



# पावर फाइनेंस कॉर्पोरेशन लिमिटेड POWER FINANCE CORPORATION LTD.

(भारत सरकार का उपक्रम)

(A Govt. of India Undertaking)

(आई.एस.ओ. 9001:2015 प्रमाणित)

(ISO 9001:2015 Certified)

**PRESS RELEASE**

21<sup>st</sup> June 2023

## PFC organizes an "Awareness Workshop on Yoga" on the occasion of International Yoga Day 2023

PFC, a Maharatna company and the leading NBFC in Indian power sector organized an "**Awareness Workshop on Yoga**" on the occasion of International Yoga Day 2023 for all its employees. The workshop aimed to promote awareness about the practice of yoga and its numerous benefits for physical and mental well-being.



The workshop offered PFC employees an opportunity to learn about different aspects of yoga, including yoga postures (asanas), breathing techniques (pranayama), and meditation. An expert yoga instructor from Manas Yoga Sansthan was invited to conduct the workshop, ensuring that participants received proper guidance and instruction. The workshop began with an introduction to the origins and philosophy of yoga, highlighting its holistic approach to health and wellness. Participants were then guided through various yoga postures and breathing exercises, allowing them to experience firsthand the physical and mental benefits of these practices.

Additionally, the workshop emphasized the importance of incorporating yoga into daily life to manage stress, improve concentration, enhance flexibility, and promote overall well-being. Participants learned practical techniques that they could easily incorporate into their work routines and personal lives.

Overall, it empowered employees with knowledge and tools to integrate yoga into their lives for improved physical and mental health. It fostered a culture of well-being and mindfulness within the organization, recognizing the importance of employee wellness in achieving personal and professional growth.

Sd/-

(S. S. RAO)

Chief General Manager (PR)