

## **ICAR-NBAIR celebrated International Yoga Day on 21-06-2019**

ICAR-NBAIR celebrated the 5<sup>th</sup> International Yoga Day on 21st June, 2019. The yoga practice session was done as per revised common yoga protocol (CYP) communicated from Govt. of India. Dr C. R. Ballal, Director, ICAR-NBAIR addressed the participants on the theme “Yoga for better healthy life”. Mrs. Rajlakshmi Sampat Kumar, Yoga instructor, Sri Sri Ravishankar School Art of Leaving conducted the yoga session. Dr N. Bakhavatsalam, Principal Scientist & Head, Division of Germplasm Conservation and Utilization concluded the session with vote of thanks.



**Mrs. Rajalakshmi, Art of Leaving and Dr.Chandish R Ballal, Director, ICAR-NBAIR, lighting the lamp and inaugurating the event**



**Inaugural Speech by Dr.Chandish R Ballal, Director, ICAR-NBAIR, on the celebration of International Yoga Day**





**ICAR - NBAIR Staff and Research Scholars actively performed Yoga .**