

International *Yoga* Day celebrated at ICAR-ATARI Kolkata

अंतर्राष्ट्रीय योग दिवस ICAR-ATARI कोलकाता में मनाया गया

International *Yoga* Day was celebrated at ICAR-Agricultural Technology Application Research Institute, Kolkata on 21st June 2019. All staff members including Director assembled at seminar hall of the institute to attend the programme. Dr. F. H. Rahman, Principal Scientist welcomed the *Yoga* Expert and all staff members of the institute. One resource person namely Shri Kishnanlal Bajaj, a *Yoga* Expert, was invited for today's programme. The expert demonstrated different *Yogasanas and Prayanams*, and briefed the positive effects and benefits on health. All the staff took active part in performing the various *Asanas* with zeal and zest. The expert also elaborately discussed the need and ineluctability of *Yoga* on today's environment. One bulletin on *Art of Healthy Living* was distributed among the participants. At the end of session, Dr. S.S. Singh, Director addressed the participants about the importance, expediency and advantage of practicing *Yoga* regularly. The session was continued for two hours. The programme ended with vote of thanks to all.



[Source: ICAR-ATARI Kolkata]