

# ANDAMAN CHRONICLE

THE DAILY DIARY OF THE ISLANDS.

## ICAR-CIARI Celebrates 10th International Yoga Day-2024

Denis Giles – 22 June 2024



**Port Blair, June 21:** ICAR-CIARI, Port Blair, along with its Regional Station in Minicoy, celebrated the 10<sup>th</sup> International Yoga Day on June 21, 2024. Dr. E. B. Chakurkar, Director of ICAR-CIARI, highlighted the importance of yoga in daily life for maintaining health, prosperity, and happiness. He further encouraged all participants and employees to practice yoga daily and consistently for a healthy life, emphasizing that yoga can enhance productivity by increasing efficiency without causing stress and anxiety. Shri P. T. Mathew and Shri Bikas Chandra Mondal, Yoga Demonstrators from Patanjali Yoga Centre in Prothrapur, Port Blair demonstrated yoga to all participants. Shri K. Shyam Sundar Rao, Nodal Officer (I/c), coordinated the entire program. Shri Alex Praveen Barla, Yoga Facilitator, proposed a vote of thanks.

ICAR-CIARI Regional Station, Minicoy, and AYUSH Minicoy unit jointly celebrated International Yoga Day at Minicoy. Special lectures were delivered on topics such as 'Yoga & Health and Its Significance in Daily Life,' followed by demonstrations of yoga asanas by the AYUSH team. A total of 16 staff members benefited from the program. The event was coordinated by Dr. Gladston Y. and Dr. Ajina S.M.