

## **Report on Celebration of 11<sup>th</sup> International Day of Yoga at KVK,Boudh**

11<sup>th</sup> International Yoga Day was celebrated by the KVK Staffs, Teachers students and staff of Agro Polytechnic college, Boudh on 21<sup>st</sup> June, 2025 from 7.30 AM to 9.30 AM. Dy. Director NHRDF Dr. T. Ambare & their technical staffs also participated in the celebration. The aim of the programme was promoting yoga practice as a holistic way of life among its staff, students and farmers. Sri Tapan Kumar Das extended a warm welcome to all the participants. The event focused on safeguarding the health and wellbeing of the institutes community. Yoga day is celebrated among the participants to make them understand the importance of yoga in their life. It helps them to understand how to maintain harmony between body and mind.

Sr. Scientist & Head explained the importance of the yoga in the life of youngsters. He explained that regular practice of yoga will help all achievement better mental and physical health. He started yoga demonstration with the yoga prayer. After which a few warm up and simple Asans were performed by the all participants enthusiastically and the importance of these Asans was explained simultaneously by Sri Tapan Kumar Das.

Dr. T. Ambare told the participants that the international yoga day is a gift to the world by Hon'ble PM Modi who put forward proposal on 11<sup>th</sup> December 2014 in the UNGA, which was accepted by 193 nations, 21<sup>st</sup> June is since been celebrated as International Yoga Day. He also explained the importance of breath in meditation. He encouraged all to practice yoga and meditation on regular basis for a healthy body and mind.

He also said that grain objective behind their celebration is to make this ancient Indian practice of yoga popular among the present generation of the people who are leading sedentary life and are unaware of its benefits. Present generation is addicted to the gadgets and this interactive inviting various physical problems in their life.

The function ended with vote of thanks by Mrs. Harapriya Sethy, Farm Manager (Horticulture), KVK, Boudh. 50 Nos of farmers and farm women also participated in this programme.

## Glimps of the Yoga Day



Sd/  
Sr. Scientist & Head  
KVK, Boudh