

IVRI Izatnagar Celebrates International Yoga Day with Enthusiasm

The Indian Veterinary Research Institute (IVRI) Izatnagar witnessed a vibrant celebration of International Yoga Day, as approximately 30 scientists and students participated in a rejuvenating yoga session. The event aimed to promote physical and mental well-being among the participants, encouraging the adoption of yoga as a holistic practice.

Under the guidance of experienced yoga instructors, the scientists and students gathered in the IVRI to commence the day with a series of invigorating yoga postures and breathing exercises. The atmosphere was filled with positive energy and a sense of unity as participants from various research disciplines came together to embrace the benefits of yoga.

