

MEDIA RELEASE

OBSERVANCE OF INTERNATIONAL DAY OF YOGA BY BEML

BEML Limited, a Miniratna Public Sector Undertaking, under the Ministry of Defence, observed 5th International Day of Yoga, today i.e., 21st June 2019, across all its Offices and Complexes.

Shri Deepak Kumar Hota, CMD BEML inaugurated the event by lighting the lamp at its Corporate Office in Bangalore.



Shri Deepak Kumar Hota, CMD BEML inaugurating the event at HQ by lighting the lamp



CMD BEML practising Yoga along with Senior Executives on the International Day of Yoga



Shri Deepak Kumar Hota, CMD BEML with Shri M.V. Rajasekhar, Director(M&C) BEML

Speaking on the occasion, Shri Hota said, “Practicing Yoga in daily life improves the health of the individual which in turn help in increasing the productivity.”

The occasion marked Yoga lecture and demonstration programmes by Yoga experts from Isha Foundation, to create awareness on the importance and benefits of Yoga in daily life.

A Media Release by BEML

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