

## International Yoga Divas celebrated at ICAR- Research Complex for Eastern Region

(Patna, 21<sup>st</sup> June, 2018)

ICAR Research Complex for Eastern Region, Patna celebrated 4<sup>th</sup> International Yoga Day on 21 June 2018. To mark the occasion, Director ICAR-RCER, Patna and Director ICAR-ATARI, Patna along with the scientists and staff of the institute performed Yoga from 8:00 AM to 9:30 AM under the instruction of Dr J.J.Gupta, Yoga Expert of the institute.



Dr J J Gupta told that Yoga is for physical, mental, and/or spiritual practice attributed mostly to India. The role of Yoga in daily life was narrated by Dr S.K.Singh, Principal Scientist of the institute. As a chairman of ISWC Dr.S.K.Singh thanked the expert Dr. J.J.Gupta for his excellent guidance and performing yoga on this occasion. At the end, all participants expressed their feeling to perform Yoga daily and also to encourage people to perform Yoga.



(Source: ICAR RCER, Patna)