



Yoga for One Earth, One Health

On the occasion of the International Day of Yoga, **NSTI Mumbai** organized a special event aimed at promoting physical, mental, and spiritual well-being through the timeless practice of yoga. The event was held under the esteemed guidance of **Shri C. S. Murthy**, Regional Director, Maharashtra.

The programme was coordinated by **Dr. Nareshkumar Chavan**, Deputy Director, who ensured its smooth execution and active engagement from all participants.

Trainees from various trades participated enthusiastically in the event, taking part in guided yoga sessions that emphasized the importance of incorporating yoga into daily life. The session included breathing techniques, posture correction, and mindfulness exercises, all designed to encourage a healthier and more balanced lifestyle.

Staff members from both **RDSDE** and **NSTI** also joined in, demonstrating their support and commitment to holistic well-being.

This initiative not only celebrated the global significance of yoga but also reaffirmed NSTI Mumbai's dedication to the all-round development of its trainees. The event concluded on a positive note with a collective pledge by participants to embrace yoga as a regular part of their lives for better health and inner harmony.









