

EPCH celebrates International Yoga Day 2019

21st June 2019

EPCH-FASCO (Fitness and Sports Committee) observed the International Yoga Day (21 June 2019) with invigorating therapeutic yoga sessions at Panch Shila Club, New Delhi, with around 100 exporters and their families; and at Golden Gate Public School, Moradabad, with around 200 exporters and their families. During the one-hour session various breathing exercises and Yoga asanas were performed and their benefits explained to the participants. A Naturopathy expert was also present on the occasion and explained the benefit of eating healthy and eating right. Best Yoga performer awards were also given on the occasion in various categories like, best yogic body, best flexible body, best yoga pose, best youngest yogi boy, best youngest yogi girl and best elderly yogi. The objective of the programme was to recognise Yoga as a holistic approach to health and well-being and raise awareness on the benefits of practicing it on a daily basis.

New Delhi

Around 100 handicraft exporters attended the yoga session, conducted by Mr. Om Verma (renowned yoga practitioner) followed by lecture on life style by Mrs Arunima Sinha (lifestyle consultant). The occasion was graced by Mr. Shantmanu, IAS, Development Commissioner (Handicrafts). Famed bollywood singer, Ms. Shibani Kashyap enthralled the audience with her mesmerizing songs. Among the enthusiastic EPCH-FASCO team were Mr. Ravi K Pass, Chairman, EPCH; Mr. Rakesh Kumar, Director General, EPCH; COA members -Mr. Raj K Malhotra, Mr. D Kumar, Mr. Rajesh Jain, Mr. LK Maheshwari and Mr. Chintu Kohl, besides many other member exporters and their families.



Moradabad

The event was graced by Shri Bhupendra Singh Chaudhary, Minister of State (Independent Charge) Panchayati Raj and Public Works Department, Govt. of Uttar Pradesh as Chief Guest; Shri Ritesh Gupta, MLA, Moradabad was Guest of Honour. Over 200 handicraft exporters attended yoga session which was conducted by renowned & qualified yoga practitioner Mrs. Ritu Narang with the theme Mind, Body & Soul, followed by meditation and relaxing exercises. The event was ably hosted by Mr. J P Singh, M/s Kenway Sartaj, EPCH member exporter from Moradabad.

Among the enthusiastic EPCH-FASCO team were EPCH COA members - Mr. Neeraj Khanna, Mr. Anoop Shankhdhar, Mr. Abdul Azim and Mr. Naved-ur- Rehman; prominent exporter from Moradabad, Mr. Najmul Islam; Mr. Avdesh Agarwal, Secretary, Moradabad Handicrafts Exporters Association; Mr. Udit Saran, President, YES (Young Entrepreneur Society) Moradabad; Mr. Vishal Agarwal, Secretary, YES; Mr. Ajai Gupta (Jimmy), Regional Chairman, LUB; Mr. Sharad Bansal, Vice President, LUB; other prominent exporters and Mr. R K Verma, Director, EPCH.

Best Yoga performer awards were also given on the occasion in various categories like Elders, Seniors, Youth and Kids. The objective of the programme was to recognise Yoga as a holistic approach to health and well-being and raise awareness on the benefits of practicing it on a daily basis. Other organisations of exporters in Moradabad such as Moradabad Handicraft Exporters Association, Laghu Udyog Bharti and Young Entrepreneurs Society (YES) also proposed to hold regular yoga workshops for smaller groups.



International Yoga Day 2019 was also celebrated in Narsapur, Andhra Pradesh and Imphal



Narsapur



Imphal