

## **CELEBRATION OF 9<sup>TH</sup> INTERNATIONAL DAY OF YOGA 2023**

The 9<sup>th</sup> International Day of Yoga was celebrated at Corporate office on 21<sup>st</sup> June,2023.

Shri. Uma Shankar, Executive Director (Defence Business) along with the Shri. Sunil R Kharad, Chief General Manager(Corporate Materials), Smt. Neena Singh, General Manager(HR), Shri. Anbazhagan P, General Manager(HR), and Shri. Rudraiah, President BEMLSA started off the celebrations by lighting the lamp.

Then the Yoga Day pledges was administered in trilingual by Smt. Neena Singh in Hindi, Shri. Uma Shankar in English and Shri. Sunil R Kharad in Kannada.

Dr. Govindan P and Dr. Chaitra D K from Kshemanavana conducted the Yoga session. The Yoga session started with the Prayer and Loosening Exercise. Then the faculty conducted the following :

- Standing Series Asana – Tadasana, Trikonasana, Ardha Chakrasana
- Supine Series Of Asana – Uttitapadasana, Pawana Muktasana, Setu Bandhasana
- Prone Series Of Asana – Makarasana, Bhujangasana, Shashankasana
- Sitting Series Of Asana – Sukhasana, Bhadrasana, Ushtrasana, Vakrasana
- Relaxation
- Kapalbhathi
- Nadi Shuddhi Pranayama
- Brahmari Pranayama
- Dhyana

The yoga session ended with the Shanti Mantra.

All the Employees / Officers, Representatives of Unions and Contract personnel participated enthusiastically and made the program a grand success.

**A FEW GLIMPSES OF THE CELEBRATION OF THE 9<sup>TH</sup> INTERNATIONAL DAY  
OF YOGA**











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