

## **Press release**

**EPFO Head Office, New Delhi**

**Date – 21/06/2017**

### **International Yoga Day celebrated at EPFO Head Quarters**

A grand programme was organized on the occasion of International Yoga Day on 21<sup>st</sup> June at 9 a.m. at EPFO Head Office, Bhavishya Nidhi Bhawan, Bhikaji Cama Place. The programme was inaugurated by Dr.V.P.Joy, Central PF Commissioner, EPFO, in which all the officers and staff of EPFO actively participated.

The programme was conducted under the guidance of exponent Yogacharya Shri M.L.Vairagi, where about 26 yogic exercises were performed by all the members as per the Common Yoga Protocol of the AYUSH Ministry. Shri M.L.Vairagi explained selection of 21<sup>st</sup> June for the Yoga day, is due to Summer Solstice in the northern hemisphere and Adi Shiv taught his disciples about the Yogic Asanas on the same day.

The inaugural address by Dr. Joy explained the importance of Yoga in everyday life, and about the oneness of physical, mental, emotional and spiritual wellness which one can get through regular practice of Yoga.

Yoga students displayed various Yogasanas, including amazing combinations and group Asanas, which got the audience spellbound, and were rewarded for the same. Mr. Rajeshwar Rajesh gave the Vote of Thanks and concluded the event.



