

International Yoga Day Celebrations at CSIR-CMERI, Durgapur

Brief Report



CSIR-CMERI celebrated the International Yoga Day on 21st June 2016 in the institute staff club auditorium. Director, scientists and other staff members of CSIR-CMERI family participated in the yoga day celebration. The day was kicked off by Mr. Varinder Singh, mechanical engineer by profession and a senior teacher in yoga and pranayama in Durgapur, recognising the ancient Indian science's "holistic approach to health and well-being." He urged that practicing yoga will bring a rhythm in life.

Yoga is feeling the connection with oneself and with everyone around. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and is a holistic approach to health and well-being. Yoga is aspiring for the highest goal of the world as one family. He mentioned that everybody wants a disease free body, confusion free mind, sharp intellect, and these can be achieved by practicing yoga.

After briefing the benefits of yoga, all the participants performed and enjoyed yoga 'asanas' demonstrated by Mr. Singh. It was followed by an experience sharing session, where participants expressed their feeling after yoga sadhna.

