

Yoga Day at ICAR-DCR, Puttur, Karnataka

Theme: Yoga for Women Empowerment

International Yoga Day was celebrated at ICAR- Directorate of Cashew Research, Puttur on 21st June 2024. A talk on the importance of yoga and guided yoga session for the staff members marked the occasion. “Yoga for women empowerment” has been the main theme of Yoga Day celebrations this year. Dr. Uday Kumar K., Department of Yogic Science, Mangalore University, Mangalore was the Chief Guest on the occasion. He explained the importance of yoga, how scientific is it, how it can help in overcoming stress and other common health problems, and how carefully it should be practiced without considering it as just a “Show-up” exercise.

Dr. Uday Kumar, emphasized the role of yoga in women’s life and explained how it can come to their help at different stages of their biological and physiological growth. All the staff members participated in the program and yoga session. The talk was followed by a guided yoga practicing session and finally a session on question and answers. Sri Prakash G Bhat, Nodal Officer, Yoga Day, coordinated the program. He thanked all participants for their enthusiasm and for taking an active part in the Yoga Day celebration.

