

International Day of Yoga Celebrated at ICAR-NAARM

Dated: 21-June-2024

ICAR-NAARM celebrated the **10th International Day of Yoga** on 21st June 2024. The theme of IDY for this year is "**Yoga for Self and Society**", as per the guidelines issued by the Ministry of Ayush, Government of India. Faculty, Officers, Staff, Campus Residents and participants of training programmes like Trainees of Coromandel & Trainee Students of ICAR-National Dairy Research Institute, Karnal, Haryana attended the program. A total of around 110 participants participated and practiced the yoga. Dr A Debnath, Part-Time Medical Consultant, Mrs. Padma, Yoga instructor guided all participants in practicing the yoga.

Dr Ch Srinivasa Rao, Director ICAR-NAARM addressed the gathering and explained the importance and uses of yoga in day to day life. He further stressed about health benefits of practicing Yoga.

