Celebration of 3rd International Yoga Day at Dte. Of PPQS Hqr, Faridabad

The Directorate of Plant Protection, Quarantine & Storage, NH IV, Faridabad celebrated 3rd International Yoga Day on 21.06.2017 with great enthusiasm.

The main programme of Mass Yoga Demonstration by trained Yoga Teacher on Common Yoga Protocol was organised successfully in Central Insecticides Building Campus from 07:00 to 08:00 Hrs, which was attended actively by 150 Officers/Officials including the Plant Protection Adviser, Dr. A K Sinha.

In association with leading Yoga Institutions, the talks on Stress Management through Sahaj Yoga and Mind, Body Control through Vihangam Yoga was Organised in CIPMC Auditorium from 10:30 to 12:00 Hrs where the speakers pitched for treating various diseases through the ancient spiritual discipline Yoga.

After the programme, the Plant Protection Adviser, Dr. A K Sinha, advised the participants to exercise the Yoga on daily basis and to organise such lecturers/seminars at regular intervals. Handout related to “RojeKareiYoga” were distributed among the participants.

He also asked to explore the possibility of arranging trained Yoga Teacher for staff before/after office hours for nearly 45 minutes to reconnect with “Holistic Health” and ourselves.
PPA addressing to participants on International Yoga Day on 21.06.2017

Participants in Yoga Mood
PPA addressing to participants on International Yoga Day on 21.06.2017

PPA & other Participants attending the lecture on Yoga
Participants attending the lecture on Yoga
Expert of Sahaj Yoga Mr. V K Kapoor

Expert of Vihangam Yoga Mr. Bharat Ratna