

Celebration of International Yoga Day at ICAR-NRC on Pig, Rani, Guwahati, Assam

ICAR-NRC on Pig celebrated International Yoga Day on 21.06.2018 at the institute. In this occasion, a discussion was held with the staffs of the institute. Importance and beneficial effects of Yoga in today's context was discussed. Director of the Institute, Dr. Swaraj Rajkhowa, in his deliberation has explained the positive effects of Yoga on day-to-day life.

