

22-Jun-2018

UGVCL celebrates International Yoga Day 2018



International Day of Yoga is celebrated every year on 21st June across the world.

Pursuant to the directives of Government of Gujarat and Gujarat Urja Vikas Nigam Limited, under the guidance of Hon. Managing Director Shri Swaroop P., IAS, UGVCL celebrated the 4th International Yoga Day across all the offices under its territory of North Gujarat.

On 21-Jun-2018, viz. International Yoga Day, UGVCL's Hon. Managing Director Shri Swaroop, along with senior officers, employees and their family members, actively participated in the Yoga Shibir during 07.00 hrs. and 08.00 hrs. at the Company's Mehsana Campus, organized in close consultation with Superintending Engineer (Mehsana) Shri G.H. Engineer and his entire team.

Chief Engineer (Operation) Shri A. K. Mangal, Chief Engineer (P&P) Shri P. B. Pandya, General Manager (Finance) & CFO Shri R. B. Kothari, Company Secretary Shri N. M. Joshi, Additional Chief Engineer (Civil) Shri P. J. Trivedi, Additional General Manager (HR) Shri A. C. Prajapati, Additional Chief Engineer (Tech & Vigilance) Shri N. C. Makwana, Additional Chief Engineer (Commerce & Renewable Energy) Shri J. L. Bhatt, Additional Chief Engineer (Project) Shri S. A. Patel, other senior officers and employees enthusiastically participated in the event at the Company's Mehsana Campus.

In the beginning of the Yoga Shibir, Hon. Managing Director Shri Swaroop P. and senior officers were invited near the stage to light the lamp and mark the beginning of the ceremony.

A large-size LED screen and two LED TVs were placed at prominent places in the Campus, showing a video about brief introduction about Yoga and different postures of Yogasanas and Pranayam, along with their benefits to the participants.

Hon. Prime Minister Shri Narendra Modi's message to the nation regarding Yoga was played on the screens, which emphasized on the positive role that Yoga plays in enhancing one's mental, spiritual and physical health.

Similar Yoga Shibir were organized at all the Circle Offices and other offices of the Company, where senior officers, employees and their family members participated in the events at such respective offices.

About 290 participants participated in the Yoga Shibir at the Corporate Office campus. It is estimated that about 3,000 participants across the offices of UGVCL shared a common platform to engage themselves with Yoga.

On 20-Jun-2018, rehearsal programs were also organized at the Company's Regd. & Corporate Office campus at Mehsana and all other Circle Offices of UGVCL, to bring awareness among the employees regarding the importance of Yoga.

In a rare occasion like this, each and every employee of the Company, irrespective of his class and cadre, had an opportunity to be equal among all and participate in this mission towards a healthy wellbeing.

Yoga is a physical, mental and a spiritual practice and attributed as an invaluable gift of India's ancient tradition. Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being.

It is believed that Yoga is not just about exercise, but to discover the sense of oneness with one's own self, the world and the nature. By changing lifestyle and creating consciousness, it can help in well being.

It may kindly be noted that International Day for Yoga was declared unanimously by the United Nations General Assembly on 11-Dec-2014. Hon. Prime Minister Shri Narendra Modi, in his UN address, had then suggested the date of 21st June to be celebrated as International Yoga Day across the world.

Accordingly, 21st June is celebrated as International Yoga Day, because it is the longest day of the year in the Northern Hemisphere and shares special significance in many parts of the world.

Lemon juice and refreshments were served to all participants upon completion of the event.

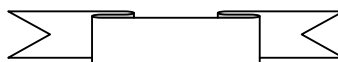


PHOTO GALLERY



