

## ICAR-DCR, Puttur celebrated International Day of Yoga

Yoga practice was arranged for staff members at the main campus of ICAR-DCR, Puttur on the occasion of International Day of Yoga on 21-06-2018. While welcoming the Chief Guest Shri K. Prasanna (Certified Yoga Instructor) for the function, Dr. T.N. Raviprasad, Director (In-charge) urged all employees of the Institute to practice yoga regularly so as to maintain better health and general wellbeing. On the occasion, Shri K. Prasanna explained about the importance of yoga, benefits of different asanas, how the different asanas need to be performed and the science behind each of the asanas. He demonstrated the sequence of many asanas along with the Suryanamaskar; staff members of this Directorate (Scientists, Technical, Administrative and Supporting staff), including some contractual staff participated in the yoga session. The programme concluded with a pledge that yoga will be performed by the staff regularly for building a strong and healthy India.



ICAR - DIRECTORATE OF CASHEW RESEARCH  
Darbe P.O., Puttur - 574 202

**List of participants of International Yoga Day-21.06.2018**

Sl. No.	Name of the Participants of ICAR- DCR, Puttur	Designation
1.	Dr. T N Raviprasad	Director- in –charge & Principal Scientist (Agrl. Ent.)
2.	Dr. D. Balasubramanian	Principal Scientist (AS & PE)
3.	Dr.P. Preethi	Scientist(Hort.-FS)
4.	Dr. P. Janani	Scientist (SPMA Plants)
5.	Mr. P. Abdulla	Chief technical officer (Farm)
6.	Mr. Prakash G. Bhat	Chief technical officer
7.	Mr. R.Muthuraju	Senior Technical Officer
8.	Mr. Raghuram Kukkude	Sr. Technical Officer
9.	Mr. Ravishankar Prasad	Sr. Technical Assistant
10.	Mr. O. G. Varghese	PS(Dir.)
11.	Smt. Padmini Kutty	UDC(Stores)
12.	Mr. Balappa Gowda	Gestetner Operator(Dispatch)
13.	Mr. P. Honnappa Naik	Sr. Technician
14.	Mr. Hariya Naik	Skilled Supporting Staff
15.	Mr. Kushalappa Gowda	Skilled Supporting Staff (Farm)
16.	Mr. V. Narayana Poojary	Skilled Supporting Staff (Farm)
17.	Mr. Krishnappa Naik	Skilled Supporting Staff (Farm)
18.	Mr. Monappa Gowda	Skilled Supporting Staff (Farm)
19.	Mr. Babu Gowda	Skilled Supporting Staff (Farm)
20.	Mr. Vijaya Acharya	Sr. Technical Assistant
21.	Mr. Chidananda	Contractual Staff
22.	Mr. Nagesh	Contractual Staff
23.	Mr. Shivappa	Contractual Staff
24.	Ms. Shruthi. B	Clerical Assistant
25.	Ms. Madhavi	Clerical Assistant