

Celebration of International Day of Yoga at RFRI, Jorhat

Sri Narendra Modi, Hon'ble Prime Minister of India introduced the idea of celebrating *Yoga* as an international event in his speech at the UNGA on September 27, 2014, thus, "Yoga is an invaluable gift of India's ancient tradition. This tradition is 5000 years old. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day."



RFRI, Jorhat also joined with world community to celebrate this special Day with fervour and gaiety. All Scientists, Officers, Supporting Staff, Research Fellows and Contractual Workers assembled at Community Centre to perform *Yoga*. Sri R. K. Kalita, Training Coordinator, welcomed all the participants and spoke about *Yoga* on the occasion. Sri Protul Hazarika, Research Assistant-I of Institute who is also trained *Yoga* teacher conducted the Session from 9:30 to 10:30 am.

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