

IREDA celebrates 7th International Day of Yoga



New Delhi, 21st June 2021

Indian Renewable Energy Development Agency Ltd. (IREDA) celebrated the 7th International Day of Yoga today. Employees of the company performed Yoga asanas under the guidance of a professional Yogacharya. The session was conducted in two modules of asanas and breathing exercises which are customised for workplaces. Officials posted at branch offices and other locations attended the program through virtual platform in compliance of COVID protocol of social and physical distancing norms.

Taking part in the programme, CMD, IREDA Shri Pradip Kumar Das called upon all IREDANs to include Yoga and meditation in their lives so as to cultivate a positive environment at workplace. He emphasised that practice of Yoga and meditation should be on daily basis. Shri Das said that Yoga and meditation are grounded in spirituality and benefit both mind and body. He shared his first-hand experiences of Yoga and meditation for last four decades. Shri Das underlined that regular practising of Yoga and meditation can makes everyone more satisfied and happier.

Shri Shubh Chintak Kishore, a renowned Chartered Accountant and a Yoga practitioner since more than 56 years, addressed IREDANs on how to include Yoga and meditation in their daily lives. In his interactive session, Shri Kishore taught techniques

of 'Sahaj Marg' (natural and easy path) of meditation, which he said, helped to find peace and inner calmness, in a fast-paced world.

Earlier this morning, IREDA employees also performed Yoga with their family members at home following the theme of International Day of Yoga 2021- 'Yoga at Home and Yoga with Family'.

