

ICAR-National Research Centre for Integrated Pest Management

Pusa Campus, New Delhi

International Yoga Day

Scientist, Technical and other officials of ICAR-National Research Centre for Integrated Pest Management performed yoga at their residence along with their family members on the occasion of **International Day of Yoga, 2020**. Staff performed various kinds of Asanas and exercises. In this difficult period of Corona pandemic when world have not been able to develop a vaccine, yoga helps us in building immunity and fight against this illness. As all of us are aware, yoga is not just about exercise, it is a unity of mind and body and this improves overall health and our wellbeing. Yoga unites people and world.

We should make “Yoga at home, yoga with family” a part of lives.

