom, Vajrasana, Pranayam etc were practiced with Shri Shah.

Officers and employees of TFRI, Wild Life Crime Control Bureau and ITBP participated in the event and practiced Yoga. Dr. Nitin Kulkarni, Head, Extension Division delivered the vote of thanks to the Yogacharya. He also extended thanks to Director, TFRI, Incharge, Wildlife Crime Control Bureau and Commandant of ITBP for their active involvement for making the programme successful. The



programme was well conducted by Shri H.D. Pathak of TFRI with multimedia support from Shri Raghvendra Singh and Shri Sunil Jharia.



Yogacharya, Shri L.L. Shah practicing Yoga to the audience







People practicing Yogasanas