

BEML CELEBRATES INTERNATIONAL YOGA DAY

BEML Limited, a Defence PSU company celebrated 'International Yoga Day 2021' at all its units and offices across the country. BEML employees and executives with their family members enthusiastically participated in various yoga related activities to mark the '7th International Day of Yoga' on the theme 'Be with Yoga - Be at Home'.

Shri MV Rajasekhar, CMD, BEML joined the families of BEML in a virtual yoga session. BEML released posters of simple and easy-to-do asanas and also uploaded an AV on Practice Yoga for better life, which was produced by Morarji Desai National Institute of Yoga, on digital platforms.

BEML CMD called upon the people to practice yoga regularly and to make yoga a way of life.

Special quizzes, posters, essay competition and lectures by experts for adopting yoga as a way of life were also organized as part of the celebration.

Towards spreading awareness daily practicing yoga practice – posters with the theme 'Yoga for body, mind & soul' are displayed at prominent locations at all the establishments and complexes.

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