

Planning for Happy Retirement: Training Concluded at ICAR-NAARM **29-8-24**

NAARM, Hyderabad has organized a training program titled “PLANNING FOR HAPPY RETIREMENT LIFE” on 29th August, 2024.

This one-day training was meant for the welfare of ICAR employees to sensitize and create awareness about the benefits they are going to receive and the procedures they have to complete so that their family and they do not face any difficulty.

This training was attended by 24 participants from the spectrum of the ICAR institutes and category of employees. In his opening presentation and remarks, Dr. Ch. Srinivasa Rao, Director, ICAR-NAARM, Hyderabad highlighted the purpose of life and the joy in giving back to the society. He addressed the key points where a retired employee can contribute to society and at the same time live happily with utmost satisfaction in life. He also highlighted the health care systems of ICAR and importance of yoga and meditation in the daily life after the retirement.

