

# **ICAR-INDIAN INSTITUTE OF SPICES RESEARCH**

KOZHIKODE-673012, KERALA

07-03-2019

## **CIRCULAR**

“International Women’s Day” will be celebrated in our Institute on 08 March 2019. In this regard, Women Cell is organizing an inspirational talk on the theme “Balance for Better” by Dr. Farah Deeba, Author & Consultant, Bengaluru at S J hall from 3:00 PM-4.30 pm.

A training session on “Fitness and nutrition for a healthy life” conducted by Kris Jacob & Naomi Jacob, Fitness and nutrition experts, Krome fitness, Kozhikode will be also organized by Women Cell from 11:00 AM-12:30 PM at SJ hall on the same day.

All staff and students are requested to attend the programmes and get benefited. This mail has the approval of Director.

Sd/

Aarthi S

Member Secretary (Women cell)