

DREDGING CORPORATION OF INDIA LTD

VISAKHAPATNAM

21st June 2018

DCI organises “Mass Yoga” as a part of 4th International Day of Yoga

Visakhapatnam: June 21: As a part of **4th International Day of Yoga**, Dredging Corporation of India Limited organised “**Mass Yoga**” for its employees at its Head Office on 21st June 2018. Shri.Rajesh Tripathi, Chairman and Managing Director, led the Yoga session and shared his personal experiences about the advantages of practising Yoga on a regular basis.

On the occasion, Ms.Malini, Yoga expert from the Art of Living Foundation demonstrated various kriyaas before all the employees and guided the participants to perform Yogasanas as per the Common Yoga Protocol. Shri. M S Rao, Director (Operations), and all the Heads of Department and employees participated in the programme.

As part of the International Yoga Day celebrations, a Workshop on Yoga was also held from 11-06-18 to 14-06-18 for the benefit of all the employees.



Photo caption: Shri Rajesh Tripathi, CMD, and Shri M S Rao, Director (Operations & Technical) along with other employees and yoga experts performing yoga on the occasion of 4th International Day of Yoga on 21st June 2018 at DCIL head office.