

ICAR-ATARI, Kanpur Celebrates International Day of Yoga 2026

Kanpur, June 21, 2026: ICAR-Agricultural Technology Application Research Institute (ATARI), Kanpur celebrated the International Day of Yoga with active participation of all staff through mass yoga sessions and awareness programmes

The programme commenced with a brief introduction on the significance of yoga in promoting physical fitness, mental well-being and a healthy lifestyle. Participants performed various yoga asanas, pranayama and meditation exercises under the guidance of yoga instructors Shri Pramod Rishi.

Addressing the gathering, the Dr. Raghwendra Singh, Director, ICAR-ATARI, Kanpur emphasized that yoga is an invaluable gift of India's ancient tradition and should become an integral part of daily life. He highlighted that regular practice of yoga enhances physical health, reduces stress and promotes harmony of mind and body.

The celebration concluded with vote of thanks from Dr. A.K. Singh, PS (Agronomy) and a pledge by all participants to adopt yoga as a way of life and to spread awareness about its benefits among farming communities and society at large.





