

ICAR- Research Complex for Eastern Region celebrated International Yoga Divas

Date: 21.6.2017

ICAR Research Complex for Eastern Region, Patna and its Regional Centres and KVKs celebrated 3rd International Yoga Day on 21st June 2017. To mark the occasion, all the scientists and staff of the institute performed



Yoga from 8:00 AM to 10:00 PM under the instruction of Dr J.J.Gupta, Yoga Expert of the institute. He told that Yoga is for physical, mental, and/or spiritual practice attributed mostly to India. Later, this programme was followed by meditation for one hour by Rural Development Wing of Rajyoga Education and Research Foundation, Patna which offered all round development strategies on social, behaviour, moral and cultural character through spiritual revolution. The role of Yoga in daily life was narrated by Dr S.K.Singh, Principal Scientist of the institute. A book on Yoga written by Dr J.J.Gupta was also displayed in this occasion. At the end, all participants took oath to perform Yoga daily and also to encourage people to perform Yoga.

