

ICAR-MGIFRI family celebrates international day of yoga 2026 with enthusiastic participation

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ICAR–Mahatma Gandhi Integrated Farming Research Institute (MGIFRI), Motihari, Bihar celebrated the International Day of Yoga 2026 with great enthusiasm and active participation from institute staff, scientists, technical personnel, administrative staff, security personnel, skilled support staff, and other members of the ICAR family.

The programme was organized to promote the importance of physical fitness, mental well-being, harmony, and mindful living through the practice of yoga. Participants performed various yoga postures, breathing exercises, and meditation techniques under expert guidance, highlighting the role of yoga in maintaining a healthy and balanced lifestyle.



On this occasion, participants reaffirmed their commitment to integrating yoga into their daily lives as a means of improving physical health, reducing stress, enhancing mental clarity, and fostering overall well-being. The event also emphasized the importance of adopting healthy lifestyle practices for creating a productive and positive work environment.

The celebration reflected the spirit of togetherness and collective well-being as members of the ICAR-MGIFRI family came together to observe the timeless wisdom of yoga and its relevance in modern life. The programme served as a reminder that yoga is not merely a physical exercise but a holistic approach to achieving harmony between body, mind, and nature.

The event concluded with a pledge to continue practicing yoga regularly and to promote its benefits among families, communities, and society at large, contributing towards a healthier and more resilient nation.