International Yoga Day

Scientist, Technical and other officials of ICAR-National Research Centre for Integrated Pest Management performed yoga at their residence along with their family members on the occasion of International Day of Yoga, 2020. Staff performed various kinds of Asanas and exercises. In this difficult period of Corona pandemic when world have not been able to develop a vaccine, yoga helps us in building immunity and fight against this illness. As all of us are aware, yoga is not just about exercise, it is a unity of mind and body and this improves overall health and our wellbeing. Yoga unites people and world.

We should make “Yoga at home, yoga with family” a part of lives.