

News monitored for: MRC

INTERNATIONAL YOGA DAY CELEBRATED



SCOPE celebrated the 4th International Yoga Day at its premises. Ved Prakash, Chairman, SCOPE and CMD, MMTC and Dr. U.D. Choubey, Director General, SCOPE highlighted the importance of yoga in day to day life. Ved Prakash, Chairman, SCOPE said that yoga, meditation and prayer are key to a healthy and peaceful living. On this occasion, Yoga Guru Saurabh Samir from Munger Yoga Centre shared the benefits of Yoga and also demonstrated the Asanas for a happy and stress free life.



did Yoga exercises during the session. S. K. Chaudhary said that the ancient practice of Yoga is more relevant in the modern lifestyle, and everyone should get its benefits. The program was organized in association with the Art of Living and Brahmakumaris.



The Indian Coast Guard celebrated International Yoga day on June 21, 2018 at Coast Guard Headquarters New Delhi spearheaded by Director General Rajendra Singh, DGICG, which was followed by two Additional Directors Generals taking charge of their respective Seaboard East and West to conduct and celebrate Yoga day in their area of responsibility. There was another Yoga camp organized at Noida for the personnel staying in Coast Guard residential area located around Noida. More than 800 officers, personnel and families attended the event. Director General encouraged his officers and men to pursue and excel in sports, adventure activities and physical fitness programmes.



NHPC Limited celebrated the 4th International Day of Yoga. During the celebrations Balraj Joshi, Chairman and Managing Director, NHPC participated in a community yoga session at Community Hall, NHPC Residential Complex at Faridabad along with other senior NHPC officers including M.K. Mittal, Director (Finance), NHPC. Balraj Joshi said that Yoga is highly beneficial for overall human development and should be adopted as a lifestyle for improvement of mind and body. The community yoga session witnessed participation of NHPC employees and their families.

IRCON International Limited organized a Yoga-session on the occasion of Yoga Day. S. K. Chaudhary, CMD, Deepak Sabhlok, Director, Projects and other officers and staff of IRCON