

## Indian Farmers Fertiliser Cooperative Limited Paradeep Unit CIRCULAR

Ref.No. PDP/Admin./Yoga/2024

17.06.2024

Sub: Celebration of International Yoga Day

International Day of Yoga 2024 will be celebrated on 21st June, 2024 at Sanskriti Bhawan, Community Center from 6.00 a.m. onwards. This event aims to enhance the physical and mental well-being of our employees amidst their busy lives.

We are honored to have Shri Beni Kinha from Nectar Factor as our esteemed yoga guru for the program which will be held through zoom. This is a wonderful opportunity to learn and practice yoga under expert guidance.

We encourage all employees to join and benefit from this enriching experience. Preferably bring your own yoga mats / bed sheets.

Cooperation of all is solicited.

K. Mohan Rao Jt. General Manager (P&A)

Distribution:

Director, Paradeep Unit GM/JGMs/DGMs/Sec Heads DM (Coord.) to Director President/Secretary, IEU/IOA