

REPORT ON CELEBRATION OF INTERNATIONAL YOGA DAY AT ICAR-NBSS&LUP ON 21st JUNE 2018

ICAR-NBSS&LUP HQrs., Nagpur and its Regional Centres celebrated “**International Day of Yoga**” on June 21, 2018. All the staff members actively participated in the event. The yoga programme started with basic yoga practices first in standing position and later in sitting and lying positions followed by pranayam methods. The staff followed the yoga master's instructions of doing yoga. The yoga master also explained the usefulness of each yoga and how practicing regularly and relentlessly can cure oneself of some common health problems. They also said that it can also be of preventive life saving measure for many dreaded diseases and symptoms.

Sh. Ripu Suden and Sh. Rohit Mishra, the Professional Yoga Instructors of Art of Living Institute, Kolkata were invited to demonstrate yoga to the staff of the Regional Centre, Kolkata. At the outset, he briefly explained the necessity and utility of Yoga in daily life towards stress management. Later on, joint exercises on stretching, bending, breathing and anulom-bilom were taught by the Instructors.

At Regional Centre, Bangalore, the yoga session started with warm up by doing neck bending, neck rotation, shoulder movement. Basic *Asanas* viz., Tadasana, Vrukshasana, Padahasthasana, Ardhs Chakrasana, Trikonasana, Bhadrasana, Vajrasana, Uttana Mandukasana, Vakrasana, Shalabhasana, Uttana padasana, Ardh Halasana, Pavanamuthasana and Shavasana were performed.

The programme at Regional Centre Delhi was conducted by Dr. Chitra Chand, Yoga Therapist, Morarji Desai National Institute of Yoga, New Delhi. The staff members performed different Yoga activities as per instruction. Then she demonstrated several kinds of Yoga that the staff members followed.

At Regional Centre, Jorhat yoga programme was conducted at the office premises by Yoga trainer Shri Mantu Baruah of Jorhat. He demonstrated different kinds of yoga.

At Regional Centre, Udaipur yoga programme was conducted at the office premises by Yoga trainers namely Shri Chaturbhuj Dashora and Sh. Radheshyam Sharma. They demonstrated different kinds of yoga to the staff members.

LIST OF PARTICIPANTS

HQrs., Nagpur	
1.	Dr. S.K. Singh, Director
2.	Dr. T.K. Sen
3.	Dr. Rajeev Srivastava
4.	Dr. R.A. Marathe
5.	Dr. M.S.S. Nagaraju
6.	Dr. G.P. Obi Reddy
7.	Dr. Pramod Tiwary
8.	Dr. S. Chattaraj
9.	Dr. R.P. Sharma
10.	Sh. Benukantha Dash
11.	Sh. Sanjay Bokolia
12.	Dr. N.C. Khandare
13.	Dr. A.M. Nimkar
14.	Sh. Anshul Gupta
15.	Sh. T.L. Khobragade
16.	Dr. M.T. Sahu
17.	Sh. S.S. Gaikawad
18.	Sh. S.G. Anantwar
19.	Sh. V.T. Sahu
20.	Sh. Vijay Bhongade
21.	Sh. Bhondwe
22.	Sh. Ajay Meshram
23.	Sh. Mate
24.	Sh. Shashi Patil
25.	Sh. S. Shingade
26.	Sh. A.M. Sheikh
27.	Sh. Kapse
Regional Centre, Kolkata	
1.	Dr. A.K.Sahoo
2.	Dr. S.K.Gangopadhyay
3.	Dr. K.Das
4.	Dr. D.Dutta
5.	Dr. B.N. Ghosh
6.	Dr. S. Mukhopadhyay
7.	Dr. T.Chattopadhyay
8.	Dr. S.K.Reza
9.	Dr. Siladitya Bandyopadhyay
10.	Dr.(Smt.) Sunita Das
11.	Dr. (Smt.) J.Mukhopadhyay
12.	Dr. Abhijit Halder
13.	Sh. V. Mohan
14.	Sh. S.Islam
15.	Sh. Ratan Kumar Dutta

16.	Smt. Soma Saha
17.	Sh. Pronobesh Mandal
18.	Smt. Rituparna Basu
19.	Sh. Sudarson Sarkar
20.	Sh. S.Karmakar
21.	Smt. Kalpana Biswas
22.	Sh. Mahesh Roy
23.	Smt. Nirmala Kumar
24.	Smt. Aparna Das
25.	Sh. N.L.Pramanik
26.	Smt. Radha Turi
27.	Smt. Alpana Roy
28.	Sh. B.K. Saha
29.	Sh. Sailen Sardar
30.	Sh. Ramesh Das
31.	Sh. Pulakesh Bhunia
32.	Sh. Mukul Dutta
33.	Sh. Gopal Rajbhar
34.	Sh. Raju Paul
35.	Sh. Rabi Pramanik
36.	Sh. Sumit Das
37.	Sh. Sankar Paswan
38.	Smt. Gouri Rajbhar
Regional Centre, Bangalore	
1.	Dr. Rajendra Hegde
2.	Dr. S.C. Ramesh Kumar
3.	Dr. B.A. Dhanorkar
4.	Sh. Venkatesh D H.
5.	Dr. M. Chandrakala
6.	Smt. Arti Koyal
7.	Dr.S. Srinivas
8.	Sh. Shivappa Angadi
9.	Dr. Kalaiselvi
10.	Dr. Karthika
11.	Dr. Dharumarajan
12.	Sh. M.Jayaramaiah
13.	Sh. C. Nagaraj
14.	Sh. N. Sampangi
15.	Sh. M.T. Narasimha Murthy
16.	Dr. M. Lalitha
17.	Sh. Madappa - Contract
18.	Sh. Somashekar - Contract
19.	Sh. Md. Salman – Photographer - Contract
Regional Centre, Delhi	
1.	Dr. S.K. Mahapatra
2.	Dr. T.P. Verma
3.	Dr. Jaya Niranjane Surya

4.	Dr. P.J. Khankhane
5.	Dr. Dharam Singh
6.	Dr. R.K.Meena
7.	Shri. Ashok Kumar
8.	Shri. Vikas
9.	Ms. Ritu Nagdev
10.	Mrs. Prabha Susan Philip
11.	Dr. Ram Gopal
12.	Shri. K.M. Pal
13.	Shri. Arvind Kumar
14.	Dr. Dilip Kumar
15.	Shri. K.K. Bhardwaj
16.	Shri. Sabu. S
17.	Shri. Sumit Sindhu
18.	Mrs. Sunita Mittal
19.	Shri. Kamlesh Sharma
20.	Shri. Parshuram Kharwar
21.	Shri. Kuldeep Singh
22.	Shri. Shiv Kumar
23.	Shri. Rajneesh Kumar
24.	Shri. Makan Singh
25.	Shri. Vasdev
26.	Shri. Priya Shankar Chaudhary
27.	Shri. Roshan Lal
28.	Shri. Radhey Sham
29.	Shri. Raj Bhallab Mahto
30.	Shri. Rakesh Kumar
31.	Shri. Harender Singh Rawat
32.	Shri. Saikat Guin
33.	Shri. Pankaj Kumar
34.	Smt. Yati Sharma
35.	Smt. Anuradha Chauhan
36.	Smt. Anisha
37.	Shri. Deepak
38.	Shri. Ankur Rawat
39.	Shri. Kishan Dev

21 जून 2018 के अन्तर्गत अन्तर्राष्ट्रीय योग दिवस पर कर्मचारियों की उपस्थिति :-

क्रम	अधिकारी व कर्मचारी का नाम	विभागीय पदनाम
वैज्ञानिक		
1	डॉ.पी.सी. मोहराना	वैज्ञानिक
प्रशासनिक		
1	श्री राजेश चौधरी	सहायक प्रशासनिक अधिकारी
2	श्री हरीश राजपूत	निजी सहायक
3	श्री उन्नीकृष्णन नायर	वरि. लिपिक
4	श्री विक्रम सांखला	वरि. लिपिक
5	श्री भेंवर सिंह देवड़ा	क.लिपिक
तकनीकी		
1	डॉ भगवती लाल टेलर	वरि तकनीकी अधिकारी
2	श्री कुन्दन मल सोनी	तकनीकी अधिकारी
3	श्री नजरदाद खान	तकनीकी अधिकारी
4	श्री नोला राम ओला	तकनीकी अधिकारी
5	श्री बंशी लाल जाट	तकनीकी अधिकारी
6	श्री सोहन लाल शर्मा	वरि तकनीशियन
7	श्री जीतेन्द्र सिंह राव	वरि तकनीशियन
8	श्री चेतन कुमार कुमावत	वरि तकनीशियन
9	श्री शिव पाल सिंह	वरि तकनीशियन
10	श्रीमती वन्दना पाटिल	तकनीशियन
11	श्री भेंरुशंकर कुमावत	वरि तकनीकी सहायक (वर्कशाप स्टाफ)
12	श्री अम्बा लाल भोई	तकनीकी सहायक (वर्कशाप स्टाफ)
13	श्री मनीष चौधरी	तकनीशियन (वर्कशाप स्टाफ)
स्कील्ड सपोर्टिंग		
1	श्री देवीलाल प्रजापत	एस.एस.जी
2	श्री मोहनलाल मेघवाल	एस.एस.जी


22/6



