

**Celebration of International Day of Yoga at College of Fisheries, CAU (I),
Tripura on 21st June 2017 at the Indoor Sports Complex**

The College of Fisheries, CAU (I), Lembucherra, Tripura celebrated the International Day of Yoga on 21st June, 2017 at the Indoor Sports Complex of the college. 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. The programme was facilitated with the assistance of the Art of Living, Agartala, an organization founded by Sri Sri Ravi Shankar. A team led by Shri Sunil Chandra Banda of the organization delivered yoga demonstration exercise to the mass gathered in the programme. The programme was attended by 85 participants comprising faculty members, staff, students, scholars and family members. Prior to the celebration, specific exercise-based training on *yoga asanas* was given to the participants. Dr. S. Khogen Singh, SWO and Co-ordinator of the programme extended words of thanks to the participants and the organizing members for their valuable contribution. The programme ended with light refreshment.