

Workshop on “Protect Inner Wellbeing, Reduce Stress & Promote Happiness”



PORT BLAIR, AUG 17/--/ The 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 Aug 2022. During the workshop, various sessions on protect inner wellbeing, reduce stress and promote happiness along with meditation were demonstrated by Sister B.K. Sharmistha, Resource Person from Rajayoga Centre, Brahma Kumaris, Port Blair. In his address, Dr. Eaknath B. Chakurkar, Director, ICAR-CIARI highlighted the significance of meditation for reduction of stress in day to day life to improve the mental health and 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 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 coordinated by the team comprising of Dr. D. Bhattacharya, Chairman, CIARIEWA, Dr. S.K. Zamir Ahmed, General Secretary, CIARIEWA, Dr. K. Saravanan, Joint Secretary, CIARIEWA and Shri. ShyamSundar Rao, Executive Member, CIARIEWA.