

Press Note

College of Fisheries celebrates International Yoga Day

Agartala, the 21st June, 2019

The College of Fisheries, CAU (I), Lembucherra, Tripura celebrated the International Day of Yoga on 21st June, 2019 at the Indoor Sports Complex of the college. The programme was facilitated with the assistance of the Art of Living, Agartala, an organization founded by Sri Sri Ravi Shankar. Mrs. Rakhi Debbarma of the organization delivered yoga demonstration exercise to the mass gathered in the programme. At the very outset, Dr. Pramod Kumar Pandey, Dean, College of Fisheries, CAU (I) welcomed the congregation and highlighted the importance of yoga as a tool for sound mental and physical health. During the celebration, specific exercise-based training on *yoga asanas* was given to the 65 nos. participants comprising faculty members, staff, students, scholars, trainees and family members. The occasion was well versed with information on importance, types and benefits of Yoga. It was a great event and the entire staff enjoyed this event to the fullest.

Dean

College of Fisheries, CAU (I)

