

Yoga Camp at SFRI, Jabalpur

A yoga camp was organized by SFRI, Jabalpur on the occasion of International Yoga Day on 21/06/2023 in its premises from 6.30 am to 8.00 am. Practice session of different yoga asanas issued as common protocol by the department of AYUSH, Government of India was conducted by team members of Sahaj Yoga Meditation Center, Jabalpur. Yoga instructor Smt. Mangla Swami informed about the slogan for International Yoga Day, 2023 as "Basudev Kutumbakam"

A 45 minutes yoga asanas practice began with the prayer followed by various yoga asanas. This was followed by Sahaj Yoga Meditation programme, which was conducted by Smt. Sunita Verma, District Coordinator, Sahaj Yoga Meditation Center, Jabalpur.

The entire programme was enthusiastically participated by Shri Amitabh Agnihotri, Director, SFRI and the fraternity of the institute.

