



EXPORT PROMOTION COUNCIL FOR HANDICRAFTS

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PRESS RELEASE

EPCH CELEBRATES INTERNATIONAL YOGA DAY

New Delhi - **21st June, 2018** - Export Promotion Council for Handicrafts (EPCH) celebrates International Yoga Day at Panch Shila Club, New Delhi with around 100 exporters and their families.

His Excellency Mr Sakir Ozkan Torunlar, Ambassador of Turkey to India was the Chief Guest. Turkey was one of the initial countries who supported the Indian resolution to United Nation for declaration of 21st June as International yoga day.

Shri O.P. Prahladka, Chairman-EPCH and Shri Rakesh Kumar, Executive Director-EPCH were also present on the occasion.

Hath Yoga practitioner also having expertise in Vinyasa Yoga conducted the programme. During the one-hour session various breathing exercises and other Yoga Asanas were performed and their benefits were explained to the participants. A Naturopathy expert was also present on the occasion and explained the benefit of eating healthy and eating right.

Best Yoga performers awards were also given on the occasion in various categories which included best yogic body, best flexible body, best yoga pose, best youngest yogi boy, best youngest yogi girl and best elderly yogi.

The objective of the programme was to recognize Yoga as a holistic approach to health and well-being and raise awareness on the benefits of practicing yoga amongst the participants.

International Yoga Day is celebrated annually on 21st June since its inception in 2015. An international day for yoga was declared unanimously by the United Nations General Assembly (UNGA). Yoga is a physical, mental and spiritual practice originated in India.

For more information, please contact:

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Shri Rakesh Kumar, ED-EPCH welcoming Chief Guest His Excellency Mr Sakir Ozkan Torunlar, Ambassador of Turkey to India



Shri O.P. Prahladka, Chairman-EPCH and other COA member with the Chief Guest



participants doing Yoga



Awards being distributed by Chief Guest



Group Photo