

International Yoga Day 2025 at ICAR-NBAIR, Bengaluru

ICAR-National Bureau of Agricultural Resources (NBAIR) celebrated International Yoga Day on 21.6.2025 from 6:30 to 7:45 AM at the main campus of the Institute. Around 40 staff and students of the institute participated and performed Yoga with great enthusiasm and unity, embracing the spirit of holistic health and well-being. Director, Dr. S.N. Sushil briefed about the benefits of the yoga asanas and emphasized the importance of “Yoga Sangam”. The program concluded with meditation and a closing prayer.









