



CELEBRATION OF INTERNATIONAL DAY OF YOGA

ICAR-NRC on Pig, Guwahati celebrated “Festival of Yoga and Wellbeing” on the occasion of International Day of Yoga on 21.06.2019.

Posters and Banners of “Festival of Yoga and Wellbeing” were displayed in the prime location.

All the staffs started the day with Practice of Yoga Asanas and Mediation in the Recreation Hall of the Institute in the early morning. Special Guest of the Programme and Yoga Guru Shri. Abhay Veer, Flight Engineer (BSF Airwing) thas taught Yoga Asans and Meditation to the staff members of the Institute.

Thereafter, a programme was conducted in the committee room of the Institute regarding slogan competition, lecture and workshop on the health benefits of Yoga. Invited Guest delivered lecture on the benefits of Yoga and its magical impact. Director, ICAR-NRC on Pig, Guwahati emphasizes on the practice of Yoga for healthy and peaceful life and appeal to the staff to adopt it in daily routine.

Programme ended with vote of thanks.

Encl: Photographs.





