

INSTITUTE OF WOOD SCIENCE AND TECHNOLOGY

Report on 5th International Yoga Day

21st June, 2019

The International Yoga Day was celebrated for the 5th year at IWST, Bengaluru on 21st June, 2019. Dr. Pankaj Aggarwal, Head of Extension Division welcomed all the participants.



The Yoga teachers Ms. Reena Jain was from Akshara Yoga and Mr. Pawan was from Vivekananda Yoga Centre took the Yoga class of all the employees. The Director, IWST, Group Co-ordinator, all the HoDs, all the officers, staff, research scholars participated in Yoga programme. Few staff from National Water Commission, Bengaluru also joined this programme. Simple Yoga exercises were taught.

At the end, the director, IWST, Mr. Mohan Karnat, IFS thanked the Yoga teachers and also all the participants. He also expressed that practicing Yoga in daily life is essential for everybody's long time well-being.