

PRESS RELEASE

Institute of Horticulture technology Greater Noida celebrated the International Yoga Day on June 21, 2019. With enthusiastic participation of trainees, farmers and Horticulture Officers from District Palamu and East Singhbhum, Jharkhand besides faculty members and staff of IHT.

A team of yoga experts presided over the session and explained the essence of yogic exercises on the health of individuals in daily life. They headed a session with practical demonstration of yoga asanas.

The day started with lighting of the lamp and seeking the blessings of the Almighty. The lamp lighting was felicitated by Co- Chairman Shri Sanjay Sudan, a team of yoga experts and other participants. The team of yoga experts addressed the gathering. The President, RWA, Alpha-1, Greater Noida, Shri Jitender Bhati was also invited on this occasion to teach yoga. He shared his experience and words of wisdom on, "Towards excellence" enlightening the participants about scientific relevance and importance of Yoga in ones life, which also helps in stress reduction for a healthy body and mind.

Regional Chairman, Bhartiya Yog Sanstha, Shri Jaswir Singh, Mrs. Sonia Gawa, Shri Biresh Arya, Shri Dharamveer Pradhan and Shri Rakesh Sharma and team imparted a informative Yoga training to all the participants during the session.

The participants were introduced to yoga asanas like Kapalbhati, Anulom Vilom, Bhramri, Katichakra, pranayama, Dhyana, Sankalp etc. in accordance to the Common yoga Protocol - CYP of The Ministry of Ayush, Govt of India. Prayers were also recited both before and after the session.





