

## V<sup>th</sup> International Yoga Day

V<sup>th</sup> International Yoga Day was organized at ICAR-National Research Centre for Orchids, Pakyong, Sikkim on 21<sup>st</sup> June, 2019 at Training Hall of the institute. The programme was attended by Research Officers Dr. Ashok Kumar Sinha and Dr. Rahul D Ghuse, SRFs Dr. Tanushree Sarkar and Dr Ananya Saha, Mr. Manish Kumar Tiwari (Pharmacist) from Regional Ayurveda Research Institute (RARI), Tadong, Gangtok. Dr L C De, Principal Scientist, ICAR-NRCO welcomed all the guests with khada and appreciated for coming to the institute within short notice. The programme started with a practice prayer and warmup. Different kinds of yoga namely yog-asan, brigchya-asan, padhasta-asan, bhadra-asan, etc. was taught and demonstrated to the participants by the officers from RARI. All the scientific, administrative, technical, supporting, TSM, contractual, project staff of the ICAR NRCO, Pakyong participated actively.

