

International Day of Yoga Celebration 2019

The 5th International Day of Yoga is being celebrated by ICMR-NIRRH as a 10 day program from June 10 – 21, 2019.

This program is being held for the fifth successive year by Bone Health Clinic, ICMR – NIRRH in collaboration with Maharashtra Labour Welfare Board, Naigaon.

The objective of the program is to:

1. Educate women on common health problems affecting the knees and spine
2. Preventive health care of the spine and knees
3. Yoga and asanas for spine and knee care

The Inaugural program was attended by over 97 women including staff and faculty. The 3 hour program included a lecture and demonstration by physiotherapist Dr. Gaurish Kenkre and Yoga Guru Mr. Birjoo Mehta from Iyengar Yogashraya.

For 33 women, the hand grip strength was tested using the grip dynamometer.