

International Yoga Day Celebrated at ICAR-NBAIR, Bengaluru

ICAR–National Bureau of Agricultural Insect Resources (ICAR-NBAIR), Bengaluru, celebrated the 11th International Day of Yoga with great enthusiasm on 21 June 2026. The programme was organized by the Staff Welfare Association (SWA) with the objective of promoting physical fitness, mental well-being, and a healthy lifestyle among the staff members.

The programme was presided over by Dr. T. Venkatesan, Director, ICAR-NBAIR. In his address, Dr. Venkatesan highlighted the significance of yoga as India's invaluable ancient contribution to global health and wellness. He encouraged all staff members to practice yoga regularly to achieve physical fitness, mental peace, and emotional balance.

The yoga session was expertly moderated by Mrs. Amala, who guided the participants through various yoga postures, breathing exercises, and relaxation techniques. The session emphasized the importance of incorporating yoga into daily life for maintaining holistic health and enhancing workplace productivity.

Scientists, officers, administrative staff, technical personnel, and students actively participated in the event. The celebration concluded with a pledge to adopt yoga as a regular practice and to promote its benefits within the community.

The event reflected ICAR-NBAIR's commitment to fostering a healthy and harmonious work environment and reaffirmed the institute's support for the message of International Yoga Day: "Yoga for One Earth, One Health."







