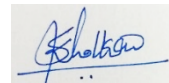


Report on organization of 10th International Day of Yoga (IDY) – 2024

To observe the 10th International Day of Yoga (IDY) – 2024 with a theme “Yoga for Self and Society” at ICAR-National Research Centre for Grapes, Pune. ICAR-NRC for Grapes has organized the IDY-2024 physically. A total of 20 participants including scientists, technical and administrative staff, contractual and students attended the program physically. Dr. Anuradha Upadhyay, welcomed the Chief Guest. Mrs. Poonam Rathod, a Yoga Expert, from Wadaki, Pune, Maharashtra. Mrs. Poonam Rathod demonstrated the different postures of Yoga Asana and physical warm up exercises, body stretching and muscle relaxation, yoga postures, *Suryanamaskar Pranayam* and meditation. The IDY-2024 was ended by vote of thanks proposed by Dr. S. K. Holkar, Senior Scientist and Nodal officer, IDY-2024 at ICAR-NRC for Grapes, Pune.



Sincerely Yours



Dr. S. K. Holkar
Senior Scientist and Nodal Officer
IDY-2024, ICAR-NRC for Grapes, Pune