

Celebrations of Azadi Ke 75 saal, fitness rahe bemisaal with yoga program at ICAR-CIPHET, Ludhiana

ICAR-CIPHET, Ludhiana organized a yoga program on 18 October 2022 under *Azadi ka Amrit Mahotsav* with theme *Azadi Ke 75 saal, fitness rahe bemisaal* at Children's Park ICAR-CIPHET Ludhiana. On this occasion Mr. Shiv Kumar Sharma, Yoga Expert, Jyoti Kendra Hospital Ludhiana addressed the participants and explained the various asanas and highlighted the importance of yoga in human life for holistic development. More than 70 participants performed various yoga asana at the playground of the institute on this occasion. Dr. Nachiket Kotwaliwale Director, ICAR-CIPHET, elucidated the urgent need to adopt good food habits and yoga in our day-to-day life for healthy mind and body. All the staff and CIPHET campus members actively participated and performed various yoga asanas.

