



**7<sup>th</sup> International Day of Yoga  
Celebrations  
21<sup>st</sup> June, 2021**

**REPORT**



राष्ट्रीय वनस्पति स्वास्थ्य प्रबंधन संस्थान  
NATIONAL INSTITUTE OF PLANT HEALTH MANAGEMENT

Rajendranagar, Hyderabad - 500 030, Telangana



रा व स्वा प्र सं  
NIPHM

'**Yoga**, simple meditation, and the adoption of specific bodily postures, is widely practised for health and relaxation, a part of which, including breath control.'

The **International Day of Yoga** is celebrated on **21<sup>st</sup> June** throughout the world and for the first time it was celebrated on 21 June 2015.

## **Why 21 June is chosen for celebrating International Day of Yoga?**

21 June is the day to pay homage to the Sadgurus. This is also the day of the Summer solstice. During the June solstice, the North Pole is tilted towards the Sun or we can say that the sun begins to move from North to South. From Yoga's perspective, this time is the transition period, i.e. a better time for meditation.

## **Objectives of International Day of Yoga**

- Make people aware about the benefits of Yoga and connect them with nature.
- To reduce the rate of health-challenging diseases in the world.
- Spreading growth, development and peace throughout the world.
- Making people aware about physical and mental illness and providing solutions through Yoga. It also aims to develop habit of meditation for peace of mind, self-awareness which is necessary to survive in a stress-free environment

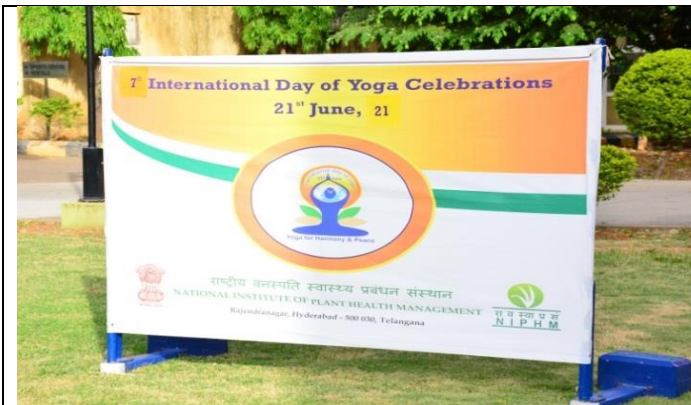
## **Celebration of 'International Day of Yoga' at NIPHM**

International Day of Yoga was celebrated for the first time on 21-6-2016. Since then, every day morning from 7.15 a.m. to 8.15 a.m. yoga sessions are being taken regularly. NIPHM staff members along with trainees attending trainings at NIPHM are participating in the sessions.

This year also, National Institute of Plant Health Management (NIPHM) has celebrated the 7<sup>th</sup> International Day of Yoga on 21-6-2021.

One hour Yoga session was organised through virtual mode along with the physically mode (with limited members with the Staff/Trainees/Participants in the Institute) in the august presence of Dr. Sagar Hanuman Singh, IPoS., Director General, NIPHM.

Dr. J. Alice R.P. Sujeetha, Director (PB), Dr. Vidhu Kampurath P, Joint Director (PHE) and other staff members, trainees participated in the Yoga session.



Mr. Roopender, Yoga Instructor has explained the benefits of yoga and demonstrated the yoga 'asanas'.



Director General, NIPHM speaking on the occasion, emphasized on the importance of Yoga and appreciated the efforts of Yoga Master in motivating and training the staff and trainees regularly.

All the participants actively practiced Yoga as demonstrated by the yoga instructor.

Since 21-06-2016, NIPHM has been organizing Yoga sessions every day morning from 7.15 a.m. to 8.15 a.m. The staff members along with trainees attending trainings at NIPHM are participating in the yoga sessions regularly.

**Details of the Trainees/Farmers/Staff attended Yoga Sessions at NIPHM during  
July, 2020 to June, 2021**

<b>Month &amp; Year</b>	<b>No. of National Trainees &amp; Farmers</b>	<b>Total</b>
July-2020	20	20
August-2020	20	20
September-2020	25	25
October-2020	25	25
November-2020	30	30
December-2020	30	30
January-2021	35	35
February-2021	35	35
March-2021	40	40
April-2021	40	40
May-2021	45	45
June-2021	50	50
<b>Total attended the Yoga Session</b>		<b>395</b>

**Details of the Trainees/Farmers/Staff Family attended Yoga session at NIPHM during  
the year 2016-17, 2017-18, 2018-19, 2019-20 and 2020-21**

<b>Year</b>	<b>Total attended the Yoga session</b>
2016-17	364
2017-18	482
2018-19	800
2019-20	716
2020-21	395
<b>Grand Total</b>	<b>2757</b>