

## CMD, IREDA urges peoples to include Yoga and meditation in their daily life



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Shri Pradiip Kumar Das, CMD, Indian Renewable Energy Development Agency Limited (IREDA) and Vice-Chairman, Standing Conference of Public Enterprises (SCOPE) emphasized that Yoga is giving us not only the physical strength but also mental balance and emotional stability to confidently negotiate the challenges before us. Addressing a webinar organized by SCOPE on “Enhancing Immunity through Yoga & Meditation” today, he underlined that Yoga is a science and since ancient times it is helping mankind.

Shri Das, a keen yoga practitioner who has long espoused the benefits of the ancient Indian practice, urged the audiences to include Yoga in their daily lives. Sharing first-hand experiences, he said that he has experienced Yoga’s healing power in a very real way as he was able to avoid taking medicines in the last four decades. He emphasized on taking up various kinds of physical and mental fitness such as sports, Yoga, meditation, etc.

CMD, IREDA reiterated that the wellbeing of our employees is the first priority and therefore IREDA is very serious and excited for celebration of ‘International Day of Yoga 2021’ tomorrow. He further said that Yoga boosts the immune system of the body. Yoga and breathing exercises strengthen our respiratory system. It is more relevant in the current times as it is the respiratory system of the body that is most adversely affected by the COVID-19.

Shri Das congratulated SCOPE and Bapu Nature Cure Hospital & Yogashram for organizing such a wonderful program. Highlighting the proactive initiatives undertaken by SCOPE for COVID-19 management, he underlined that SCOPE has organized various webinars to create awareness amongst CPSE’s employees. IREDA has been very active in focusing fitness of employees and other organizations shall also take up the initiative not ritually but spiritually and participate in the SCOPE’s activities and initiatives.



Earlier, Shri Atul Sobti, Director General, SCOPE in his welcome address recalled that the idea of an International Day of Yoga was first proposed by the Hon'ble Prime Minister of India, Shri Narendra Modi during his speech at the United Nations General Assembly on 27th September 2014. He further thanked participants of various CPSEs for their enthusiastic participation in the webinar.