

A BRIEF REPORT ON CELEBRATION OF 3RD INTERNATIONAL YOGA DAY AT ICAR-NRC FOR ORCHIDS,PAKYONG, EAST SIKKIM

ICAR-NRC for Orchids, Pakyong, East Sikkim, successfully organized Yoga Session to commemorate the 3rd International Day of Yoga at the main campus, Pakyong on 21st June, 2017. A mass Yoga demonstration and practice were planned and Dr. T.K.Mandal, Research officer and Yoga Expert, Regional Ayurveda Research Institute Tadong, Gangtok, under Central Council for Research in Ayurveda Sciences, Ministry of AYUSH, Govt. of India was invited as a special guest for the programme. In the beginning, Dr.Syamali Chakrabarti, Principal Scientist and Nodal Officer had explain the origin and importance of celebrating the Yoga Day on this particular day. Director, Dr.D.R.Singh welcomed Dr.T.K.Mandal in a traditional way and requested to demonstrate the common Yoga Protocol. Present employees of the centre practiced free hand exercises and various yoga -asanas to create an harmony between body and mind. The programme has attracted a positive vibes to all employees of the centre, for promoting 'Knowledge and Practice' of Yoga.



Photographs of different activities of 3rd International Day of Yoga