

Celebration of International Yoga Day | 2019

RFRI CELEBRATES 5TH INTERNATIONAL YOGA DAY

Theme: Yoga for Climate Action

Rain Forest Research Institute, Jorhat (Assam) observed 5th International Yoga Day on 21st June, 2019 at its Community Hall. The event was attended by Scientists, Officers, Supporting Staff, Ministerial Staff, Research Fellows, students and family members of RFRI Officials.

Dr. R. K. Borah, Group Coordinator (Research), RFRI, Jorhat greeted all on the occasion of International Yoga Day. Shri R. K. Kalita, Training Coordinator, RFRI, Jorhat told that yoga should be made the part and parcel of everyone life. There are so many virtues of performing yoga. It helps to grow into a better human being with a sharp mind, a good heart and a relaxed soul.

Shri Protul Hazarika, Senior Technical Officer, RFRI guided the participants in today's celebrations. He performed different *Asanas* of *yoga*. He appealed to all to practice *yoga* daily for about 30 minutes to make our body and mind fit.

Celebration of International Yoga Day 2019

Glimpses of Celebration of International Yoga Day



Celebration of International Yoga Day | 2019



Celebration of International Yoga Day | 2019



Celebration of International Yoga Day | 2019



Celebration of International Yoga Day 2019

