

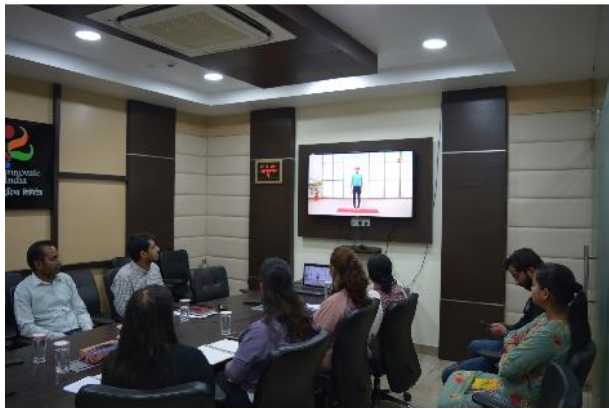


CELEBRATE

*International*

*Yoga Day*  
21ST JUNE









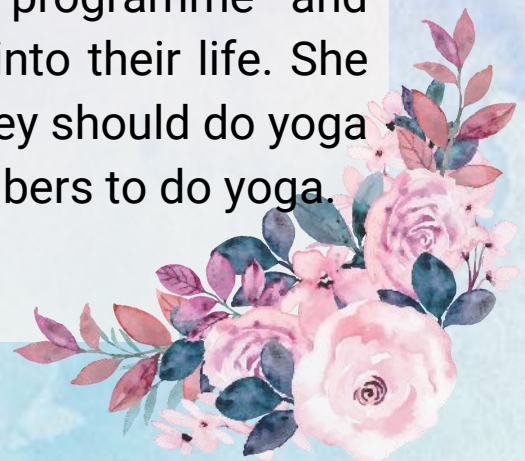
International Yoga Day  
held on 21.06.2023 at 10.00 AM at Conference Room,  
Agrinnovate India Limited

Report

A programme on 'International Yoga Day' organized by Agrinnovate India Limited on 21.06.2023 at 10.00 AM, Conference Room of the company.

The programme was chaired by Dr. Praveen Malik, Chief Executive Officer, Agrinnovate India Limited. The programme participated by the staff of Agln i.e. Mr Madan Mohan Sharan Singh, Business Manager; Mr Krishan Gopal, Business Manager; Ms Dhriti Madaan, Company Secretary; Mr Dhruva VC, Assistant Business Manager; Ms Swati Bhandari, Senior Executive (Administration); Mr Dinesh Kumar, Senior Executive (IT); Mr Ishan Monga, Senior Executive (Accounts); Ms Harshi, Junior Executive (Accounts); Ms Pooja Kathuria, Junior Executive (Administration); Ms Pooja Joshi, PA to CEO.

Ms Swati Bhandari, Senior Executive (Admn.) had welcomed the Chair and members of the meeting. She gave a brief introduction about the programme and explained the benefits of bringing Yoga into their life. She also requested all the participants that they should do yoga everyday and also encourage family members to do yoga.



Further, Dr Praveen Malik, CEO, AgIn had given a brief regarding background of yoga, ancient culture, purpose of international yoga day etc. He further explained the health benefits of Yog. He encouraged all the employees to do yoga practices at home as this will not only help in maintaining the physical health but also mental health.

Thereafter, a video which is available at the site of Department of Ayush, Government of India was played where the video depicted some Yoga Aasans and methodology of doing such aasans.

The employees have done some aasans during the meeting parallelly and felt enthusiastic while performing the Yoga at the office. They further appreciated the efforts of office for celebrating International Yoga Day.



**एग्रीनोवेट इंडिया लिमिटेड**

**कृषि अनुसंधान और शिक्षा विभाग**

**कृषि एवं किसान कल्याण मंत्रालय, भारत सरकार**

**Agrinnovate India Limited**

**Department of Agricultural Research & Education**

**Ministry of Agriculture and Farmers Welfare, Government of India**

