

EPCH celebrates International Yoga Day 2023

21st June 2023

The event was organised at New Delhi and Narsapur. It was attended by member exporters and their families. The participants performed various yoga asanas and meditation exercises. They also learned about the benefits of yoga for physical and mental health. Ms. Nighat Abbass, Spokesperson, BJP and Mr. Saurav Yaduvanshi (Ex-ESPN and Asia's biggest Sports Influencer) graced the event along with Mr. Raj Kumar Malhotra, Immediate Past Chairman, EPCH; Dr. Rakesh Kumar, Director General, EPCH; Mr. Prince Malik, COA Member & FASCO Convenor, EPCH; other members of Committee of Administration, EPCH - Mr. Ravi. K. Passi, Mr. Arshad Mir, Mr. Sagar Mehta & Mr. Simrandeep Singh Kohli; and Ms. Swati Sharma, Certified Yoga Instructor, Ministry of Ayush, Govt. of India.

Mr. Raj Kumar Malhotra, Immediate Past Chairman, EPCH said that Yoga holds immense significance in promoting overall well-being, and it is privilege to bring together individuals from all walks of life to experience its transformative power. Through these events, EPCH-FASCO aims to foster a deeper understanding of yoga's physical, mental, and spiritual benefits and encourage its integration into daily life. He further stressed on the need for "An hour of Yoga in a Day Keep illness away".



Dr. Rakesh Kumar, Director General, EPCH addressing the august gathering along with Ms. Nighat Abbass, Spokesperson, BJP; Mr. Saurav Yaduvanshi (Ex-ESPN and Asia's biggest Sports Influencer); Ms. Swati Sharma, Certified Yoga Instructor, Ministry of Ayush, Govt. of India, during EPCH - FASCO 9th International Day of Yoga celebration at New Delhi.

Ms. Nighat Abbass, Spokesperson, BJP shared her thoughts on importance of yoga in life and its role leading to overall well-being of the human being. She congratulated Export Promotion Council for Handicrafts for the initiative.

While speaking on the occasion Dr. Rakesh Kumar, Director General, EPCH said that Yoga used to be India centric activity but now it is being practiced across the globe by millions and the Hon'ble Prime Minister of India leads the International Day of Yoga celebrations at the UN headquarters in New York, USA. He



Participant performing yoga during EPCH - FASCO 9th International Day of Yoga held at New Delhi



Ms. Swati Sharma, Certified Yoga Instructor, Ministry of Ayush, Govt. of India performing various breathing exercises and other Yoga Asanas



Ms. Neetu Singh, Founder, M/s Sini Designs Pvt. Ltd. being awarded as Best Fitness award female during the International Day of Yoga held at New Delhi



Shri Jakkam Babji, Yoga Guru; Mr. K N Tulasi Rao, prominent member exporter, along with other member exporters performing yoga at ILTC, Narsapur during 9th International Day of Yoga

further said that as we celebrate the 9th International Day of Yoga, EPCH - FASCO emphasises the need for incorporating yoga into our daily lives, not just as a physical exercise but also as a means to cultivate inner peace, harmony, and resilience.

Mr. Saurav Yaduvanshi, Ex-ESPN and Asia's biggest Sports Influencer interacted with member exporters and motivated the attendees to perform yoga on daily basis. Mr. Prince Malik, COA Member & FASCO Convenor said that as we commemorate the

9th International Yoga Day, EPCH - FASCO is proud to host a series of engaging and inclusive activities across India. By embracing yoga, individuals can cultivate a harmonious balance within themselves and lead healthier, more fulfilling lives. Ms. Swati Sharma, Certified Yoga Instructor, Ministry of Ayush, Govt. of India and Mr. Praveen Pathak conducted various breathing exercises and other Yoga Asanas with Artistic Yoga Performance.