

UGVCL celebrates International Yoga Day
with full fervour



International Day of Yoga, also commonly known as Yoga Day, is celebrated annually on 21st June across the world.

It may be noted that 21st June was declared unanimously as International Day for Yoga by the United Nations General Assembly on 11-Dec-2014 based on the suggestion of Hon. Prime Minister Shri Narendra Modi in his UN address, as it is the longest day of the year in the Northern Hemisphere and shares special significance in many parts of the world

Pursuant to the directives of Government and Gujarat Urja Vikas Nigam Limited, UGVCL celebrated the 3rd International Yoga Day across all the offices under its territory of North Gujarat.

On 21-Jun-2017, UGVCL's Hon. Managing Director Shri B. A. Shah, IAS, along with senior officials of the Company actively participated in the Yoga Shibir organized during 07.00 hrs and 08.00 hrs. at the Company's Mehsana Campus.

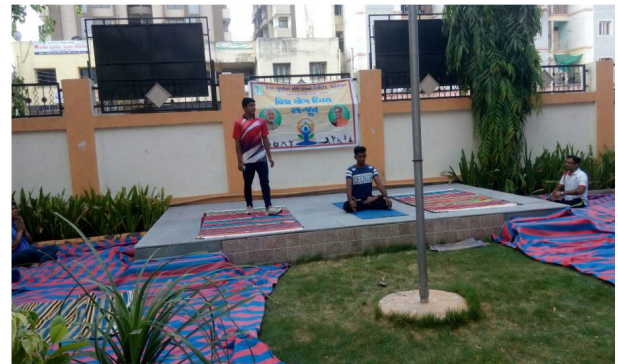
General Manager (Finance) & CFO Shri R. B. Kothari, Company Secretary Shri N. M. Joshi, I/c. Chief Engineer (Operation) Shri P. B. Pandya, I/c. Chief Engineer (P&P) Shri N. C. Makwana, Additional Chief Engineer (Civil) Shri P. J. Trivedi and Additional General Manager (HR) Shri A. C. Prajapati, among other senior officials and employees enthusiastically participated in the event at the Company's Mehsana Campus.

Similar Yoga Shibiras were organized at other offices of the Company where senior officers, employees and their family members devotedly participated in the events at respective offices.

In a rare occasion like this, each and every employee of the Company, irrespective of his class and cadre, had an opportunity to be equal among all and participate in this mission towards a healthy well-being.

Yoga is a physical, mental and a spiritual practice and attributed as an invaluable gift of India's ancient tradition. Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being.

It is believed that Yoga is not just about exercise, but to discover the sense of oneness with one's own self, the world and the nature. By changing lifestyle and creating consciousness, it can help in well being.





Lemon juice and refreshments were served to all participants upon completion of the event.

