

Three Day Workshop In Connection With International Day of Yoga Day 2018

As part of the International Day of Yoga (IDY-2018), CMLRE, Ministry of Earth Sciences, Kochi organized a three day Yoga training workshop and demonstration during 19th -21st June 2018 at Kakanad as per the guidelines by Ministry of AYUSH. Conducted one hour yoga classes during the three days (19-21st June 2018) which was coordinated by Chief Medical Officer Dr.Jyothi from Nethaji Institute of Nature Cure and Yoga, Kakanad, Kochi, supported by an instructor for demonstration. During the concluding session on 21st June, Director, CMLRE, Dr.M.Sudhakar explained the importance of Yoga in the in the present day lifestyle for wellness and health. Also Dr.G.V.M.Gupta, Senior Scientist, CMLRE, narrated the inspirational experience gained during the three day session. Dr.Jyothi explained the advantages of practicing Yoga as a routine activity and explained how certain diseases can be kept off by practicing Yoga regularly.



