

International Day of Yoga

Fourth 'International Day of Yoga' was celebrated at ICAR-IIRR on 21 June 2018. On this occasion, Dr. G. Katti, Director In-charge welcomed the chief guest Smt. N. A. Laxmi, a yoga expert and in his opening remarks highlighted the role of yoga in improving professional and personnel development of staff. Smt. N. A. Laxmi, then spoke on the importance of yoga in maintaining health of the body and mind. She also gave useful tips to practice yoga in daily life. All the staff members of IIRR participated enthusiastically in the programme performing asanas and pranayama followed by meditation. The programme concluded with vote of thanks by Dr. Y. Sridhar.

