

## REPORT ON INTERNATIONAL DAY OF YOGA-2018

ICAR-Central Research Institute for Jute and Allied Fibres, Barrackpore, Kolkata-700120 has celebrated fourth International Day of Yoga on 21<sup>st</sup> June, 2018 at its CRIJAF HQs. The programme was held at Dinning Hall of Guest House during 10.30 hrs to 13.00 hrs. Programme was started as per schedule with the opening remarks of Dr. R.K. Naik, Senior Scientist & Chairman, E&MC (CRIJAF) in presence of Director, HODs, Scientists and other staff members. On this occasion Dr. Pranab Roy, District President, Patanjali Yoga Smiti, North 24 Parganas, Barasat delivered a talk on Yoga & its relevance to mental and health benefits to the participants. He also demonstrated some of the Yoga Poses & Asanas including Pranayams. About 70 official staff of the Institute comprising Scientists, Administrative, Technical and Supporting staff attended the programme and practise the different yoga poses.



Sl. No.	Name of Institutes/KVKs	No. of Scientist	No. of Farmers	No. of Student	No. of any other official
1.	ICAR-CRIJAF Barrackpore	22	NIL	NIL	47