



**ICAR-NATIONAL RESEARCH CENTRE ON PIG**  
**INDIAN COUNCIL OF AGRICULTURAL RESEARCH**  
**RANI, GUWAHATI-781131**



Phone No.0361 2847195

F.No. 675/NRCP/2016-17

Date: 27.06.2016


**Celebration of 2<sup>nd</sup> International Yoga Day, 21.06.2016 at ICAR-NRC on Pig, Guwahati.**

The 2<sup>nd</sup> International Yoga day was celebrated at ICAR-NRC on Pig, Guwahati. At the outset, Director, ICAR-NRC on Pig, Guwahati, welcomed the special guest and Yoga Instructors from Art of Living Foundation, Shri. Anup Kumar Saha, Shri. B.L Saha and Smt. Sarmila Basak. He informed about the importance of Yoga for good health and development.

Thereafter the Programme was started with Lecture on Yoga by Shi. Anup Kumar Saha. Topic of Lecture covers the origin of Yoga and its importance in modern life style and health. The officials were taught about different assans of Yoga, Meditation and Pranayam which can be practice in routine life style. Shri. B.L Saha and Smt. Sarmila Basak assist the officials in Yoga Assans.

Programme was ended with vote of thanks.

Encl: Photographs of the Programme.

  
(Uttam Prakash)  
Nodal Officer, Yoga Day  
ICAR-NRC on Pig, Guwahati.