

**OBSERVANCE OF INTERNATIONAL YOGA DAY BY BEML**

BEML Limited, a Mini Ratna Public Sector Undertaking, under the Ministry of Defence, observed 4<sup>th</sup> International Yoga Day, today i.e., 21<sup>st</sup> June 2018, across all its Offices and Complexes.

Shri Deepak Kumar Hota, CMD BEML inaugurated the event by lighting the lamp at its Corporate Office in Bangalore.



Speaking on the occasion, Shri Hota said, “Practicing Yoga in daily life improves the health of the individual which in turn help in increasing the productivity.”

The occasion marked Yoga demonstration and lecture programmes by Yoga experts from Isha Foundation, to create awareness on the importance and benefits of Yoga in daily life.

A Media Release by BEML

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