

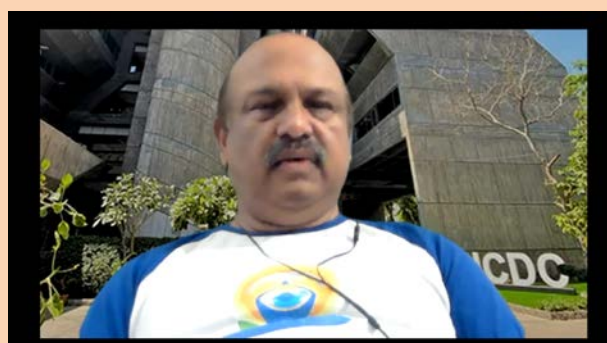
International Day of Yoga Celebration in NCDC



Sh. Narendra Singh Tomar, Hon'ble Agriculture Minister, MoA&FW addressing the event



Padmashri Dr. H R Nagendra, Hon'ble Chancellor, S-VYASA University, addressing the International Day of Yoga celebration by NCDC.



MD, NCDC addressing the online event organized on the occasion of 7th International Day of Yoga on 21.06.2021

Recognizing the universal appeal of "Yoga", the United Nations proclaimed 21st June as International Day of Yoga. As an initiative under AYUSHMAN SAHAKAR, NCDC marked this occasion by organizing online yoga sessions, thrice a week commencing from 14.06.2021 for well-being of its employees and their families. NCDC celebrated the 7th **"International Day of Yoga"** by organizing an online programme on 21.06.2021 from 06.00 am to 07.00 am. The event was inaugurated by **Sh. Narendra Singh Tomar, Hon'ble Agriculture Minister, Ministry of Agriculture & Farmers Welfare**. The programme was graced by the presence of **Padmashri Dr. H R Nagendra, Hon'ble Chancellor, Swami Vivekananda Yoga Anusandhan (S-VYASA) University, Bengaluru** who addressed the gathering.

The Hon'ble Agriculture Minister lauded NCDC's recent initiatives such as Ayushman Sahakar scheme through which NCDC aims to extend healthcare facilities at the grass root level and highlighted the importance of yoga for well-being of human body. Dr. H R Nagendra, Hon'ble Chancellor, Swami Vivekananda Yoga Anusandhan (S-VYASA) University, Bengaluru mentioned that regular practise of yoga can increase immunity

power and appreciated NCDC's efforts to provide healthcare facilities and infrastructure especially in rural India. **Sh. Sundeep Kumar Nayak, Managing Director, NCDC in his address emphasized on relevance of yoga in keeping human mind strong and calm and added that NCDC is committed to health and well-being of its employees and members of cooperative societies.**

2. Sh. Pawan Singh, Yoga therapist, S-VYASA taught several yoga asanas with necessary guidance for practise of each asana in relation to different health condition. 81 participants from NCDC HO, Regional Offices attended the programme via zoom. The programme was streamed live on [SahakarCooptube- NCDC Youtube channel](#) which has registered more than 400 views.



Youtube snapshot of the online live streaming of yoga session conducted by Sh. Pawan Singh, Yoga therapist, SVYASA.