

Report on International Day of Yoga celebrations at Tea Board

The 2nd International Day of Yoga was observed with due diligence at the Tea Board headquarters in Kolkata on 21st June 2016. Five Yoga trainers were engaged to conduct the Yoga sessions of 30 minutes each. The Yoga sessions were held for all the employees in batches from 10.30 am to 2.30 pm. Altogether 207 employees of Tea Board (including officers and staff) participated in the Yoga sessions. The trainers imparted training about the fundamental principles of Yoga as per the Common Yoga Protocol (CYP) prescribed by the Ministry of Ayush and demonstrated the basic asanas such as Pranayam, Vrikshasana, Trikonasana, Vajrasana, Setu Bandh etc. The Yoga session ended with prayer and meditation.





