

ICAR-ATARI, KANPUR

Dated: 21-6-2018

Brief Report on 4th International Day of Yoga

Fourth International Day of Yoga was organised at ICAR-ATARI, Kanpur on 21.06.2018. In this programme all the officials of ATARI were assembled in the conference hall of ATARI at sharp 8:30 am. Under the guidance of Dr. U.S. Gautam, Director, ATARI, all the officials learned and did the yoga tricks. Suryanamaskar, Pranayams, Bhujagnasan, trikonasan, padhastasan, parvatasan, naukasane etc are the some of yoga techniques did by all the staff. Session was ended on 9:45 am. After the yoga, all the staff enjoyed by drinking fruit juice. Some of the photo clips are attached herewith –



(Yemul S.N.)
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