



Report on organization of 9th International Day of Yoga (IDY) – 2023

9th International Day of Yoga (IDY) was celebrated at ICAR-National Research Centre for Grapes, Pune with a theme “Yoga for *Vasudhaiva Kutumbakam*”. Dr. Kaushik Banerjee, Director welcomed the Chief Guest, Mrs. Urmila Harpale, a Yoga Expert, from Fursungi, Pune and highlighted the importance of Yoga in everyone’s life. Mrs. Urmila Harpale demonstrated the different postures of Yoga Asana and physical warm up exercises, body stretching and muscle relaxation, yoga postures, *Suryanamaskar* and meditation. A total of 50 participants including scientists, technical, administrative staff, contractual and students attended the program. The IDY-2023 was ended by vote of thanks proposed by Dr. S. K. Holkar, Senior Scientist and Nodal officer, IDY-2023 at ICAR-NRC for Grapes, Pune.

