

News monitored for: MRC

International Yoga Day

Central Reserve Police Force



CRPF closed ranks with the rest of the country in celebrating the fourth International Yoga Day. Being fully alive to the quintessential importance of Yoga for a disciplined force like the CRPF, thousands of its cadres thronged various 'yoga' venues in over 220 locations in the country in the early hours. Rajeev Rai Bhatnagar, DG along with other senior officers of the Force joined the spirited yoga practice session early in the SOG Ground in Old JNU campus, New Delhi. The 45 minutes-long session co-ordinated the body, mind and the soul.

Jawaharlal Nehru Port Trust



JNPT observed 'International Day of Yoga' with great enthusiasm as employees and school children in JNPT area participated in large numbers to practice yoga. JNPT in association with Isha Yoga Centre organised a 'Yoga Camp' at JNPT where various yoga mudras and yoga techniques were taught in the camp by volunteers. Speaking on the importance of Yoga Day, Neeraj Bansal, Chairman in charge, said, "Yoga is a major contribution to the world from India. Being healthy and free of stress leads to a better life and also results in higher efficiency at work. It is a matter of satisfaction that JNPT employees and school students participated in Yoga day in great numbers and should make it part of their everyday life."

MECON



Towards maintaining a healthy workforce, MECON celebrated 4th International Yoga Day by organising Yoga sessions, at Community Hall, Shyamali, Ranchi. The Yoga sessions were conducted by Swami Muktrath and his team of Sanyasani Yoga Mission, Ranchi, an affiliated unit of Jharkhand Yoga State Association. The employees and their families enthusiastically participated in the event, performed various asanas and pledged to make Yoga a part of their daily routine.

Punjab National Bank



Sunil Mehta, Managing Director and CEO of Punjab National Bank (PNB), spoke to the members of PNB Parivar, on the occasion of International Day of Yoga which was celebrated in the premises of Central Staff College, its apex training institute, located at 8 Underhill Road, Civil Lines, Delhi. He addressed the gathering and informed them to adopt Yoga as a way of life for betterment of their health. He also spoke about the Yoga culture being placed on the global map and that the entire scientific and technological world has accepted and adopted Yoga as a route to maintain good health and enjoy its benefits in daily lives.

East Central Railway



Central Super Speciality hospital, Patna holds Yoga Day programme on behalf of East Central Railway. This yoga was done in presence of experts.

Mahavitaran



Mahavitaran and Mahagenco celebrated Yoga Diwas at its head office at Pratnagar in Bandra. The session was conducted under the guidance of the renowned Yoga teacher Anand Yoga. During the Yoga Session, CMD of Mahavitaran, Sanjeev Kumar, CMD of Mahagenco, Biju Shrinimal, Director (Commercial) of Mahavitaran, Satish Chavan, Executive Director, Chandrashekhar Yerm, Prasad Rishme, Chief Public Relations Officer P S Patil along with other dignitaries, officers and employees of both the companies participated in huge numbers.

Jharkhand



In the main function held on the occasion of International Yoga Day at Prabhat Tara Ground, Ranchi, Chief Minister, Rajshuber Das said that through yoga, India is giving message to the whole world to be healthy. He gave wishes to all the people of Jharkhand of International Yoga Day and said we will make healthy Jharkhand. The Chief Minister said that man is not only a body but mind and spirit. Yoga gives peace of mind and soul along with healthy body. It is also a true medium of happiness. The Chief Minister said that the country's Prime Minister has given official recognition to yoga in the whole world and now it is being practices around the world.

Institute of Banking Personnel Selection



Institute of Banking Personnel Selection (IBPS), Mumbai observed International Yoga Day. IBPS Staff members enthusiastically took part in the Yoga session held in the morning in Dr. A S Deshpande Memorial Hall at IBPS.

Indian Air Force



The fourth International Yoga Day celebration was organised by Indian Air Force across India

State Bank of India



A Yoga programme was held at the Bank's corporate centre in Mumbai that witnessed participation of Rajnish Kumar, Chairman, SBI along with the MDs and top management of the Bank. The officials performed various 'yoga Asanas' to keep themselves healthy and fit.

South Western Railway



South Western Railway Headquarters organised a yoga session, which was led by A K Gupta, General Manager, South Western Railway and Deepali Gupta, President, SWRWVO. The Common Yoga Protocol of AYUSH Ministry was conducted by two Ayurveda experts Dr Anita G Kadagad (Kembhavi) and Dr Akash S Kembhavi. The talk on Astanga Yoga, various nuances of beneficial combination of Asanas, disciplined life and meditation drew attention of all. The session was attended by about 100 officials and families. While addressing the session, the 'yoga experts mentioned various benefits of Yoga for physical and mental wellbeing and said that 'Yogasha Karmaas Koushalan' meaning yoga will lead to increase of efficiency in work. The participants have expressed that such insights encourage them to pursue it daily.

THDCIL



A Yoga Camp at THDCIL Corporate Office, Rishikesh was organised wherein D V Singh, CMD and Vijay Goel, Director (Personnel) along with employees of the Corporation performed Yoga. Singh also administered the oath to perform Yoga to the employees and the other participants. Later on in the day a session of 'Positive Impact of yoga' was organised in association with Bihar Swabhimann Nyas Patanjali Rishikesh. The students of Aacharyaakulam Patanjali Haridwar also performed cultural presentations based on yoga in the programme. Sridhar Patra, Director (Finance) and Vijay Goel, Director (Personnel) were present during the session.

Indian Army



Indian Army celebrates International Yoga Day

Indian Oil, Chennai



R.Sitharthan, ED (Tamil Nadu State Office) led the International Yoga Day Celebrations at Indian Oil's Southern Region Office at Chennai, where the employees gathered at the early hours in morning for an energetic Yoga session. The International Yoga Day-2018 was celebrated with the Theme 'Yoga for Harmony and Peace' under the guidance of 'Yoga sitonmani' Thiruchelwam, an acclaimed yoga instructor with an experience of 15 years and graduated from International Sivananda Yoga Vedanta Darwairani Ashram, Neyyar.

Indian Oil's Refineries Headquarters



V K Shukla, Executive Director (HR), IOC, urged the employees to stay fit with regular yoga practise on International Yoga Day at Indian Oil's Refineries Headquarters. An hour-long yoga session was steered by renowned yogacharya from Bihar Yog Vidyalaya at the office. The IOCians genuinely showcased their interest in the ancient Indian art based on harmonising the body, mind, and spirit.

IRCON International Limited



IRCON International Limited organised a Yoga-session. S K Chaudhary, CMD, Deepak Sahihok, Director, Projects and other officers and staff of IRCON did Yoga exercises during the session. Speaking on the occasion, Chaudhary said that the ancient practice of yoga is more relevant in the modern lifestyle, and everyone should get its benefits. The programme was organised in association with the Art of Living and Brahmakumaris.

East Central Railway, Hajipur



On the occasion of Yoga Day, East Central Railway, Hajipur organised a huge yoga session. This session was conducted by Rajnaraj Yoga Centre's 'Yoga Guru Anil' and his students.

Northeast Frontier Railway



Sanjeev Roy, General Manager, N F Railway and N K Prasad, General Manager, N F Railway (Construction) performed Yoga on the occasion of International Yoga Day at NFRSA Indoor Stadium, Maligaon recently.