ICAR-NRC on Litchi celebrated the International Day of Yoga on 21st June, 2018

International Day of Yoga was celebrated worldwide on 21st June 2018. On this occasion ICAR-NRC on Litchi also celebrated International Day of Yoga. A well known Yoga teacher from the locality was invited under whose guidance yoga session was conducted. All participants practiced and learned different yogasana and their health benefits. Common Yoga Protocol was also followed during this occasion. To widely popularize this day, banners were displayed at different location. Some glimpses of the event is here.

A glimpse of International Day of Yoga at ICAR-NRCL on 21st June, 2018

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