

BEML CELEBRATES 3RD INTERNATIONAL YOGA DAY

BEML LIMITED, a Public Sector Miniratna Company under the Ministry of Defence, has celebrated 3rd International Yoga Day across the Company. Employees and Executives of the Company at HQ and Complexes at Bangalore, Kolar Gold Fields, Mysore and Palakkad have enthusiastically participated in the programme in large number.



Shri Aniruddh Kumar, Director (Rail & Metro) inaugurating the 3rd International Yoga Day celebration at BEML HQ



Employees & Executives of BEML, Bangalore Complex are taking part in Yoga practice



Employees & Executives of BEML, KGF Complex are seen practicing Yoga



BEML Employees of Mysore Complex are seen taking part in the Mass Yoga Programme organised at Palace Ground, Mysore

Shri Aniruddh Kumar and Shri RH Muralidhara, Functional Directors of the Company have graced the occasion at HQ. Heads of Complexes have lead the celebration programme at Company's Units at the locations in Bangalore, Kolar Gold Fields, Mysore and Palakkad.

The Programme to commemorate 3rd International Yoga Day comprised of Yoga practice with the guidance of renowned Yoga Gurus at respective locations followed by lecture session by yoga experts on Yoga & its advantages in every day's life of all with a particular reference to Employees and Executives. Apart from celebrating the occasion at the Complexes, BEML has organised similar programmes at Company run Schools wherein large number of students of different age levels have participated in the practice session of Yoga organised to commemorate the occasion.

BEML is continuously encouraging practice of yoga amongst its Employees & Executives by conducting regular Free Yoga Classes for its employees and family members through Company's Welfare bodies and many are benefitted through the Yoga Classes.

Bangalore
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A release by BEML LIMITED