

IREDA celebrates 8th International Day of Yoga



New Delhi, 21st June 2022

Indian Renewable Energy Development Agency Ltd. (IREDA), a PSU under the Ministry of New & Renewable Energy (MNRE), celebrated the 8th International Day of Yoga at (IDY -2022) at its Registered Office at India Habitat Centre, New Delhi today. Under the supervision of a professional Yogacharya, employees of the company and their families performed yoga asanas. The Yoga Day event was live streamed from New Delhi to across all offices of IREDA.

Shri Pradip Kumar Das, Chairman & Managing Director (IREDA), addressed the audience and emphasised the importance of yoga in our daily lives. He also underlined the importance of incorporating yoga into daily routine in order to have a healthy and disciplined personal and professional life. Further, he emphasized that, the wellbeing of our employees is a foremost priority for us and practising Yoga and meditation on a regular basis by IREDANs reinforces our belief in 'Wellness and Welfare Alongwith Business.'

The Hon'ble Prime Minister, Shri Narendra Modi, introduced the concept of International Yoga Day on September 27, 2014, during his speech to the United Nations General Assembly, recalled CMD, IREDA. He highlighted that IREDA is perhaps the only PSU, where daily meditation is a part of official activities for all the employees.

IREDANs have also practised mediation under the supervision of Shri Shubh Chintak Kishore, a renowned Chartered Accountant and Yoga practitioner who has been practising for over 57

years. He also advised IREDANs on how to include Yoga and meditation into their everyday routines. Further, Shri Kishore taught techniques of 'Sahaj Marg' (natural and easy path) meditation, which helps people discover peace and inner calm, he added.

Shri Chintan Shah, Director (Technical), IREDA, in his address, also urged IREDANs to make Yoga and Meditation a part of their daily life.

