



BHARAT DYNAMICS LIMITED
(A Govt. of India Enterprise under Ministry of Defence)
Corporate Office: Gachibowli, Hyderabad

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21 June, 2021

MEDIA RELEASE

BDL observes Yoga Day with enthusiasm and fervour



The 7th International Yoga Day (IDY) was observed in all Units and Offices of Bharat Dynamics Limited (BDL) with lot of enthusiasm and fervour.

In view of the current pandemic situation, the Ministry of AYUSH, Government of India has given a thematic message, '**Be With Yoga, Be At Home**' for this year's International Yoga Day. Adhering to the theme, CMD, BDL, Directors and employees of the Company participated in the International Yoga Day - 2021 from their homes along with their families for 45 minutes from 7.00 am as per Common Yoga Protocol (CYP).

In his message to employees of the Company and their families, **Commodore Siddharth Mishra (Retd), CMD, BDL** stated that Yoga has acquired a special significance against the backdrop of Covid-19. He underlined the need of Yoga in one's life and spelt out the rewards of Yoga for disease prevention and health promotion and urged them to include the practice of Yoga in their daily life. He stated that this becomes all the more important for an organization like BDL which produces highly sophisticated and stringent quality of weapons for the defence of our nation.

All employees were also informed to participate in the CYP training program commenced by Ministry of AYUSH in collaboration with Morarji Desai National Institute of Yoga (MDNIY) available on the social media platforms of Ministry of AYUSH.

The Ministry of AYUSH has coordinated a Digital Yoga campaign on various social media platforms to spread awareness. BDL has actively participated in the digital yoga

campaign in its social Media platforms viz., Twitter and Facebook to take the message of Yoga forward.

Banners were displayed at prominent places in all the Units / Offices of BDL to commemorate the 7th International Yoga Day.

Further, to sustain the motivation level of employees to practice Yoga and encourage them to adopt Yoga beyond 21 June 2021, BDL is planning to organize various programs like quiz, essay writing in the near future.

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