



ICAR-Central Research Institute for Jute and Allied Fibres celebrated 6th

International Day of Yoga-2020

Amid the ongoing Covid-19 pandemic, the ICAR-Central Research Institute for Jute and Allied Fibres, Barrackpore made discussion about importance of yoga in life on the eve of 6th International Day of Yoga-2020 on 20.06.2020 by maintaining social distance and following Govt. guidelines. Director, ICAR-CRIJAF, Dr. Gourang Kar chaired the event and highlighted the importance of practicing yoga in daily life of mankind and also referred the theme of 6th International Day of Yoga-2020 as 'Yoga at Home and Yoga with Family' which is to be followed by each member of ICAR-CRIJAF family. He told that Yoga plays a crucial role in promoting health in a holistic manner by improving physical, mental, emotional and spiritual health which ultimately helps in fighting stresses and also alleviate other ailments including depression and anxiety. In his address, he also urged all the staffs of ICAR-CRIJAF to practice Yoga with their entire family members at home to stay healthy. He also wishes all CRIJAF family members for their safe life and sound health amid Covid-19 pandemic.

Head of Division Crop Protection Dr. S. Satpathy, Head of Division Crop Production Dr. A. K. Ghorai, Head of Division Crop Improvement Dr. Jiban Mitra, Network Coordinator, AINPJAF Dr. S. Mitra, Principal Scientist and In-charge, Extension Dr. S. K. Jha and Dr. S. K. Pandey, Principal Scientist, AINPJAF also expressed their views on the eve of 6th International Day of Yoga-2020. The event was ended with the formal vote of thanks delivered by Dr. (Mrs.) Laxmi Sharma, Scientist Crop Production Division.

On 21st June, 2020, yoga at home and yoga with family was performed by staff and family members of ICAR-CRIJAF.

