

International Yoga Day - 21st June, 2022

To make the people aware about the health benefits of Yoga and encourage them for including it in their daily routine, the United Nations proclaimed 21st June as the “International Day of Yoga” to be observed across the globe every Year. The ICAR Institute too observed the 8th Edition of the International Day of Yoga - 2022 on the Theme - “**Yoga for Humanity**”.

ICAR-National Institute of Agricultural Economics and Policy Research, Pusa, New Delhi
Dr. Pratap Singh BIRTHAL, Director, ICAR-NIAP, New Delhi stressed on the need for practicing the Yoga every day to maintain calm, reduce stress and enhance the work efficiency.



