

ICAR- CIARI conducts workshop on "Protect inner wellbeing, Reduce Stress & Promote Happiness"

Port Blair, Aug 17: Central Island Agricultural Research Institute Employee Welfare Association (CIARIEWA) of ICAR-CIARI, Port Blair in association with Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Port Blair conducted a "Workshop on Protect inner wellbeing, Reduce Stress and Promote Happiness" at Dr. T.R. Dutta Conference Hall of ICAR-CIARI, Port Blair on 16th August 2022.

During the work-



shop, various sessions on protecting inner wellbeing, reducing stress and promoting happiness along with medi-

tation were demonstrated by Sister B.K. Sharmistha, Resource Person from Rajayoga
(See page 4)

ICAR- CIARI...

(From page 3)

Centre, Brahma Kumaris, Port Blair.

In his Chief Guest address, Dr. Eaknath B. Chakurkar, Director, ICAR-CIARI highlighted the significance of meditation for the reduction of stress in day-to-day life to improve mental health. He also appreciated the sincere efforts of Rajayoga Centre, Brahma Kumaris, Port Blair to conduct the workshop with great enthusiasm for the benefit of the employees of ICAR-CIARI.

Earlier, the gathering was welcomed by Dr. S.K. Zamir Ahmed, General Secretary, CIARIEWA and

the programme was ended with a vote of thanks proposed by Dr. K. Saravanan, Joint Secretary, CIARIEWA.

Altogether, 36 staff from ICAR-CIARI participated in the workshop. The programme was conducted under the Chairmanship of Dr. Eaknath B. Chakurkar, Director, ICAR-CIARI and Patron, CIARIEWA, and co-ordinated by the team comprising Dr. D. Bhattacharya, Chairman, CIARIEWA, Dr. S.K. Zamir Ahmed, General Secretary, CIARIEWA, Dr. K. Saravanan, Joint Secretary, CIARIEWA and Mr. ShyamSundar Rao, Executive Member, CIARIEWA.