

8.5.2020

Dear Colleague,

As part of preventive health measures for boosting immunity with special reference to respiratory health during this period of coronavirus outbreak, ICAR-IISR will be organizing an online Pranayama session between 3.30 to 3.45 pm initially for a week from 11.5.2020 (Monday) to 17.5.2020 (Sunday).

A live demonstration will be held during the above prescribed time. A link for this practice session would be send to ICAR- IISR WhatsApp group. All staff members are requested to download Zoom App in Playstore of their mobile and participate in this programme sitting in their respective work place.

This circular is issued on the instructions of Director.

TAKE SELF CARE AND STAY SAFE

J.Remma

Nodal Officer for IYD 2020

Nodal Officer for Yoga (2020)

ICAR-IISR, Kozhikode