

## **Report of International Yoga Day, 21<sup>st</sup> June, 2024 celebrations at ICAR-NIANP, Bangalore**

The International Yoga Day 2024, was organized today (21.6.2024) at ICAR-NIANP, Bangalore. As a part of the celebration, a yoga session was held at 8.00am. Mrs. Shruti, Chief Yoga Therapist and Founder, Sattva Yoga Therapy, Bangalore, conducted the yoga session and explained about the benefits of suyanamaskar and asanas. Dr.A.Sahoo, Director, NIANP, addressed the participants and briefed about the importance of incorporating yoga for good health.