

## **Observation of 10<sup>th</sup> International Day of Yoga (IDY) on 21st June, 2024 at NEC Complex, Nongrim Hills**

The 10<sup>th</sup> International Day of Yoga (IDY) was celebrated with great enthusiasm by the Officers and Staff of NEC at the NEC Complex, Nongrim Hills, Shillong. The event commenced at 7:30 AM and the vibrant yoga session was led by the experienced yoga instructor, Shri. Ravi Ranjan Kumar, Senior Pay & Account Officer (PAO), NEC.



Officials and staff members from NEC actively participated in the event, engaging in a series of asanas and Pranayamas. The session emphasized the physical, mental, and spiritual benefits of yoga, fostering a sense of unity and well-being among the participants. The celebration underscored the importance of incorporating yoga into daily life for a healthier and more harmonious existence.



This year's IDY theme, 'Yoga For Self and Society,' highlighted the role of yoga in promoting physical well-being, reducing stress, and improving mental clarity. The regular practice of yoga has been shown to enhance productivity, better focus, and foster a more positive work environment, ultimately contributing to greater overall output.



The observance of IDY aimed to promote a healthier lifestyle for its employees and set a positive example for other organizations.