

News monitored for: MRC

should get its benefits. The programme was organized in association with the Art of Living and Brahmakumaris.

Yoga session at IRCON

IRCON International Limited organized a Yoga-session on the occasion of International Day of Yoga. SK Chaudhary, chairman and managing director, Deepak Sabhlok, 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

