

International Day of Yoga celebrated at ICAR-CIWA

ICAR-Central Institute for Women in Agriculture (ICAR-CIWA) Bhubaneswar celebrated International Day of Yoga on 21st June 2018 in the campus. Director, Dr. S. K. Srivastava welcomed all the staff and emphasised upon the need to practise yoga everyday to maintain good health, reduce stress and increase work efficiency. On the occasion a Yoga Session was conducted under the guidance of Yoga expert Mr. Dinabandhu Sarangi, Yoga Meditation Centre, Dumuduma, Bhubaneswar. Various Yoga Asanas and Pranayamas were demonstrated and conducted by Yoga expert. All the scientific, Technical and administrative staff of ICAR-CIWA were participated in the programme. The Yoga expert also answered various queries raised by the staff on the benefits of specific Asanas & Pranayams on physical as well as mental health. The programme was coordinated by Dr. Arun Kumar Panda (Nodal officer), Dr. S.K. Nayak and Er. Subrat Kumar Das.

