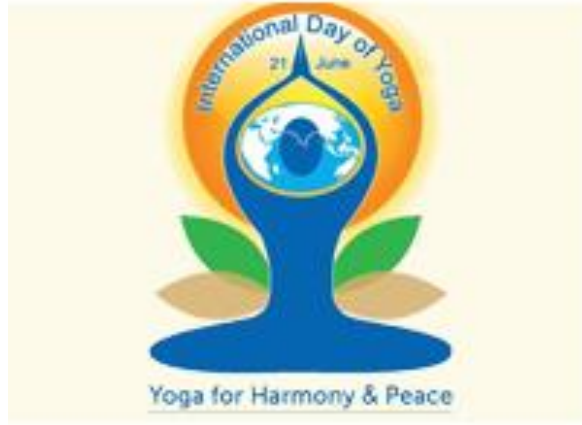


## International Day of Yoga-2020 at CSIR-NISTADS



6<sup>th</sup> International Day of Yoga 2019 was celebrated at CSIR-NISTADS with full enthusiasm. About 20 staff members participated and practised Yoga from 08.00 AM to 08.45 AM. The function was formally inaugurated by Dr. Ranjana Agarwal, Director CSIR-NISTADS. She discussed all the good effects Yoga can bring in our life. She further discussed how best we can adopt Yoga to take control of our life and destiny. Yogāsanas and Prāṇāyāma as per Common Yoga Protocol, Ministry of AYUSH, Government of India were followed and practised. At the end, Dr. Mohammad Rais, Chief Scientist extended the vote of thanks and motivated the participants quoting the message of Honourable Prime Minister Sh. Narendra Modi “Yoga is good for community, immunity and unity”. Dr. Rais expressed his thanks to our Director, Dr. Ranjana for encouragement well in advance. He thanked Dr. Suman Ray, Co-Coordinator and also thanked Sh. Avinash Kshitiz, Coordinator, and Shri A.K. Bhardwaj; I.T. Division, for all kind of support needed to make the event successful. A very special thanks was given to Sh. Kashmiri Lal for facilitating various steps of Yoga. Finally, Dr. Rais gave his best wishes for Safe & Healthy Stay to all NISTADS family & all fellow colleagues.

### **Prayer**

#### **Sadilaja /Cā lana Kriyas/Loosening Practices**

Griva Chalan Kriya, Sakandh Chalan Kriya and, Ghutana Chalan Kriya

#### **Yogāsanas**

Vṛkṣāsana, Vajrāsana, Uṣṭrāsana, Śśānkāsana,, Bhujāṅgāsana, Setubandhāsana, and Śāvāsana.

#### **Prāṇāyāma**

Kapālabhāti and Bhrāmarī Prāṇāyāma

Ṣantih Pātha