

RFRI celebrates International Yoga Day

Rain Forest Research Institute, Jorhat (Assam) celebrated 3rd International Yoga Day on 21st June, 2017 at its Community Hall. Scientists, Officers, Supporting Staff, Research Fellows, CDLs *etc.* participated in the programme. Sri Protul Hazarika, Research Assistant of the Institute demonstrated various *Asanas* to the participants.



Speaking on the occasion, Sri R. K. Kalita, Scientist & Training Coordinator of the Institute greeted all on the occasion of Yoga Day. He told that Yoga makes our life healthier like salt makes our food tastier. If our body remains fit, then we will be able deliver good to the society. Sound mind resides in a healthy body. Therefore, everyone should practise Yoga even for a short period of time on every day.

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