

5th International Yoga Day

ICAR Research Complex for Eastern Region, Patna celebrated 5th International Yoga Day on 21st June, 2019. To mark the occasion, Director ICARRCER, Patna along with the scientists and staff of the institute performed Yoga from 8:00 AM to 9:00 AM under the instruction of Dr J.J. Gupta, Principal Scientist and Yoga Expert of the institute. He also briefed about the importance of practicing yoga in controlling an individual's mind, body and soul. The Director of the institute also narrated that the yoga brings together physical and mental discipline to achieve a peaceful body and mind and helps in managing stress and anxiety and keeps relaxing the individuals. He also emphasized that yoga helps in increasing flexibility, muscle strength and body tone besides improvement in respiration, energy and vitality. Regular practice of yoga can help lose weight, relieve stress, improve immunity and maintain a healthier lifestyle. An essay competition on a topic entitled "Role of yoga in the context of Indian Agriculture" was organized among the employees of the Institute. Yoga day was also observed at all centers namely, ICAR RCER, Research Centre, Ranchi; ICAR RCER, Research Centre for Makhana, Darbhanga; ICAR RCER, Krishi Vigyan Kendra, Buxar and ICAR RCER, Krishi Vigyan Kendra, Ramgarh of this institute.

Glimpses of 5th International Yoga Day's Celebration at ICAR RCER, Patna and its centres



ICAR-RCER, Patna, Bihar



ICAR-RCER Research Centre, Ranchi, Jharkhand



ICAR-RCER Research Centre for Makhana, Darbhanga, Bihar



ICAR-RCER KVK, Ramgarh, Jharkhand



ICAR-RCER KVK, Buxar, Bihar