

## **ICAR-NRCO, Pakyong, Sikkim celebrated 4<sup>th</sup> anniversary of International Yoga Day**

The 4<sup>th</sup> International Yoga day was celebrated on 21<sup>st</sup> June 2018 in training hall of ICAR-NRCO, Pakyong. Employees of ICAR-NRCO participated with great enthusiasm and energy in the Yoga Day. Yoga asana practice started with prayer and employees followed the asana & pranayama practices as per video released by Ministry of Ayush, Government of India. During inauguration of the programme, Shri. Arvind Chauhaan, Asst. (Admin.) briefly explained about the importance of Yoga day and Yoga in daily life. He further suggested the importance of Yoga not only for body but also for fresh mind and healthy life.



## List of Participants

S. No.	Name	Designation
<b>Scientific Staff</b>		
1	Dr. S. Chakrabarti	Principal Scientist (Genetics)
2	Dr. R. Devadas	Principal Scientist (Plant Breeding)
3	Dr. N. Sailo	Scientist (Plant Physiology)
4	Sh. Raj Kumar	Scientist (Floriculture)
5	Sh. Ravi Kishore Pamarthi	Scientist (Economic Botany & PGR)
<b>Technical</b>		
6	Ms. T. C. Bhutia	Technical Assistant (Horticulture)
7	Ms. MeenaChettri	Technician(Field/Farm/ Lab)
8	Sh. Deepak Khattri	Sr. Technician
<b>Admin &amp; Accounts</b>		
9	Sh. Arvind Chauhaan	Assistant
10	Ms. Diki Bhutia	Assistant
11	Sh. Phigu Bthutia	L. D. C
12	Shri. Trilok Singh Balmiki	SSS
13	Mrs. Rabin Kala Subba	SSS
<b>Project Staff</b>		
14	Dr. KiranBabu	Research Associate
15	Mr. PrashantChaturvedi	Junior Research Fellow
16	Mr. Deepak Rai	Junior Research Fellow
17	Mr. A. L. Meitei	Junior Research Fellow
18	Mr. N.T. Bhutia	Junior Research Fellow
19	Mr. Prashant Singh	Young Professional-II
<b>Contractual Service</b>		
20	Ms. Sabitri	Contractual Service
21	Ms. Preeti	Contractual Service
22	Ms. Dimple	Contractual Service
23	Mr. Binod	Contractual Service
24	Mr. Narbahudur	Contractual
25	Mr. Bhushan	Contractual