

## Observing International Yoga day at ICAR- Central Potato Research Institute

The International Yoga day was celebrated on 21<sup>st</sup> June 2017 at ICAR- Central Potato Research Institute, Shimla in the auditorium. The *Aasans*, *Pranayam* and *Dhayan* of Yoga were demonstrated by Dr. Som Dutt, Senior Scientist of this institute. Dr. S.K. Chakrabarti, the director of the institute also followed these practices and while addressing the gathering of around 200 people he found quite convincing in proving the role of “Yoga” in achieving the motive of these idioms “Health is Wealth” and “Prevention is better than cure” since he expressed that the “Yoga” is unique and a must use tool for everyone, not only in making him or her healthy but in preventing many diseases too. Oath to make the “Yoga” as a regular practice in their daily routine was also taken by all the participants.

