

EVENT AT NIC BHUBANESWAR



A Yoga session was held at NIC, Bhubaneswar. Ms Itishree Nanda, Scientist D, and an exponent of Yoga demonstrated various Yogasanas and Pranayam while narrating the benefits of each Asana and Pranayam. Officers and staff of NIC participated enthusiastically in the event. Ms Nanda also answered queries of the participants regarding the Asanas. The best performers were also rewarded with tokens of appreciation.











Best performers in the session being felicitated