

## Press Release



EdCIL (India) Limited celebrated International Day of Yoga -2024 on 21<sup>st</sup> June, 2024 at its Corporate Office, Noida. To mark the occasion, Shri Manoj Kumar, Chairman & Managing Director along with senior officers and employees participated enthusiastically. Dr. Puja Dewan (Guest of the day) and Mr. Ramesh Khadka - Yoga Trainer conducted a workshop and explained various useful Yoga Aasanas, power yoga, yoga therapy & Pranayam to overcome health issues and how to remain fit.

CMD addressed the participants on the theme of 2024 - "Yoga for Women Empowerment" with an emphasis on promoting women's well-being and advancing global health and peace. Yoga is a comprehensive tool for maintaining physical, mental, emotional, social, and spiritual health.