MB Power observes 9th International yoga day

Participants practiced postures for balanced lifestyle

Jaithari, 21 June, 2023. Dedicating to the message of balance of mind, body and soul, International Yoga day has been observed today in MB Power plant premises which marked enthused participation from company officials, their family members, teachers and students of MB Power Bal Bharti School.Patanjali trained Yoga teacher Sudha Malviya and her team guided the participants in practising various yoga postures helpful in fighting mental, emotional and physical health challenges.

Lauding the importance of Yoga Day, Plant head and COO BK Mishra said, " Yoga is key to our mental, emotional and physical health and need. We should adopt it as guiding and healing force for our life." Mr. RK Khatana, GM, HR & Admin, explained the importance of International Yoga Day and exhorted all to adopt yoga for staying stress free and physically fit.

During yoga workshop participants practices various physical and meditative postures helpful in fighting ailments and complete healing.