

## 5th International Day of Yoga on 21st June, 2019



NAARM celebrated the 5<sup>th</sup> edition of International Day of Yoga on 21<sup>st</sup> June, 2019. About 250 participants including students from local high school, PGDMA students and trainees of Academy, employees of ICAR institutes in Hyderabad and campus residents took part in the celebration. The yoga practice session as per revised common yoga protocol (CYP) as circulated by Govt of India was performed from 6-00 to 7-00 am at the lake view lawn in front of the Auditorium. Dr S.K.Soam , Director I/c, ICAR-NAARM addressed the audience on the Theme “**Usage of Eco-friendly Products in the Practice of Yoga**” being promoted for this year. Dr A. Debnath, Academy’s Medical Consultant & Yoga Instructor conducted the session. Dr P. Vijender Reddy, Nodal Officer, International Yoga Day coordinated the programme.