

ICAR-ATARI, Umiam Celebrates the Festival of Yoga and Wellbeing

ICAR-ATARI Umiam, Meghalaya celebrated the “Festival of Yoga and Wellbeing” on the occasion of International Yoga Day i.e. 21st of June. The Yoga session was commenced from 7:00 AM to 9:00 AM wherein the entire staff of ICAR-ATARI, Umiam actively participated. Shri. Naresh Rao, a senior officer from the Eastern Air Command, Shillong acted as yoga trainer and coordinated the group of participants.

Dr. Bidyut C. Deka, Director, ICAR-ATARI Umiam, Meghalaya during his address after the yoga session heighted the importance of yoga and regular exercise for health and wellbeing of individual. He also stressed that healthy society is prerequisite for nation building and sustainable development. Considering the work culture of ICAR-ATARI Umiam, Dr. Deka urged youngsters to embrace yoga and healthy lifestyle to live healthy and happy life.

33 participants took part in this event including Scientists, administrative staff, project staff of ICAR-ATARI, Umiam. The program ended with group photographs and light refreshment.

(Source: ICAR-ATARI, Umiam, Meghalaya-793103)



