

ICAR-NIPB celebrated International Day of Yoga 2021 with fervor and fun

ICAR-NIPB celebrated with fervor the seventh International Day of Yoga on 21st June 2021. The staff members congregated at 7.30AM for the online celebration and practiced several yoga asanas. Speaking to the assembly Director NIPB, extolled that yoga is a scientific way of living healthy, increasing life expectancy that internally cleanses our body and strengthens the immune system. As India battles the Covid-19 pandemic, practicing yoga for holistic health benefits is of vital importance, he emphasised.

