

Report on 7th International Day of Yoga (IDY) – 2021

In order to observe the 7th International Day of Yoga (IDY) – 2021 with a theme “Yoga for Wellness” at ICAR-National Research Centre for Grapes, Pune. ICAR-NRC for Grapes has organized the coordinated social media campaign for observation of IDY-2021 through Centre’s official Facebook page <https://www.facebook.com/icar.nrcgrapes/> as per the information received from the Council and from Ministry of Ayush, Government of India. The images on 03 days to go for IDY-2021 were posted on the Centre’s official Facebook page from 19th June, 2021 with the hashtag #YogaForWellness to create awareness and sensitizing the people about the celebration of IDY-2021 on 21st June, 2021 (Fig. 1).

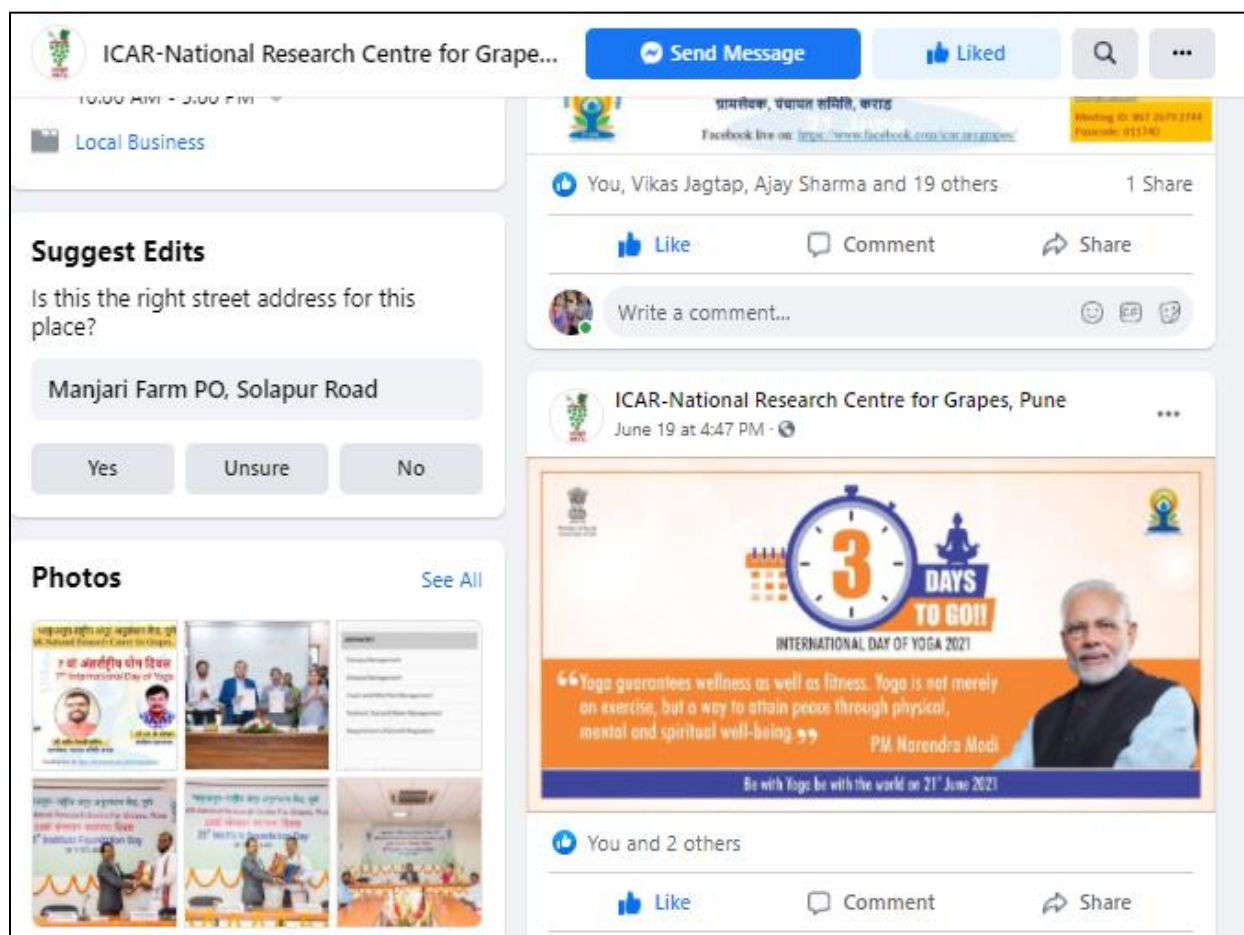


Fig. 1. Campaign on 03 Days to Go International Day of Yoga (IDY)-2021

On 21st June, 2021, ICAR-NRC for Grapes organized the celebration of 7th International Day of Yoga – 2021 virtually by following all the measures to contain the spread of COVID-19. Similarly, to campaign the IDY-2021, the flyers were circulated among the various WhatsApp groups and ICAR-NRC for Grapes official Facebook page (Fig. 2).



भाकृअनुप-राष्ट्रीय अंगूर अनुसंधान केंद्र, पुणे
ICAR-National Research Centre for Grapes, Pune



7 वां अंतर्राष्ट्रीय योग दिवस

7th International Day of Yoga



डॉ. आर. जी. सोमकुंवर
निदेशक, भाकृअनुप-राअंअनुकें



श्री. मनीष नेताजी पाटिल
ग्रामसेवक, पंचायत समिति, कराड



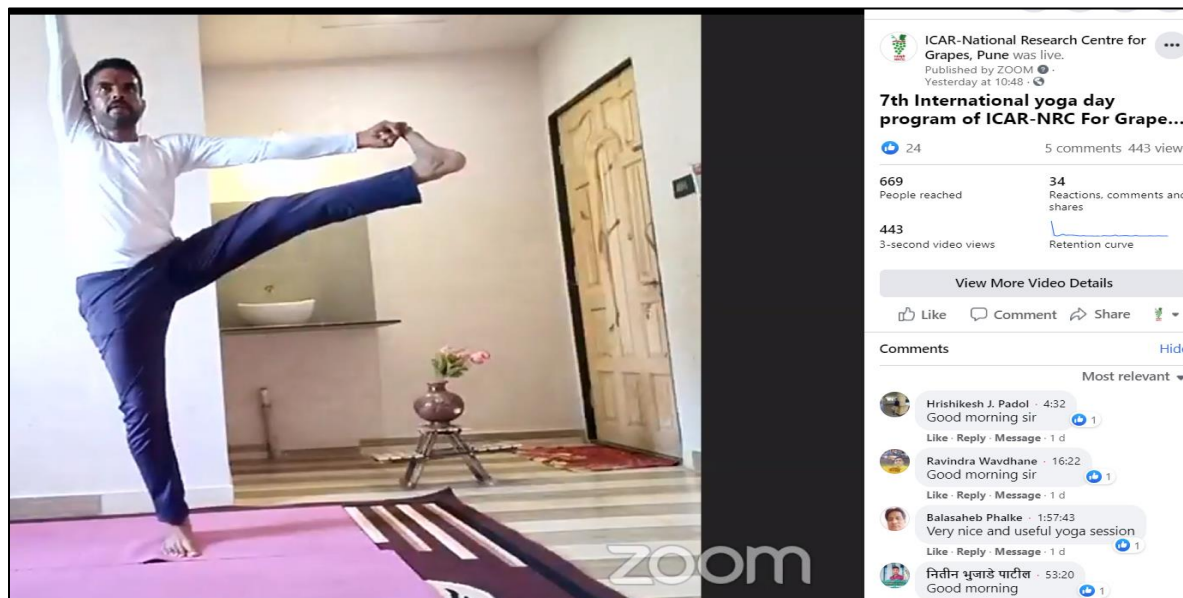
डॉ. एस. के. होल्कर
कार्यक्रम समन्वयक

Facebook live on: <https://www.facebook.com/icar.nrcgrapes/>

कार्यक्रम विवरण:
 Date: 21st June, 2021
 Time: 11.00 to 1.05 PM
 Join us on the link:
<https://us02web.zoom.us/j/86726792744?pwd=N3Uvb1FsVENDVW1xbVhrNDNmY2lRZz09>
 Meeting ID: 867 2679 2744
 Passcode: 011740

Fig. 2 Campaign on IDY-2021 in various WhatsApp and Facebook Page

A total of 700 participants attended the program virtually (40 by Zoom meeting) and (669 by NRCG Facebook page). Mr. Manish Netaji Patil, Yoga Expert and Gramsevak, Panchyayat Samiti, Karad, District Satara, Maharashtra was the chief guest of the program. The Program covered the following topics viz., the Yoga asana and physical warm up exercises, desktop yoga, energizing pranayama, and meditation, deep relaxation technique, *Suryanamaskar*, the science behind the powerful breathing technique, strategies for work-life balance, approaches to handle stress at work place, healthy lifestyle and eating habits.



Yoga postures by Mr. Manish Patil, Yoga Expert

Dr. R. G. Somkuwar, Director (A), ICAR-NRCG welcomed all the participants and deliberated the Importance of Yoga and IDY-2021 in a day to day life. Dr. S. K. Holkar, Nodal officer (Program Coordinator), ICAR-NRCG presented the brief introduction of the chief guest Mr. Manish Netaji Patil. This was followed by the presentation on “An Introduction to yoga and Lifestyle” by Dr. S. K. Holkar to make aware the participants about various yoga postures, *Pranayam*, *Suryanamaskar*, and their importance for curing various diseases like, diabetics, hypothyroidism, hyperthyroidism, blood pressure, constipation, indigestion, and different types of body pain etc. Some of the figures are presented here (Fig. 3, 4, 5).



Fig. 3. Asana for good health of spinal cord and for proper blood circulation.



Fig. 4. Yoga Asana helpful for the fat burning and reducing the body weight.



Fig. 5. Various yoga postures for curing the body pain

Mr. Manish Patil, the Chief Guest of the IDY-2021 program, demonstrated > 80 yoga postures, *Pranayam, Bhastrika, Nadi Shodhan Pranayam* with their benefits to the human body. He has also emphasized that the yoga improves the physical, mental and spiritual status of the body. Yoga is the ultimate coordination between the body and soul. After the yoga session by the chief guest, participants interacted on yoga for different diseases and stress reduction.

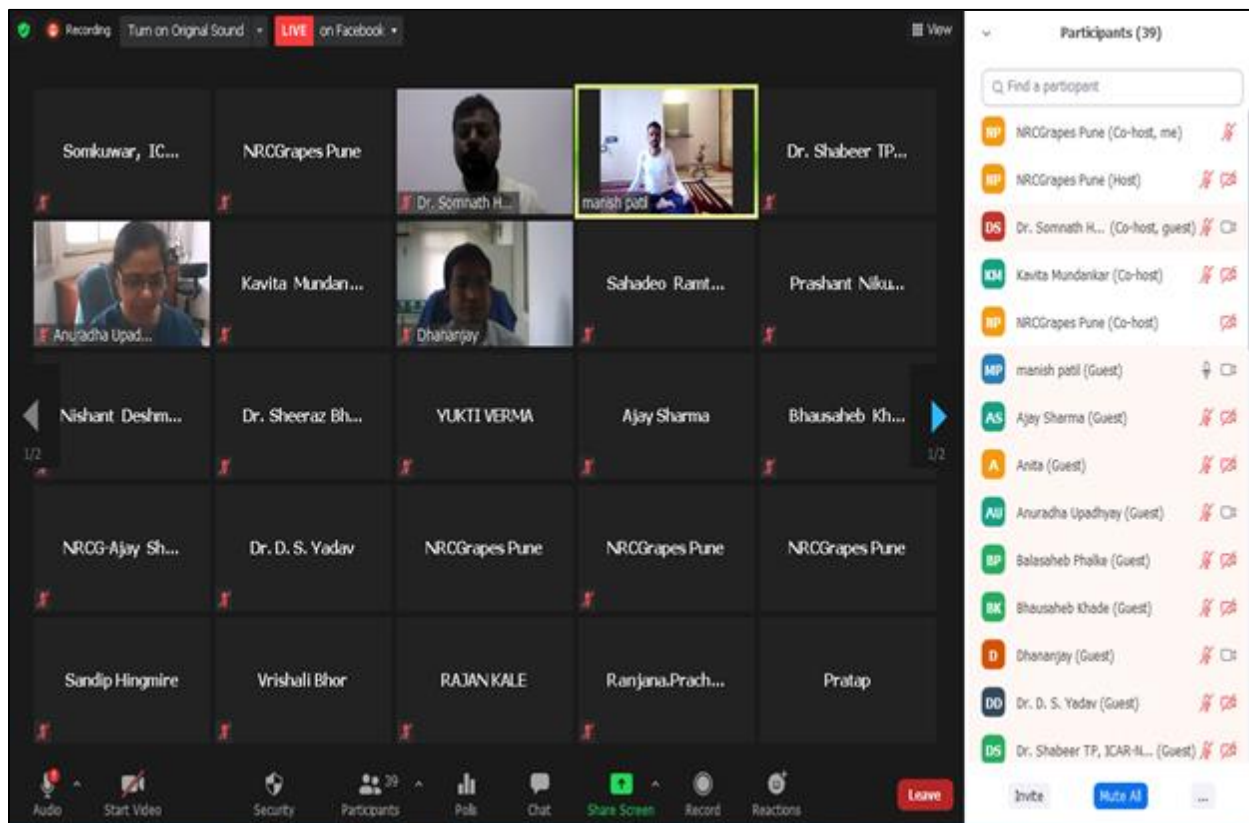


Fig. 6 List of participants in IDY-2021 at NRCG via virtual mode.

The IDY-2021 was ended by vote of thanks proposed by Dr. S. K. Holkar, Nodal officer, IDY-2021 at ICAR-NRC for Grapes, Pune. Overall, 669 participant attended both by zoom meeting and Facebook live program conducted by ICAR-NRC for Grapes Pune.

Sincerely Yours

Dr. S. K. Holkar
Scientist and Nodal Officer
IDY-2021, ICAR-NRC for Grapes, Pune