## EPCH celebrates International Yoga Day 2024

21st June 2024



Mr.R.P.Singh, Former Cricketer, Indian Team and Dr. (Prof.) Vishal Tripathi, Ex Chief Physician and Head of Ayurvedic Research Institute, Mool Chand Hospital, New Delhi, graced the event



Mr. Ravi K Passi, Former Chairman, EPCH; Mr. Sagar Mehta, Vice Chairman, EPCH; and Mr. Prince Malik, COA Member & FASCO Coordinator, EPCH, addressing the gathering at the Yoga Day session





EPCH - FASCO celebrated the 10th International Yoga Day at Panchshila Club, New Delhi. The participants performed various yoga asanas and meditation exercises. They also learned about the benefits of yoga for physical and mental health.

Mr. R. P. Singh, Former Cricketer, Indian Team and Dr. (Prof.) Vishal Tripathi, Ex Chief Physician and Head of Ayurvedic Research Institute, Mool Chand Hospital, New Delhi, graced the event along with Mr. Sagar Mehta, Vice Chairman, EPCH; Mr. Raj Kumar Malhotra, Chairman, FIEO and Former Chairman, EPCH; Mr. Ravi. K. Passi, Former Chairman, EPCH; Mr.R KVerma, Executive Director, EPCH; Mr. Prince Malik, COA Member & FASCO Coordinator, EPCH; other members of Committee of Administration, EPCH - Mr. Rajesh

Kumar Jain, Mr. D. Kumar & Mr. Simrandeep Singh Kohli; Mr. Rajesh Rawat, Additional Executive Director, EPCH; and Ms. Swati Sharma, Certified Yoga Instructor, Ministry of Ayush, Govt. of India.

Ms. Swati Sharma led the yoga session. A team of Saathi (Certified Yoga Performance Instructor by Ministry of Ayush) showcased Yoga performances in Solo & Group and inspired the yoga participants throughout the session. Over 60 EPCH member exporters and their families attended.



Participant performing yoga during EPCH - FASCO 10th International Day of Yoga held at New Delhi