

## ***ICFRE-RFRI celebrates International Yoga Day | 2023***

### **ICFRE-RFRI CELEBRATES INTERNATIONAL YOGA DAY**

**ICFRE-Rain Forest Research Institute, Jorhat (Assam)** celebrated 9<sup>th</sup> International Yoga Day on 21<sup>st</sup> June, 2023 at its Community Hall. This year's theme of the celebration is '*Yoga for Vasudhaiva Kutumbakam*'. Shri R. K. Kalita, Head, Extension Division welcomed all the Yoga practitioners to the programme and spoke about the virtues of performing Yoga. He appealed to make Yoga not a part of life but a way of life. Shri Protul Hazarika, ACTO, RFRI conducted the Yoga Sessions. Around hundred officials and their family members participated in the programme. Different *Asanas* were performed.

### **GLIMPSES OF THE YOGA SESSION**



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